

PURA News

Purdue University Retirees Association

September 2019

Tour Tiny Houses and Aspire Student Apartments in September

Tours of Tiny Houses and Aspire will be the first activities of the fall sponsored by the Campus and Community Activities Committee.

Tiny Houses are luxury small-scale accommodations that will be available to President's Council members on home football game weekends. Located near Purdue West, each tiny house is equipped with a bathroom and kitchen, has a unique design, and can sleep 2-4 individuals.



Aspire is a new state-of-the-art community of student apartments located in the Discovery Park district, on the west end of State Street across from

First Street Towers. The complex has studio, 2-bedroom, and 4-bedroom apartment floor plans, with amenities that include a fitness center and retail food hall. While the Union Club Hotel is being renovated, Aspire will also provide some short-term guest rentals to help with accommodations for football game fans and others.

The tours will take place on Wednesday, September 18, with the Tiny Houses tour beginning at 11:00 a.m. and the Aspire tour beginning at 2:30 p.m.

Participants will be divided into smaller groups for each tour, with a maximum of 40 people for each tour.

To reserve your space, please contact Hannah Austerman at jacksonh@purdue.edu or 765-494-7395.

Where to Meet:

Members should park at Purdue West and meet near Subway to begin the Tiny Houses tour. For the Aspire tour, members can park in the nearby surface lot, along State Street, or at Purdue West, then walk to Aspire.

PURA's 2019 Common Read

Here's your chance to hear more stories about Purdue people from the authority!

We have chosen John Norberg's **Ever True – 150 Years of Giant Leaps at Purdue University** for PURA's 2019 Common Read. In "Ever True" John has written about people connected with Purdue – faculty, students, benefactors, and others who have made giant leaps here and around the world.

"Ever True" will be available for sale at the PURA kick-off luncheon on September 9, and from Purdue University Press at thepress.purdue.edu.

On Wednesday, October 30, 2019, at 4:00 p.m., John will share stories about some of the people/Boilermakers who have truly made a difference. His presentation will be held in the Swaim Room in the Purdue Archives, on the 4th floor of Stewart Center. To reserve a spot for the presentation contact Hannah Austerman at jacksonh@purdue.edu or 765-494-7395. Call soon—space is limited to 30 participants.

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Purdue Today to Use New Delivery System

Retirees to be Invited to Subscribe

Purdue Today, the University's official communication for faculty and staff, will transition to a new distribution system later this fall. The move will allow for easier management of recipient lists and provide access to more comprehensive analytics.

Before the transition occurs, Purdue retirees will receive an email inviting them to sign up for *Purdue Today* through the new Delivra system. The email will provide a link to the Delivra subscription page for *Purdue Today*, which will

ask for first and last name, University affiliation and email address.

Retirees who currently receive *Purdue Today* will need to subscribe through the Delivra page. Those who do not take this step will no longer receive *Purdue Today* once the transition to Delivra is complete.

More information about the transition will appear in the next **PURA News**. Questions about the transition or about *Purdue Today* should be directed to Valerie O'Brien at purduetoday@purdue.edu or 765-494-9573.

You Vs. The Flu: The Fight is On!

Flu Shot Dates Scheduled for Purdue University

Official Retirees and Spouses

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

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

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

Friday, October 11 @ the Turfgrass Center, 1340 Cherry Lane, West Lafayette. 7:00 a.m. - 5:00 p.m.

Friday, October 18 @ the Turfgrass Center, 1340 Cherry Lane, West Lafayette. 7:00 a.m. - 5:00 p.m.

Wednesday, October 23 @ the Kurz Tech Center, 1281 Win Henschel Blvd., West Lafayette. 7:00 a.m. - 5:00 p.m.

Friday, October 25 @ the Kurz Tech Center, 1281 Win Henschel Blvd., West Lafayette. 7:00 a.m. - 5:00 p.m.



Looking for Fun, Fellowship and Exercise?



The Purdue University Staff & Student Bowling League—going strong since the 1940's—invites new members and teams to join the league this fall.

This is a relaxed mixed-gender league open to Purdue retirees and their spouses, Purdue employees and their immediate families, and Purdue students and spouses. Bowling ability of the participants varies; all levels of experience are welcomed. Fun, recreation and social interaction is emphasized.

Teams may have up to 10 on their rosters, and 5 bowl on any given night. Part-time bowlers are encouraged to join since some bowlers cannot bowl every week.

Location: Mike Aulby's Arrowhead Bowl, 2331 Brothers Drive, Lafayette.

Time: Mondays at 6:30-9 p.m.

Season: 30 weeks, starting at the beginning of Purdue fall semester, and ending in late April. No bowling on: Labor Day, 3 weeks at Christmas/New Year's, and Purdue Spring Break.

Cost: \$14 for each night of bowling

Bowl regularly or bowl once in a while as a sub. The season has started but new teams and unattached new bowlers are welcome! If interested, contact the league's secretary and treasurer, Robert Cox at 765-494-9561 or cox@purdue.edu.

