

PURA News

Purdue University Retirees Association

June-July 2019

PURA Transitions to 2019-20 Officers And Committees

In early June, the PURA board and committees met to introduce new members, recap accomplishments of the previous PURA term, and plan for the upcoming 2019-20 year. Outgoing PURA president Don Gentry provided this summary of 2018-19:

Year-end Review

We started the year by establishing goals to better serve the Purdue Retirees. The successes we had were obtained with the hard work of over 90 board and committee volunteers. Some of the highlights were:

Committee Accomplishments

- The reorganized Finance Committee implemented the plan to consolidate all financial, endowment and budget responsibilities into one committee.
- From the leadership of the Scholarship Committee the PURA Scholarship Endowment grew to over \$132,000. The PURA and the Jischke Scholarship endowments generated sufficient funds to support seven scholarships for Purdue students.
- Implemented a new process for the Arthur G. Hansen Award including the creation of a Developmental Grant Program to encourage Purdue departments and units to expand their activities for retirees. The Arthur G. Hansen Award for service to Purdue Retirees was awarded to the Department of Health and Kinesiology. Three grants were awarded: the School of Aviation and Transportation Technology; the Office of Vice Provost for Student Life; and the School of Languages and Cultures.
- The Benefits Committee continued their outstanding service to Purdue Retirees with continued stable rates for health insurance plans and studying a number of benefit related subjects. Over 2,700 retirees and spouses are served by our Health Insurance Plan.
- The Trips and Tours and Campus and Community Activities Committees organized many successful events for PURA members.

- The Hospitality Committee changed the seating arrangement to expand and better utilize MCL's room capacity for PURA monthly luncheons which resulted in a much improved environment for meetings, and the committee continued to welcome retirees to all PURA events.
- Outstanding speakers for the monthly luncheons were facilitated by the Program Committee including a special program on end of life arrangements.



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- Another outstanding Purposeful Living in Retirement event was held in April 2019, planned by the PLIR committee, with outstanding speakers and a very large attendance.
- The annual Kick-Off Luncheon organized by our outstanding Kick-Off Luncheon Committee was a great event with a large attendance, great fellowship, door prizes and an outstanding speaker, Executive VP and Provost Jay Akridge.
- The Communications Committee was responsible for greatly improving PURA newsletters and changed to a totally electronic distribution, which greatly expanded the number of articles and materials that can be shared with members. They kept the PURA web pages up to date with current events and news, and expanded our awareness of cyber security and social media thru a newsletter column developed by Scott Ksander called "PURA Tech Bytes".

PURA remains an outstanding service organization because of the PURA committees' work throughout the year.

Other Accomplishments

- An online Purdue Retiree Directory went live during the year, from work started the previous year.
- Purdue retirees continued to be generous givers. Once again, retirees contributed over \$4,000,000 to the University in outright and deferred gifts as well as volunteering for numerous services to the university.
- Purdue Retirees also were very supportive of our community, giving a record high contribution to the local United Way annual campaign totaling \$139,470.85.
- To support the 150 Year Celebration of Purdue and to recognize the rich history of Purdue, a number of PURA members portrayed Purdue historical characters at many Purdue events throughout the year.
- Betty M. Nelson Special Recognition Award. Two long-time co-chairs of the annual Kick-Off Luncheon, Sarah Johnson and Ann Pickett, received the award at the Annual Kick-Off Luncheon for their years of service to PURA.
- President Don Gentry and President Elect Tom Turpin attended the 2018 Big Ten Retirees Conference hosted by the Retirees of Penn State University.
- The PURA Policies and Procedures Manual was completely updated and revised and is now available electronically on the PURA website.

Special Milestone

- PURA thanked Michele Salla for her many years of loyal and dedicated service to PURA, and welcomed Hannah Austerman as the new support staffer for PURA. Hannah and Michele made the transition smoothly.

2018-2019 was a busy and productive year; clearly why PURA continues to be the envy of the other Big 10 retiree associations!

