

PURA News

Purdue University Retirees Association

May 2019

Trips And Tours Committee Announces Three Events

The Trips and Tours committee is pleased to announce three new opportunities for retirees and their guests. If you are interested, please sign up as soon as possible because space may be limited. More trips/tours are in the planning stages and will be announced as arrangements are completed.

Tuesday, June 18, 2019 at 1:00 pm: Inspired Fire \$20.00 (payable at the door)

Join PURA at Inspired Fire Glass Studio and Gallery, located in Shadeland, on State Road 25. We will have a tour of the studio and demonstration of flameworking techniques. We will then do a fused glass craft project (suitable for ages 6 & up). Each participant will make either a fused glass pendant or magnet to take home.

Inspired Fire was started in August 2002 and Sharon Owens is a featured artist instructor. The studio offers classes in flameworking, fusing, casting and jewelry making with glass. The gallery features glass artwork, woodworking, jewelry, paintings and custom made pieces from over 30 local artists.

Visit <http://inspiredfire.com/> for more information and directions to the studio.

To reserve space(s) on the tour, call Hannah Austerman 765-494-7395 or email jacksonh@purdue.edu by June 7.

Wednesday, July 31, 2019: Beef and Boards "The Buddy Holly Story" \$69 (only 8 spaces left)

This trip includes motor coach transportation to Beef and Boards in Indianapolis, lunch and the show. Learn details at <http://imperial-travel.com/beef-boards-buddy-holly-story-jul-31/>



For reservations, call Imperial Travel 765-447-9321.

Saturday, November 30, 2019: Louisville "Christmas Celebration of Lights" \$99

This tour includes motor coach transportation to Schimpff's Confectionery in Louisville, where we will enjoy watching them make their handmade candy canes and browsing amidst thousands of pieces of American candy memorabilia. Next up

is a special exhibit at Frazier History Museum – 65 Years of White Christmas.

The tour concludes with a visit to "Lights Under Louisville," a holiday light display in Louisville Mega Caverns. The motor coach will drive through the cave, so you can just sit back and enjoy.

Admission fees are included in trip price. For more information visit:

<http://imperial-travel.com/celebration-of-lights-nov-30-2019/>

For reservations, call Imperial Travel 765-447-9321

Reminder: Sign Up For May 7 YMCA Tour

Join PURA for a tour of the new YMCA, located adjacent to Ivy Tech at 3001 South Creasy Lane, Lafayette, on Tuesday, May 7, 2019 at 2:00 p.m.

A number of local organizations came together to help form this hub for health, education, and social responsibility in the community. The building's unique design incorporates a tubular slide on the exterior. Inside you'll see classrooms, exercise rooms, gym, pool, chapel, health facilities, and Junior Achievement "Avenue." (An elevator located next to the wide staircase provides easier access to the second floor.)

Contact Michele Salla at masalla@purdue.edu to register for the tour, arranged by the PURA Campus and Community Activities Committee. Though registration is limited to 50 participants, there are still spaces available.

What's Inside:

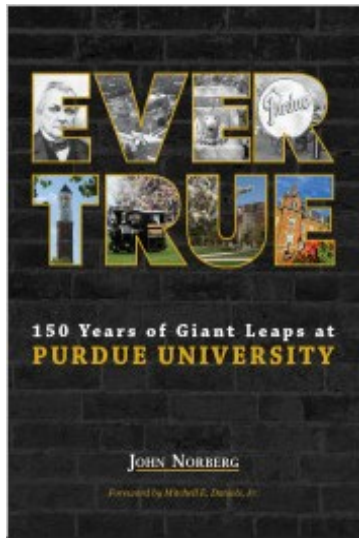
Regular Features

PURA Tech Bytes:	
Cutting The Cord	3
April PURA Meeting Recap	4
Mark Your Calendars! PURA events	5
Campus Calendar	7

