PURA News

Purdue University Retirees Association

March 2019

Purposeful Living in Retirement Conference Set for April 17

THIS IS IT! Make plans to attend the 2019 PLIR Conference on April 17, 2019 at the Beck Agricultural Center in West Lafavette. Expanded breakfast offerings will begin at 8:30 am with the program to start at 9am.

keynote address will be on "Intergenerational Communication". It will be followed by "Managing Your Assets-101". Exhibits will then open, followed by "Improving Vocal and Physical Motor Abilities".

During lunch the expanded exhibit area will remain open. Bring your walking shoes if



interested in a fitness walk at the end of the lunch period.

After lunch enjoy a travel presentation on "Indiana Historic Landmarks", a session on how "Mind Games" can help with memory retention, and our annual "Benefits Update" will complete the day around 3:00 pm.

Thanks to our sponsors, the day's program is again available for only \$15.00. Registration materials will be mailed the second week of March. Guests are welcome. Register early to ensure a space.

Expect some surprises—hope to see you there!

Purdue's 150th Celebration: **PURA's "Historical Characters"**

As mentioned last month, PURA is sponsoring "Purdue Historical Characters," to help celebrate Purdue's 150th anniversary this year. PURA members dress up in period costumes as famous people in Purdue's history and interact with attendees at selected Purdue events. Two new folks have joined our original three participants.



From left to right, Tom Turpin portrays Clifford Turpin, David Caldwell portrays Orville Redenbacher, Olivia Wood portrays Mary L Matthews/Virginia Meredith, Mary Alice Nebold portrays Amelia Earhart, and Scott Rumble portrays Harvey Wiley.

Other PURA members are on board to represent John Purdue and Joe Tiller, but we need more retirees to cover other important people, particularly women. If you are interested in portraying someone from Purdue's history, please contact Tom Turpin (via email at turpinf@purdue.edu).

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Federal Hospital Pricing Requirement

PURA Benefits Committee January 2019

As of January 1, 2019, all hospitals must post online all the costs for the goods and services they provide. It is a requirement of the Affordable Care Act and is part of an effort to bring greater transparency to health care. Hospitals provide the prices they have set for their procedures, services, drugs and supplies on spreadsheets called chargemaster lists.

Finding the chargemaster information on a hospital's website takes diligence. Typing in the hospital's name along with keywords "billing" or "chargemaster" might produce a link. If lists are located, the numbers can be misleading and will not help patients figure out their true costs. Most consumers will not be paying the chargemaster prices.

Hospital officials and health care professionals are warning that the chargemaster lists will be of limited use to people with insurance coverage, because the listed prices do not represent consumers' out-of-pocket responsibility. In addition, the lists contain a hodgepodge of numbers, abbreviations, technical medical terms and codes that may be difficult to decipher. Different hospitals may not display the same items the same way.

Due to the complexity and opaque nature of hospital pricing, the chargemaster lists are unlikely to provide clarity and usefulness to the average person. There are other sources that may be of greater assistance in helping consumers evaluate hospital costs:

- 1) FAIR Health makes available resources that help consumers understand their health benefits, plan their costs and make the most of their medical and dental coverage. www.fairhealthconsumer.org
- 2) Health Care Bluebook Fair Price is the reasonable amount one should pay for a medical service. It is calculated from a nationwide database of medical payment data and customized to an individual's geographic area. www.healthcarebluebook.com
- 3) Indiana Hospital Association has a website which calculates the overall cost of a procedure and allows users to compare hospital charges and quality ratings. www.mycareINsight.org

When using the above tools, keep in mind they do not take a person's insurance into account. However, these sources provide helpful resources for estimating health care costs.

Silver Sneakers Insurance Benefit

PURA Benefits Committee January 2019

Silver Sneakers continues as a no-cost benefit program through

December 31, 2019 for PURA members who are enrolled in United Healthcare's PURcare and PURA Medical Advantage Medicare Supplement Plans.

Silver Sneakers is a nationwide program that encourages and facilitates seniors to maintain better control of their health through physical activity. Silver Sneakers membership grants access on a no-charge basis to any participating gym location.

