

PURA News

Purdue University Retirees Association

March 2022

What's Inside:

Welcome!	1
PURA Business	
Purdue COVID-19 Update At Mar. 7 PURA Meeting	2
Bill's Bulletin—message from President Bill Bennett	2
History of St. Patrick's Day	
Upcoming PURA Monthly Meetings	
Proposed 2022-23 Slate of Officers: Vote Taken at April Meeting	3
Still Time to Sign Up for Mar. 18 Tour of PMU Renovations	3
PURA Tours "Provenance" Residential Area on Apr. 14	4
Speakers Announced For Apr. 20 PLIR Conference.....	5
Kickoff Luncheon Committee Looking for New Members	6
Purdue Day of Giving April 27—1:1 Matching Funds Available.....	7
PURA's Student Scholars Speak Out: Part II.....	8
Health/Benefits	
United Healthcare Coverage of OTC COVID-19 Tests	9
Kidney Function As We Age	10
Features	
Stay In Touch: Sign Up to Receive <i>Purdue Today</i>	3
<i>Hail Purdue!</i> Celebrates 110th Anniversary In 2022	4
Cybersecurity and Your Fidelity Account	6
Purdue County Extension Service Retirees to Offer End-of-Life Planning Seminar	7
PURA Tech Bytes: "G" This Is Confusing	11
Daylight Savings Time Begins March 13.....	11
Sara Jane Coffman: News from West Lafayette—Purdue Retiree Freezes to Death on Her Way to Class	12
Events/Calendars	
March Campus Calendar	13
Upcoming PURA Events.....	14
About PURA News	14
Zoom Connection Information for PURA Meetings	15

Welcome Current & New PURA News Readers!

The PURA newsletter, published 10 times a year, regularly features articles on retiree benefits, Purdue news, upcoming opportunities to hear interesting speakers with other retirees, health topics, humor, Indiana travel, and PURA business.

We hope you'll find this publication informative and entertaining, but if you're not interested you may, of course, opt out.

We welcome your comments and suggestions (send to: pura@purdue.edu), and we invite you to join us at our virtual programs.

Purdue COVID-19 Update At March 7 PURA Meeting

Dr. Esteban Ramirez, Chief Medical Officer, Protect Purdue Health Center, will share an update on COVID-19, at PURA's March 7 monthly virtual meeting. Dr. Ramirez will join Purdue Vice President for Human Resources William Bell to provide factual and local information relative to Covid-19 and Protect Purdue.

Dr. Ramirez is a clinical assistant professor of medicine at IU School of Medicine in West Lafayette and is a part-time primary care provider for Purdue University's Center for Healthy Living. An internal medicine specialist, Ramirez has taught at the IU School of Medicine since 2010.

From 2012-14, Ramirez was director of the Indiana University Health Arnett Preoperative Assessment Clinic and was a hospitalist at IU Health Arnett from 2010-12. He was a voluntary clinical assistant professor of medicine at the IU School of Medicine in West Lafayette from 2010-12, and from 2008-10 he served as a hospitalist at Genesys Regional Medical Center in Grand Blanc Township, Michigan.

He received a Bachelor of Science in psychobiology at University of California, Riverside, a Doctor of Osteopathic Medicine degree from Michigan State University, and subsequently a Master in Business Administration from Purdue University. He's a Fellow of the American College of Osteopathic Internists, and is board-certified in internal medicine.

Bill's Bulletin



History Of St. Patrick's Day

St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink, and feast—on the traditional meal of Irish bacon and cabbage.

Today, people of all backgrounds celebrate St. Patrick's Day, especially throughout the United States, Canada, and Australia. Although North America is home to the largest productions, St. Patrick's Day is celebrated around the world in locations far from Ireland, including Japan, Singapore, and Russia. Popular St. Patrick's Day recipes include Irish soda bread, corned beef and cabbage, and champ. In the United States, people often wear green on St. Patrick's Day.

One icon of the Irish holiday is the Leprechaun. The original Irish name for these figures of folklore is "lobaircin", meaning "small-bodied fellow". Belief in leprechauns probably stems from Celtic belief in fairies. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.

Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure. Leprechauns have their own holiday on May 13, but are also celebrated on St. Patrick's Day with many dressing up as the wily fairies.

Credit: History.com

Upcoming PURA Monthly Meetings

On March 7, Dr. Esteban Ramirez, Chief Medical Officer of the Protect Purdue Health Center, and Bill Bell, Purdue V.P. for Human Resources, will discuss the status of COVID-19 and protection measures at Purdue. (see article above)

Then, on April 4, please join us with special presenter Jon Harbor, Provost, Purdue Global, speaking on Purdue Global's Evolution.

Dr. Harbor was born in England and completed his undergraduate studies at Cambridge University and his PhD in geological sciences at the University of Washington. He joined Purdue's Department of Earth, Atmospheric and Planetary Sciences in 1994. During his time at Purdue he served in a variety of leadership positions and received a number of awards. At the University of Montana he served as the provost and executive vice president for and as executive director of digital education. In 2020, he joined Purdue Global as Provost, where he continues to champion teaching excellence and the expansion of quality online education to meet the needs of diverse learners.