For more information visit the league website at:

<http://purduebowlingleague.wix.com/purduebowling>

Big Ten Retirees Association Conference, University of Illinois @ Champaign/Urbana

By Dr. Norman D. Long
PURA President-elect (Class of 1964)

In early August, Melinda Bain and I were privileged to represent Purdue University and our own retiree association as voting delegates at the Big 10 Retirees Association Conference hosted by the University of Illinois. This year's theme was Reinventing Retirement.

We were welcomed by the university chancellor who led us into the opening session to discuss what we considered to be our most successful activity and the biggest challenge facing us. Our after-dinner speaker was Barbara Wilson, VP for Academic Affairs. She was highly informed with stories and facts about the growing need of Higher Education, funding and enrollment strategies.

Saturday morning we learned about Collaborations and research that Illinois has undertaken in the areas of Health,



Aging, Research and Technology, known by the acronym CHART. Later we heard about on-going activities involving older adults collaborating with faculty and students.

Saturday afternoon we had an extensive bus tour of the university campus, student union, and to the President's home for hors d'oeuvres and conversation, followed by dinner and operatic entertainment by two talented students and their instructors at the Alumni Office.

Sunday morning was devoted to a heavy-duty, nuts-and-bolts conversation among the 35 representatives from across the 12 participating university retiree associations. It was an interesting session which was capped by the comment, "We are retired, but we are not done yet!" There were lots of ideas, questions, and comparisons emanating from this final session.

Melinda and I were honored to represent Purdue and the more than 5,000 retirees that make up the Purdue University Retirees Association, fondly known as PURA.

Mayor of West Lafayette, John R. Dennis, Speaker at August PURA Luncheon



Mayor Dennis joined PURA in August to share slides and information regarding current and future developments occurring in the city of West Lafayette.

Due to changes in the way cities are now funded, the only way for cities to grow their funding is through development. Costs of governing a city are becoming increasingly expensive, so cities need to find ways to funnel more income into the city coffers to provide citizens with the amenities and necessities they want and expect. West Lafayette is in a growth mode right now, due in part to the fact that Purdue University was recently annexed into the city. This means Purdue students can now be counted in city census numbers. In doing so, West Lafayette becomes the third largest city in Indiana.

One of the things West Lafayette does better than most cities in the country is our community public sessions, during which citizens are asked what they want and need, and then the city goes about finding ways to make a lot of those things happen.

Here are some of the developments either currently, or soon to be, underway in West Lafayette:

New City Hall-Morton Center Renovation: (222 N. Chauncey Ave): This building is approximately 100 years old with most original parts still in place. It is being totally renovated from the inside out using an open floor plan, and will be highly energy efficient. The new City Hall will house city offices, council chambers and conference space. All renovations should be paid for on the business side of the house (TIF), not your taxes.



Wellness Center (Kalberer Road and Salisbury): Based on citizen feedback, the Center will include an indoor pool, weight room, fitness area, aerobic area and rooms to lease. It will be connected to the 40 miles of trails within the city. It is being designed to pay for itself through memberships.



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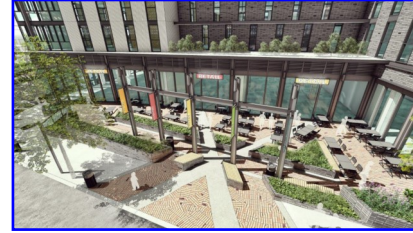
(Mayor Dennis, continued)

Student apartments within walking distance of campus: West Lafayette is one of the most densely populated cities in the U.S. due to its being land-locked. Not having room to expand outward, West Lafayette needs to go upward to provide much-needed housing for its inhabitants. Students want small living spaces that are within walking distance to things they can do that get them out of their apartments. Projects tied closely to Purdue and its students involve several multi-use buildings designed to house students and retail space. There will be approximately 3,500 new apartments available and most have been rented. These spaces are being built with student safety at the top of the list. These complexes bring in tax dollars for the city. West Lafayette and developers are still hoping to have Apple open a retail outlet in one of these complexes.

- **The Hub** (W. Wood St. & Pierce Ave.): 10 stories, 289 rooms, 599 beds, + 2500 sq. ft., first floor retail, \$54 million
- **Hub Plus** (111 S Salisbury): 11 stories, 233 units, 608 beds, + 13,501 sq. ft. retail, \$57 million
- **Hi Vine** (334 Brown St): 5 stories, 73 units, 115 beds, +12,580 sq. ft. retail, \$12 million
- **The Rise** (134 W State St): 16 stories, 289 units, 675 beds, +11,033 sq. ft. retail, \$80 million
- **State Street Corner** (State & Northwestern): 5 stories, 36 units, 96 beds, 11,583 sq. ft. retail space includes first Target on a college campus, \$10 million
- **Crossing at Chauncey Hill** (202 S Chauncey Ave): 5 stories, 56 units, 104 beds, no retail space, \$12 million
- **Wabash Landing** (State Street): Renovating by removing retail space and making additional apartments. 5 stories, 114 units, 114 beds, no retail space, \$12 million
- **Aspire** (1245 W State St): 4 stories, 375 units, 835 beds, + 7,852 sq. ft. retail space, \$85 million.



The Hub



Hub Plus



Hi Vine



The Rise



State Street Corner



Crossing at Chauncey Hill



Wabash Landing

(Mayor Dennis, continued)

Purdue and WL are also looking to work together to provide office, lab, and business spaces, along with housing space for married students and other young interested professionals. These are a few of the developments either in the works, or soon to be.

