



MSU RETIREES ASSOCIATION

SPARTAN SENIOR NEWSLETTER

August-September 2025

VOL. 47, NO. 1

UPCOMING MEMBERSHIP MEETINGS

Eating for your health will be topic of Monday, Sept. 8 meeting

Abby Richey, MSU University Health & Wellbeing Registered Dietitian, will speak on Sept. 8 at the first Membership Meeting of the 2025-2026 year. "Eating for Better Living, A Senior Nutrition Presentation" will be the topic and she hopes to share ideas for what eating for better living looks like. She hopes to show how attendees can discover ways to



Abby Richey

Please see **ABBY RICHEY** on page 3

When Monday, Sept. 8

Time 2 p.m., coffee at 1:30 p.m.

Where Community Room, MSUFCU Branch, Mt. Hope & Farm Lane

Benefits Open Enrollment meeting Tuesday, Oct. 14

MSU Human Resources representatives will talk about the MSU benefits Open Enrollment process as well as any changes to benefit options. They will review changes and answer questions from MSURA members at the Tuesday, Oct. 14 meeting.



Mary Passage

Please see **BENEFITS** on page 3

When Tuesday, Oct. 14

Time 2 p.m., coffee at 1:30 p.m.

Where Community Room, MSUFCU Branch, Mt. Hope & Farm Lane OR join the Zoom: See E-Notice for sign in info or visit <https://retirees.msu.edu>.

Benefits Open Enrollment begins Oct. 1

Enrollment for benefits including health and dental insurance and other voluntary benefits for the 2026 plan year takes place Oct. 1-31, 2025. Learn more at hr.msu.edu/open-enrollment and be ready with these tips:

- Review your Benefits Open Enrollment Guide – arriving in your mailbox in mid-September, this guide will provide a complete overview of the Benefits Open Enrollment process and the benefit options available to you. The guide will also be available digitally at hr.msu.edu/open-enrollment in mid-September.
- Consider attending the Benefits Fair on Oct. 21 from 11 a.m. to 6 p.m. at the Breslin Center – Get assistance from the MSU Benefits team and listen to

presentations from Humana and Personify Health. Attend presentations for the MSU Medicare Advantage Plan or the MSU Non-Medicare Plan. Details will be available in the Open Enrollment Guide.

- Consider joining an HR Site Lab either virtually or in person – MSU Human Resources staff will be available during a series of in-person and virtual site labs throughout October to answer questions about your benefit options and help you make changes. Details will be available in the Open Enrollment Guide.

Come to the Oct. 14 Membership Meeting to talk with HR and MSU Pharmacy representatives. See more details at the bottom of the first column on this page.

Volunteer to be part of the Homecoming Parade

MSURA plans to have another entry into the MSU Homecoming Parade this year, which takes place on Friday, Oct. 10. Last year we won a first place award! Let's do it again! We're looking for some volunteers to help out in various capacities, including riding on the float. It's fun! If you're interested, email Rick Vogt at vogtfr@msu.edu, and put *Homecoming Parade* in the subject line.



Homecoming 2024 parade volunteers

StraightLine seminar set for Sept. 11

Join the StraightLine Quarterly Financial Planning Seminar on Thursday, Sept 11, at 2 p.m., for a discussion about market issues. This is a free event via Zoom. See your E-Notice Email for sign-in information. For more seminar dates, check out the activity grid on page 15.

OFFICERS AND BOARD FOR 2025-2026

President	Dave Brower	517-282-4883
Vice President	Sandra Buike	480-415-8440
Past President	Jacqie Babcock	517-282-6861
Secretary	Kate Wight	248-563-3210
Treasurer	Bob Patterson	517-896-8065
At-Large	Mike Gardner	517-290-7090
At-Large	William Anderson	517-290-7750
At-Large	Bruce Smith	517-323-9579
At-Large	Eric Crawford	517-256-6666
Office Manager	Elizabeth Thomas	517-351-7611
Asst. Office Manager	Gale Gower	517-332-0194

STANDING COMMITTEE CHAIRS

Audit	Eric Crawford	517-256-6666
Awards	William Anderson	517-290-7750
Budget & Finance	Bob Patterson	517-896-8065
Communications	Rick Vogt	517-242-1324
Healthcare Insurance	Rick Vogt	517-242-1324
Information Tech	John Forsyth	517-332-6683
Membership	Jacqie Babcock	517-282-6861
Nominations	Dave Brower	517-282-4883
Program	Sandra Buike	480-415-8440
Program	Angela Brown	517-974-1770
Scholarship	Bruce Smith	517-323-9579
Interest Group Contact	Christina DeFouw	517-388-1813
Volunteer Coordinator	Jeanette Robertson	517-803-5454