Articles

Trips & Tours Announces 3 New Events	1
Sign Up for May YMCA Tour	1
Norberg Pens Purdue 150th Anniversary History	2
What is An Adult Day Service?	4
Purdue Student Nurse Visits	5
2019 Purposeful Living in Retirement Conference Recap ...	6
Spring Fling Retirees Registration Form	8

PURA's Norberg Pens Purdue's 150th Anniversary History



A new book on the history of Purdue University tells the stories of people who breathed life into Indiana's land grant college and built it into worldwide preeminence. *Ever True: 150 Years of Giant Leaps at Purdue University*, by PURA member John Norberg, published by Purdue Press, is part of the school's sesquicentennial celebration that has focuses on its future and its past. The book includes a forward by Purdue President Mitchell E. Daniels, Jr.

This is Norberg's eighth book. He was a reporter and columnist at the Lafayette Journal and Courier from 1972 to 2014. He was a speechwriter and director of communications for development at Purdue from 2000 to 2013 when he retired. In 2016 he was inducted into the Indiana Journalism Hall of Fame.

Norberg has spent the better part of three years researching, writing, and speaking about the book that covers stories from the days when John Purdue arrived in Lafayette in the late 1830s to the Daniels administration in the 21st century.

His stories entertain, inform and surprise readers:

- It was the Wabash and Erie Canal that attracted Purdue to Lafayette;
- Purdue at first wanted to locate Indiana's land grant college in Battle Ground;
- Purdue was the first public university in Indiana to open a medical school and it was located in Indianapolis;
- University President Edward C. Elliott swore he would never spend one penny on music at Purdue and then spent 100 million pennies building a hall of music that was later named for him. Today the president who swore he would never spend one penny on music is best remembered in the iconic Edward C. Elliott Hall of Music.

The people of Purdue are the focus of the book.

"The history of Purdue University is the story of people," Norberg says. "They aren't flat and lifeless, one-dimensional figures staring at us from paintings and black-and-white photographs. They are people who lived and breathed, laughed and cried. They succeeded and they

failed, and to understand what they did for Purdue and why requires knowing them as friends, not historical data. Ever True tells the stories of Purdue through its people—presidents, trustees, faculty, students, alumni, Nobel Prize winners and more. "

Between many of the chapters are one-page profiles of Purdue people who made giant leaps in their life or in research performed on the West Lafayette campus. They are people who were born in one-room log cabins in Indiana and went on to become entrepreneurs who started multiple companies. The profiles include scientists and engineers whose discoveries have impacted the lives of everyone:

- Charles Ellis who designed the Golden Gate Bridge;
- Orville Redenbacher whose popcorn won the hearts and taste buds of the nation;
- Frank P. Thomas Jr. who patented a soft serve ice cream machine and founded Burger Chef;
- Ruth Siems who made the key discovery in creating Stove Top Stuffing;
- Robert C. Baker who created what would later be called chicken nuggets;
- Joel Spira who invented the first home rheostat; and
- Philip Low who today has eight drugs in human clinical trials, more than any other entire U.S. university.

The stories of African Americans at Purdue are told throughout the book and mirror what was taking place in U.S. society. African Americans began enrolling at Purdue in the 1890s and faced racial stereotyping. Non-military African American students were not permitted to live in University residence halls (nor in West Lafayette) until January of 1947. Peaceful campus demonstrations by African Americans in 1968 and 1969 led to the Black Cultural Center, approved 50 years ago in 1969 and opened in 1970.

Males dominated leadership at the University in the earliest days but there were strong women who held important positions:

- Emma McRae was hired to teach English literature in 1887 and became the "lady principal" known as "mother" to the female students she supervised in Ladies Hall;
- Annie Peck, who taught Latin from 1881 to 1883 and was considered one of Purdue's best teachers, left and became famous for climbing mountains, including one where she left a sign at the very top: "Votes for Women;"

(continued on page 3)

(Norberg Pens Purdue History, continued from page 2)

- Virginia Meredith became the first woman on the Purdue Board of Trustees in 1921;
- Mary Matthews, Meredith's adopted daughter, became head of home economics in 1912 and retired as dean in 1952.
- Carolyn Shoemaker became the first part time Dean of Women in 1913 and was followed by five women who served as full-time Dean of Women and Dean of Students through 1995.

