

PURA News

Purdue University Retirees Association

September 2018

PURA Campus and Community Committee Announces Fall Activities

Common Read

Each year, the PURA Campus and Community Committee chooses one book from Purdue University Publications as our Common Read. This year, Dean Emeritus Jim Mullins's *A Purdue Icon: Creation, Life, and Legacy* has been chosen for our program. The book presents the history of the Purdue Power Plant, its iconic smoke stack, and attached Engineering Administration building. Copies will be available at the PURA fall kickoff luncheon for \$25.00, more than a 20% discount.

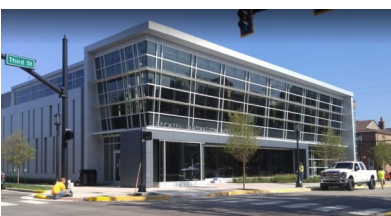
On October 10, 4-5:30 pm, the corresponding discussion program is scheduled, with opening commentary by PURA member Karl Brandt, followed by an open discussion and audience questions led by Purdue University Press's Interim Co-Director and Sales and Marketing Manager, Bryan Shaffer.

PURA members will end the afternoon with a half hour tour of the Wilmett Learning Center. PURA members who sign up for the program are encouraged to park in Grant Street Parking Garage near the Union.

To sign up for the afternoon program, e-mail Michele Salla (masalla@purdue.edu). The tour is limited to 40 participants.

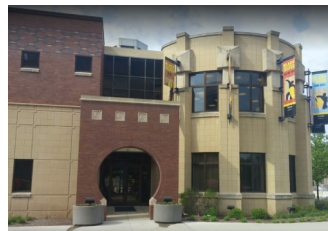
Bechtel Innovation Design Center and Black Cultural Center Tour

The Campus and Community Committee is also pleased to announce a tour of two campus facilities on Wednesday, November 7, beginning at 4:00pm and ending by about 5:30pm.



PURA members will begin the tour at the new Bechtel Innovation Design Center (BIDC) at 1090 3rd Street in West Lafayette (on the corner of 3rd and Russell Streets).

According to the building's website, "The BIDC was inspired by students who asked for an advanced prototyping facility (Makerspace) where they could come together to design and build solutions to real-world problems." The building houses cutting edge design and manufacturing tools for student use, and the building itself was constructed to reflect a design aesthetic.



After the Bechtel building, PURA members will move to the nearby Black Cultural Center to tour that facility.

According to its website, "The Black Cultural Center provides purposeful, holistic, scholarly and co-curricular programming designed to strengthen understanding of African American heritage. It enhances the academic, cultural and social development of the entire Purdue community."

The BCC sponsors student performing arts ensembles, houses a special collections library and computer lab, and provides student organizations with office and meeting space. The building itself, which opened in June 1999, has received acclaim for the way it draws on motifs of traditional African architecture.

PURA members who sign up for the tour are encouraged to park in the nearby University Street Parking Garage and walk to the BIDC.

To sign up for the tour, e-mail Michele Salla (masalla@purdue.edu). The tour is limited to 30 participants.

Reminder: Sign up for PURA's September 17th fall kickoff luncheon!

Register online at www.conf.purdue.edu/PURA2018, or use the paper registration form sent to your home address.

Credit card payment can only be accepted via online registration or by calling Conference Registration directly at 1-866-515-0023. Only personal checks may be used with the paper registration.

All reservations must be postmarked by September 1, 2018.

Purdue University Global Topic of August

PURA Luncheon



On August 6, Dr. Frank Dooley, Senior Vice Provost for Teaching and Learning at Purdue, discussed the new Purdue University Global initiative with PURA members attending the monthly MCL luncheon.

