

PURA News

Purdue University Retirees Association

November 2018

Join Us for the Tour of the Bechtel Innovation Design Center and Black Cultural Center

On Wednesday, November 7, 2018 at 4:00 p.m. join other Purdue retirees for a tour of the new Bechtel Innovation Design Center (BIDC) located at 1090 3rd Street (NE corner of 3rd and Russell Streets). Inspired by students, the BIDC is where they can come together to design and build



solutions to real-world problems on cutting edge design and manufacturing tools.

At 4:45 p.m. we'll walk across Russell



Street to tour the Black Cultural Center (BCC). The BCC provides programming designed to strengthen the understanding of the African American heritage, and enhances the academic, cultural, and social

development of the entire Purdue community.

E-mail Michele Salla at masalla@purdue.edu to sign up for the tour. Space is limited to 30 participants. Attendees are encouraged to park in the nearby University Street parking garage and walk to the BIDC for the beginning of the tour.

SILVER SNEAKERS BENEFIT PROGRAM UPDATE

You may have heard that some who have Medicare supplement plans through United Healthcare are losing their access to the Silver Sneakers program. Silver Sneakers provides broad access to fitness facilities on a no-charge basis.

First, be assured that PURA members who are enrolled in the PURcare and PURA Medicare Advantage Medicare Supplement Plans **will continue to have access**, through Silver Sneakers, to their fitness facilities **through December 31, 2019**.

For January 1, 2020 and thereafter, Silver Sneakers availability will be subject to the PURA Benefits Committee's discussions and negotiations with United Healthcare. The PURA Benefits Committee is aware that United Healthcare

is shifting some of their insureds to another program managed by a different company owned by United Healthcare. Some of the AARP/United Healthcare plans are being shifted to this new program effective January 1, 2019.

Your Benefits Committee has been vocal in expressing PURA'S concern with this shift. While we cannot guarantee that we will be able to retain the Silver Sneakers program for those utilizing the PURcare and PURA Medicare Advantage plans, the Committee is making retention a high priority. If there must be a transition, every effort will be made to make the transition as seamless and transparent as possible.

The Benefits Committee will keep you informed during the upcoming months as new information becomes available.

October Luncheon Features Purdue's 150th Birthday Celebration



Kelly Hiller, Director of Purdue's 150 Sesquicentennial Celebration, provided an overview of the "Giant Leaps" celebration, honoring the many contributions Purdue scholars have made over the years. "Giant Leaps" launched

during Homecoming 2018 and will conclude at Homecoming 2019. The focus is on achievements in:

1. Space: Earth, Exploration and Economics.
2. Artificial Intelligence, Algorithms and Automation.
3. Balancing Humanity and Technology.
4. Health, Longevity and Quality of Life.
5. Sustainable Economy and Planet: Innovate Today for a Sustainable Tomorrow.

(Continued on page 2)

October Monthly Luncheon Recap (continued from page 1)

The centerpiece of “Giant Leaps” is an ongoing ideas festival that connects world-renowned speakers and Purdue expertise in a conversation on the world’s most critical problems and opportunities facing our world.

IDEAS FESTIVAL

WHAT IF?

YOU COULD DISAPPEAR FROM THE INTERNET

A DEBATE BETWEEN
The Purdue University Speech and Debate Team
AND
The Indiana University Debate Team

4:00 P.M., NOVEMBER 7
Fowler Hall, Stewart Center

PURDUE.EDU/GIANTLEAPS

IDEAS FESTIVAL

WHAT IF?

WE FIND INTELLIGENT LIFE BEYOND EARTH

FEATURING
SCIENCE ADVOCATE
Bill Nye

7 P.M., NOVEMBER 8
Elliott Hall of Music

PURDUE.EDU/GIANTLEAPS

Cross-disciplinary discussions and events aligned with the four Giant Leaps themes will run the course of the entire year, including these two coming up in early November:

For latest updates on activities see: takegiantleaps.com

’Tis The Season to Diet...NOT!