Norberg says history is made at Purdue every day and it was impossible to include everything. "Placing 150 years of Purdue into a single book is like trying to fill a thimble with water gushing from a fire hydrant," he says. "The common thread that runs through 150 years of Purdue University is the love and loyalty of its people, who from the beginning through today have always been ever

grateful for the incredible opportunities they received. As the words to 'Hail Purdue' proclaim, they remain — and always will be — Ever True."

Ever True: 150 Years of Giant Leaps at Purdue University is available through bookstores and online book sites. It can be purchased from Purdue University Press, at a 30 percent discount:

<http://www.press.purdue.edu/>, or 800-247-6553



John Purdue statue in front of University Hall.
Photo by Allyson Corbat, Purdue University Marketing and Media

PURA Tech Bytes

By Scott Ksander



Cutting The Cord

With the availability of more internet entertainment options becoming available, you have likely heard the terms "Cutting The Cord" or "OTT" (Over The Top). This can be very confusing.

If we think back a few years before Internet access was available in homes, there were likely only three "cords" coming into your house – the power line, the telephone line, and a coaxial cable for TV from either a cable company like Comcast, a satellite service provider like DirectTV, or an exterior antenna mounted on your roof.

The first way that most Internet was provided was via the telephone lines, initially with a modem and then techniques like ISDN and DSL. As cell phone service became cost effective and Internet service became available via cable providers, the first "cord" many people cut was the telephone line (aka "landline"). There were brief experiments with providing Internet services over power lines but that was both a technical challenge and a safety concern.

With 5G cellular services and direct fiberoptic service to the home becoming available, an effective option to get all services via an Internet provider became available. This is referred to as OTT or Over The Top services since they are all provided as Internet services.

With 5G cellular service providing Internet, many envision a day when the only "cable" into their homes is a power cable. A fiber optic cable, or even coaxial cable, may still be effective in many areas, but the question is how to cut "Cable TV" expenses. Many believe purchasing video content a la carte will be more cost effective. Fox, Disney, Netflix, Amazon, Hulu and all the major networks now offer some sort of streaming service.

There are two major problems that still need to be addressed before this option is ready for the average consumer. First, you still need some sort of hardware box to convert the network connection to video. Roku, AppleTV, and Amazon FireTV are examples of this kind of hardware. With this box, you can subscribe to various content providers such as ESPN, BTN, National Geographic, PBS, etc. The second problem is that none of these options are currently well integrated. Finding programming across providers can be confusing. There are lots of companies working in this area and effective options will likely be available in the future.

If you want to experiment with OTT services, the Amazon FireTV option is reasonably priced and will get you started. Apple recently announced AppleTV+ as a content provider and they may be a player in the area very soon. Currently, the combination of Roku hardware and Hulu content is leading the field for those really trying to "cut the cord," in my opinion.

This can still be a frustrating adventure, however, and is not really ready for the average/non-technical consumer.

Opioid Update Was Topic of April PURA Luncheon



On April 8, Carl Erich, the “United Against Opioid Abuse Local Coordinator” for Tippecanoe County, addressed the PURA monthly luncheon. He assists leaders, professionals, and other members of this community with collaborative efforts and with gathering data.

Both his professional background in industrial, retail, and agricultural work and his Master’s Degree in policy have given him insight into the issues surrounding addiction, and into how it has been addressed by state and local leaders. Carl’s first-hand experiences reinforce his passion to tackle addiction by strengthening communities. He has been working on the United Against Opioid Abuse project for a year and a half.

Carl provided a brief timeline of opioid development:

- 1804 – Morphine distilled from opium
- 1898 - Heroin invented by a Bayer chemist
- 1950-1970’s – Drug marketing occurs
- 1970 – The Controlled Substances Act is written

What is an Adult Day Service?