COMMUNICATIONS

Newsletter Editor	Rick Vogt	517-242-1324
Newsletter Designer & Facebook	Cheryl Pell	517-214-4845
Underwriting Manager	Jacqie Babcock	517-282-6861
Mailing Labels Manager	John Forsyth	517-332-6683
Webmaster	John Forsyth	517-332-6683
E-Notices Editor	Rick Vogt	517-242-1324

**Let's add your name to the list above.
Become a board member! The pay is
lousy, but the camaraderie
makes up for it.**



PRESIDENT'S MESSAGE

David Brower

I hope you had a wonderful summer enjoying some quality time with family and friends. Even though MSURA programming was suspended during the June-August period, our scheduled summer special events continued and were well attended. These included a visit to the MSU Abrams Planetarium on July 11, where attendees listened to Pink Floyd, while enjoying the show "Dark Side of the Moon," along with Star Talk.

Prior to the show, our board and committee members, along with other individuals that volunteered in support of MSURA activities during the past year, were invited and treated to lunch at Brody. This provided a way to recognize and thank those individuals that contributed their time and skills in support of our organization.

The MSURA monthly "Eat at Brody Lunches," from 11-1 p.m., the second Friday of each month continued during the summer and will continue throughout the coming year. Also, more than 30 members are set to attend the Lansing Lugnuts baseball game on Aug. 15, which will be followed by fireworks.

As I begin my second year serving as MSURA President, I look forward to working with a dedicated, talented and energized group of board members and volunteers. Our Programming Committee, Co-chaired by Vice President Sandra Buike and Angela Brown, have planned an interesting array of monthly programs.

Our first monthly program will feature Abby Richey, MS, RDN, Lead Nutritionist for Campus Health Services, who will present a session on "Senior Nutrition". This meeting will be held on Monday, Sept. 8, from 2-3 p.m. at the MSU Federal Credit Union Farm Lane Branch Community Room. As usual, a social period prior to the meeting will begin at 1:30 p.m.

Some of our presentations are recorded and made available to you on our website (retirees.msu.edu).

"The Special Events Committee is planning a variety of outings and activities for the coming year. As these programs and events are announced, mark your calendars for a good time with old friends and new ones. All MSU

Please see PRESIDENT'S MESSAGE on page 5

ABBY RICHEY, cont. from page 1

enjoy a variety of foods for a vibrant life. She'll explore the way we eat and give us ideas for spicing up our eating routine.

Abby has over 20 years of experience working as a dietitian. As a registered dietitian nutritionist, she has worked in a variety of settings including health care, public health, food service, sports nutrition, and higher education. Her work at MSU involves serving as lead for the Campus Health Nutrition Services Team, providing individual nutrition counseling, developing and presenting campus outreach programs, developing and teaching academic classes, and mentoring dietetic students.

BENEFITS, cont. from page 1

Mary Passage, operations coordinator for MSU Health Care Pharmacy, will be on hand. Passage has worked at the pharmacy for 27 years and will share information on services for seniors.

Please note: This meeting is on Tuesday, Oct. 14, because Monday is a holiday.

B.Y.O.B. (Bring Your Own Buddy)

MSURA is presenting a Biggby or MSU Dairy Store gift card to those who bring a guest who has never been to an MSURA monthly membership meeting before. The person you bring will also get a \$5 gift card. We're trying to reach out to those retirees who are not familiar with MSURA, and this is a great way to bring more into the MSURA fold. There is a sheet at the welcome desk for you to register yourself and your guest.

In Memoriam

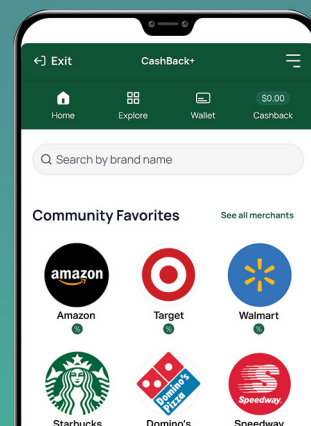


The Spartan Senior Newsletter prints in each issue of the newsletter the names of MSU retirees who have recently died. In publishing this notice to mark their passing, we honor them for their contributions to improve MSU and the Greater Lansing community.

