



**MSU Retiree Association's [Website](#) and [Brochure](#)**

**MSURA SPARTAN SENIOR NEWSLETTER October 2020: [Online here.](#)**  
Previous issues [click here.](#)

**RECORDINGS OF PAST MEMBERSHIP MEETINGS NOW AVAILABLE ON [MSURA WEBSITE.](#)**

**OCTOBER MEMBERSHIP MEETING, MONDAY, OCTOBER 12, 2020 2-3PM, MSU BENEFITS OPEN ENROLLMENT OVERVIEW AND MSU PHARMACY SERVICES.** Presented by Dan Mackey, MSU's Human Resources Manager/ Retirement Administrator, Tabatha Dixon, MSU Human Resources benefits administrator and Sandra Campbell, MSU Pharmacy Chief Pharmacist

Dan Mackey and Tabatha Dixon will discuss the upcoming MSU open enrollment period, review changes to retiree policies/benefits and answer questions from retirees. They will also talk briefly about the new MSU retirement health care plan, which takes effect on Jan. 1, 2021. The Humana healthcare plan will be covered in greater detail at special virtual meetings hosted by MSU Human Resources in October for retirees.

Sandra Campbell will introduce the services that the MSU Pharmacy offers and answer any questions you may have. She will explain how these services can help retirees save time, money and provide a convenient way to obtain prescriptions and vaccines.

Due to the COVID-19 restrictions this meeting will not be held in person. Instead it will be held virtually through the internet using a service called, "ZOOM". For details on how to join a MSURA Zoom meeting see the [MSURA website.](#)

Zoom Meeting Information:

Meeting Link: <https://msu.zoom.us/j/97876476032>

Meeting Id: 978 7647 6032

Meeting Passcode: MSURA (case sensitive all caps)

Meeting Telephone Number: 312-626-6799

Meeting Telephone Passcode: 726450

**NOVEMBER MEMBERSHIP MEETING, MONDAY, NOVEMBER 9, 2020 2-3PM,  
FRAUD PREVENTION**, Thomas Holt, Director of MSU School of Criminal Justice.

Fraud schemes have been on the increase nationally over the last several years. These schemes continue to evolve and people continue to become victims. What can we do to protect ourselves from being a victim to these schemes? He will present some of the schemes and what we can do to identify them and how we can protect ourselves.

Holt's research focuses on computer hacking, malware, and the role of the internet in facilitating all manner of crime and deviance. His work has been published in various journals including Crime and Delinquency, Deviant Behavior, the Journal of Criminal Justice, and Youth and Society. Holt has three degrees from the University of Missouri, including his Ph.D.

Due to the COVID-19 restrictions this meeting will not be held in person. Instead it will be held virtually through the internet using a service called, "ZOOM". For details on how to join a MSURA Zoom meeting see the [MSURA website](#). Zoom Meeting information will be available closer to the event date.

**NEW HUMANA HEALTH AND PRESCRIPTION DRUG PLANS FOR  
RETIREES**

See latest information in the MSU Retirees' [October Newsletter](#) on page 3. Be sure and sign up for a Humana presentation. Presentation are online, so you can attend from the safety and comfort of your home. See the newsletter for presentation dates and instructions to sign up.

**DRIVE-THRU FLU SHOT, OFFERED BY MSU PHARMACY**

You can now receive your flu shot without leaving the safety and comfort of your car. For more information, times and places, see the MSU Pharmacy [website](#).

## **\*\* CORONAVIRUS / COVID-19 \*\***

Because of COVID-19, the MSU Retirees' Association Board has decided to have the monthly membership meetings virtually using a web service called ZOOM. We will not meet in person until it is safe to do so.

### **HOW TO JOIN A ZOOM MEETING?**

Information how to connect/join a MSURA Membership Meeting using ZOOM service is on the MSURA website ([retirees.msu.edu](http://retirees.msu.edu)). A brief [how-to video](#) is available. There is no fee, or subscription needed to use ZOOM to attend MSURA events.

In short, you can call in on your telephone and listen to the meeting or you can use your computer, smart phone, tablet or other smart device to join the meeting as an attendee virtually. Meetings will be recorded and available on the MSURA website, so if you missed it, you can still see it.

The Zoom meeting information is on MSURA [website](#) as part of the event announcement. If you have not used Zoom virtual meeting service before, watch the [how-to video](#) .

We have a great line up of speakers for this year's membership meetings, so we hope you will join us.

### **Helpful Resources for Retirees**

- MSU Extension Online Resources (including adult online learning/health and wellness content): <https://www.canr.msu.edu/rlr/index>
- MSU Alumni Livestream Catalog: <https://alumni.msu.edu/learn/online/livestream-and-video-content/>
- MSU WorkLife Office Webinars: <https://worklife.msu.edu/blog/taking-care-yourself-times-uncertainty>

### **VOLUNTEER OPPORTUNITIES**

If you are looking for meaningful opportunities to serve others during the COVID19 situation, the East Lansing Primetime program is referring people who want to help register as a volunteer to call homebound seniors who would like to be called. To register they can use the link below to the Tri County Office on Aging (TCOA) to reach out to recipients of Meals on Wheels . TCOA is trying to reduce exposure to this vulnerable population of seniors who receive MOW, so they will only deliver meals weekly rather than daily. They will be receiving frozen meals they can heat up. TCOA appreciates the support of those willing to help with calls.