By Chris Rearick, Purdue Nursing Center for Family Health

Mayo Clinic defines an adult day service as “programs that provide care and companionship for older adults who need assistance or supervision during the day.” An example of an adult day service nearby is West Lafayette’s own Joyful Journey.

The excerpt below, from Joyful Journey, provides insight into this type of service. Even Purdue Pete visits Joyful Journey!

An open house is scheduled in July, “Sundae Sunday” July 28, 1:00-1:30 p.m., at Joyful Journey, 600 Lindberg Road, West Lafayette.

Feel free to contact me, Chris Rearick, if you have any questions at 496-0308, or email crearick@purdue.edu

“**Joyful Journey** is a community-based not-for-profit organization committed to providing compassionate and loving adult day service that preserves the dignity and well-being of everyone who visits, and provides encouragement and support to every caregiver.

We were established so that families would have another option when it comes to compassionate care for their loved one who is unable to stay home alone during the day. Our purpose is not to replace the role and responsibilities of the

into law; which created groupings of drugs based on their potential for abuse. Heroin is classified as a Schedule I drug while other opiates, including morphine, fentanyl, oxycodone and methadone, are Schedule II.

- 1980 – Heroin trafficking network in San Fernando
- 1989 - Purdue Pharma (a pharmaceutical company not associated with the university) addresses MS contin pain killer
- 1990’s – Heroin network expands across U.S.
- 1996 – Narcotic painkillers marketed for chronic pain
- Late 1990’s - pill mills make first appearance
- 1990’s – Pain adopted as 5th vital sign
- Mid 2000’s - Heroin network has gone national
- 2008 – Drug overdose becomes leading cause of accidental death.

Today, employers struggle to find employees who can pass the drug tests.

Tippecanoe County’s Opioid Task Force main focus is on prevention, treatment, law enforcement and recovery. Their goals include implementing a jail-based treatment program; establish a recovery community organization; address the need for evidence-based prevention programs; ensure navigation for patients and clients across treatment and recovery to help create a system of care with minimal gaps.

main caregiver. Rather, we strive to provide relief and respite to the main caregiver in their unique and important role while providing safe and purposeful days for our Friends.

Mission: Provide socially engaging opportunities that enhance dignity, safety, uniqueness, and independence for adults with physical or cognitive challenges, while offering respite and support to their caregivers.

Joyful Journey offers:

- Non-medical, daytime care for adults with cognitive and physical challenges
- Home-style atmosphere with a social and safe environment
- Trained, compassionate staff (First Aid, CPR/AED, specialized understanding of dementia care needs)
- Enriching and enjoyable activities

Who uses Joyful Journey:

We have served those from early 20’s to 102, those who are frail and need a watchful eye during the day, those diagnosed with dementia or memory impairment, those who are rehabilitating from injury and need temporary support, those needing stimulation and socialization, and those who have a developmental disability.

(Continued on page 5.)

(What Is An Adult Day Service? Continued from page 4.)

We serve retired and working spouses who care for their spouse, daughters and sons and their spouses who care for their parent, and grandkids who care for their grandparent.

We have an assessment process that insures we are able to meet the needs of the family and their loved one. We are not a drop in center. Call 765-607-6156 to talk to our Director or Program Manager. Our hours are Monday - Friday, 7:30 am - 5:30 pm.”

For more information visit their web page:
<http://www.facebook.com/joyfuljourneywl>

Don't forget to register for Spring Fling by May 10!

See page 8 for instructions to register online and the registration form, if you prefer to mail your registration.

SPRING FLING 2019

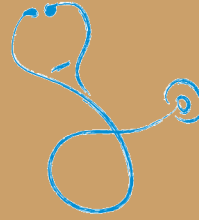
150 YEARS OF GIANT LEAPS
PURDUE UNIVERSITY

Spring Fling 2019

An occasion to celebrate!