It has been an honor to serve as President of PURA and to work with the great people serving on the executive board, the PURA committees and the Human Resources staff. It is through these service oriented individuals that PURA continues to provide year after year of outstanding programs, benefits and services to all Purdue retirees.

—Don K. Gentry, PURA President 2018-2019



2019-20 PURA Board

From left: John Trott, past President; Norman Long, VP/President Elect; Sue Graham, Historian; Lucia Anderson, Treasurer; Don Gentry, past President; Judy Ware, Secretary.

Not pictured: Tom Turpin, President.

At right, PURA president Don Gentry congratulates Michele Salla on her impending retirement, welcoming her into PURA's ranks.



Below, seven past PURA presidents with whom Michele had worked, joined Don in thanking Michele for her service to PURA



Purdue University Retiree Benefits

Benefits Committee (June 2019)

Purdue provides numerous benefits for faculty and staff from the West Lafayette and regional campuses who are Official Retirees (see Official Retiree definition at the end of this document). The University also provides benefits to Qualified Surviving Spouses and Qualified Children of deceased Purdue Official Retirees; these benefits are denoted with an asterisk (*).

Included among these benefits are the following, the majority which are available to Official Retirees from all of the Purdue campuses:

- A faculty/staff photo identification card.
- University contributions to an employee's Defined Contribution or PERF account on any terminal vacation pay an Official Retiree receives.
- Complimentary parking permit for the West Lafayette campus good through August 31, 2022 for retirees whose retirement dates were before January 15, 2018. Retirees after January 15, 2018 will register their vehicles for campus parking via the License Plate Recognition (LPR) software. Current retirees with the gold "A" parking permit are not required to convert to the LPR system but may do so if they wish.
- Participation at cost in University/PURA-sponsored Medicare supplement and pre-65 medical insurance plans. *
- Participation at cost in PURA-sponsored preventative dental plan. *
- Free flu shots. *
- Access to a free yearly wellness health screening.
- Opportunity for continued participation at cost in the University's group life insurance plan.
- Retiree rates on tickets for University athletic and entertainment events.
- Reduced rates at University recreational facilities and golf courses.
- Opportunity for official retirees to retain their Purdue email account or to apply to activate one.
- Opportunity to enroll in Purdue University classes on the same basis as active faculty/staff. Partial fee remission, however, is contingent upon the retired faculty or staff member residing in the state of Indiana or being subject to income taxes in the state of Indiana at the time of retirement. *
- Opportunity to enroll tuition-free in Purdue Global classes as well as certificate and degree programs. *
- Use of Purdue University libraries.
- Free rides on all Lafayette/West Lafayette City Bus routes.
- Access to Purdue Perks, the CSSAC-sponsored

merchant discount program.

https://www.purdue.edu/cssac/Employee_Discounts/index.html

- Same perks as offered to Purdue employees by the Fast Park and Relax 17 nation-wide airport parking facilities, including the Indianapolis International Airport and Chicago's Midway Airport. A Purdue email account is required for use of this benefit. For assistance in accessing the University's email, contact Human Resources at hr@purdue.edu or 765-494-2222.
- Opportunity to participate in all PURA-sponsored programs, events, trips and tours. *
- PURA Newsletter published 10 times a year. *
- PURA Website (www.purdue.edu/retirees) with monthly calendar and benefits updates, campus services news and technology features. *
- Access to Purdue Retirees e-directory at www.purdue.edu/retirees. *
- Customer service provided by Purdue University Human Resources, including pre- and post-retirement counseling and assistance with health insurance issues (765-496-1964).

Who Qualifies as an Official Retiree?

A faculty or staff member who meets the following criteria:

- Age 55 or older and;
- Employed by Purdue University in a benefits-eligible position for 10 or more years.

Or

- Employed by Purdue University in a benefits-eligible position and;
- Received income replacement benefits under the university's long-term disability program (LTD) until the age limit at which the LTD benefits ended and;
- Was continuously employed with the University for five years or more prior to qualifying for LTD;

Or

The surviving spouse and children of a person who:

- Was an official retiree of the University and;
- Had been continuously employed by the University for five or more years immediately prior to death

Or

- Was a Purdue employee at the time of his or her death and;
- Was continuously employed by the University in a benefits-eligible position for five or more years immediately prior to death

PURA Tech Bytes

By Scott Ksander



Which Phone Should I Buy?