The first step to volunteering is to register as a volunteer at [www.tcoa.org/volunteer](http://www.tcoa.org/volunteer) . They will process applications and reach out to people as quickly as they can. A simple phone call can help people feel connected to the outside world. If possible it would be great if MSU Retirees could participate.

**VACCINATIONS FREE TO MSU RETIREES** at MSU Clinical Center Pharmacy Monday through Friday 8AM to 5PM. Questions check [Pharmacy's website](#) or call the Pharmacy, 517-353-3000.

- \* **Flu vaccines**
- \* **Shingles vaccines, “SHINGRIX”**
- \* **Tetanus vaccines, “Tdap”**

### **TRI-COUNTY OFFICE ON AGING PROGRAMS FOR SENIORS**

Tri-County Office on aging has a number of programs to assist seniors? Most are FREE of charge. Check out what they have coming up including programming addressing: diabetes, chronic pain, managing concerns about falls, and programs for caregivers too. <https://www.tcoa.org/classesevidence-based-programs/>

**MSU ELI AND EDYTHE BROAD ART MUSEUM EVENTS**, current and upcoming [events](#).

**MSU COLLEGE OF MUSIC EVENTS**. Interested in musical experiences? See their website's [Events Page](#) for upcoming performances, along with details.

**MSU THEATER'S EVENTS**, check out [theatre.msu.edu](http://theatre.msu.edu) to see the special events and programming.

**MSURA GROUPS AND ACTIVITIES:** There are several interest groups on our website – with everything from bowling to walking [click for list](#). Below is information on current active groups.

<b><u>GROUP</u></b>	<b>MSURA GENERAL INFORMATION</b>	<b>CONTACT</b>
<b><u>Amateur Radio Club</u></b>	We are amateur radio enthusiasts.	Ed Oxe, W8EO at <a href="mailto:oxer@msu.edu">oxer@msu.edu</a> .
<b><u>Genealogy</u></b>	Meets monthly, contact Cathy Estrada for more information.	Cathy Estrada <a href="mailto:cje1026@yahoo.com">cje1026@yahoo.com</a> (517) 256-3733
<b><u>Knitters</u></b>	Meetings are every other Tuesday in room 27 Nisbet bldg.	Rosemary Pavlik, <a href="mailto:pavlik@msu.edu">pavlik@msu.edu</a>
<b><u>Quilters</u></b>	3 <sup>rd</sup> Monday of each month at 1:00PM at University Luther Church, 2010 S. Harrison, EL	Ann Booren, <a href="mailto:boorena@msu.edu">boorena@msu.edu</a>
<b><u>Travel Discussion</u></b>	Contact Al LeBlanc for meeting times and more information.	Al LeBlanc <a href="mailto:aleblanc@msu.edu">aleblanc@msu.edu</a> or 517-655-6545
<b><u>Military History Study</u></b>	Meetings announced through email. Contact Al LeBlanc for more information.	Al LeBlanc <a href="mailto:aleblanc@msu.edu">aleblanc@msu.edu</a> or 517-655-6545
<b><u>Walking</u></b>	Walk the campus river trail and other great places with your fellow retirees. Contact Rick Vogt for more information.	Rick Vogt, <a href="mailto:vogtrick@comcast.net">vogtrick@comcast.net</a>

**MSURA FACEBOOK PAGE:** Are you involved in an interesting endeavor? MSURA wants to hear from you! Send us photos and/or a paragraph of your involvement and we'll add to the MSURA Facebook page. View all MSURA posts and photos at <https://www.facebook.com/MSURetirees>.

**MSURA ENDOWED STUDENT SCHOLARSHIP:** The MSU Retirees' Association started an endowed student scholarship in 2015. We wanted to support the next generation of our Spartan families. Today, we have endowed two scholarships and we are working on the third. These \$2500 scholarships are a big help in helping our young people. If you would like to contribute or make a pledge, go to [www.givingto.msu.edu/1923](http://www.givingto.msu.edu/1923); Additional contributions are welcomed

and very much appreciated by the MSU students who benefit from these scholarships.

**MSURA VOLUNTEERS:** The MSU Retirees Association is an all-volunteer organization, and everything we do is made possible by MSU retirees and their spouses. If you have an interest in volunteering with the MSURA by sharing your ideas, time and talents, or willing to help in any way, please give us call at [517-353-7896](tel:517-353-7896) and leave your name and phone number. Thank you for your interest and willingness to serve MSURA.

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