

PURA News

Purdue University Retirees Association

March 2018

Purposeful Living in Retirement Conference: Registration Information Coming Soon

The Purposeful Living in Retirement (PLIR) annual spring conference is scheduled for Wednesday, April 18, at the Beck Agriculture Center in West Lafayette. The day begins at 8:30 a.m. with a continental breakfast and will conclude by mid-afternoon. The \$15 registration fee includes all meals and programming and exhibits with local vendors. Door prizes are always popular at this conference. You will receive registration materials in the mail by mid-March.

The programming for the 2018 conference will address “Preparing for Independence”, aimed at keeping you in your home during retirement: a panel with tips for “Home, Cell Phone, and Internet Security;” “Nutrition Supplements;” “Empathy;” the “Indiana Caregivers Legislation;” and an “Update on Health Insurance.” We’ll also arm-chair exercise and laugh at humorous stories!

Mother nature is planning a beautiful spring day for us! Guests are welcome. Know a new retiree? Invite them to join us. Hope to see you there!

PURA Student Scholarship Update

The PURA Student Scholarship Endowment has increased to \$105,427 thanks to generous year-end donations by PURA members. This endowment will provide approximately \$5,000 in scholarship funds for fall 2018 eligible Indiana students. Thanks for your support in assisting financially challenged students realize their dreams of obtaining a Purdue degree.

Contributions can be accepted at any time and PURA will again participate in Purdue Day of Giving on April 25, 2018. (Details for the campaign will be provided in the April PURA News)

To contribute now, your tax-deductible contribution may be made online at <http://Giving.Purdue.edu/PURA>.

If you prefer to send a check, make it payable to the Purdue Foundation, with the PURA Student Scholarship Endowment noted in the memo line, and mail to Purdue Foundation, Dauch Alumni Center, 403 West Wood Street, West Lafayette, IN 47907-2007.

For those of you over 70½ years of age, gifts from your IRA are not taxable income and also qualify for your required minimum distribution (RMD). To learn more about IRA Rollover opportunities, or to make an IRA Rollover charitable contribution, please contact the Office of Planned Giving, 765-494-8657.

Again, thank you PURA members for supporting this scholarship endowment.

Scholarship Committee: Melinda Bain, Dan Collins, Fred Ford, Sue Hiser, Joyce Koelzer, Betty Nelson, John Norberg, John Trott, Olivia Wood

Football Complex Tour

Mentioned in the last **PURA News**, plans are still being finalized for a tour of the new Purdue football complex in April. Details will be shared as soon as they’re available.



Boiler Key Purdue IT Security Notice

If you have an @purdue.edu email account, you may have received a notice from IT at Purdue (IT@P) that a new security system was being implemented to access the Purdue portal. We have been informed by IT that this new system does not impact Purdue Retirees’ accounts that use the @purdue.edu address. No action is required by retirees.

Volunteers Needed: PURA Committees

PURA's programs and activities depend on dedicated committee volunteers. New members are needed on an annual basis. With a few exceptions, most committees prefer a two-year commitment and most only meet several times a year. Remember spouses of retirees are also PURA members even if they were never employed at Purdue and are welcome as committee members.

An abbreviated listing of the primary responsibilities of each committee follows. If you're interested in helping to continue PURA's work, please send an email to Olivia Wood (o.wood123@comcast.net), and join fellow PURA members to help continue PURA's agenda of activities. Your response will be passed to the committee chair who will contact you for further discussion. Thank you!

- **Benefits:** Negotiates PURA's supplemental insurance policies.
- **Campus and Community:** Plans local tours and activities.
- **Communications:** Produces the **PURA News**

publication and updates information on PURA web site. Writers are very welcome!