“Which phone should I buy?” is one of the most often asked questions. There is no single answer to this question. Up until recently, the search usually started with what cell carrier provided service to your area. There are still a few exceptions but, for the most part, competition has driven coverage throughout the country and is no longer a major concern. If your objective is to only be able to make and receive voice calls and send and receive text messages, any phone will do. Pick one that fits well in your hand and is easy to carry.

It is estimated that mobile phones took 1.2 trillion pictures worldwide in 2017. This is up 9% from 2016. If your objective is to take the best photos possible, there is a clear answer to that question. Currently the Samsung Galaxy S10 Plus has the best overall photo system, beating out the iPhone XS Max. There is a yearly battle for this title as new devices are announced but, generally, Samsung puts more focus on this area and has the better supply chain.

The size and clarity of the display are sometimes a factor if you view web pages, photos, or other information on your phone. Here again, most current models provide great displays with many size options. In short, pick one that looks good to you.

As I was thinking about this article last night, my 6-year-old granddaughter Facetimed me to tell me she didn't like thunder and then to show me her schoolwork where she drew a number line on a giraffe's neck counting by 5s. She has her own mobile device and she knows how to call Boppa and Grammy on her own. This reminded me that maybe the most important use for a mobile phone is as a social-connection device. I wish our parents could have enjoyed their grandchildren in this way years ago when we lived in Minneapolis and they were in Chicago and LaPorte. If this is important to you, you may want to consider the “eco-system” of devices in your circle of family or friends. Things are MUCH easier if you all work with the same utilities. Apple is the master of the eco-system with Facetime and Messenger. A distant second, but also easy to use, is the Google eco-system. The Google Pixel 3 XL phone and Chromebook are developing quickly as a viable competitor.

If you want to decouple your phone and social experience, Amazon and Facebook are attractive options for your computer or tablet with the Amazon Echo Show and the Facebook Portal that will let you stay in touch. Again, everybody must be in the same eco-system with supported devices. Amazon Echo Show doesn't talk to Facebook Portal or Apple Facetime.

So, the answer to the question of which device to buy really centers on what you want to do with it. My best advice is to talk with your friends and family. Think seriously about getting the same or similar devices so you can work the adventures together. Good support and social connections are keys to enjoying your selection.

Advance Care Planning – What, Why, Who, & When

By Jiayun Xu, PhD, RN, Susan Hickman, PhD, Nadine, Cline, RN, APRN

Advance Care Planning may be a phrase you've heard from a health care provider, but not sure what this means for you. We will give you a brief overview of what this means, why it's important, who to consider including in this process, and when to do it.

What is advance care planning?

Advance care planning is a way for individuals and families to prepare for medical decision making in the future when your loved one is no longer able to make decisions for him/herself. It includes a conversation with your loved ones, yourself, family members, health care providers, and/or anyone else who may be involved in making decisions for your loved one in the future.

Topics discussed could be who will speak for your loved one if he/she loses capacity, his/her perspectives on quality vs. quantity of life, and treatment preferences. The conversation may result in a document such as an advance directive or medical order form, such as the Physician Orders for Scope of Treatment, but it is not necessary.

Why is it important?

Medical decisions can be very challenging and emotionally driven. Families can experience regret about the decisions they made for their loved ones at the end of life or feel guilt. These feelings can be avoided by having conversations earlier so that you have an opportunity to discuss your loved one's preferences in advance of a crisis. Many family members assume they know what their loved one wants, which may be different from what your loved one actually wants – having a clear conversation is important to make sure you know what your loved one wants.

(continued on page 5)

Advance Care Planning – What, Why, Who, & When

(continued from page 4)

Who can be involved?

Anyone who may be involved in making decisions for your loved one in the future. This can include multiple family members, your health care providers, his/her friends, etc.

When should I start and continue the conversation?