The holidays are just around the corner and so are the turkey, potatoes, gravy, cookies and pies. Is this the diet for keeping our aging bodies and brains healthy? Most researchers will tell you “no”. Does this mean you should skip the holidays? Of course not!

PREDIMED (Prevention with Mediterranean Diet) was a random control study trial that was conducted in Spain in 2003-2009. There were 7446 people aged 55-80 that participated. The study focused on the Mediterranean diet and included men aged 55-80 and women aged 60-85. The study excluded those that had previous cardiac issues, strokes or peripheral artery disease. Participants needed to be high risk but not yet diagnosed with heart disease. You may view the study at www.predimed.es.

There are ways, however, to use the Mediterranean style cooking and meals in the upcoming holidays. Use olive oil freely for cooking and seasoning in those holiday recipes. Eat breakfast in the morning and incorporate nuts and seeds. Increase the amount of vegetables you serve to at least two or more servings a day. Serve white meat (chicken, turkey or rabbit) instead of the red meats and

processed meats such as brats and sausages. Serve fresh fruits of at least 2-3 servings per day. Have fresh salads. If you make pasta, try a tomato sauce simmered with garlic, onion and olive oil. You can use the tomato sauce to top your vegetables, rice or pasta.

If you serve alcohol then serve a red wine as your main drink. No more than 1-3 glasses a day. Cool water with lemon slices is always a safe holiday drink that can add color and freshness to your meal.



What about dessert? Dark chocolate is a good choice to top those fresh fruits or a dark chocolate pudding made with Greek yogurt and topped with fruit. Plain Greek yogurt topped with berries

nuts and seeds is another suggestion.

You may not want to go all Mediterranean over these holidays but there is no reason why you cannot incorporate some healthy cooking habits into the upcoming holidays. Good luck, best wishes, and may all your holidays be the best! (C. Rearick)

As always, if you have questions or concerns, or suggestions for health article topics, please contact Chris Rearick, MSN, RN, at the Purdue Nursing Center for Family Health, by phone at 765-496-0308, or email to crearick@purdue.edu.

Purdue Aphasia Support Group Meets Monthly

Stroke is the second leading cause of mortality worldwide, and the major cause of long-term disability in adults. In Indiana, being firmly situated in the 'Stroke Belt', there is a higher incidence of stroke than in the rest of the nation (according to the Kentucky Indiana Stroke Association).

One of the persisting disabilities of stroke patients is the loss of communication abilities (aphasia), affecting all modalities of communication including one's ability to speak, to comprehend, to read, and/or to write. Research evidence shows that persons with aphasia continue to improve their communication skills with continued participation in

communication-based activities and interactions—even years post-stroke—significantly improving their quality of life.

The Purdue Aphasia Research Laboratory is working to better understand how persons with aphasia process information during listening and speaking, and to identify factors and conditions that maximize re-learning of language. Persons who have had a stroke resulting in aphasia are invited to participate in our research.

Participation in the Laboratory's research is free of charge and a comprehensive language evaluation is completed prior to participating. If interested, please contact them by email at aphasia@purdue.edu, on their website (continued on page 4)



PLANNING FOR YOUR FUTURE SEMINAR

The Purdue University Retirees Association presents a special FREE half-day seminar providing an overview of the many decisions that all of us face as we move into our senior years. Join us for an afternoon of important information provided by experts in their respective fields. Even if you think you've made your plans, come and listen to be sure you've thought of everything.

When: Monday, November 26th Where: Stewart Center, Rooms 214 A-D

1:00 – 2:15 pm Session 1 – Estate Planning

Medical & legal powers of attorney, wills and trusts and related tax implications

Speaker: Erik Spykman, Partner, Stuart & Branigin

The impact of the new tax law on income and other taxes – do I need to make adjustments in my financial planning?