Our monthly meetings are virtual and begin at 12:30 p.m. ET, with the speaker starting at 12:40 p.m. Zoom connection information and other important updates are provided via email and through reminders in each *PURA News* newsletter.

Thought for the day: Keep life moving forward. Looking backward is only for time travelers. – Rachel O., Washington

William Bennett, President, PURA

Recap: Proposed 2022-23 PURA Slate of Officers

In keeping with PURA By-laws, we include again this month the PURA Executive Board candidates for 2022-23 for the membership's review. Executive Board members are proposed and reviewed by the PURA membership prior to the April PURA meeting, where a formal vote is taken and candidates approved.

Executive Board Candidates

President - Jerry Day
Vice President/President-elect–Tom Robertson
Secretary–Judy Ware
Treasurer–Lucia Anderson
Historian–Sue Graham
Past President–William Bennett

Still Time to Sign Up for March 18 Tour of PMU's Renovated Ground Floor

If you hadn't yet signed up, there's still space available in PURA's tour of the newly renovated ground floor of the Purdue Memorial Union, coming up Friday, March 18, at 11:00 a.m. ET.

The new facilities are called The Atlas Family Marketplace and opened January 10, as spring classes began. The renovation features 12 dining venues, increased indoor seating capacity, and two new outdoor terraces on the south side of the building.

The date of the PURA tour is during Purdue's spring break, so it should be a little easier for PURA members to come in and see what's new, but the facilities will be open. The tour will last about 30-45 minutes, and those who are interested can stick around after the tour to have lunch in one of the new dining venues (at your own expense).

Parking is available in the Grant Street Garage using a retiree parking pass. There will be some walking involved in the tour, but those with mobility issues may use elevators in the building to get from one floor to another. The Union can accommodate up to 45 on the tour. We will gather in the Great Hall (by the campus map) and then divide into smaller groups so that everyone can see and hear on the tour.

To reserve a spot, contact Hannah Austerman at PURA@purdue.edu by March 11, 2022.

Stay In Touch: Sign Up to Receive Purdue Today

If you wish to subscribe to *Purdue Today*, go to: <https://www.purdue.edu/newsroom/purduetoday/> Click the **Subscribe** link in the top navigation pane.

PURA Tours “Provenance” Residential Area, April 14

Have you driven out west on State Street and seen lots of building activity at Airport Road? Have you wondered about these apartments and houses? This IS Provenance!

Provenance at Discovery Park District is a residential area just west of campus in West Lafayette. Its multi-phase plan includes townhomes, apartments and single-family homes. Community amenities include a community clubhouse, nature trails, parks and restaurants within walking distance.

One of the major perks of Provenance is the proximity to Discovery Park District and Purdue University. With convenient access to campus and major transportation thoroughfares — this community is ideal work and play, and built for those seeking engagement and interaction. Walking trails connect throughout the development, allowing for ease of access to the natural and urban amenities.

On Thursday, April 14 at 2:00 p.m. ET, PURA has the opportunity to visit Provenance. You may park in front of the model home at 110 Provenance Blvd. West Lafayette, IN 47906. It's a dark blue house with a yellow door and a large sign in the yard. Come into the model, the door will be open.

Space on the tour is limited—please make a reservation with PURA (email PURA@purdue.edu) by **Monday, April 11 at 2:00 p.m. ET.**



Provenance Model Home



Purdue Fight Song *Hail Purdue!* Celebrates 110th Anniversary in 2022



The *Hail Purdue!* Wall, erected in 2014, south of Elliott Hall of Music on the West Lafayette campus. (Photo courtesy of Purdue News Service; photographer Charles Jischke.)

Did you know that *Hail Purdue!* is 110 years old this year? Per PURA’s John Norberg, who has written eight books on Purdue history, “The places this song has been performed are amazing. It’s been played all over the world because Purdue Musical Organizations and the ‘All-American’ Marching Band have traveled all over the world. And when they go, they play that song again and again and again. It’s a well-traveled song.” As a recent *Purdue Today* article notes, it is “...so well-traveled, in fact, that it has even been played in space.”

The history of the song is fascinating. If you missed the Purdue Today story, you may read it here: <https://stories.purdue.edu/boilermakers-have-played-and-sung-hail-purdue-across-the-globe-and-even-in-space/>

For background of the *Hail Purdue!* Wall, check out this website: <https://www.purdue.edu/newsroom/purduetoday/didyouknow/2015/Q3/did-you-know-hail-purdue-wall.html>

Speakers Announced for PURA's Annual PLIR Conference

PURA's annual Purposeful Living in Retirement (PLIR) program will be here soon! It will again be virtual and is expanded to a full morning of interesting speakers on April 20, 2022.

The Keynote speaker will be Dr. Will Miller, author, ordained minister, Ethics and Social Media Professor in Krannert at Purdue, and former Headline Comedian. His presentation will be followed by several videos including one with former PURA President Tom Turpin introducing Peanut Butter and Jelly, the 2021 Thanksgiving turkeys pardoned by President Biden and now in permanent residence on campus.