- **Convergence** (State St. & Foundry Dr.): 5 story mixed use building, 143,329 sq. ft. commercial – research & innovation work space, + ground floor retail, \$32 million
- **Discovery Park District Aerospace** (US 231 & State St):
PU Airport Lafayette.
Aviation Mach 6 Quiet Flow Ludwig Tube Wind Tunnel.
Zucrow Labs Rolls-Royce National Security Industry Center.
Schweitzer Engineering Laboratories \$20 million, 300 jobs, 100,000 sq. ft. (ETA= late 2019).
Saab \$37 million, 300 jobs, footage TBD, (ETA= 2020).
Parking Garage, 5 stories, 1,161 parking spaces, \$10 million.
- **State + West** (ETA=2021) 4 stories, 250 non-student apartments, + 1500 sq. ft. retail, \$TBD.
- **Provenance** (between Airport Road and US 231) Live, work, play community with 550 residential housing units (130 single family, 100-150 multi-family, town homes and senior housing), retail and recreational spaces, \$130 million, (ETA=spring 2020).

Dollar-wise, about \$794 million has been invested in West Lafayette in the past five or so years. All of this development should help to allow West Lafayette to continue to be one of the top-ranking cities in the nation in schools, jobs, safety, diversity and health.



Convergence



Discovery Park District Aerospace, Schweitzer Engineering Laboratories



Discovery Park District Aerospace, Parking Garage



State + West



Provenance

(Renderings courtesy of City of West Lafayette)

How to Talk to Your Healthcare Provider



The healthcare world can be confusing, especially when visiting a provider such as a doctor or nurse. It is important that you feel comfortable going to your provider and getting all the information you need.

Sometimes patients do not ask questions during their visit. They may feel embarrassed, or don't want the doctor to think they are stupid. It is much better for patients and providers when patients ask questions. Discuss anything that you think might affect your health.

Healthcare providers make the best decisions possible based, in part, on the information that you provide.

If a patient doesn't understand the information given, bad outcomes are possible. Perhaps medication is not taken, or taken improperly, leading to a hospitalization. Maybe an appointment isn't kept because the patient didn't know about it or understand its importance; or available preventative services (shots, screening tests, etc.) aren't used even when available and covered by insurance.

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(Talking to Your Healthcare Provider, continued)

Before Your Office Visit

- Write down any questions you want to ask.
- Bring your insurance cards.
- Bring an updated list of all medications you take or the actual bottles of medications (prescribed, herbal, and over-the-counter).
- Bring your blood pressure numbers and/or your blood sugar numbers you have recorded since your last visit.
- Consider bringing a trusted family member or friend.

During Your Visit

Remember: This visit is all about you! You know your body better than anyone else, so speak up and ask questions, especially if you are unsure about what is being discussed.

- Ask everyone to speak in basic terms if you do not understand something being said.
- Ask for information in writing.
- If information is given to you but you cannot read it due to small print or the medical language, ask the nurse to update and reprint.
- Offer to “teach back” or restate what the doctor or nurse told you to ensure that you understand the information correctly.

After The Visit

It happens to everyone at some point – you leave the

The Mop Shop Meets the Needs of Those Less Fortunate

By Mindy Dalgarn
(Purdue Northwest)



In December of 2013, my twin sister Missy and I were in a local bank in our hometown of Galena, IL. As we looked at the angel tree in the lobby, we were surprised and saddened by the number of people requesting cleaning supplies for Christmas. Over the next few months, Missy had conversations with multiple social service agencies and local churches. It became increasingly clear that a need existed.

We created mission and vision statements and developed a list of values and goals and began our quest for space. Missy met with the President of the Village of Elizabeth and his board members, and they identified a perfect spot. The room is 8' x 13' and the rental fee is \$1.00 per year!

We cleaned the room, painted the walls, added some antiques. An old one tub washer serves as our “desk” and a rag rug covers the floor. We wanted the room to be warm and welcoming.

Any individual residing in Jo Daviess county (IL) who self-identifies as being “in need” is eligible to visit The Mop

doctor’s office and forget the details of what was said. If you find yourself with questions at this point, call the office and talk with the nurse for clarification of the visit.

You can talk with a pharmacist about any medication questions, such as how medicines could interact, or what time of day they should be taken.

Be sure to continue any home monitoring and recording that has been asked of you (for example, taking your own blood pressure or blood sugar and writing down the results).

ABOUT THE AUTHORS

Kristen Kirby, Janelle Potetz and Becky Walters are nurse practitioners and clinical assistant professors in the School of Nursing in the College of Health and Human Sciences, Purdue University. Stephanie Woodcox is an assistant program leader/Extension specialist, health and wellness, for Purdue Extension in the College of Health and Human Sciences, Purdue University.

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Shop. No documentation is required. During their first visit, clients register with their name, address and names of additional family members residing at that address.

Clients may visit once per month and select two higher value items (such as mops, brooms, disinfecting wipes, multipurpose cleaners) and two lower value items (such as paper towels, dish soap, cleaning cloths, garbage sacks). Every other month clients may select laundry detergent and fabric softener. All selections are recorded for inventory purposes.