Purdue Student Nurse Visits



Would you like a student nurse visit once a week during the school year? Purdue School of Nursing is looking to provide student nurse visits during the academic school year. This student would check client's blood pressure, review safety in the home, review medications and discuss concerns. For more information contact Kim Phillips, RN at (765) 494-5197 or email phill254@purdue.edu

Mark Your Calendars! PURA Events

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

7 May PURA tour to new YMCA, 2:00 p.m., 3001 South

Creasy Lane, Lafayette. Attendance limited to 50 participants. Register by contacting Michele Salla, at masalla@purdue.edu

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 are being 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 Woodyard, 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: Eric Waltenburg, Professor & Interim Head, Dept. of Political Science, Purdue University

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

Topic: West Lafayette Current Developments and Future Plans

Speaker: John Dennis, Mayor, West Lafayette

9 September PURA Kickoff Luncheon.

27 September Annual Purdue Center for Aging and the Life Course Fall Symposium, co-sponsored by PURA. (Registration information coming later in the summer.)

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

2019 Purposeful Living in Retirement Conference A Great Success

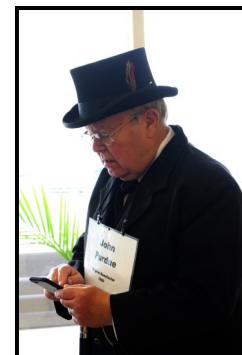
The annual PURA PLIR Conference on April 17 broke our record attendance with 246 registered and 31 vendors. Helping to greet the attendees were six of the eight PURA-sponsored 150th Anniversary Historical Characters including Harvey Wiley, Amelia Earhart, Clifford Turpin, Mary L. Mathews, Orville Redenbacher and John Purdue. Also new this year was a full hot breakfast and a fitness walk during the lunch break.

Amy Lorek, from the Penn State University Center for Healthy Aging, presented thoughts on how to navigate communicating with the many generations now encountered in daily work and retirement life. While at Purdue, Lorek also met with faculty and students in Purdue's Honors College to demonstrate some of the techniques she uses to foster communication between older adults and college students. PURA members volunteered to be matched with Honors College students to demonstrate how the sharing of responses to simple questions could open up conversations that lead to respecting each other's opinions.

Other PLIR sessions provided attendees with specific suggestions to help with maintaining full vocalization in aging, breathing techniques to keep the brain oxygenated, and stress reducing exercises utilizing neck flexibility as well as how to simply get out of a chair with greater ease.

The travel program presented "Hidden Gems" in Indiana that are documented as Historic Landmarks. A session on "Asset Transfer 101" covered the importance of being sure your life's assets are transferred where you wish them to go vs. going to the IRS, or being decided by the State during probate. A review and new information on PURA benefits closed the day's agenda followed by awarding over 30 door prizes.

If you missed this annual spring conference, watch for announcement of the 2020 date and come join us next year!



May Campus Calendar

Academic:

- May 4**—Spring semester ends.
May 10-12—Spring commencement ceremonies.
May 13—First summer class module begins.
May 27—Memorial Day. No classes. Offices closed.
June 10-July 12—Star Program. Campus visits for incoming students.
July 4—Independence Day Holiday. No classes. Offices closed.
Aug. 3—Summer commencement ceremonies.
Aug. 19—Fall semester begins.

Special Events:

May 9—Purdue Farmers Market: opening day of season. Fresh fruits and vegetables, meats, freshly prepared lunches, more. 11 a.m.-2 p.m. Thursdays through Aug. 1; then 11 a.m.-3 p.m. Aug. 8 through October. North end of Memorial Mall. [Suggested parking is Grant Street Garage (pay or "A" permit) or lot between Marsteller and Sheetz at Wood Street ("A" permit)]. Article with information about other local farmers markets:
<https://www.purdue.edu/newsroom/purduetoday/releases/2019/Q2/purdue-farmers-market-to-return-may-2.html>

May 13—Parking garages closures and phased closures begin. Specifics at:
<https://www.purdue.edu/administrative-operations/news/2019/042619-univ-hawk-parking-closures.php>

May 22—Spring Fling. Employee appreciation event. For faculty, staff, graduate student staff, and retirees (not families, friends, or other students). 11:30 a.m.-4 p.m. On and around Memorial Mall and in Stewart Center. Lunch; numerous traditional and favorite activities. (See page 8 for retirees' registration form. Register by May 10.)