Although United Healthcare has shifted some of its health plans

to an alternate fitness program managed by a different company effective January 1, 2019, United Healthcare has confirmed that Silver Sneakers will remain available for the remainder of this year for the two PURA Medicare supplement plans. For January 1, 2020, and thereafter, Silver Sneakers availability will be subject to discussions and negotiations with United Healthcare.

The PURA Benefits Committee is aware of the popularity of the Silver Sneakers program and will strive to retain the program for those utilizing the PURcare and PURA Medicare Advantage Plans. The committee has expressed concern to United Healthcare regarding a shift to a different program and has made Silver Sneakers retention a high priority. If there must be a transition to a different program, every effort

will be made to make the transition as seamless and transparent as possible.

Purdue Retiree Airport Parking Benefit

PURA Benefits Committee February 2019

The Fast Park and Relax airport parking facility has invited Purdue retirees to take advantage of the same perks offered to Purdue employees.

Fast Park and Relax is Purdue's preferred airport parking provider and offers a corporate rewards program to earn points towards free parking. Two of Fast Park and Relax 17 nationwide locations are at the Indianapolis International Airport and at Chicago's Midway Airport.

To sign up for the Purdue University Fast Park and Relax rewards program and to view options and features, go to:

http://enrollnow.thefastpark.com/e01f2e67-8319-41a0-88a9-0008479976a6

Once signed up for the rewards program, reservations can be made by going to: http://wwwthefastpark.com. Sign into your Rewards account at the top right for reservations at any of the 17 locations listed in the drop down menu.



PURA Tech Bytes

By Scott Ksander



Some PURA Members Not Receiving PURA/Purdue Email



Remember when SPAM was just meat in a can? We have spent the last 2 weeks working on a problem with the other kind of SPAM, email SPAM, i.e., unsolicited messages sent in bulk.

Some PURA members were not receiving the email *PURA News* newsletter and, in some cases, no email from Purdue at all. This problem was caused by email providers' efforts to control email "SPAM". Most statistics agree that about half of all email sent is SPAM. With 14.5 Billion email messages sent daily, that's a lot of SPAM.

Every email that is received by an email provider such as gmail.com, icloud.com, or comcast.net is given a "SPAM score" to help identify SPAM. There are two-ways email is scored. First, the email is given a Reputational Score based on the sending email server. Not all email for opurdue.edu, for example, enters the system via the same server. Purdue currently has 7 email servers that can source email. PRF has additional servers, as does Athletics. At any time, some or all of these servers may have a "bad reputation" for sending email SPAM.

The second score is the Content Score. There are many commercial programs that use different algorithms to try to determine if the content of the message is advertising, objectionable, illegal, etc. This score is very subjective and there are many different algorithms.

An email provider (Comcast, Metronet, Gmail, Purdue and the like) that is trying to limit the irritation of SPAM for their customers, can elect to use either or both methods and take actions based on the scores. Generally, the email provider simply deletes--without delivery to the person to whom it is addressed --any email with a Reputational Score indicating SPAM. The recipient is not notified. Email with a Content Score is also usually deleted by most providers, but the providers often give the recipient the option to see this email in a "SPAM" or "Junk Mail" folder.

As for our PURA problem, sometime about the middle of January some Purdue email servers were flagged with a "bad reputation" by the sources used by Comcast. This meant that ALL Purdue mail from these servers was not delivered to PURA members with an @comcast.net email address. This wasn't immediately noticed since it is difficult to detect that a message isn't delivered. As of February 15, Purdue is back to having a "good reputation" at Comcast. PURA members with @comcast.net addresses should now receive the PURA newsletter email and most other Purdue email.

Additionally, PURA members who are Comcast customers and had been receiving *Purdue Today* emails, stopped receiving them. The reason? Comcast also uses a very aggressive commercial content filter and currently, *Purdue Today* email is being flagged as SPAM content by Comcast. Their content filter is a very popular commercial package, so it is possible other email providers are also flagging *Purdue Today*. (Note: we have confirmed that Gmail.com does *not* flag *Purdue Today* as SPAM.)

So, what should you do? If you notice that you stop receiving normal Purdue email, report it as soon as possible to ITaP via phone, at (765) 494-4000, or email to itap@purdue.edu. If Purdue is flagged for a bad reputation, ITaP needs to act to clear Purdue's reputational score.