Open every Monday except holidays from 10:00 a.m. to 12:00 noon, we initially served 30-35 clients per month. That number increased steadily and we currently see 75-80 people each month. To date, we have registered nearly 1,100 clients and family members. Records show that we average 6 new clients with 21 family members each month.

As a non-501(c)(3), we rely exclusively on the generosity and goodwill of the community. We continue to be overwhelmed by the generosity of family, friends, civic organizations, churches, local businesses, banks and youth groups. We estimate that it costs \$300-\$350 per month to maintain our inventory.

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(The Mop Shop, continued)

We have written articles for newspapers and magazines, been on the radio and television, reached out to the local health department and the Department of Child and Family Services, shared our story with local churches and established a website...all in an effort to inform the public of our services.

It remains our greatest hope that this mop shop serve as a template for other communities and that mop shops become as prevalent as food banks. Our initial contention was that if people cannot afford food, they likely cannot afford

cleaning supplies. And if they have to choose, food on the table will be the understandably first choice.

Our volunteer staff now numbers 10, and we thank them for the time, energy and effort they share each month. It takes a village to make a difference, and we have truly been blessed with dedicated volunteers and incredibly generous donors!

Mindy Dalgarn retired in 2011 from Purdue University Calumet (now part of Purdue Northwest). She was the Vice Chancellor for Student Affairs. Those interested in learning more may contact her at melindadalgarn@aol.com.

PURA Tech Bytes

By Scott Ksander



Cryptocurrency

It was 2011 when the words Cryptocurrency and Bitcoin entered our vocabulary. A Cryptocurrency is a digital asset that exists only in cyberspace. It uses a strong cryptography/encryption to secure financial transactions. Bitcoin is generally considered the first cryptocurrency, but since the release of Bitcoin over 4,000 different “altcoins” (an alternative variant of Bitcoin) have been created. This continued largely unnoticed until Facebook recently announced plans to create a worldwide digital currency named Libra.

To understand Bitcoin a bit better, it helps to look at what it really involves.

- There is no central server; the Bitcoin network is peer-to-peer.
- There is no central storage; the Bitcoin ledger is distributed.
- The Bitcoin ledger is public; anybody can store it on their computer.
- There is no single Bitcoin administrator; the ledger is maintained by a network of “miners”.
- Anybody can become a Bitcoin miner.
- Additions to the ledger are maintained through competition. Until a new block is added to the ledger, it is not known which miner will create that block.
- Anybody can create a new Bitcoin address (the counterpart to a bank account) without any approvals.
- Anybody can send a Bitcoin transaction without needing any approval; the network merely confirms that the transaction is legitimate.

In 2011, the price of Bitcoin started at \$0.30 per coin. On December 17, 2017, the value reached an all-time high of \$19,783.06. As I write this on August 1, 2019, Bitcoin is currently trading for \$10,013.50.

Bitcoin was invented by an unknown person or group using the name Satoshi Nakamoto and was documented in a paper titled *Bitcoin: A Peer-to-Peer Electronic Cash System*. The public ledger for Bitcoin uses a technology called Blockchain. Each new block added to the chain contains a mathematical value known as a hash that is calculated based on the previous block all the way back to the first block. This method ensures that all previous blocks are “locked” and can’t be changed without detection.

Bitcoins can be “earned” by calculating this hash for new blocks to a very precise specification. This process is called Mining. Mining is a very computer-intensive activity that now requires significant hardware and, more noticeably, extensive electrical power for that hardware. Bitcoin miners have set up in places like Iceland where geothermal energy is cheap and cooling is free. Bitcoin mining is also being done in China where electricity is subsidized.

The design limits the total number of Bitcoins in existence to 21 million. As of June 11, 2019, the total currently in circulation is 17,7544,100. Current estimates are that the last Bitcoin will be mined in 2140.

Economists define “money” as a store of value, a medium of exchange, and a unit of account. At best, Bitcoin functions as a medium of exchange. A 2018 assessment by **The Economist** stated the cryptocurrencies met none of these three criteria.

According to research by Cambridge University, between 2.9 million and 5.9 million unique users used a cryptocurrency wallet in 2017, most of them using Bitcoin. Most Bitcoin transactions are conducted on the digital currency exchange where cryptocurrency can be traded for other assets, such as conventional currencies. These exchanges use the traditional bid-ask spread model to establish value.

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(PURA Tech Bytes, continued)

Regulations in this area are either confusing or non-existent. The IRS has only recently started to investigate “capital gains” in the Bitcoin market in order to collect taxes.

There is a peer-reviewed academic journal **Ledger** (ISSN 2379-5980) that covers studies of cryptocurrency

and related technologies, published by the University of Pittsburgh.

Are we going to see our retirement systems start paying in Bitcoin? Not likely, but it is possibly a sign of things to come. Next month, I will cover the new Libra system proposed by Facebook, which looks to be the next step towards the future.

Mary Lockwood Matthews (1882-1968)

Continuing our series on historical Purdue figures, this month’s installment focuses on Mary L. Matthews, first Dean of Purdue’s School of Home Economics, being portrayed this year by PURA’s Olivia Wood.