The second presentation will be Briony Horgan, Associate Professor Earth, Atmospheric and Planetary Sciences on "NASA's Perseverance Rover: A giant leap in the search for life beyond Earth". Dr. Horgan, who holds a PhD. in Astronomy and Space Sciences from Cornell University, was involved in selecting the site where the rover landed as well as the area now being searched for former presence of water.



Dr. Horgan's presentation will be followed by an active break with PURA member David Caldwell on "Exercises accomplished in the Home". David is a member of the PLIR Committee, portrayed Orville Redenbacher as a PURA Historical Character (in the gold jacket in this group photo from 2019 at left), and teaches in the Silver Sneakers programs.

(Other PURA members in the photo are, from left, Olivia Wood, Scott Rumble, John Norberg, Tom Turpin, and Mary Alice Nebold.)



You may remember that David led the active break at our 2019 PLIR conference, pictured at left.



The last presentation will be Mike Bobinski, Purdue Athletic Director. He will bring us up to date with Purdue's take on the 2021 changes within NCAA Sports, such as the Name, Image, and Likeness initiative, transfer portals, and the impact of conference expansions on national collegiate sports.

The free virtual conference will begin at 9:00 a.m. ET and conclude by noon. It will be offered to all PURA members. There will be no mailed paper marketing and no online registration. PURA members will receive Zoom instructions via email and simply log in the day of the meeting. More information on program content will be featured in the April edition of the **PURA News**.

We hope to "see" you there!

Can You Help? PURA Kickoff Committee Looking For New Members

In 2020 and 2021, due to the COVID pandemic, the annual PURA Kickoff event was reformatted from an in-person luncheon to a virtual program. It was organized and presented with expertise from PURA board members and others with program streaming knowledge and experience.

After a two-year hiatus, the PURA Kickoff Luncheon Committee is regrouping and looking for new members. The committee plans, organizes and presents the Kickoff Luncheon, normally held annually in September.

The committee planning meetings begin in March and conclude with a post-meeting after the September luncheon. If you are interested in becoming a committee member or are curious about the functions of this committee, please contact Viki Taylor (tvkz@iquest.net) or Karen Ferry (karen.ferry@comcast.net).

Cybersecurity and Your Fidelity Account: Steps To Make It Safe

Carolyn Roper, Ph.D.

Professor Emerita of Leadership and Human Resources, Purdue University

Last December I received an email and shortly thereafter a follow-up letter from Fidelity Investments, saying that their Fraud Customer Response Team had identified “potential suspicious activity that may lead to unauthorized activity” in my account. They immediately suspended any account transactions.

After panicking for a few minutes, I contacted the Team (800-726-0217) and learned that someone had attempted to make a deposit into my account of 34 cents. The Team agent explained that an attempt for a deposit is often a first step in a fraud scheme. If it works, the next step is to make a withdrawal.

With the agent’s able assistance, I was directed to take several steps to ensure the security of my account. First, of course, I changed my login. I was urged and cajoled to select a unique, complex name as an extremely important first step in securing my account. Next, I was assisted in establishing two-factor authentication, including a security code. I now have an app on my phone called VIP Access, which is a secure way to make contact with Fidelity using that security code. Finally, the agent recorded my voice in a Fidelity process called MyVoice to secure phone communication. For additional help, they referred me to a website for additional tips and information regarding online safety and security: www.fidelity.com/security/overview.

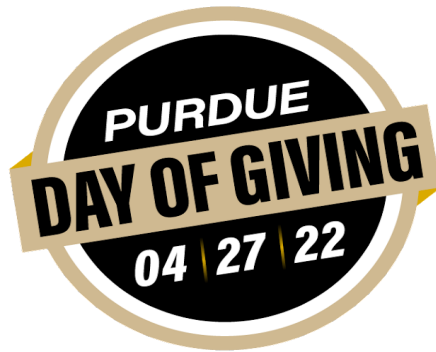
In this process, I also learned of another practice to avoid. I, like many others, have numerous logins and passwords to reference. If I use terms like “logins” or “passwords” for the file name and if my computer is connected to the Internet, a hacker may find that file by searching for those key words. At least, the file name should be words that have nothing to do with the content of the file. Even better is not to store the file on a computer with online access. One possibility is to save it to an external (travel or jump) drive only.

Another important step: When I first received the email, I did not respond to it. I instead went to the website Fidelity.com in case the email was a scam.

One last point to make all of us feel better: I serve on the Benefits Committee of PURA. Another member, Richard Cosier, sent me the November minutes of the Retirement Plan Committee for the defined contribution plans of Purdue University. A Fidelity representative was present at that meeting to report on Fidelity’s cybersecurity. According to the minutes, “Fidelity has been offering protection guarantee for funds erroneously taken from accounts, with no dollar limit.”

I know it is time consuming and aggravating to have to follow all these steps, given the number of logins we must maintain. However, at least with retirement investments, the trouble is worth it.





Save The Date: Purdue Day Of Giving on April 27 1:1 Matching Dollars Available

Mark your calendar to continue the annual tradition of Purdue retirees giving to the two PURA scholarship endowments that assist Indiana students aspiring to become Purdue Boilermakers. Since the first scholarship was awarded in 2013, forty-five individual students have received scholarships and ten of those students have received multiple scholarships.