Regarding the other issue, *Purdue Today* confirmed they're working to provide their content in such a way as to not trip the content filter. Tentatively, the method will be available for testing in mid-March. I will be helping to test and will report back in an upcoming "Tech Bytes".

In the short term, an alternative is to read the current issue of *Purdue Today* online at **www.purdue.edu/newsroom/ purduetoday**, by clicking on the title **Current Issue**. (Earlier issues are also available on this site's archive pages.)

There is another option, though it's a bit drastic considering there's hope the problem will soon be corrected. If you currently have SPAM set to be deleted (the usual setting), you can change the setting to keep and route all your SPAM to a "SPAM" or "Junk Mail "folder, where you may read it.

You will need to decide if the benefit of being able to see and read *Purdue Today* in your SPAM folder outweighs the issues with seeing objectionable, irritating, or even dangerous SPAM that will also show up in the folder.

If you do elect to change your setting, always question anything you see and be exceptionally careful what you open. For members with @comcast.net email addresses, instructions to make that choice can be found at https://tinyurl.com/y4eyj87c.

For everyone, please, always use extreme caution dealing with email SPAM.

Tax Scams

As I write this, I am "enjoying" receiving my 2018 tax forms. By the time you read this, you might be considering your taxes. Regardless of your tax situation, this would be a good year to consider filing early.

One of the most popular identity theft scams is to use stolen information to file a fraudulent tax return and claim a refund. I even read about a case where scammers filed a fraudulent return and paid an amount due! They used this act as "evidence" of identity to commit an even bigger financial crime.

(continued on page 4)

(Tech Bytes, Tax Scams, continued from page 3)

Electronic filing made this easier and the IRS is working hard to improve the system. When you get around to filing your actual tax return, you will get a notification that you have already filed! I know from real victims how upsetting this can be. The good news, however, is that the IRS will work with you to correct the situation, but it does take time and the IRS can never correct your feeling of helplessness.

Filing early helps close the window for scammers to try to use your identity.

Do You Have a Backup?



The start of a new year and the reality of taxes is also a good time to think about the reality of technology failure. It is not a question of "IF" your technology will fail. It is a question of WHEN you will have to deal with a technology failure. The most frequent and disturbing tech call I get is about

system failures that result in the loss of critical documents and pictures.

When I ask about a backup copy, most (even my family members) say they don't have a current backup or any backup at all!

PLEASE, use this time to make at least one yearly backup. 1TB (terabyte) external USB drives sell regularly at local office supply stores for under \$50. Storage is not expensive.

There are many good backup software packages. I use a package from Acronis called True Image. It commonly sells for \$38 for

one computer perpetual license. Use the "image" or "drive" backup option to backup everything on your computer to an external disk.

\$88 to protect your critical information is a very good investment. With a 1 TB drive, you might be able to store multiple backups. Maybe quarterly? Even a 5TB drive can be found for under \$200 if you watch the sales.

Also consider adding a cloud backup option. Carbonite is a good option (https://www.carbonite.com/) and costs about \$6/month for a single computer. It will backup your data to the cloud in real time. Data in the cloud is encrypted so it is safe.

Most cell phones today have some sort of photo backup available from the phone manufacturer. For iPhone, this is iCloud. For Android phones this is usually Google Photos. Both offer some initial amount of photo storage free but then charge for additional storage. This is only a few dollars per month and is VERY cheap insurance for your valuable photos. Please consider it very seriously.

You Can Never Have Too Much Security



ITaP did a great series over the holidays called the 12 Days of Cybersecurity. If you didn't see it, there is lots of good information on this web page.

It can be found at: https://tinyurl.com/y73a4qpm

NICHES Land Trust Topic of February PURA Meeting

The February Monthly Meeting featured Gus Nyberg, Executive Director of the NICHES Land Trust.



NICHES stands for Northern Indiana Citizens Helping Ecosystems Survive. NICHES' mission is to protect, restore and sustain Northern Indiana's ecosystems by providing a habitat for native species and offering natural places for education, appreciation and enjoyment of current and future generations.

Gus has been an employee of NICHES since 2017 and was the first employee at that time. Now the NICHES Land Trust has six employ-

ees. He previously worked for The Nature Conservancy for ten years as a land steward along the Kankakee River in Indiana. He has been leading controlled burns since 1998 in Indiana for both The Nature Conservancy and NICHES Land Trust.