Olivia Bennett Wood, Professor Emeritus of Foods and Nutrition, portrays Mary L. Matthews as one of the Purdue University Retiree Association’s Historic Characters.

Matthews was born in 1882 in Peewee Valley, KY. By seven years of age she had lost both her parents to illness. She and a younger brother were adopted by her mother’s close friend, Virginia Claypool Meredith* (featured in the August *PURA News*). Virginia Meredith’s influence in Mary’s life was instrumental in shaping her future.

In 1897 Virginia went to the University of Minnesota to start the program in Home Economics. Mary graduated from the St. Anthony School of Agriculture in 1900 and entered the University of Minnesota, where she became the first woman to receive a B.S. in Home Economics in 1904.

In 1907 Mary moved to Lafayette, Indiana, to teach clothing in the Lafayette Industrial School before returning to the University of Minnesota to teach for a year. In 1910 she was hired as an instructor in home economics extension in the Purdue School of Agriculture.

One of her first responsibilities was to organize courses taught in Purdue’s first summer school. Purdue had started a program in Household Economics in the School of Science in 1905 and Mary became the head of the program in 1912, with an enrollment of 50 students. In 1919 she established a Practice House experience as part of the curriculum for seniors in Household Economics but refused having a “practice baby,” which was common in other Home Economics curriculums in the U.S. at the time.

The Household Economics Department became the School of Home Economics in 1926 and Mary served as Dean until her retirement in 1952. The original school had five departments: applied design, clothing and textiles, foods and nutrition, home administration, and institutional management, with 369 undergraduates and 3 graduate students enrolled.

Mary Matthews devoted her career to expanding opportunities in the science of Home Economics. She wrote both high school and college texts which were revised multiple times and used for several decades. She was selected as an outstanding teacher and served as a faculty advisor to numerous student groups.

In 1926 she established the first nursery school in Indiana. In 1932 she was appointed Chair of the Indiana Federation of Clubs of the State Department of Education, a position she held for twenty years. After WWII she refused an administrative mandate to fire married female employees whose husbands had returned from the war, and this led to a change in policy at Purdue regarding employing married women.

In 1946 she added a sixth department to the School of Home Economics, the Department of Family Life. At the time of her retirement in 1952, the Purdue School was the second largest among U.S. land-grant colleges.

Dean Matthews served as President of the Purdue Women’s Club (PWC) in 1930-31 and initiated “interest groups”, still a hallmark of PWC in 2019.

Mathews Hall, constructed in 1923, was named in her honor in 1976. She is listed in the Purdue Book of Great Teachers. The Mary L Matthews Club was established in her honor in 1952 and has remained an active group of professional women. It was not until 2012 that her portrait and a plaque was finally placed in her honor in Matthews Hall through the efforts of The Mary L Matthews Club and The Purdue Women’s Club.

Additional information about Mary L Matthews can be found in the book **Divided Paths, Common Ground** by Angie Klink, and published by Purdue University Press.

*Virginia Meredith became nationally known as a woman farmer and is widely considered the “mother of agriculture”. She became the first female appointed to the Purdue Board of Trustees in 1921. Meredith Hall is named in her honor.

Smile Corner

By Sara Jane (Sally) Coffman



Probably Won't Take Another Cruise

Now that I'm retired, I have more time to take trips and vacations. But it's unlikely that I'm ever going to take another cruise. Here's what happened to me a few years back:

Even though I loved my job, there was one point when the stress was getting to me. I knew it was time to take a vacation when my boss gave me a new project to work on and I just stood there and laughed.

My travel agent asked me what kind of trip I was looking for. I said anywhere with good weather. Anywhere I could go and get an attitude adjustment about my job.

Given the time I could take off from work (very little) and the amount of money I had to spend (very little), she suggested a cruise up the coast of New England.

"It's October," a little voice in my head said. "It could be cold."

"I really need a vacation," a second voice said.

"True, but it could be cold," the first voice repeated.

Ignoring the first little voice, I wrote a check to my travel agent.

It was raining in Indy when my flight left for New York. It rained during the bumpy flight to LaGuardia. It was still raining when I transferred to the ship. I couldn't wait to get out of the bad weather.

The first thing I did was go up on deck and watch the ship leave port. People were pointing as we passed the Statue of Liberty. I couldn't tell if it was the Statue of Liberty. It was covered in fog.

The second thing I did was have dinner in the dining room. I was visiting with the people at my table when the Captain came on the P.A. system and welcomed us aboard. Then he mentioned there was a hurricane in the vicinity but assured us that he was going to know where the hurricane was at all times.

He added that things might be "a little bumpy" during the night, but that we should "bear with him." Huh? How do you "bear with someone" when you're on a ship in a hurricane?

After dinner, I went to the theatre. Waiting for the show to begin, I noticed that the heavy velvet curtains on the sides of the stage were swaying back and forth. That was interesting. How could something that heavy sway that much?

That night as I crawled into bed, my last thought was the Captain's promise of better weather.

When I awoke, I noticed that besides rocking from side to side, the ship was now also going up and down. I dressed quickly and went to breakfast. To get to the dining room, I had to descend a flight of stairs. Whoa! That was an interesting sensation—moving in six directions at the same time. Up, down, left, right, backwards, and forward. I enjoy movement, but I prefer moving my body myself rather than having something else (like a ship) move it for me.

