



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

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

**SEPTEMBER MEMBERSHIP MEETING, MONDAY, SEPTEMBER 14, 2020  
2-3PM, The Joy Initiative, DR. MIKO ROSE, MSU Department of Psychiatry**

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/92272176851>

Meeting Id: 922 7217 6851

Meeting Passcode: MSURA (case sensitive all caps)

Meeting Telephone Number: 312 626 6799

Meeting Telephone Passcode: 332469

Dr. Rose is the creator and Program Director of "The Joy Initiative," a project she started at Michigan State University College of Human Medicine and College of Osteopathic Medicine schools, where she now teaches formal elective classes on the art of happiness and well-being.

In 2013, she was awarded the SAMHSA American Psychiatric Association Minority Leadership Fellowship Grant, from which she built the foundation to develop emotional resilience, happiness, and mindfulness trainings tailored to the unique needs of medical providers.

She has over 20 years of experience and formal training in life coaching. Drawing upon her experiences with underserved communities, she now creates and facilitates happiness training programs for medical providers across the country.

## **OCTOBER MEMBERSHIP MEETING, MONDAY, OCTOBER 12, 2020 2-3PM, MSU BENEFITS OPEN ENROLLMENT OVERVIEW AND MSU PHARMACY SERVICES**

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.

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. Dates for these will be announced soon.

Dan Mackey is MSU’s Human Resources Manager/Retirement Administrator and Tabatha Dixon is a MSU Human Resources benefits administrator.

Sandra Campbell introduce new services the MSU Pharmacy is offering and answer any questions you may have. The MSU Pharmacy provides a number of services. Campbell will explain how these services can help retirees save time, money and provide a convenient way to obtain prescriptions and vaccines. Campbell is the chief pharmacist at the MSU Pharmacy.

## **NEW HUMANA HEALTH AND PRESCRIPTION DRUG PLANS FOR RETIREEES**

Recently MSU announced the new Humana health and prescription drug plans for retirees. These plans are effective Jan. 1, 2021 and will replace MSU’s current Blue Cross Blue Shield of Michigan and CVS/Caremark plans.

Answers to questions regarding premium contributions, the provider network, and when more detailed information will be shared, is now available online at <https://hr.msu.edu/benefits/healthcare/humana-faqs.html>.

MSU and Humana will host informational meetings in October. Watch for the schedule in your mailbox and at <https://hr.msu.edu/benefits/healthcare/humana.html>.

See page 5 of the August-September issue of the Spartan Senior Newsletter for more information on this change from MSU Human Resources.

**\*\* 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 [web site](#) 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.

**RENEW MSU RETIREE PARKING PERMIT**

Just a reminder to obtain or renew your (free) MSU Retiree Parking Permit. You can do so in person by going to the Parking Office or you can do so online. Go to [MSU Parking Office website](#). Click on "Retiree" and follow the instructions to renew your permit.

**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 Oxeer, 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> <a href="tel:(517)256-3733">(517) 256-3733</a>
<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 <a href="tel:517-655-6545">517-655-6545</a>
<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 <a href="tel:517-655-6545">517-655-6545</a>
<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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**MSURA Contact Information:** 22 Nisbet Building, 1407 S. Harrison Rd, East Lansing, MI 48823-5239. Phone [\(517\) 353-7896](tel:517-353-7896); email [msura@msu.edu](mailto:msura@msu.edu); website [www.retirees.msu.edu](http://www.retirees.msu.edu); Join our [Facebook page](#); To unsubscribe or change your email address: [MSURA.List.Manager@gmail.com](mailto:MSURA.List.Manager@gmail.com)