Anytime is a good time to talk about goals, values, and preferences. It is especially important if your loved one has a serious illness and is at risk of life-threatening or life-limiting complications. The conversation can be as simple as raising questions about what gives your loved one's life meaning. Or can be a discussion with health care providers about your loved one's medical condition and relevant treatment decisions.

The important thing is to start the conversation, even if your loved one already has a document like an advance

directive or living will. It is also important to revisit periodically, as your loved one's wishes may change over time – especially after having a change in health status after something like a hospitalization.

Below are some resources to help you start or continue the conversation:

<https://prepareforyourcare.org/entry>

<https://theconversationproject.org/starter-kits/>

<https://www.verywellhealth.com/how-card-games-can-help-start-end-of-life-conversations-4047376>

<https://www.indianapost.org>

Dr. Xu is a nurse and Assistant Professor at Purdue School of Nursing. She specializes in family caregiving.

Dr. Hickman is a Professor at IUPUI School of Nursing. She is an expert in advance care planning and Associate Director of the Indiana Patient Preferences Coalition (www.indianapost.org).

Ms. Cline is a nurse practitioner who works at IU Arnett. She specializes in palliative care

Summer Campus Calendar

Academic:

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:

Through October—**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. **July 4 Market holiday plan is TBA.** [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>

July 12, 19, 25—**PMU Summer Concert Series.** Go for dinner or music or both. Food and drink available for purchase 5:30-8 p.m.; music from 6:30-8 pm. PMU, front lawn. (No rain location. Concerts will be cancelled in case of inclement weather, and announced on the PMU Summer Concert Series Facebook page.)

More information, including menu information and links to the performers' web sites, at

<https://union.purdue.edu/studentevents/events/specialevents/SummerConcertSeries.html>

July 12—Michael Kelsey

July 19—Jason Wells Band and Friends

July 25—TBA

July 18-20. "Apollo 11 at 50 years". A series of events commemorating the 50th anniversary of the Apollo 11 moon landing. Part of **Giant Leaps** Purdue Sesquicentennial celebration.

"That's one small step for a man, one giant leap for mankind," echoed from millions of television sets in the late evening of July 20, 1969, as Purdue alumnus Neil Armstrong became the first man to set foot on the moon. (Purdue News Service)

Though the keynote presentation by Apollo 11's flight director on July 18 is sold out, remaining weekend events are open to the public and include showings of a new Armstrong documentary, children's activities and various panels featuring space authors and others who knew Armstrong or worked on the Apollo 11 mission. There will also be a moment of remembrance at 4:17 p.m. to mark the exact time of the lunar landing. More information here:

<https://www.purdue.edu/newsroom/releases/2019/Q2/purdue-to-celebrate-50th-anniversary-of-apollo-11-moon-landing.html>

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).

July 19—Apollo 11 at 50 Years: Open house for exhibition "Apollo in the Archives: Selections from the Neil A. Armstrong Papers." 10 a.m.-4:30 p.m. Includes activities for children; also film clips.

Through August 16—"Apollo in the Archives: Selections from the Neil A. Armstrong Papers" exhibition, commemorating the 50th anniversary of the first manned spaceflight that landed on the moon. More information may be found here: <https://tinyurl.com/y3xhp5sb> Semester hours: 10 a.m.-4:30 p.m. (Note: Exhibit closed June 24-28 for all-staff archival project.)

Closed through August 18 for refurbishment: Robert Ringle and Patty and Rusty Reuff galleries.

Purdue Director of Campus Master Planning and Sustainability Addresses PURA May Luncheon



Michael J. Gulich, AIA, LEED AP, LFA, is the Director of Campus Master Planning and Sustainability at Purdue University. He is responsible for directing the campus master planning process for Purdue's 19 million square foot campus and for providing the vision, organizational strategy, and focus for advancing sustainability efforts campus-wide. He also oversees campus planning, architectural, and landscape design standards and provides leadership and approval related to campus aesthetics.