At breakfast, the Captain came on the P.A. system.

"Well, everyone, here's our situation. We're traveling at twenty-one knots. The hurricane is traveling at twenty-three knots. I thought we could outrun it, but..." and then his voice trailed off.

Say what? You thought you could outrun it? Does that mean we're in FRONT of it? How did that happen? Did we drive in front of it? I thought you said you were always going to know where the hurricane was!

Being the resourceful person that I am, I knew I could find a way to cope with the rocking of the ship. I tried going to the front of the boat, hoping it wouldn't be rocking as much there. It was rocking there.

I went to the middle of the ship. It was rocking there.

I took the elevator up to the top deck. The water from the swimming pool was crashing in great swells onto the deck.

I tried chewing gum. Eating sugar. Eating more sugar.

Someone told me that if you focus on the horizon, you won't get seasick. So, I went to the main lounge and looked out one of the huge windows. At first, the water level was at the bottom of the window. Then it rose to the top. And then it went down to the bottom again. Forget that.

I tried lying down. Sitting up. Standing.

I started repeating the words "I will not get sick. I will not get sick. I will not get sick. I've paid a small fortune for this trip. I will not get sick."

I created a new mantra: "Okay. I might get sick, but I won't let it dampen my vacation."

(Continued on page 10)

(Probably Won't Take Another Cruise, continued)

The next day we docked at our first port: Sydney. It was cold and rainy. All I discovered about Sydney is that the townspeople own large umbrellas and wear yellow rain hats. I bought some maple syrup and returned to the ship to dry off.

The next day we docked in Halifax. I'd signed up to take an excursion to a "picturesque" fishing village. It was picturesque all right. Picture a huge rainstorm. I bought some more maple syrup and returned to the ship to dry off.

To make a long story short, it rained for seven days, we weren't able to dock in any of the other ports, and I gained 10 pounds.

I did achieve my goal. I did have a major attitude adjustment.

I couldn't wait to get back to work.

Sally's books are available on Amazon or at sarajanecoffman2@outlook.com.

Age & Social Connectedness

2019 Symposium



September 27, 2019
8 am - Noon
Stewart Center, 214 A - D
RSVP at www.purdue.edu/aging

CALC
Center on Aging and the Life Course

Featuring:

Benjamin Cornwell, PhD: *Patterns of Change in Older Adults' Social Connections: Results from a National Survey*

Karen Rook, PhD: *Social Network Compensation in Later Life: Moving Forward After Loss*

Exploration Acres Announces Maze Celebrating Purdue's 150th Anniversary

Exploration Acres, Northwest Indiana's largest corn maze and pumpkin patch, has created an 18-acre corn maze commemorating Purdue University's "150 Years of Giant Leaps."

The maze, located near Lafayette, will open to the public on Sept. 13, and run through Oct. 27.

More information—including hours, admission prices, directions to the farm, an image of the maze, and special events—is available at: explorationacres.com



Reminder: October Wellness Screening

On October 2, 2019, the Purdue Nursing Center for Family Health will offer free retiree wellness screenings, from 8:30 a.m.-1:00 p.m., in Lyles-Porter Hall.

Screenings include a finger stick for a total lipid profile, a blood glucose analysis, blood pressure check, pulse, weight and height.

Fasting is recommended for more accurate results. You may also request a basic hearing screening at that time but must specifically mention it when you schedule your appointment.

Purdue retirees and spouses are eligible for one free screening a year. To schedule, call Chris Rearick at 496-0308 or email her at crearick@purdue.edu.

September Campus Calendar

Academic:

- Sept. 2**—Labor Day. No classes; campus offices are closed.
Oct. 7-8—October Break. No classes. Campus offices remain open.
Nov. 28-29—Thanksgiving Break. No classes; campus offices are closed.

Special Events:

- Sept. 4**—“Politics on the Periphery: Oscar Ewing and a Special Relationship with Israel.” Jewish Studies Noon Lecture and Discussion Series. Sarah Weaver, winner of the 2019 Edward Simon Essay Prize in Jewish Studies. 12:30 p.m. STEW, Room 313.
- Sept. 12**—“Toxic Masculinity: Consent, Silences and Institutional Complicity.” An interactive panel discussion of patriarchy, sexual misconduct, images of women, leadership roles for women, etc. Organizer: Black Cultural Center. 7:00 p.m. STEW, Fowler Hall.
- Sept. 17**—“Guangcheng Chen: The Barefoot Lawyer.” Blind lawyer and human rights advocate who managed to leave China in 2012 and now teaches, writes and advocates through his foundation. 7:00-8:00 p.m. Forney Hall, Room G140.
- Sept. 21—24th Annual Global Fest.** Northwestern Avenue, South Street, Columbia Street in West Lafayette. For all ages. Free admission. Main-stage performances, music, dance, crafts, food and activities. Presented by Purdue Convocations, the city of West Lafayette and the International Center.
- Through October—Purdue Farmers Market.** 11:00 a.m.-3:00 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>
- Purdue 150th Celebration Ideas Festival**
Details at <https://takegiantleaps.com/calendar/>
- Sept. 4**—“Giant Leaps of Innovation in the Digital Revolution from Ada to Zuckerberg,” Walter Isaacson, former chairman of CNN and editor of Time magazine, with President Mitch Daniels for an arm-chair discussion on technological innovation. 6:30-7:30 p.m. STEW, Loeb Playhouse. Free.
- Sept. 17**—“A Conversation with Beth Ford.” Ford is president and CEO of Land O’Lakes Inc. (Kickoff for department of Agricultural Economics’ centennial celebration.) Format is interview-style Q&A with pre-submitted questions and audience questions. Interview leader is Jayson Lusk, distinguished professor and department head. 1:30-3:00 p.m. STEW, Fowler Hall.
- Sept. 21-22**—Amelia Earhart Aerospace Summit. Panels, workshops, displays, poster competition, networking. \$20. Registration required. More information at:
<https://engineering.purdue.edu/AAE/aboutus/lectures/Amelia-Earhart-Aerospace-Summit>