For academic year 2021-2022, fourteen PURA Student Scholarship Endowment scholarships were awarded and three PURA POA in Honor of Martin C. and Patty Jischke Endowment scholarships were awarded.



Abdulrahman Saleh, at left, a freshman from Topeka, Indiana, received a Jischke Endowment scholarship. He will be pursuing a degree in Computer Science with a goal of becoming a software engineer. He said, “Purdue is the best place for me to accomplish my goals and achieve my dreams. I am looking forward to the upcoming years here at Purdue but also cherishing the present and making sure I make the most of every day here. I thank you for this opportunity and really appreciate your generosity!”

Please contribute on April 27. Every gift makes a difference. And, remember, each \$1.00 donated becomes \$2.00.

A dedicated online link to contribute to the endowments will be emailed to you prior to April 27. If you prefer to mail a donation, write a check payable to the Purdue for Life Foundation, with either the PURA Student Scholarship Endowment or PURA POA Endowment in Honor of Martin C. and Patty Jischke noted in the memo line.

Send the check to: Purdue for Life Foundation, 403 W. Wood Street, West Lafayette, IN 47907-2007. You may also call 1-800-319-2199 to make a donation. And for individuals over 70 ½ years of age, gifts contributed from your IRA are not taxable income and qualify for your required minimum distribution (RMD). To learn more about the IRA Rollover opportunities, or to make an IRA Rollover charitable contribution, please contact the Office of Planning Giving, 765-494-8657.

Let’s position these endowments to provide for more students in the next academic year!

Purdue County Extension Service Retirees to Offer End-of-Life Planning Seminar

The Purdue County Extension Service Retirees are sponsoring an end-of-life planning seminar on May 9, 2022, which will be open to PURA members and spouses. Larry Pherson, Chairman of PURA’s Benefit Committee, will be presenting a session entitled “What Your Family Needs to Know Before You Go”.

More information will be provided in the April edition of the PURA News. Note there will be a modest registration fee for the event, which will include lunch.

PURA's Student Scholars Speak Out: Part II

Dear PURA members . . .



My name is Halle Robin and I am studying computer information technology. I hope to major in cybersecurity and minor in Spanish. I am a freshman this year and will be graduating in the spring of 2025. I am writing today to thank you for supporting me through the PURA scholarship.

College has always been a priority for me but is difficult financially. However, with this scholarship, I have more freedom to be involved on campus and focus on my studies. As a student in the Honors College, I am in a group called "global house" that learns about the different cultures represented on campus and hope to be an honors mentor next school year. As well, because I am studying Spanish, I participate in a program called Ayuda y Aprende. It is a service-learning project that partners with a Columbian university to teach Purdue students Spanish and Columbian students English. I also work with MESA (Multicultural Efforts to end Sexual Assault) as a student worker. Being able to learn more about the world and the social causes I care about are what I want to define my college experience, and financial freedom is a big factor.

At Purdue, I would like to keep pursuing cybersecurity and Spanish and hopefully study abroad. After I complete my bachelor's degree, I am unsure if I would like to go to graduate school. My goal after I complete my higher education is to work as a security system analyst. I don't know where I will be, but I know Purdue has all the resources I need to be on a good path.

I cannot express how thankful I am for the support of PURA.

Thank you,
Halle Robin

*PURA Student Scholarship Recipient 2021/2022
Freshman, School of Health and Human Sciences, from Fishers, Indiana*



Hello and thank you. My name is Alex Newhall, and I am currently in FYE (First Year Engineering) here at Purdue. This is my sophomore year at Purdue, and though the year has been more different than expected, I have fallen in love with the campus and the people here. I have met amazing people, and it has galvanized me to work harder towards my goal of becoming a graduate student in the aerospace engineering program. I have pledged to myself and my family to completely pay for college myself, and it has been a struggle. However, thanks to groups such as yours, I am able to fund my education here at Purdue.

I have been planning for my college career for a long time, trying to clear as many core classes as I could through dual credit. Because of this, I have been able to spend my time here taking classes that I am really passionate about. I have learned so much through my programming and 3D modeling classes, and I am so excited to take more of these classes. Once the pandemic is over, I am also so excited to participate in groups such as the design and manufacturing learning community and many extracurriculars that involve socials such as vocational sports. Purely because of scholarships, I am able to stay here at Purdue and actually be a part of these communities.

I hope to someday earn a doctorate and earn at least a minor in astronomy, keeping alive the long line of doctors in my family. During the summer between my times at Purdue, I hope to participate in internships, and because of scholarships I'm able to prioritize the type of experience I would earn rather than only worrying about my financials. So, thank you for the work you do and the help you provide to not only me, but to other students. It is only through a thorough education of the public will we be able strengthen our country and communities.

Sincerely,
Alex Newhall

*PURA Student Scholarship Recipient 2020/2021, 2021/2022
Sophomore, College of Engineering, from Connersville, Indiana*



My name is Victoria Coats, and I am glad to say that I am a Purdue student fortunate enough to receive the PURA Student Scholarship! I wanted to write this note to express my immense gratitude for your donation that has allowed me to further my education here at Purdue University. Over the past four years, I have majored in General Management while taking prerequisites for medical school. I hope to attend medical school and open a clinic to help the underserved in my community soon!