NICHES properties are located within a 13-county area of west and central Indiana. They own approximately 3,100 acres, in over 20 preserves. These preserves are free and open to the public from dawn to dusk all year long. These properties currently provide approximately 15 miles of public trails where you can explore the prairie, the woodlands, and the wetlands. To see a listing of NICHES properties, their address and directions, check out the website at: nicheslandtrust.org/index.php/properties/

NICHES manages the savannas, which are woodlands with a canopy of 50-80 % tree cover, by removing the invading trees and brush and returning fire as a natural process of the ecosystem. The prescribed burn or controlled burn allows the native species to thrive, returns the nutrients to the soil and kills the invasive species.

In 2014, NICHES Land Trust took over the management of Clegg Memorial Garden where their office is located at 1782 N 400 E, Lafayette, IN on the banks of the Wildcat Creek. At 84 miles long, it is one of the longest streams in Indiana.

Gus mentioned that one of NICHES' dream projects is to develop a trail from Delphi to the Portland Arch, which is near Attica. This is a long-term project which would result in a 51-mile trail.

NICHES has various opportunities for volunteers. If you are interested, contact them at 765-423-1605.

Caring for Yourself While Caring for Others, Part 1

Caring for the needs of older adults who are unable to care for themselves is hard. Many caregivers do not feel prepared for this role. If you provide care for an older adult, you are not alone. More than 44 million Americans provide care to someone over age 50.

What You Should Know About Caring For Yourself:

Caring for others is rewarding but can also be stressful when added to busy schedules and daily demands. The best way to help others is to take care of yourself. Some ways to help you avoid burnout include:

- Join a support group with other caregivers who understand what you are going through. It helps to know you are not alone. Hearing others share their experiences gives you an idea of what is to come.
- Don't try to do it all. Ask friends, family, and health

- professionals for help. If you belong to a faith community, dedicated support persons may be available.
- Take time for yourself. Take breaks from caregiving and do things you enjoy on a regular basis.
- Exercise regularly, eat right, and get enough rest. Do not feel guilty taking care of yourself. You will take better care of others in the long run if you care for yourself.
- Maintain your close personal relationships. Avoid isolation.
- Keep a journal. Some people find writing down their positive and negative feelings and experiences help to reduce stress.
- If caregiving has become highly stressful, talk with a health care provider or counselor.

Contributors: Becky Walters, Kristen Kirby, Janelle Potetz, Stephanie Woodcox, Purdue School of Nursing, Nursing Center for Family Health. Part 2 will be published in the April issue of *PURA News*.

March Retiree Wellness Screenings



Spring wellness screenings continue in March at the Purdue Nursing Center for Family Health. Every Monday the center will open at 8:00 a.m. and will do screenings till 12:00 noon.

Wellness screenings include a finger stick for a lipid profile with optional basic hearing screening, ear wax check, blood pressure and BMI.

Contact Chris Rearick, MSN, RN, to schedule and discuss the screenings in which you may be interested. Phone her at 496-0308, or you may email her at **crearick@purdue.edu** for a quicker response.

Remembering a Purdue Star

By Jo Ann Thomas

March is Women's History Month and a good time to revisit one of Purdue's notables. Dr. Gertrude Sunderland was born in 1895 in Iowa. Attending Iowa State she earned a BS in Home Economics, an MA in Household Bacteriology and a PhD in Bacteriology and Foods and Nutrition.

She joined the Purdue Faculty in 1931 to teach experimental foods and food chemistry. The class revealed such foodie mysteries as how the creamy white stuff got into cherry chocolates. One of the first experiments in the 3-hour lab was making gluten balls. This emphasized the different flours which give structure to recipes. Wouldn't that have caused a frenzy in today's glutenfree fans?

Each student had to frame, execute and document their own experiment during the semester. From these experiments came Purdue Master Mix. Dry ingredients were mixed with different fats and could be kept up to 6 weeks. When a homemaker

wished to bake something, she scooped a cup or two of the mix, stirred in liquid and put it in a pan.