Music: Free and open to the public.

- Sept. 4**—Jazz at the Union, fall series. Ensembles from Bands & Orchestras. 6:00 p.m. PMU, Commons (ground floor). **Also Sept. 18; Oct. 2, 16, 30; Nov. 13.**
- Sept. 6**—Purdettes Premiere concert. 6 p.m. Purdue Memorial Union, North Ballroom.
- Sept. 7**—Gameday Spirit Events
Jazz Tailgate by Purdue Jazz Band. Purdue Bands & Orchestras. 9:00 a.m. (3 hours before game time). Slayter Center. Free.
All-American Marching Band. Pre-game "Thrill on the Hill" at 10:30 a.m. (90 minutes before game time). Slayter Center; halftime at stadium; and postgame.
- Sept. 14**—Gameday Spirit Events
Tailgate by American Music Repertory Ensemble. Purdue Bands & Orchestras. 5 p.m. (2.5 hours before game time). Slayter Center. Free.
All-American Marching Band. Pre-game "Thrill on the Hill" at 6:00 p.m. (90 minutes before game time). Slayter Center; halftime at stadium; and postgame.
- Sept. 15**—Purdue Varsity Glee Club in worship service. 11:00 a.m. First United Methodist Church, 1700 W. State St., West Lafayette.
- Sept. 20**—Purdettes performing in Naturalization Ceremony (new U.S. citizens), part of Global Fest weekend in West Lafayette. 3:00 p.m. White Horse Christian Center, 1780 Cumberland Ave. West Lafayette.

Art: 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 Oct. 12—“Apollo 11 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.

Black Cultural Center. 1100 3rd St., West Lafayette. Exhibits open during building hours: academic year hours M-Th 8:00 a.m.—10 p.m., F 8:00 a.m.—8:00 p.m., closed Saturday, Sun. 2:00 p.m.—9:00 p.m.

Sept. 3-27—Haitian Art Exhibition. Curated by Lee Rainboth, director of the Jacmel Arts Center.

Sept. 20-Dec. 1—“Black American Voices: Featuring the Zamora Collection” and “My View from Seven Feet: Paintings by Joe Barry Carroll.” Collaboration between BCC and Greater Lafayette. Exhibitions at the art museum, 102 S. 10th St., Lafayette. Free. Hours: 11:00 a.m.- 4:00 p.m. daily except major holidays.

Robert L. Ringel Gallery. STEW. Hours: 10:00 a.m.-7:00 p.m. Monday-Saturday (except holidays).

Through Sept. 27—“Dreaming, Automated: Deep Learning, Data Sets, and Decay – Anna Ridler.” Artworks generated by artificial intelligence and their interplay with human elements. (Exhibition is in conjunction with Dawn or Doom conference of Sept. 24-25. Exhibition reception at 5:30 p.m. Sept. 26.)

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

Through Sept. 6—“Sentimental and Not.” Bridgette Bogle, Ashley Jonas and Mychaelyn Michalec.

Sept. 9-13—National Tibetan Sacred Arts Tour. Reception Sept. 12, 5:30 p.m.

Sept. 9-13—Hoijin Jung MFA Exhibition. Reception Sept. 12, 5:30 p.m.

Sept. 18-Oct. 4—Unusual Message International Poster Exhibition. Reception Sept. 19, 5:30 p.m.

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.

Football: Ross-Ade Stadium. *Tickets required.*

Sept. 7—vs. Vanderbilt (Hammer Down Cancer Day). Noon.

Sept. 14—vs. TCU (Band Day). 7:30 p.m.

Women’s Soccer: Folk Field. Free and open to the public, unless noted.

Sept. 6-7—Boilermaker Challenge Cup tournament. (See Athletics’ web site for full schedule.)

Sept. 6: Purdue vs. South Carolina, 7:30 p.m.

Sept. 7: Purdue vs. Kansas, 2:00 p.m.

Sept. 20—vs. Nebraska, 7:00 p.m.

Sept. 22—vs. Iowa, 1:00 p.m.

Women’s Volleyball: Brees Center, Belin Court in Holloway

Gymnasium. *Tickets required.*

Sept. 1—vs. Ohio, 2:00 p.m.

Sept. 3—vs. Ball State, 7:00 p.m.

Sept. 20—Stacey Clark Classic Tournament, day 1.