As I graduate this May, I will most definitely remember how you have made this possible!

I hope you have an excellent rest of your year!

With great thanks,

Victoria Coats
PURA Student Scholarship Recipient 2021/2022
Senior, Krannert School of Management, from Fort Wayne, Indiana

United Healthcare Coverage of Over-the-Counter COVID-19 Tests

PURA Benefits Committee

The following information has been provided to PURA by United Healthcare:

As you may know, reimbursement for over-the-counter (OTC) COVID-19 tests are not currently covered under your UnitedHealthcare Medicare Advantage or Supplement Plans. However, retirees enrolled in these plans will continue to have access to lab-based tests, such as PCR and antigen (rapid) testing, at a \$0 cost-share during the national public health emergency period currently scheduled to end on April 15th, 2022. Please note that Original Medicare is not currently reimbursing for OTC COVID-19 tests based on program guidance as well.

Below is an update regarding OTC COVID-19 tests, as of February 3, 2022:

The Centers for Medicare and Medicaid Services (CMS) made an announcement this morning around the coverage of over-the-counter COVID-19 tests. Below is a link to the announcement on CMS's website as well as a summary of the statement.

<https://www.cms.gov/newsroom/news-alert/biden-harris-administration-will-cover-free-over-counter-covid-19-tests-through-medicare>

Summary:

- The federal government will cover 8 OTC tests per month per Medicare enrolled member starting in "early spring". The government has not provided the specific details on how this will work, but the general outline is:
- Medicare will make payments directly to pharmacies.
- All Medicare beneficiaries with Part B are eligible for the new benefit, whether enrolled in a Medicare Advantage plan or not.

It appears that the benefit will process under the Part B medical benefit, but additional clarification is expected.

This is a preliminary announcement and more details will ultimately be released as the plan is implemented and Medicare Advantage plans receive more guidance. We will keep you posted as more details are released.

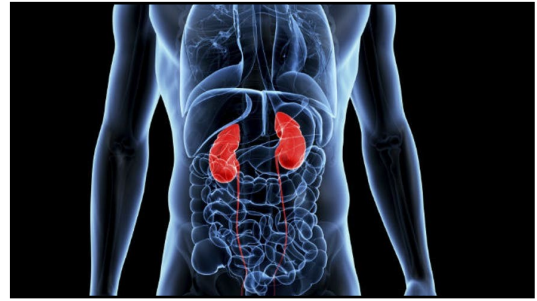
PURA's Benefits Committee will continue to monitor and update you as warranted.

Kidney Function As We Age

Chris Rearick, MSN, RN

Purdue Nursing Center for Family Health, Purdue School of Nursing

Most of us are born with two kidneys and we hope they will last us a lifetime. These two organs have a bean-like shape about the size of our fist, and are approximately 4 to 5 inches long. They are located more in our back under our rib cage and hidden behind our stomach. The job of our kidneys is to filter waste from our blood. Our waste comes from the food and fluid we take in and use of our body. Good kidney function keeps our body's electrolytes in check. Sodium, potassium, calcium and phosphorus are the main electrolytes the kidney controls. Electrolytes keep our blood pressure in control, allow our muscles to contract and relax, keep our cells in shape, manage blood clotting, and promote nerve function. Keep in mind that our heart is a muscle and we definitely want it working well!



Nephrons are the responsible minuscule filtering system in our kidneys. The structures in the nephrons include a glomerulus, a Bowman's capsule and a renal tubule. Each kidney has about 1 to 1.5 million nephrons. Blood is delivered to the kidney via the renal artery. The renal artery branches out into smaller circulatory vessels until they reach within the nephron. The renal vein carries the filtered blood out and back to the heart. Your kidneys do a complete circulation of your blood about 40 times a day.

Many folks do not think of age affecting our kidneys but as we age our blood vessels become less elastic. We develop fat build up and small vessels may become clogged. The blood delivery to our kidneys and tiny filtration system becomes impaired. Long term medications can negatively impact our kidney function. Diseases such as diabetes, hypertension, or a family history for kidney disease can decrease kidney function. Smoking and obesity can negatively affect kidney function. It is thought that more than 50% of seniors over the age of 75 have impaired renal function or kidney disease.

Kidney function is measured by what is called Glomerular Filtration Rate or GFR. The higher the GFR number the better the kidney function. A GFR of 60 and above is normal, GFR of under 60 may indicate kidney disease and a GFR of 15 or lower may indicate kidney failure. Often symptoms of kidney failure are not obvious to an individual. When a person has a kidney transplant or goes on dialysis it is because both kidneys have failed. You can live quite comfortably with a GFR of 15 but you may need to prepare for dialysis in case there is further decline.