Music:

May 11—Purdue Varsity Glee Club End of Season concert. 7:30 p.m. Long Center, 111 N. Sixth St., Lafayette. Tickets available at: <https://am.ticketmaster.com/purdue/>

May 25—Purdue "All-American" Marching Band in the Indianapolis 500 Festival Parade. This is the band's 100th year as host band in the parade. Parade starts at 11:45 a.m. at North and

Pennsylvania streets in Indianapolis, goes south to Washington, west a block to Meridian, and north across 10th, where it finishes about 1:30 p.m. A Purdue Alumni Band will join in to celebrate the musical centennial. \$ for parade seating; free for standing room. Details at: <http://www.500festival.com/parade/>

Art/Exhibitions: Free and open to the public.

Archives and Special Collections: Virginia Kelly Karnes Archives and Special Collections Research Center, fourth floor, STEW (enter from HSSE Library).

Through Aug. 16—Apollo 11 in the Archives: Selections from the Neil A. Armstrong Papers. Items representing international students at Purdue over the decades. Semester hours: 10 a.m.-4:30 p.m. (Summer hours TBA.)

Robert L. Ringel Gallery. STEW. Hours: 10 a.m.-7 p.m. Monday-Saturday (except holidays).

Through May 11—Return to Entry. Three artists' explorations of Purdue archives, to celebrate 50 years since moon landing and 150 years of Purdue.

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)

Through May 3—Integrated Studio Arts Senior Show.

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.

Men's Baseball, at Alexander Field:

- May 7**— vs. Ball State. 6:00 p.m.
May 14—vs. Xavier. 6:00 p.m.
May 16—vs. Ohio State. 6:00 p.m.
May 17—vs. Ohio State. 6:00 p.m.
May 18—vs. Ohio State. 6:00 p.m.

Athletic ticket information at:

<https://purduesports.com/> Click on the "Tickets" link at the top of the page, then browse the list to select the link for the sport in which you're interested.

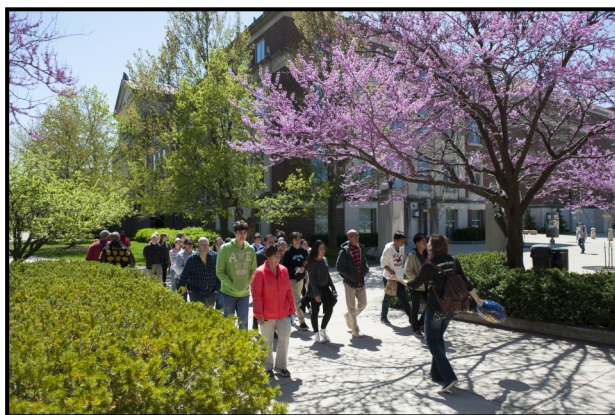


Photo by Mathew Thomas, Purdue Marketing and Media



Photo by Mark Simons, Purdue Marketing and Media

Spring Fling 2019 Retiree Registration Form

Spring Fling will be held on Wednesday, 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

Name _____

Address _____

City, State, ZIP _____

Phone _____ Email _____

I am registering to PARTICIPATE in the fitness walk

I am registering to PARTICIPATE in the vehicle show

Vehicle Make _____


Model _____ Year _____

I would like to VOLUNTEER to help with: (please check)

___ Food ___ Popcorn ___ Fitness Walk ___ Cleanup ___ Any Area

NOTE: Those who would like to play golf must reserve a tee time at the course by calling 765-494-3139, ext. 1.

Complete and detach the entry below and deposit it in the drawing box on May 22, 2019 by 2pm

 *****
Do NOT mail this entry

Spring Fling 2019 Retiree Door Prize Entry Form

Name _____

Address _____

City, State, ZIP _____

Phone _____ Email _____