- **Hospitality:** Greets attendees at PURA functions: for example, monthly luncheon, flu shot venues, PLIR conference, PURA Common Read, Spring Fling, etc.
- **Program:** Plans the programs for the monthly PURA meetings at MCL. Committee meets once annually, then each member assumes responsibility to coordinate and host one month's speaker, and write a brief recap for the **PURA News**.
- **Trips and Tours:** Plans out of town trips and tours.
- **Endowment:** Manages endowments for the Jischke Scholarship and Awards and Opportunities Grants.
- **Kickoff Luncheon:** Plans and manages the September Kickoff Luncheon.
- **Purposeful Living in Retirement:** Plans the annual PLIR Spring Conference
- **Scholarship:** Manages the PURA student scholarship endowment.

Boilermaker Butcher Block Has Relocated

The Animal Sciences department's Butcher Block has relocated its facility to the Land O' Lakes Inc. Center for Experiential Learning, Rm. 1222, at 720 Clinic Drive, West Lafayette. The new building is on Harrison Street, to the west of the Harrison Street parking garage.

There is convenient parking in front of the building, or you may park in the Harrison Street garage with your A parking permit.

The Boilermaker Butcher Block is a state inspected meat plant and all products are BOAH inspected and passed.

Hours: Wed., Thur., Fri. 11:00 am—4:30 pm

Web page, with product list and prices:
ag.purdue.edu/ansc/ButcherBlock

Phone: (765) 494-8285

Youth Justice Reform Topic of February Luncheon

"The first contact law enforcement has with most felons is as youths," said Pat Flannelly, Lafayette Chief of Police, at the February PURA luncheon. "And those who have a second offense at age 14 or younger are 74% more likely to have a third offense." So, Flannelly described, locally there are youth justice reform programs in place to reduce recidivism, i.e., repeat offenders.

While youth committing violent crimes are usually incarcerated awaiting trial, others are led through "comprehensive screening" leading to appropriate programs and services designed to avoid repetition of offenses. This can include coaching parents and other family members as well. The local programs have been effective: in 2016 there was a 50% reduction in the number of juvenile arrests.

In response to a question, Flannelly said there is some

gang activity in Lafayette, mostly youth from "Cook County" [Illinois] and they have had "amazing success" dealing with these young people: "they're not used to the attention they get from the cops." The purpose of all these programs is to reduce repeat offenses, not just punish behavior.



Technology Help

The Tippecanoe County Public Library offers one-on-one technology help sessions. Customers can learn how to get free library downloads such as eBooks, audiobooks, magazines, and movies. You can also get help with digitizing photos and slides, social media, and using your phone or tablet. Other topics may be available on request depending on staff expertise. Sessions are held regularly on Mondays

and Wednesdays at the Downtown Library, and Tuesdays at the Klondike Branch. You can make a reservation at the library or by calling 765-429-0113. Drop-in sessions are occasionally held evenings or weekends.

Clayton Higbee, Reference Librarian is happy to answer any questions you might have regarding any of the above-listed services.

Focus on Healthy Hearing

Are you experiencing ear symptoms such as popping, muffled noises, decrease in hearing, ringing in ears (tinnitus), a feeling of fullness in your ears and even discomfort? If so, you may be experiencing Eustachian Tube Dysfunction (ETD). Sometimes we may relieve these symptoms by yawning, chewing or swallowing. This is why some of us chew gum or suck candy when flying in an airplane. This blocked feeling is usually temporary, but when chronic inflammation causes this tube to not open correctly or it becomes blocked, then the pressure stays higher on the outside of the ear. It can become very bothersome and may lead to ETD.

The eustachian tube is located in the middle ear. This tube links the naso pharynx to the middle ear and keeps the pressure in our ears equal to the atmospheric pressure by letting air in and out of the ear. It does this by draining secretions and acting as a vent. When the tube is at rest, it is closed, but when we eat, chew, swallow or yawn, it then opens. Air

allows mucus to drain down the tube and promote equal pressure in the ear. It also aids in proper functioning of the eardrum by allowing vibration and aids in preventing infections.