Some symptoms that your kidneys are not doing their best are fatigue, urinating at night or nocturia, cramping in your muscles, swollen ankles, urine may be foamy (this shows protein in the urine), or puffiness around your eyes. You may even notice a color change in your urine. If urine has visual blood then you may have a kidney stone. We develop uremia when our kidney function continues to decline. Uremia is when the waste products that are supposed to get filtered out stay in our bloodstream instead. Our electrolytes get out of control. This uremia onset is responsible for confusion in the older adult when they get an acute urinary tract infection. A compromised aging renal system is hit with an infection and the increase of toxins in the blood affects the way we think and act.

Knowing your kidney function numbers will be the best defense for you. Your healthcare provider can order a simple blood test for you to get an estimated GFR number. Once you know your numbers, your healthcare provider can also advise if any special diet is needed. Living with impaired renal function is totally doable. I have lived 43 years with kidney disease. I went into kidney failure at 21 years old and was so fortunate that my husband donated a kidney to me. I held onto that kidney for 18 years and then my sister donated one of hers to me. My life has been good. I definitely have had my ups and downs but educating myself on how to live with kidney failure, accepting it and having great doctors were my saving grace.

<https://www.niddk.nih.gov/health-information/kidney-disease/kidneys-how-they-work>

<https://kidshealth.org/en/kids/kidneys.html>

The Center for Family Health will be having a couple Retiree Wellness screening days on March 21st and 28th. If you would like to schedule a Wellness Screening please email at crearick@purdue.edu or call Chris at 765-496-0308 to leave a message. Screenings include a finger stick for a screening lipid and glucose along with biometrics. Feel free to contact Chris with any questions or concerns you may have.

PURA Tech Bytes

By Scott Ksander



“G”, This Is Confusing!

There has been a lot of information in the press lately about “5G”. Most of this involves advertising for cellular services but there are also some new Wi-Fi routers that are marketed with “5G” and even “6G” information. It is pretty easy to see why people get confused but some of that is intended for vendor marketing purposes. Everybody would want something ending in a “5” because that HAS to be better than something ending in “4”, while something ending in “6” has to be even better!! The “G” in the cellular world stands for Generation. This is not a precise term. “Generations” have become a market term for cell vendors to imply that their service is better or different from another vendor. Generally, 5G is better than 4G for a given vendor. It is almost impossible to correctly compare 5G service between vendors.

To add to the confusion, the “G” in the Wi-Fi world stands for Giga. Most of us likely first heard of the term “Giga” associated with radio frequencies – Gigacycles or Gigahertz. The term is derived from the Greek work gigas, meaning “giant”. In Wi-Fi, the term is used to describe transfer speed, as in “Gigabyte per second”.

To sort out this confusion a bit, let’s start with original Wi-Fi, introduced in the US in 1999. The radio frequency used for original Wi-Fi was 2.4 Gigahertz, abbreviated 2.4GHz or, sadly, 2.4G. This was the same radio frequency used by other “wireless communications” such as garage door openers and house intercoms. As Wi-Fi usage increased, this radio frequency became very crowded and functionality was impacted. To try to address this, the Federal Communications Commission (FCC) opened another frequency for Wi-Fi at 5 Gigahertz, abbreviated 5GHz or, again sadly, 5G. [Note that 5GHz or 5G (a radio frequency) is not the same as 5G (a cell phone “generation”). Cell phones claiming 5G do NOT use the 5GHz radio frequency.]

Over time, Wi-Fi became crowded. The FCC has recently allowed Wi-Fi usage of the 6GHz frequency. Unfortunately, some Wi-Fi vendors abbreviated this to 6G. Again, for Wi-Fi that is a radio frequency and not a cell phone “generation”. In order to make things “clearer”, the Wi-Fi standards organization created the term Wi-Fi 6E that you will see on the very latest routers. This indicates a product that will work on all three bands of Wi-Fi (2.4GHz, 5GHz, and 6Hz).

Finally, cell phone radio frequencies became crowded as cell phone usage increased just like the Wi-Fi frequencies. To address this problem, the FCC conducted an auction to allow vendors to “lease” frequencies previously used by satellite TV known as C-band; specifically, the range of 3.7 to 4.2GHz. Verizon and AT&T purchased these leases and started marketing this as 5G UW (5th Generation Ultra-Wideband) to indicate a difference from other vendor’s 5G products that don’t use these new frequencies. You will see ads for the “fastest 5G”. Aircraft radio altimeters used during landing use 4.3GHz and that generated concern because of the proximity to AT&T and Verizon cell frequencies. This item was in the news recently. To address the concern, AT&T and Verizon agreed to reduce power by 50% for towers located near airports, even though this technology has been widely used around the world without any problems.

There is currently no 6th Generation (6G) for cell service, but that is coming.

The life cycle for most cell phones and routers is about 3-5 years. As your cell phone and home router get into that range, you will want to consider replacing them and “G” will be part of the discussion. There is no rush, however. If it ain’t broke, don’t fix it.



Daylight Savings Time Begins March 13, at 2:00 a.m. ET

Remember to turn your clocks FORWARD one hour.

News from West Lafayette: Purdue Retiree Freezes to Death on Her Way to Class.

By Sara Jane Coffman



Much like the Bible story where the woman turned into a pillar of salt, a statue of Purdue Retiree Sara Jane Coffman was found in mid-stride, presumably on her way from the Northwestern Parking Garage to the Active Learning Center where she was enrolled in a course on “Pirates.”