Purdue University Global is a public university dedicated to adult students who need flexibility to fit learning into their busy lives. It was created in April 2018, as a result of Purdue's acquisition of the former Kaplan University. Purdue Global is operated as part of the Purdue University System, joining the network of campuses that includes West Lafayette, Purdue Northwest and Purdue Fort Wayne. Dr. Betty Vandebosch serves as Chancellor

Most content is delivered online, and its programs focus on career-oriented fields of study at the associate's, bachelor's, master's and doctoral levels. . With the exception of Purdue Global, all degrees from all Purdue campuses, and Purdue degree programs offered through IUPUI and Purdue Polytechnic Institute, share a similar diploma bearing the name of the institution granting the degree and the city in which



it is given. Purdue Global graduates receive a diploma that uses the name "Purdue University Global" instead of the system name and bears the Purdue Global logo in place of the Purdue University seal.

Purdue Global serves approximately 30,000 students and is mainly an online university. It is academically organized into seven schools:

- School of Business
- Concord Law School
- School of General Education
- School of Health Sciences
- School of Nursing
- Open College
- College of Social and Behavioral Sciences

The first Purdue University Global graduation ceremony was held June 2, 2018 at the Rosemont Theatre near Chicago, Illinois. There were more than 9,000 graduates, and nearly 600 actually attended the ceremony.

Purdue Arboretum Article Correction

"In my enthusiasm to write about the Purdue Arboretum, which not only graces the campus, but serves as a living classroom, I gave credit to the wrong Department. The Director of the Arboretum is Paul Siciliano and the

Department of Horticulture and Landscape Architecture is in charge of maintenance. To Director Siciliano, the directors before him, and the hard working folks who made the Arboretum a reality, I beg a humble and embarrassed apology." J. Thomas

Don't Lose Your Balance!

Have you ever felt as though you may lose your balance, had dizziness, lightheadedness or a feeling commonly known as disequilibrium? These terms are types of "vertigo". Vertigo is more than just an Alfred Hitchcock movie, it is a balance disorder. Vertigo affects as many as 70% of adults over the age of 65. Vertigo impacts our sleep and definitely can lead to falls. As we age, not only do our muscles become weaker but we develop vision problems, may take multiple medications and have aging bones. Add vertigo to these health problems and one may have a life changing fall.

There are many causes of vertigo. Common issues of vertigo are inner ear disturbances that may be viral or bacterial in nature. The most common cause of vertigo in the older adult is known as benign paroxysmal positional vertigo (BPPV). BPPV occurs when "otoconia" or calcium carbonate crystals that are normally stable and present in the ear, become dislodged or shift in the inner ear and move around. BPPV also gives one a spinning feeling. Some may notice this feeling while in bed and notice it does not go away with standing. Vertigo may be vascular in nature and be caused by an infection, heart issues, be a

possible sign of a stroke, and/or caused by medication(s) one is taking. Meniere's disease is a problem with fluid balance in the middle ear and causes dizziness. Less common are central nervous system problems, such as a cranial nerve issue, circulation problems in the brain, a brain stem dysfunction or even multiple sclerosis.

Diagnosing of vertigo may be difficult but seeking out an ear, nose and throat (ENT) physician or seeing your healthcare provider, is the first step to diagnosing the issue. Your provider can review your health history, current medications, diagnose and prescribe medications or treatments that may alleviate your symptoms. Your healthcare provider can also make any necessary referrals if they feel it is in need.

<https://emedicine.medscape.com/article/794789-overview>

<https://www.medhelp.org/neurology/articles/Why-Are-You-Dizzy/244>

If you have questions about this article, or health in general, contact Chris Rearick, MSN, RN, by email at crearick@purdue.edu, or by phone at 765-496-0308.

Technological Innovations for Optimal Aging

CALC Symposium
Friday, September 28 | 8 am – noon
214 STEW

8:00 am Poster Session & Continental Breakfast

9:00 am Welcoming Remarks

9:10 am Keynote Speaker

Technology Design to Support Successful Aging - Wendy A. Rogers, PhD

Wendy Rogers, PhD, is the Shahid and Ann Carlson Khan Professor of Applied Health Sciences at the University of Illinois Urbana-Champaign. Her primary appointment is in the Department of Kinesiology and Community Health. She also has an appointment in Educational Psychology and is an affiliate faculty member of the Beckman Institute and the Illinois Informatics Institute. She received her PhD from the Georgia Institute of Technology. She is a Certified Human Factors Professional. Her research interests include design for aging; technology acceptance; human-automation interaction; aging-in-place; human-robot interaction; aging with disabilities; cognitive aging; and skill acquisition and training.