Mr. Gulich's presentation was on "Campus Master Planning and Discovery Park Plans". He provided information on how the building and gateway construction, green space updates, and the additional bicycle and pedestrian paths fit into the Giant Leaps Master Plan. This Plan is intended to

be a living document that will be used as a tool to guide our next 50 plus years. He spoke of his department's five goals which are: 1) To invest in teaching; 2) To enhance the open spaces; 3) To focus on housing and dining investments; 4) To work with the existing open space network; and 5) To strengthen the campus identity and gateways.

"Safely Navigating Your Prescription Drug Regimen" Topic of June PURA Meeting



The June PURA luncheon featured a presentation on prescription drug use by Dan Degnan, Chelsea Anderson and Jamie Woodyard.

Prof. Degnan is the Associate Director of the Professional Program lab at the Purdue University College of Pharmacy and a Clinical Assistant Professor of Pharmacy Practice. He also works with the Regenstrief Center for Healthcare Engineering at Purdue as a Clinical Research Associate with expertise and research interests in the area of medication safety technology, safety culture, pharmacy operations and high reliability.



Ms. Anderson serves as the Associate Director of the Professional Program Laboratories at Purdue College of Pharmacy, and practices as an outpatient pharmacy specialist at the Purdue Center for Healthy Living. Her professional interests include patient and student education and communication, student professionalism and wellness/disease prevention.

Reminder: Sign up for July and November Trips

As announced last month, space may be limited for these upcoming events. If you are interested, please sign up as soon as possible. More trips/tours are in the planning stages and will be announced as arrangements are completed.

Wednesday, July 31, 2019: Beef and Boards "The Buddy Holly Story"

This trip includes motor coach transportation to Beef and Boards in Indianapolis, lunch and the show.

SOLD OUT

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

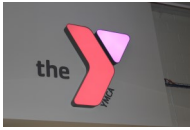
Prof. Woodyard is the Director of Professional Program Laboratories, and a Clinical Assistant Professor of Pharmacy Practice at the Purdue University College of Pharmacy. She practices as an outpatient pharmacy specialist at the Purdue Center for Healthy Living.

One of their main concerns is: How can human-based errors be prevented? The consumer needs to ask questions and make their requests or concerns known either to their physician or their pharmacist.

They suggested a website to check for accurate information regarding safety and usage of prescriptions, www.safemedication.com.

May's Tour of the New YMCA

More than forty (40) PURA members came away from the YMCA tour on May 7 very impressed and in awe of what we had just observed while visiting the new 100,000 square foot YMCA building at 3100 Creasy Lane, Lafayette. The facility opened in the fall of 2018.



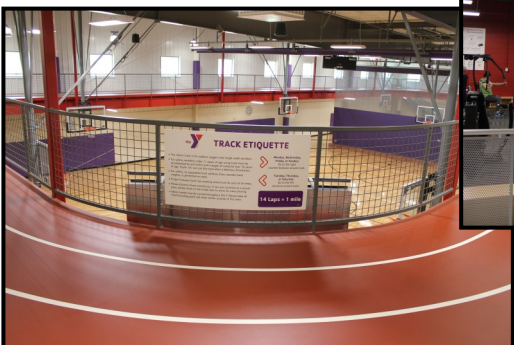
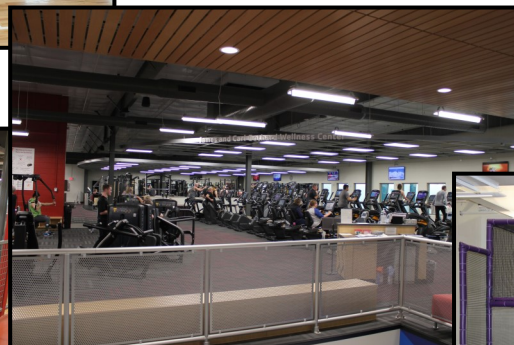
What caused us to be in awe? First of all, we were warmly welcomed by the staff who later guided small groups of us on the tour. Stacy Lods introduced and educated us to the history of the Y and how six groups (Franciscan Health, IU Health, Ivy Tech Community College, Junior Achievement, Lafayette Family YMCA, and North Central Health Services) came together as the Intersection Connection, forming a hub for health, education, and social responsibility in the community.