Some known causes of ETD are air travel, scuba diving, bacterial or viral ear infections and upper respiratory infections. Children may have anatomically small eustachian tubes and have more inner ear infections. This may cause the same symptoms, but as the child grows, most will resolve. Enlarged tonsils and adenoids in children may add to this problem.

In the older adult ETD can be a result of repeated ear infections or insult to the eustachian tube that leads to chronic inflammation of the tube. This may lead to ETD.

Treatments for ETD may be as simple as yawning, swallowing or possibly trying the Valsalva maneuver
(continued on page 4)

March Campus Calendar

Special:

March 3—TEDxPurdueU. Multiple speakers. 1:00-5:00. p.m. (TEDxPurdueU is a student organization under the Purdue Conventions umbrella.) Loeb Playhouse, Stewart Center. Ticket information at:
<https://oss.ticketmaster.com/aps/purdue/EN/buy/details/TEDXPU>

March 4 —Family Fun Day. Magic show, balloon artists, crafts and informational tables about camps and other summer activities for children. Union Rack & Roll bowling alley will be offering free shoe rental for all Family Fun Day attendees. 2:00-4:30 p.m., Purdue Memorial Union ballrooms. Free and open to the public.

March 28—"False Black Power" Speaker Jason Riley. 7:00 pm. Riley is a senior fellow at the Manhattan Institute, columnist for the Wall Street Journal, and a commentator for Fox News. Riley has written pieces on politics, economics, education, immigration, and race. Fowler Hall, Stewart Center. Free and open to the public.

Music:

March 2—Purdue Philharmonic and Symphony Orchestras; concert 8:00 p.m. Long Center for the Performing Arts, 111 N. Sixth Street, Lafayette. Free and open to the public.

March 23—Jazz Jam concert, featuring guitar and saxophone ensemble, Tower of Power Band, Lab Jazz Bands I and II, American Repertory Ensemble, and Purdue Jazz Band. 8:00 p.m. Loeb Playhouse, Stewart Center. Free and open to the public.

April 8—Black Voices of Inspiration Spring Concert. 3:00 p.m., Loeb Playhouse, Stewart Center. Conducted by James Dekle, artist-in-residence. Tickets: \$5.00 Purdue Students; \$7.00 General Public

Art (free and open to the public):

Through March 9—Art and Design Undergraduate Exhibit. Robert L. Ringel Gallery, Stewart Center. Hours: 10 a.m.-5 p.m. Monday-Saturday; open 8:00 p.m. on Thursdays. (Reception and awards ceremony at 5:30 p.m. on March 1.)

Through March 31—"Aida Muluneh: The Memory of Hope." Photographs telling stories and raising questions about people, cultures and nations. Fountain Gallery, 330 Main St., Lafayette. Hours: Noon-7:00 p.m. Tuesday-Saturday.

Athletics:

Basketball.

Feb. 28-March 4—Women's Big Ten Tournament. Bankers Life Fieldhouse, Indianapolis.

Feb. 28-March 4—Men's Big Ten Tournament. Madison Square Garden, New York City.

Tennis. Schwartz Tennis Center. Free and open to the public.

March 4—Men's tennis. Purdue vs. Drake, 11:00 a.m. Purdue vs. IUPUI, 5:00 p.m..

March 4—Women's Tennis. Purdue vs. Notre Dame, 12:00 noon.

It's Maple Syrup Season



The sap is running! Three separate maple syrup tappings will be featured regionally in the coming weeks.

First, begun in February and continuing March 3-4, is the Maple Syrup Festival at the Parke County 4-H grounds near Rockville. They'll have pancakes and sausages and directions to the sugar camps. Watch as the sap is boiled down to make the maple syrup.

Tour the back country roads and see the renowned covered bridges, and watch for the craft fair and antique shops.

If you wish to stay closer to home, on Saturday, March 10, Niches is sponsoring a tapping and syrup making demonstration at Clegg Gardens in Lafayette from 10:00 a.m. until noon.

