



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

MSURA SPARTAN SENIOR NEWSLETTER November-December 2020: [Online here](#). Previous issues [click here](#).

RECORDINGS OF PAST MEETING PRESENTATIONS ARE AVAILABLE ON MSURA [WEBSITE](#).

**** CORONAVIRUS / COVID-19 ****

Because of COVID-19, the MSU Retirees' Association Board has decided to have meetings virtually using a web service called ZOOM. We will not meet in person until it is safe to do so. For details on how to join a MSURA Zoom meeting see the [MSURA website](#).

DECEMBER MEMBERSHIP MEETING, MONDAY, DECEMBER 14, 2020 2-3PM, Wild Bees and How Can We Help, Dr. Rufus Issacs, MSU Department of Entomology

Issacs will be sharing his knowledge of wild bees with us on Monday, Dec. 14. In recent decades the populations have been declining. What can we do to support them? What are the affects on our food crops? He will answer these questions and more about these important species.

Isaacs is a professor and extension specialist in the Department of Entomology at MSU, where he has worked for the past two decades. His research program explores insect ecology and behavior to develop insect management practices for sustainable crop production. Pest management challenges are addressed by testing new reduced-risk insecticides, developing new pest control tools and tactics, and integrating them into established integrated pest management programs. The lab also focuses on crop pollination, with emphasis on the biology and conservation of native bees and their roles in berry crop production.

Zoom Meeting Information:

Meeting Link: <https://msu.zoom.us/j/96673408985>

Meeting Id: 966 7340 8985

Meeting Passcode: MSURA (case sensitive all caps)

Meeting Telephone Number: 312-626-6799

Meeting Telephone Passcode: 576212

TUESDAY, DECEMBER 15, 2020 3-4PM, Overview of EAP/Health4U Services for MSU Retirees, Please join staff of the MSU Employee Assistance (EAP) & Health4U (H4U) Programs as we highlight health & well-being services available to MSU retirees.

Presenters:

Nancy Allen, Director EAP & H4U, will introduce the Health4U Program which is focused on helping members of the MSU community explore the fundamentals of a health-promoting lifestyle.

Jon Novello, EAP Clinical lead, will introduce the Employee Assistance Program through which we provide confidential, short-term counseling and referral services to individuals as they work through life changes, expected and unexpected events, chronic physical and emotional health issues and concerns. Jon will also provide a brief tour of the EAP website.

Lisa Laughman, lead Emotional Wellness Consultant, will provide an overview of the MSU Resilience Training Model and offer some practical suggestions for processing the increased stress you may be experiencing as we navigate these difficult times.

Abby Richey, Nutritionist, will guide participants through a 5-10-minute focused eating activity she often uses in nutrition intervention sessions (to participate in this activity, please have a small snack ready to eat). Following this activity, Abby will describe food and nutrition services and introduce resources you can access at the food and nutrition section of the Health4U website.

TJ Hall, MSU Moves Consultant, will share information on movement and fitness-based opportunities available through H4U and our campus partners. He will take you through a virtual tour of the Health4U website and then, wrap up with a brief, low impact stretching routine.

Zoom Meeting Information:

Meeting Link: <https://msu.zoom.us/j/99324364634>

Meeting Id: 993 2436 4634

Meeting Passcode: 458430

Meeting Telephone Number: 312-626-6799

Meeting Telephone Passcode: 458430

WEDNESDAY, DECEMBER 16, 2020 2PM, Mindfulness: Introduction and Overview, Presented by Claudia

Finkelstein, Director of Wellness, Resilience And Vulnerable Populations, MSU College of Human Medicine. During these days of pandemic and upcoming holidays **mindfulness** is frequently listed as one strategy to help ourselves cope. Join Dr. Claudia Finkelstein, on December 16 for one hour for a basic introduction to the concept of mindfulness. Learn the history of and evidence for **MBSR** (mindfulness-based stress reduction) and engage in a brief practice.

Zoom Meeting Information:

Meeting Link: <https://msu.zoom.us/j/91795307472>

Meeting Id: 917 9530 7472

Meeting Passcode: MSURA (case sensitive all caps)

Meeting Telephone Number: 312-626-6799

Meeting Telephone Passcode: 421884

JANUARY MEMBERSHIP MEETING, MONDAY, JANUARY 11, 2021 2-3PM, Vaccines, Dr. Raza Haque M.D.,

MSU College of Human Medicine

As we have great hopes for a vaccine to prevent COVID-19, Dr. Raza Haque will help us understand COVID-19 vaccines that are available or expected to be available soon and will talk about why getting vaccinated is important for you and everyone.