(See Athletics’ web site for full schedule.)

Purdue vs. Texas A&M-Corpus Christi, 10:30 a.m.

Purdue vs. Murray State, 7:30 p.m.

Sept. 21—Stacey Clark Classic Tournament, day 2.

Purdue vs. Eastern Michigan, 3:00 p.m.

Athletic ticket information at:

purduesports.com/tickets/pur-tickets.html



A Class Act

A Hands On Cooking Class
Nutrition Science Department

Looking for some new recipe ideas? Join us in preparing fresh and healthy foods. Classes are interactive and include instruction, hands-on cooking, tasting of all recipes, and a recipe booklet to take home. **Each class is \$20 and open to the public.** We are excited to now be offering two date options for each class topic; please register for the one that works the best for you! Classes are 5:30-7:00 p.m. in Lyles-Porter Hall Demo Kitchen, Room 1107. We can validate your Harrison Street parking garage parking stub. For more information, please contact class coordinators Lydia Conner (conner44@purdue.edu) and Lindsey Kolanowski (lkolanow@purdue.edu).

August 27 & 28: 10 Ways to Use Your Extra Garden Produce

Do you seem to have garden produce coming out of your ears? Join us to learn how to use it all up and keep it from going to waste!

September 10 & 11: Best Tailgating Dishes

Fall sports season is here, and we are hungry! "Boiler up" the best way with these creative, crowd-pleasing tailgating dishes!

September 24 & 25: How to Pack a Lunch You Will Want to Eat

Are you tired of the same old lunch? Is eating out starting to break the bank? Join us to ignite some creativity in making lunches that you'll enjoy again!

October 15 & 16: Comfort Food Re-imagined

Come to this class to learn how to make some classic comfort foods into lighter, balanced meals!

October 29 & 30: Vegetable Dishes You Will Fall For

As the temperatures begin to fall, your health doesn't have to! You'll want to keep eating these plant-based dishes made with classic fall vegetables!

November 12 & 13: Rethink Thanksgiving Leftovers

If you find yourself with too many Thanksgiving leftovers to manage, we've got you covered! Think (or rethink) ahead for this holiday, and don't let your leftovers go to waste!

December 3 & 4: Get Your Holiday Party Started

Entertain your guests and their taste-buds with these holiday party starters! Join us for the last demo of the semester for the happiest holidays!

<http://www.conf.purdue.edu/NSCookingDemo>

Mark Your Calendars! PURA Events

- 9 September PURA Kickoff Luncheon.** 12:00 p.m., noon. Four Points by Sheraton, West Lafayette.
- 18 September PURA Tour of Tiny Houses and Aspire Student Apartments.** (See page 1 for details and reservation information.)
- 27 September Annual Purdue Center for Aging and the Life Course Fall Symposium,** co-sponsored by PURA. (To RSVP, visit the web page cited in the promotional flyer on page 10.)
- 7 October PURA monthly meeting,** MCL Cafeteria, 11:00 am.
Topic: Destination Mars
Speaker: Alicia Benhidjeb-Carayon, Senior PhD Candidate, Purdue Aeronautics & Astronautics
- 11 October Retiree Flu Shots @** the Turfgrass Center, 1340 Cherry Lane, West Lafayette. 7:00 a.m. - 5:00 p.m.
- 18 October Retiree Flu Shots @** the Turfgrass Center, 1340 Cherry Lane, West Lafayette. 7:00 a.m. - 5:00 p.m.
- 23 October Retiree Flu Shots @** the Kurz Tech Center, 1281 Win Hentschel Blvd., West Lafayette. 7:00 a.m. - 5:00 p.m.
- 25 October Retiree Flu Shots @** the Kurz Tech Center, 1281 Win Hentschel Blvd., West Lafayette. 7:00 a.m. - 5:00 p.m.
- 4 November PURA monthly meeting,** MCL Cafeteria, 11:00 am.
Topic: Tech Toys & Relevant Technology Topics
Speaker: PURA member Scott Ksander
- 30 November PURA/Imperial Travel Tour To Louisville “Christmas Celebration of Lights” \$99.** Schimpff’s Confectionery, Frazier History Museum – 65 Years of White Christmas, and a visit to “Lights Under Louisville,” a holiday light display in Louisville Mega Caverns. Admission fees are included in trip price. For more information visit: <http://imperial-travel.com/celebration-of-lights-nov-30-2019/> and for reservations, call Imperial Travel 765-447-9321.
- 2 December PURA monthly meeting,** MCL Cafeteria, 11:00 am.
Topic: John Purdue—Holiday Fun Event
Speaker: PURA member and author John Norberg



2019 United Way Campaign Is Underway!

PURA members should receive their annual United Way information soon in U.S. mail. In addition to continued support of existing initiatives, programs and partner organizations, gifts in 2018 helped open funding to five programs focused on mental health, substance use, and older youth development. Your help is vital to making our community a better place to live and work. Thanks for your support!

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: 765-494-7395 or (toll free) 877-725-0222.
Email: jacksonh@purdue.edu.

2019-2020 PURA Communications Committee:

Chair: Karen Lembcke

Members: Connie Bilyeu, Jim Daniel, Jo Thomas