After the introduction in the multi-purpose room, we were divided into small groups to tour the facility. While going

to the many corners, we observed babies and toddlers sleeping in their cribs in the child care area; were wowed to by day care kids whose moms or dads were in class at Ivy Tech; saw guests running on treadmills getting their exercise; observed patients participating in physical therapy; went into the bank—one of the smaller rooms on Junior Achievement Avenue—and passed by where bank officers were meeting on the Avenue.

We were offered bathing suits so we could go down the water tube in 87 degree water and splash into the pool, but there were no takers!

Tippecanoe County is fortunate to have had a Y board of directors with vision to form a collaborative group and continue to grow the mission of providing a variety of educational, social, and health-related activities for all of us.



Self-Driving Automobiles Research Participation Opportunity

The Next-generation Human-systems and Cognitive Engineering (NHance) Laboratory in the School of Industrial Engineering at Purdue University is looking for participants to volunteer to be a part of a study investigating the effectiveness of different in-vehicle warnings during self-driving operations.

If you are interested in and willing to volunteer for the study, you will be asked to detect various visual, auditory, and tactile signals that appear at the same time while riding in a simulated self-driving vehicle (see simulator in image below).



Eligible participants must:

- Be **65 years** of age (or older)
- Have a valid U.S. driver's license
- Meet **either one** of the following two conditions:
 - ◇ Do **NOT** physically exercise regularly and have NOT for the past 5 years
 - ◇ Do aerobic exercises at least 3 times/week, 45 minutes/time (example of aerobic exercises include: jogging or intense walking, endurance running, swimming, tennis, basketball, etc.)
- Have normal or corrected-to-normal vision (glasses or contact lenses are acceptable)
- Have no known disorders or injuries that affect tactile sensitivity on the back regions
- Not have known hearing impairments (hearing aids are acceptable)
- Not be known to experience motion sickness

Participation in this study is completely voluntary and volunteers can withdraw from the study at any time. The experiment is estimated to last approximately 2 hours and pays \$25 (in cash).

If interested, or for more information, please contact the NHance Lab at nhance@purdue.edu.



Save the Date!

PURA Kickoff Luncheon

Monday, September 9

12:00 noon

Four Points by Sheraton,

West Lafayette

Did You Know?

The Library of Congress offers resources for those with physical challenges. The National Library Service (NLS) is a free braille and talking book library service for people with temporary or permanent low vision, blindness, or a physical disability that prevents them from reading or holding the printed page. Through a national network of cooperating libraries, NLS circulates books and magazines in

braille or audio formats, delivered by postage-free mail or instantly downloadable. Their new reference guide provides resources specifically for disabled veterans, as well as their families and other caregivers.

For more information visit their web site:
www.loc.gov/nls



Calling All Writers—and Wannabes!

Hankering to put pen to paper? Have we got an opportunity for you!

PURA News is looking for folks who might like to write a short article occasionally, or regularly.



Maybe you'd like to write about a Purdue historical event. Perhaps you'd like to interview other PURA members so we can share what interesting things people have done, or are doing in retirement. Or, maybe you have an interesting Purdue experience to relate from your days as a student, staff or faculty member, Purdue student parent, or retiree. We could consider short fiction as well.

We'll help with topic suggestions, tidying up punctuation/grammar, and interview questions if needed.

If interested, please email Communications committee members Karen Lembcke (lembckek@purdue.edu) or Connie Bilyeu (cbilyeu@purdue.edu) and let us know the best way to reach you.

We'll be in touch!

Mark Your Calendars! PURA Events

1 July PURA monthly meeting, MCL Cafeteria, 11:00 am.
Topic: Partisan Polarization in American Politics
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. Noon. Four Points by Sheraton, West Lafayette.

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 Henschel Blvd., Suite 1100
West Lafayette, IN 47906-4182.
Telephone: 765-494-7395 or (toll free) 877-725-0222.
Email: jacksonh@purdue.edu.

2018-2019 PURA Communications Committee:

Chair: Karen Lembcke

Members: Connie Bilyeu, Jim Daniel, Joann Thomas