10:10 am Presentation of the CALC Outstanding Engagement Award

10:15 am Break

10:30 am Podium Presentations

- 1) *Imaging of Microcracks in Aging Bone*— Thomas Siegmund, PhD
- 2) *Utilizing Architectural Visualization Technology to Enhance Confidence in Safe Aging in Place Modifications*— Denise McAllister Wilder, PhD candidate
- 3) *Autonomous Driving Simulator*— Brandon Pitts, PhD
- 4) *Heated Water-circulating Garments to Improve Symptoms of Peripheral Artery Disease*— Jacob Monroe, PhD candidate

11:45 am Closing Remarks

The symposium is free and open to the public, but registration is required.
To register, email calc@purdue.edu.

PURA members are invited to attend the Center for Aging and the Life Course (CALC) symposium on Technological Innovations for Optimal Aging .

This symposium supports one of the Purdue's 150th anniversary themes--Giant Leaps in Health, Longevity, and Quality of Life. Some of the research occurring at Purdue will be showcased.

The symposium is free, but you must register to attend.

Need Your Yearly Wellness Screening?

The Purdue Nursing Center for Family Health will be doing screenings year round. Screenings include Lipid profile (Total Cholesterol, HDL, LDL, Triglycerides and Calculated Risk Ratio) with a glucose, blood pressure check, pulse and review of medical history. Please call Chris Rearick, MSN, RN, to schedule. (crearick@purdue.edu, 765-496-0308.)



VP for Student Life Initiates Student Life Retirees Council

Recently, the Purdue Vice President for Student Life initiated the formation of a Student Life Retirees Council composed of retirees from the areas represented by today's Student Life. Its primary goals are:

- To promote communication with all Student Life, Housing and Food Services, Student Affairs, and Student Services retirees.
- To provide opportunities for social interaction and networking.

The SLRC represents a large segment of Purdue's retiree population and is the first new retirees council to be formed in many years. This is a very promising development for strengthening and maintaining the relationship these retirees have with Purdue.

Flu Shot Dates Scheduled for Purdue University Official Retirees and Spouses

Getting an annual influenza vaccine is the No. 1 way to protect yourself from the flu. Purdue University is once again providing seasonal flu shots on the West Lafayette campus for its official retirees and their spouses. You don't need an appointment. Just bring your PUID and get your flu shot. It's that simple!

*The Fluzone quadrivalent vaccine—which is designed to protect against four different flu viruses (two influenza A viruses and two influenza B viruses) and is approved for anyone age 3 and older—will be administered. See your provider if you need an alternative vaccine.

(continued on page 4)

September Campus Calendar

Academic:

Sept. 3—Labor Day, no classes
Oct. 8-9—Fall break, no classes

Music: Free and open to the public.

Aug. 30—Purdue Varsity Glee Club First Nighter concert. 7:30 p.m. Elliott Hall of Music.

Sept. 8—Game Day spirit events: Jazz Tailgate by Purdue Jazz Band. 9:30-10:30 a.m. Pre-game "Thrill on the Hill" by All-American" Marching Band. 10:30 a.m. Slayter Center.

Sept. 9—Picnic with the Purduettes. 6 p.m. Slayter Center. Bring your own picnic if you wish, and blankets for seating.

Sept. 15—Game Day spirit events: Jazz Tailgate by Purdue Jazz Band. 5:00-6:00 p.m. Pre-game "Thrill on the Hill" by All-American" Marching Band. 6:00 p.m. Slayter Center.

Sept. 16—Purduettes in worship service. 10:30 a.m. Federated Church, 2400 Sycamore Lane.

Sept. 22—Game Day spirit events: Jazz Tailgate by Purdue Jazz Band. 9:30-10:30 a.m. Pre-game "Thrill on the Hill" by All-American" Marching Band. 10:30 a.m. Slayter Center.