Speaker: Roger Seiler, CPA, Cox & Company

What are the benefits of planned giving and/or donating stocks to charities? Will I have enough income to live comfortably?

Speaker: Jill Anderson, Senior Director of Development, Purdue Planned Giving Office

2:15 – 2:30 pm Break

2:30 – 3:45 pm Session 2 – Future Living Options and Issues

If I want to remain in my home permanently, what are the various services which can be provided by home healthcare agencies when needed? How do I choose?

Speaker: Brandon Ezell, Director of Community Relations, Home Instead Senior Care

What are the advantages of moving to a retirement community? What are the costs of the various options and how do they impact my estate? What if I get sick and need health care?

Speaker: Dawn Walker, Administrator, Glasswater Creek of Lafayette

What local facilities provide care for Alzheimer's and/or Parkinson's disease patients and what are the costs? What financial support can Medicaid provide? Is long-term care insurance worthwhile?

Speaker: Jessica Wiles, Community Service Representative, Trilogy Health Services

3:45 – 4:00 pm Break

4:00 – 5:00 pm Session 3 - Funeral and Cemetery Options

What are the typical costs of traditional funeral services or cremation funeral services, or with traditional burial vs. cremation burial? Are there religious, legal and/or other factors that need to be taken into account as I determine my final plans? Are my final plans truly final, or can preplanned arrangements be changed later without my knowledge or consent?

Speaker: Steve Riggs, Director of Public Communications, Tippecanoe Memory Gardens

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I/we will attend the "PLANNING FOR YOUR FUTURE" seminar on November 26th.

Name(s) _____

Email address _____

Return to: Michele Salla – Kurz Purdue Technology Center, Suite 1100, 1281 Win Hentschel Blvd., W. Lafayette, IN 47906, **or e-mail/phone:** masalla@purdue.edu – (765) 494-1779

November Campus Calendar

Academic:

Nov. 21-23—Thanksgiving break, no classes. (Offices are open Wednesday, but closed Thursday and Friday.)

Special Events: Free and open to the public.

Nov. 1—Native American Heritage Month Opening Celebration with Dana Warrington. Warrington, an award-winning artist and champion traditional dancer, will share stories and history from both his Menominee Tribe in Wisconsin and Prairie Band of Potawatomi of Kansas. 6-7:30 p.m. STEW, Room 218CD.

Nov. 1—Personal account of Hiroshima: "August 6th 1945: My Story." Shigeko Sasamori, survivor of atomic bomb attack, with Kazumi Hatasa, professor of languages and cultures. Two-part event: 1) Poster exhibition, a gift from the Hiroshima Peace Museum, at 6:30 p.m. 2) Sasamori's talk, at 7 p.m. Wilmott Active Learning Center, Room 3087.

Nov. 5-6—Dawn or Doom 2018: "Emerging Technology: Risks and Rewards." Stewart Center. Conference information and registration at: <https://www.purdue.edu/dawnordoom>

Nov. 14—Jewish Studies Noon Lecture and Discussion Series. "From Prayer to Action: The Alternative Philosophies of the Early Twentieth Century Which Brought One Jewish Family to America."

Thomas Busch, retired Tippecanoe Circuit Court Judge, Lafayette. 12:30 p.m. STEW, Room 313

Music: Free and open to the public, except as noted.

Nov. 2—Purdue Varsity Glee Club in concert. 7 p.m. Logansport. Ticket information at: <https://www.brownpapertickets.com/event/3604416>

Nov. 4—Fall Show, featuring Purdue Bells, University Choir, Heart & Soul and All-Campus and Community Chorale. 2 p.m. Long Center for the Performing Arts, 111 N. Sixth St., Lafayette.

Nov. 14—Purdettes public rehearsal. 11:30 a.m.-12:20 p.m. Purdue Memorial Union, Great Hall.

Nov. 16—All of Purdue's jazz bands in concert. 7:30 p.m. Loeb Playhouse, Stewart Center.