Notes found in her home reveal that she thought she had enough warm clothes to make that trek across campus. We interviewed some of her closest friends. Here’s what they had to say:

Pam: Sally was just having another one of her adventures! I’ll find her notes and finish writing the story! She’ll love it! (Her happiest friend.)

Linda: She died doing something she really loved. That’s the way to go, right? Most people didn’t know this about her, but she spent her whole life wanting to learn more about Pirates. Now she can actually BE one if she wants to. (Her most spiritual friend.)

Rhonda: I told her to stay in. She could have done something constructive, like learned to cook. (Her most practical friend/Pampered Chef consultant.)

Rod: She had a great sense of humor. Well, not great. More like “unusual.” Or “unique.” Or . . . O.K. . . it was a bit warped. (Her attorney.)

Kevin: She was a wonderful, bossy, little person. I can just see her telling the angels exactly how she wanted to be transported up to heaven, what she wanted to wear, and who she wanted to talk to – and in what order. (Her oldest friend.)

Dan: My wife and I took her to see **Sing2** on New Year’s Eve. She had trouble following it. I don’t think she gets out much. (Friend from Civic Theatre.)

Her two cats: It was fun messing with her head. She kept buying toy mice for us to play with. We were never going to play with them. But we had a lot of fun watching her throw them and then go chase them herself. (Simba and Sami.)

Dr. Asher: Does anyone know who’s in charge of her estate? I’m not sure she ever paid me back the \$500 she borrowed from me back in 1987.

Don: She ran the Hog Jog race in Flora one year with her contacts in the wrong eyes. Man – she was all over that course. (A former running buddy.)

Street Department: We have to hand it to her. She actually thought she could get the drivers of the garbage trucks to not drive over the corner of her property! (Sound of roomful of men laughing.)

NEWS FLASH: EMTs on the scene who moved the frozen statue indoors report that it’s starting to melt. Those of you who went to her house to divvy up her belongings might want to return them before she gets home.



The snowstorm of February 2022, W.L. campus.

Photo courtesy of Purdue Marketing & Media

March 2022 Campus Calendar

Academic/Holiday:

14-19 March—Spring vacation. No classes.
6 May—Spring semester ends.
12-15 May—Commencement ceremonies.
15 May—Summer semester modules begin.
31 May—Memorial Day holiday. No classes. Offices closed.

Special Events:

Note that guests are required to follow Protect Purdue guidelines and local COVID-19 mandates at time of event, including wearing face masks regardless of vaccination status and following social distancing.

March 29, 2022—Presidential Lecture Series: Purdue President Mitch Daniels talks with Julie Wainwright (M '79). Wainwright is a technology industry veteran, e-commerce pioneer, and brand management expert. She is the founder and CEO of the RealReal, an authenticated luxury consignment retailer that she started in her garage in 2011 and led to a \$300 million initial public offering on NASDAQ in 2019. In 2021, Wainwright was selected for the inaugural Forbes "50 Over 50" list, which highlighted women "Shattering age and gender norms." To be held in Fowler Hall, W.L. campus. As the date gets closer, more information will be posted on the Presidential Lecture Series website: <https://www.purdue.edu/president/lecture-series/>

Music:

Note that guests are required to follow Protect Purdue guidelines and local COVID-19 mandates at time of event, including wearing face masks regardless of vaccination status and following social distancing.

4 March, 2022—Purdue Philharmonic Orchestra. 8:00 p.m. ET. Long Center for the Performing Arts, 111 N. 6th Street, Lafayette. This concert is free and open to the public, as Protect Purdue guidelines permit. Dates and Times are subject to change.

5 March, 2022—Symphony Orchestra and String Orchestra. 8:00 p.m. ET. Long Center for the Performing Arts, 111 N. 6th Street, Lafayette. This concert is free and open to the public, as Protect Purdue guidelines permit. Dates and Times are subject to change.

25 March, 2022—Purdue Jazz Bands. 8:00 p.m. ET. Long Center for the Performing Arts, 111 N. 6th Street, Lafayette. This concert is free and open to the public, as Protect Purdue guidelines permit. Dates and Times are subject to change.

26 March, 2022—

University Choir. Concert in collaboration with the Indianapolis Children's Choir, 4:00 p.m. ET. Free and open to the public; no tickets required. At Cornerstone Lutheran Church, 13450 E 116th St, Fishers, IN 46037.

Purdue Varsity Glee Club. Song of Hope concert. 7:30 p.m. ET. At St. Mary The Immaculate Cathedral, Lafayette, 1207 Columbia Street, Lafayette. Dinner plus concert tickets may be purchased in advance from St. Mary Cathedral website, <https://saintmarycathedral.org/song-of-hope>, and benefit the St. Mary Cathedral Parish Haiti Mission. Tickets for the concert only may be purchased at the door on the night of the concert.

1 April, 2022—University Choir. In concert. 7:30 p.m. ET. Free and open to the public; no tickets required. St. John's Episcopal Church, 600 Ferry Street, Lafayette.