Theatre:

Sept. 21-23, 26-30—"By the Way, Meet Vera Stark" by Lynn Nottage. Racial stereotypes are skewered when a Hollywood star and her maid both win roles in the same film. Pao Hall, Mallett Theatre. Times vary. Ticket information at: <https://cla.purdue.edu/theatre/Tickets/index.html>

Athletics:

Football, Ross-Ade Stadium:

Sept. 8—vs. East. Michigan (Youth Day and Band Day). Noon.

Sept. 15—vs. Missouri (Military Appreciation Day). 7:30 p.m.

Sept. 22—vs. Boston College (Homecoming). Noon.

Women's Volleyball, Brees Center, Belin Court in Holloway Gym:

Sept. 7—Stacey Clark Classic Tournament. Day 1 of 2 days.

10 a.m.: Purdue vs. Xavier. Noon: Louisville vs. Lipscomb. 5

p.m.: Xavier vs. Louisville. 7:30 p.m.: Purdue vs. Lipscomb.

Sept. 8—Stacey Clark Classic. Day 2 of 2 days. 5 p.m.: Lipscomb vs. Xavier. 7:30 p.m.: Purdue vs. Louisville.

Sept. 21—vs. Illinois. 7 p.m.

Sept. 22—vs. Northwestern. 7 p.m.

Women's Soccer, Folk Field, free:

Sept. 6—vs. Louisville. 7 p.m.

Sept. 9—vs. Western Michigan. 1 p.m.

Sept. 16—vs. Michigan. 1 p.m.

Flu Shot Dates Scheduled for Purdue University Official Retirees and Spouses *(continued from page 3)*

*For those 65 and older, the Fluzone High-Dose will be available. Fluzone High-Dose vaccine contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) contained in regular flu shots. The additional antigen is intended to create a stronger immune response (more antibody) in the person getting the vaccine. See your provider if you need an alternative vaccine.

October 12 and October 19

7:30 a.m. – 5 p.m.

Daniel (William H.) Turfgrass Research & Diagnostic Center (1340 Cherry Lane) – next to the Birck Boiler-maker Golf Complex

Wellness screenings also available

October 24

7:30 a.m. – 4:30 p.m.

Kurz Purdue Technology Center (KPTC), Conf. Rooms A/B, Research Park, 1281 Win Hentschel Blvd.

Wellness screenings also available.

NOTE: Retirees also are able to attend any of the other on-campus flu shot events or stop at a designated flu shot location on campus. A chart showing alternative dates and locations will be posted on the PURA web pages at www.purdue.edu/retirees.



Mark Your Calendars!

14 September 50th Anniversary of the Vietnam War Commemorative Luncheon, open to Vietnam-era Veterans and guests. National Guard Armory, 5218 Haggerty Lane, Lafayette, 11 am. Limited seating, **RSVP by September 7**, at: <https://purduevietnamveteranevent.eventbrite.com>. For assistance with RSVP, please call (765) 494-8908.

17 September PURA Fall Kickoff Luncheon. Four Points by Sheraton. 12:00 noon, doors open at 11:30am. (Note this is the third Monday in September.)

25 September Amtrak to Chicago "The Train, The Tower, The Architectural Tour" (\$129 per person, or \$125 for those ages 62+. More information at <http://imperial-travel.com/amtrak-to-chicago-sep-25-2018/> For reservations, call Imperial Travel 765-447-9321).

1 October PURA Monthly Meeting, MCL Cafeteria, 11 am.

Topic: Purdue's Sesquicentennial Celebration in 2019.

Speaker: Kelly Hiller, Director, Purdue Sesquicentennial Communications

12, 19, 24 October Flu Shots, Free for official retirees and spouses. (See article on pages 3-4 for details.)

5 November PURA monthly meeting, MCL Cafeteria, 11:00 am.

Topic: Tech Toys III & Top Tech Concerns of the Day.

Speaker: Scott Ksander

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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2018-2019 PURA Communications Committee:

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