There were no cake mixes at the time but the food industry took note. Different mixes were developed for cakes, muffins, cookies and biscuits. The instructions were published in booklets and sent to the Purdue Extension Offices.

Soon they were in Extension offices all over the country. Master Mix was followed by Freezer Berry Jam which took much of the fuss out of making jam and tasted better.

Dr Sunderland retired after 33 years. One of her students recalled she was a very nice lady who wasn't overly impressed by her degrees and could laugh.





Reminder: Daylight Savings Time Begins on March 10.

Clocks "spring ahead" (officially, at 2 a.m. reset to 3 a.m.).

March Campus Calendar

Academic:

Mar. 11-16—Spring Break.

May 4—Spring semester ends.

May 10-12—Spring commencement ceremonies.

Special Events: Free and open to the public.

Purdue 150th Celebration Ideas Festival

Details at https://takegiantleaps.com/calendar/

Mar. 5—What if the sky is not the limit?

Music: Free and open to the public.

Mar. 1—Purdue Philharmonic Orchestra. 8 p.m. Long Center, 111 N. Sixth St., Lafayette.

Mar. 2—Purdue Symphony Orchestra & String Orchestra. 8 p.m. STEW, Loeb Playhouse.

Mar. 6—Guitar & Saxophone Ensemble and Lab Jazz Band II. 6:00 p.m., PMU. Room TBD.

Art: Free and open to the public.

Feb. 25-Mar. 8-- "Art & Design Undergraduate Exhibition 2019." Works by students in Integrated Studio Arts; juried by faculty. Robert L. Ringel Gallery. Hours: 10 a.m.-7 p.m. Monday-Saturday (except holidays).

Patti and Rusty Rueff Galleries, Pao Hall. Hours: 10:00 a.m.-7:00 p.m. Monday-Friday (except holidays, and closing at 5:00 p.m. on final day of an exhibition)

Feb. 25-March 1. Interior Design Senior Exhibition.

March 4-8. I-Lun Huang MFA Exhibition.

March 4-8. Soyoung Jung MFA Exhibition.

March 18-22. Janna Ahrndt MFA Exhibition. March 18-22. Sudi Zhou MFA Exhibition.

March 4-30—"African Prints in Conversation: Reflections from a Global Synergy Grant." Focus on textiles of Ghana and their role in history and culture. Black Cultural Center; open during building hours.

Athletics:

All sports schedules available at: https://purduesports.com. Click through to the Home page, then click on **Sports** at the top to see specific sports menu.

Diving: Burke Aquatic Center. Free and open to the public, unless noted.

NCAA Zone C Diving Championship. Ticket information TBA.

Mar. 14—One-meter (men); three-meter (women). 1:00 p.m.

Mar. 15—Three-meter (men); one-meter (women). 1:00 p.m.

Mar. 16—Platform diving. 11 a.m. (women); 1 p.m. (men).

Swimming: Burke Aquatic Center. Free and open to the public. Mar. 2—Women's. Boiler-Make-It NCAA Last Chance. 12:00 noon.

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

Mar. 9—Women vs. Illinois. 12:00 noon.

Mar. 10—Women vs. Northwestern. 12:00 noon. Mar. 22—Women vs. Michigan. 12:00 noon.

Mar. 24—Men vs. Illinois at 12:00 noon.

Men's Basketball, at Mackey Arena:

Mar. 2-vs. Ohio State. 2:00 p.m.

Mar. 13-17—Big Ten Men's Tournament begins. United Center, Chicago.

Women's Basketball, at Mackey Arena:

Mar. 6-10—Big Ten Women's Basketball Tournament. Bankers Life Fieldhouse, Indianapolis.

Men's Baseball, at Alexander Field:

Mar. 12— vs. Milwaukee. 4:00 p.m.

Mar. 20-vs. Bowling Green. 4:00 p.m.