Nov. 18—Symphonic Band and Wind Ensemble. 2:30 p.m. Long Center, 111 N. Sixth St., Lafayette.

Dec. 1-2—PMO Christmas Show. Elliott Hall of Music. Ticket information: <https://www.purdue.edu/pmo/christmas-show/>

Theatre:

Nov. 10, 11, 14, 15, 16, 17, 18—Purdue Theatre's production of "Next to Normal," an award-winning musical, with book and lyrics by Brian Yorkey; music by Tom Kitt. Ticket information at: <https://cla.purdue.edu/theatre/Tickets>

(Aphasia Support Group, continued from page 3)

<https://www.purdue.edu/hhs/slhs/aphasia/>, or by phone at 765-496-0216.

The Purdue Aphasia Support Group meets once a month and strives to be a comfortable setting for guided conversation practice for people with aphasia and their caregivers. The focus is on social activities as well as informational topics. If you have aphasia, please consider attending our support group on Tuesday, November 6, and Tuesday, December 4, 2018 from 6:30-8:00 pm, on Purdue's campus. For more information, please see our Facebook page: <https://www.facebook.com/PurdueAphasiaGroup>. Or call 765-496-0216.

PURA Tech Bytes - By Scott Ksander

1. As I started to work on this article, my phone rang, and the Caller ID showed the number of my home cellular service. The text description of the ID read "Ksander Home" which is the custom description I set up for my Caller ID!! I was pretty sure I wasn't calling myself so I answered, only to receive an offer to help with my Federal Student Loan. I was fortunate never to have had a Federal Student loan. It was a scam and I hung up. The message here, however, is that you can't trust Caller ID. "Spoofing" Caller ID is now relatively easy. Methods are widely available. DON'T TRUST CALLER ID.

If you are interested in learning more, see:

https://en.wikipedia.org/wiki/Caller_ID_spoofing

2. Facebook recently announced a possible breach of 50 million users. (Facebook has more than 1.8 billion active monthly users.) The flaw involves the "View As" feature where you can see how other people see your Facebook page.

Generally, if you are Facebook user like me and only post family updates and see grandchildren's activities, this does not concern you. If you are an experienced Facebook user and have used the "View As" feature, you will know what this is. Media is suggesting changing your Facebook password. I will never argue against good password management but, in this case, most of us aren't going to be affected.

Mark Your Calendars!

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

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

Speaker: Scott Ksander

6 November ELECTION Day

7 November PURA tour of Bechtel Innovation Design Center and Black Cultural Center. 4:00-5:30 pm. Space is limited. Registration: email Michele Salla at masalla@purdue.edu.

26 November PURA Planning Your Future conference

Stewart Center, Rooms 214 A-D. See page 3 for registration.

3 December PURA monthly meeting, MCL Cafeteria, 11:00 am.

Topic: "From Pharmacies to Farm-acies: How the food we eat and the way we eat it can lead to health and longevity".

Speaker: Gary Ulrich, IU School of Medicine

7 January PURA monthly meeting, MCL Cafeteria, 11:00 am.

Topic: "The Future of K-12 education in Indiana, and the Greater Lafayette Career & Technical Education Center".

Speaker: Scott Hanback, Superintendent, Tippecanoe School Corporation

4 February PURA monthly meeting, MCL Cafeteria, 11:00 am.

Topic: The NICHES Land Trust Helping Ecosystems Survive.

Speaker: Nyssa Lilovich, NICHES Communications Director

17 April 2019 PURA Purposeful Living In Retirement

Conference. Beck Agricultural Center, West Lafayette.

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:

Office of Retiree Affairs

1281 Win Hentschel Blvd., Suite 1100

West Lafayette, IN 47906-4182.

Telephone: 765-494-1779 or (toll free) 877-725-0222.

Email: masalla@purdue.edu.

2018-2019 PURA Communications Committee:

Chair: Karen Lembcke, *Members:* Connie Bilyeu, Jim Daniel, Joann Thomas