Art:

Free and open to the public. Protect Purdue protocols apply.

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

Through March 11—Art and Design Undergraduate Exhibition. Juried by faculty.

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

Through March 11—Interior Design Senior Exhibition.

Virginia Kelly Karnes Archives and Special Collections Research Center. Humanities, Social Science and Education Library, Stewart Center 4th floor.

Through 29 April. "Not Given But Earned: Women's Fight for the Vote." 1:00-4:30 p.m. ET, Monday-Friday; appointment recommended.

The library also has [online exhibitions](#).

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. Athletic ticket information at: purduesports.com/tickets/pur-tickets.html

Basketball:

Men's Basketball: home season through March 5, 2022. Big Ten Men's basketball tournament, March 9-13.

Women's Basketball: Big Ten Women's basketball tournament, March 2-6.

Women's & Men's NCAA tournament selection televised shows, March 13.

Spring Sports:

Women's Softball: March 25-May 1.

Men's Baseball: March 11-May 21.

Women's Tennis: through April 24.

Men's Tennis: through April 17.

Women's Golf: through April 24.

Men's Golf: through May 1.

Mark Your Calendars! Upcoming PURA Events

7 March, 2022 PURA monthly meeting.

- **Location:** Via Zoom, broadcast from our studio at the Lafayette VFW on Duncan Road. .
- **Time:** Program begins at 12:30 p.m. ET; speaker at 12:40 p.m. ET.
- **Speaker:** Dr. Esteban Ramirez, Chief Medical Officer, Protect Purdue
- **Topic:** COVID-19 Update

18 March, 2022 Tour of Purdue Memorial Union ground floor renovations.

- **Location:** Participants should gather at the Purdue Memorial Union Great Hall (location of the 3-D campus map). Parking is available at the Grant Street Garage with your retiree parking pass. Space is limited. To reserve a spot, contact Hannah Austerman at PURA@purdue.edu by March 11, 2022
- **Time:** Meet at 11:00 a.m. ET.
- **Hosts:** PMU staff.

4 April, 2022 PURA monthly meeting.

- **Location:** Via Zoom, broadcast from our studio at the Lafayette VFW on Duncan Road. .
- **Time:** Program begins at 12:30 p.m. ET; speaker at 12:40 p.m. ET.
- **Speaker:** Dr. Jon Harbor, Provost, Purdue Global
- **Topic:** Purdue Global Evolution

14 April, 2022 Tour of “Provenance” Residential Area, west of W.L. Campus.

- **Location:** 110 Provenance Blvd., West Lafayette. Park in front of the model home, a dark blue house with a yellow door, and a large sign in the yard. Come into the model, the door will be open for everyone. Space is limited. To reserve a spot, contact Hannah Austerman at PURA@purdue.edu by Monday, April 11, 2022, at 2:00 p.m. ET.
- **Time:** Meet at 2:00 p.m. ET.
- **Hosts:** PMU staff.

20 April, 2022 Annual Purposeful Living in Retirement conference.

- **Location:** Virtual, via Zoom, as requested by the PURA membership. Details coming soon via email and the next issue of the *PURA News*.

2 May, 2022 PURA monthly meeting.

- **Location:** Via Zoom, broadcast from our studio at the Lafayette VFW on Duncan Road. .
- **Time:** Program begins at 12:30 p.m. ET; speaker at 12:40 p.m. ET.
- **Speaker:** Dan Ross, Head Coach, Purdue Swimming and Diving

As of November, 2021, in-person monthly PURA meetings are on hold, but our virtual meetings continue via Zoom. Zoom connection information and other important updates are provided via email, the *PURA News* newsletter, and our website: www.purdue.edu/retirees

Almost spring! All we have to do is get through the traditional Indiana High School basketball tournament snowstorms...



About PURA News

The Purdue University Retirees Association newsletter is published for official retirees of Purdue University, and prepared by the PURA Communications Committee.

Send suggestions or ideas for PURA or the newsletter to:

Office of Retiree Affairs
2550 Northwestern Ave., Suite 1100
West Lafayette, IN 47906
Telephone, via Purdue Benefits help line:
(toll free) 877-725-0222
Email: pura@purdue.edu

2021-2022 PURA Communications Committee:
Chair: Karen Lembcke
Members: Connie Bilyeu

Zoom Connection Information for PURA Meetings

The Zoom connection information for PURA monthly meetings is shown below. **The link, Meeting ID, and password will be the SAME for all normal monthly meetings.**

Members who wish to join via phone call audio only will need the separate Passcode shown below. (The password/passcode for that method is different from the normal “computer connection” to Zoom.)

Join Zoom Meeting

<https://zoom.us/j/97285398989?pwd=MIB4U0FudEplMFRoWm1GTkZzNmYrZz09>

Meeting ID: 972 8539 8989

Passcode: BoilerUp

One tap mobile

+13126266799,,97285398989#,,,,,0#,,41051096# US (Chicago)

+19292056099,,97285398989#,,,,,0#,,41051096# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Germantown)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 972 8539 8989

Passcode: 41051096

Find your local number: <https://zoom.us/u/acvQQKVcnE>