Women's Softball, at Bittinger Stadium:

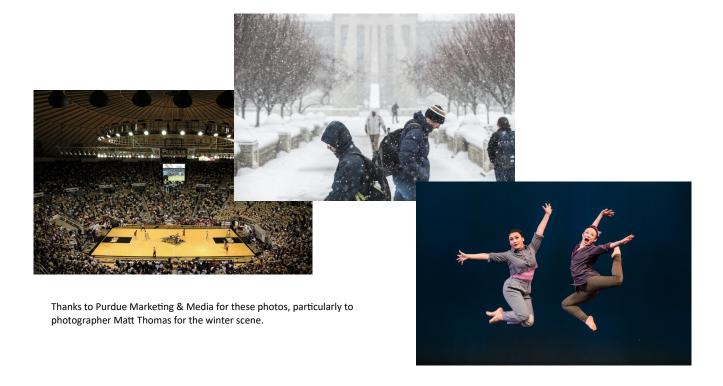
Mar. 22-vs. Iowa. 6:00 p.m.

Mar. 23— vs. Iowa. 3:00 p.m.

Mar. 24-vs. Iowa. 12:00 noon.

Athletic ticket information at:

purduesports.com/tickets/pur-tickets.html



Did You Know?

For more than 100 short articles about the history of Purdue Agriculture undergraduate degree programs and winter courses in agriculture, visit: https://ag.purdue.edu/oap/history/

Bee My Valentine

By Tom Turpin

Didn't get enough of Valentine's romance? Here's a bee-lated entry...

St. Valentine has lent his name To a day where love's the game, A time when Cupid, armed with his bow,

Shoots darts and arrows to take in

All those folks who, if you please Are thinking of the birds and bees!

We all know that birds bill and coo. But what is it that insects do, Or at least have perfected To justify being selected As creatures emblematic of A natural process known as love?

Males of katydids and crickets Sing from bushes, trees, and thickets. By rubbing legs, these insects make Sounds heard by humans as click and scrape. Lest we are tempted to malign, Their females hear a song divine!

Some female moths perfume the air To attract males who would dare Fly upwind toward an unknown fate And select by scent alone – a mate. This approach let's not criticize; Remember it pays to advertise!

Insects in their mating antics
Use food and dance as common tactics,
Two-step, four-step, or the old soft shoe.
But be specific, any dance won't do.
Some insect dances appear formidable,
But human criticism would be hypercritical!

On Valentine's Day if the one you adore Is dragged out on the old dance floor, Or played a favorite romantic song, Or given some perfume – and goes along – Then you've done it if you please, Practiced an art perfected by bees!

Mark Your Calendars! PURA Events

4 March PURA monthly meeting, MCL Cafeteria, 11:00 am. Topic: Cannabis—Facts About Its Medical Use Speaker: Cindy Koh-Knox, Pharm D. Clinical Associate

1 April PURA monthly meeting, MCL Cafeteria, 11:00 am. Topic: The Opioid Epidemic—An Update.

Speaker: Carl Erich, United Against Opioid Abuse Local Coordinator, at United Way of Greater Lafayette

17 April 2019 PURA Purposeful Living In Retirement Conference. Beck Agricultural Center, West Lafayette. 8:30 a.m.

6 May PURA monthly meeting, MCL Cafeteria, 11:00 am.

Topic: Campus Master Planning & Discovery Park Plans.

Speaker: Michael Gulich, Director of Campus Master Planning and Sustainability

22 May Spring Fling, Purdue Memorial Mall, West Lafayette campus, 11:00 am. Register online at: www.purdue.edu/springfling, or complete the attached form on page 8. Registrations will be accepted April 1 through May 10, 2019.

3 June PURA monthly meeting, MCL Cafeteria, 11:00 am. Topic: Safely Navigating Your Prescription Drug

Regimen

Speaker: Dan Degnan, Chelsea Anderson & Jamie Woodyward, Purdue Department of Pharmacy Practice

1 July PURA monthly meeting, MCL Cafeteria, 11:00 am.

Topic: The State of American Politics — A

Historical Perspective **Speaker:** TBA

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

Spring Fling 2019 Retiree Registration Form

Spring Fling will be held on <u>Wednesday</u>, May 22 on and around the Purdue Memorial Mall. Purdue welcomes our retirees to attend and participate in scheduled events or work as a volunteer.

Please register online at www.purdue.edu/springfling

Registrations will be accepted April 1 - May 10, 2019

Online registration is preferred.
If you cannot register online,
please complete and return this
form by May 10, 2019 to:
Purdue Human Resources
ATTN: Melissa Jasek
1281 Win Hentschel Blvd., Ste 1100
West Lafayette, IN 47906

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