Yet another syrup making demonstration will be held at Proph-

etstown State Park on March 24-25 from noon-4:00 p.m. each day. They will demonstrate maple sugaring Native American style. Only \$8 per carload gets you in to the event and the park.

Maple Syrup Nutritional Value:

Maple syrup sourced from the maple tree not only tastes better than processed sweeteners made from corn syrup, it is also better for you. Based on research by the Canadian Nutrient File (Health Canada), maple syrup's nutritional value is superior to other common sweeteners, such as honey, sugar, and brown sugar. Maple syrup is lower in calories than corn syrup and honey, averaging about 50 calories per tablespoon.

- Maple syrup is an excellent source of manganese, which plays an important role in energy production and antioxidant defenses, and is necessary for normal brain and nerve function.
- The sweetener contains a high level of riboflavin, which aids in the metabolic process, and some zinc, essential for a healthy immune system.
- Other minerals found in maple syrup are magnesium, calcium and potassium, helpful in decreasing the risk of hypertension or stroke.

Focus on Healthy Hearing *(continued from page 3)*

(holding your nose and giving a forceful breath out your mouth) to break the negative pressure. After a few days, one may want to try nasal or oral decongestants as directed by your healthcare provider.

ETD is often not clearly defined and may be difficult to diagnose. An ear, nose and throat (ENT) physician can diagnose ETD. In chronic severe cases an ENT physician may cut the eardrum (myringotomy) or place tubes in the adult ear. These ear tubes may be a long term solution. Feel free to call your healthcare provider with any issues or concerns if you feel you have any symptoms.

This spring, Purdue School of Nursing's Nursing Center for Family Health will be performing basic hearing screenings with an audiometer along with wellness screenings and swallow screenings. (See lower right.)

Reference: <https://www.ncbi.nlm.nih.gov/books/NBK262265/>

Spring Wellness Screenings

Free annual wellness screenings, offered by the Purdue Nursing Center for Family Health, are available on March 23 and April 6, 2018, from 8:30am-12noon.

Screenings include basic hearing and **now include** Total Cholesterol, High Density Lipo-Protein (HDL), Low Density Lipo-Protein (LDL), Triglycerides and Glucose testing without any additional charge. Swallow screenings are also available on March 23 but **MUST** be scheduled in advance.

Call or email to schedule, or just walk in, for the wellness or basic hearing screening. To schedule, or if you have questions or concerns, please call Chris Rearick, RN, by phone at 765-496-0308, or email to crearick@purdue.edu.

Mark Your Calendars!

5 March PURA Monthly Meeting, MCL Cafeteria, 11 am.

Topic: Amtrak and Lafayette—Where Are We Going?

Speaker: Arvid Olsen, Transportation Chairman of the Quality of Life Council of Greater Lafayette Commerce

12-16 March Purdue Spring Break, no classes

2 April PURA Monthly Meeting, MCL Cafeteria, 11 am.

Topic: Purdue Explosives Research & Homeland Security

Speaker: Stephen Beaudoin, Professor of Chemical Engineering, Purdue

18 April Purposeful Living in Retirement Conference, Beck Agricultural Center, West Lafayette, 8:30 am.

7 May PURA Monthly Meeting, MCL Cafeteria, 11 am.

Topic: The Art Museum of Greater Lafayette—Past, Present and Future

Speaker: Kendall Smith, Executive Director

24 May Spring Fling, Cordova Recreational Center.

4 June PURA Monthly Meeting, MCL Cafeteria, 11 am.

Topic: Cyber Forensics

Speaker: Mark Rogers, Purdue Engineering Computer Network

PURA News

The Purdue University Retirees Association newsletter is published for official retirees of Purdue University, and prepared by the PURA Communications Committee.

Suggestions or ideas for PURA or the newsletter, and changes of address and email, should be referred to:

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2016-2018 PURA Communications Committee:

Co-Chairs: Karen Lembecke, Suzanne Collins

Members: Connie Bilyeu, Bill Evans