Dr. Haque performs clinical work, geriatric assessments, skilled nursing facility care and medical directorships. He teaches at the medical student, resident and fellowship levels; and participates in other scholarly activities. He has been a guest writer for the MSU Retirees Association Senior Newsletter for a number of years now. One of the articles he wrote was on the different flu vaccines available, which was published in the January 2019 Spartan Senior Newsletter. Dr. Haque is a medical director of Faith Haven Senior Care Center and offers subacute care at the Ingham County Extended Care Facility. He has a scholarly interest in preventing polypharmacy and falls in the elderly.

Zoom Meeting Information:

Meeting Link: <https://msu.zoom.us/j/99084953990>

Meeting Id: 990 8495 3990

Meeting Passcode: MSURA (case sensitive all caps)

Meeting Telephone Number: 312-626-6799

Meeting Telephone Passcode: 678319

MSU ALUMNI OFFICE PROGRAMS FOR YOU

The MSU Alumni Office has several upcoming virtual programs for you. Most programs are free, but registration is required.

- **Spartan Book Club.** Reading of the first book begins January 11. For more information and to sign-up, go to [Spartan Book Club](#) .
- Interested in traveling in 2021 or 2022? Join us on select Wednesdays in December, January and February at 2PM for an **overview of the tours being offered, the current state of travel, plus health and safety protocols**. For more information and to register, go to [Virtual Travel](#) .
- **Virtual cinema** featuring “**John Lewis: Good Trouble**”. \$12 to rent. Go to: [Good Trouble](#) .

And, check out our livestream archive which included the recently-concluded fall 2020 **Coffee with the Profs series** at [Coffee with the Profs Series](#).

MSU HEALTH4U PROGRAMS FOR YOU

From the MSU Office of the University Physician virtual programs for you.

For a list of and more information on upcoming programs, please visit - <https://health4u.msu.edu/>. You need to register for some of the programs. Most programs are free.

Upcoming Programs:

- MSU Grief and Loss Support Group, Weekly Tuesdays 4-5:30PM
- Informal Mindfulness, January 6, 13, 20 & 27 Noon-1PM
- Living and Working the Daring Way, Mondays Noon-1PM, January-March
- And many more programs for you

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](#).

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). 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 . 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.

MSU Health Care Pharmacy Services for Retirees

The new MSU Health Care Pharmacy is now open and fully operational. It is on the first floor of the Eyde building located at 4660 south Hagadorn road in East Lansing Michigan. We would love to have you stop in and see our fresh new facility and say hello. We understand that you may want to keep your distance and we are happy to come to you. We are continuing to offer free delivery within a 30-mile radius of campus. Local deliveries to East Lansing, Lansing, Haslett and Okemos and weekly deliveries based on where you live. Another great service for social distancing is our curbside pick-up. You can call ahead and pre-pay for your prescription order and one of our pharmacy staff will come out to your car. We offer "SyncRx" which is a medication synchronization program where we line up all your prescriptions to fill once monthly or quarterly. We also offer "SpartanPak" which is compliance packaging for your medications keeping you organized and making sure you don't miss a dose. Now available for our MSU retiree's, we are making our staff technicians available to answer your questions about the new prescription drug plan. Call 517-353-3500 to make a phone appointment and let us help. For more information on these and all our pharmacy services visit our website at pharmacy.msu.edu and click on the services tab. If you have any questions we are here to help. Call us at 517-353-3500 today!

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](#). You can tour the museum in person by scheduled appointment. Here is a link to The Broad website that details how people can visit and book their ticket: [Schedule Appointment](#) . Admission is *always free*.

Current Exhibitions:

- INTERSTATES OF MIND
- THE VAULT: MARCEL DUCHAMP
- WHO IS A CITIZEN
- CURRICULAR CONNECTIONS: FESTIVITY AND DEMOCRACY IN ACTION
- ACTS OF CARE

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

Opportunities for concertgoers to experience performances through the College of Music's Livestream and YouTube channels continue. See video concerts and webinar events on our [Events Page](#) .

MSU THEATER'S EVENTS, check out theatre.msu.edu to see the special events and programming available.

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.

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

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; 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 and leave your name and phone number. Thank you for your interest and willingness to serve MSURA.
(En1862)

MSURA Contact Information: Suite 22, 1407 Building, 1407 S. Harrison Rd, East Lansing, MI 48823-5239. Phone (517) 353-7896; email msura@msu.edu; website www.retirees.msu.edu; Join our [Facebook page](#); To unsubscribe or change your email address: MSURA.List.Manager@gmail.com