Pamela Bellamy	4/22/2025
Christine Birdwell	5/3/2025
Richard Daniel Campau	6/25/2025
Warren I. Cohen	4/30/2025
Donald Coon	5/25/2025
Robert Deans	5/18/2025
Velma DeMyers	4/15/2025
Frank Dennis	6/2/2025
Patricia Ann Drury	5/12/2025
Jerry Dunn	6/21/2025
Kathryn A. Ellis	6/8/2025
Dennis Gilliland	5/2/2025
Donna J. Graham	6/2/2025
Margaret Green	5/29/2025
Herbert Greenberg	5/24/2025
Aleen Henke	6/11/2025
Gladys Kelley	6/10/2025
Rose Mary Lilly	6/5/2025
Jeanette Minkel	5/5/2025
Waldemar J. Moline	5/21/2025
Lawrence B. Schiamberg	5/2/2025

Please support our sponsors.
They do a lot to help us defray the
cost of events, newsletters and
administrative expenses.
We appreciate our underwriters!

CashBack+



Turn Spending Into Earning with CashBack+

Earn up to 20% cash back with MSUFUCU's CashBack+. Buy digital gift cards, shop your favorite brands, and get cash back with each card purchased.

Earn More With CashBack+

msufcu.org/cashbackplus
517-333-2424



After selecting and purchasing a gift card, it will be sent to your email for use. Please note some gift card purchases are subject to a 1-3 day hold. Gift card purchases are final and non-refundable. For complete details, visit msufcu.org/cashbackplus. Gift cards are not a product of MSUFUCU and each merchant's gift card terms of use may vary. For more information, visit prizeout.com/terms. For your security, do not provide gift card or redemption information to any unknown parties. To use CashBack+ in your mobile app, please update your app to version 3.45 or newer on your iOS or Android device from the App Store or Google Play. There is no charge to download the MSUFUCU Mobile app. However, data and connectivity fees from your mobile service provider may apply. Please contact your mobile service provider for more information. Some features may be available for MSUFUCU members only. Not all MSUFUCU account types are eligible to use the CashBack+ experience. See your available offers in the MSUFUCU Mobile app or ComputerLine. If you do not see a way to access CashBack+ in your mobile app or on ComputerLine, please reach out to us at 800-678-4968 or at msufcu.org/contact. Federally insured by the NCUA.

Attend the monthly retirees lunch at Brody Hall

BRODY LUNCH DATES

August 8
Sept. 12
Oct. 10

Please join your fellow retirees for lunch at Brody Hall. There is no program at these events. This is just time to meet and socialize with your friends and meet some new ones. Plan to attend and invite your friends as well. Luncheons are held on the second Friday of the month at MSU Brody Hall from 11 a.m. to 1 p.m.

Purchasing your meal

Meals can be purchased in advance for a discounted price at EatAtState.msu.edu or in person. Also daily menus are available on the EatAtState.msu.edu website. Prices at the door: Lunch or Dinner: \$14 plus sales tax. Debit & credit cards accepted. If purchased in advance on the website, \$9.50 per meal plus sales tax, 10 meal minimum purchase.

Purchased meals on the <https://eatatstate.msu.edu/diningplans> website are placed on your MSU ID card. If you need an MSU Retiree ID card, you can get one at the MSU ID Office located in the MSU International Center.

Location of the luncheon

The Brody Hall Cafeteria is located on the second floor. An elevator is located near the front entrance that will take you up to the cafeteria. Stairs are also available.

Parking

If you need a MSU Retiree Parking Permit, you can order one for free on the MSU Parking Office website at <https://parking.msu.edu/>. Retiree Parking Permits are virtual now. No sticker! Your license plate number is used to determine your parking privileges instead of the sticker. You will register your car(s) license plate with the MSU Parking Office. You can switch parking privileges between cars as needed online or by calling the MSU Parking Office. From the menu at the top of the page, select "Permits" and "Retiree." Follow the instructions to order your permit. Note: You will need to know your MSU NetId and password. If you do not know our MSU NetId and password, contact MSU IT Services Help Desk at 844-678-6200 or 517-432-6200.



If it's the second Friday of the month, it means there will be retirees enjoying a meal at Brody Hall from 11 a.m. to 1 p.m. We've been doing this for a few years now, and it's just simply a great way to connect with others who worked at MSU and are now retired. If you haven't been to one of these lunches, consider doing it. We're easy to spot in the cafeteria (even though it's the largest non-military dining facility in the country) as we are not 18-year-olds. Read the info in the article above or reach out to any board member for more information. And that never-ending bowl of ice cream is really, really good.



retirees and spouses are members and, everyone is welcome.

If you have suggestions for future trips or events, please forward them to me (brower@msu.edu) or to one of our board members. As I have noted, many of our programming and special event ideas come from you, our members.

MSURA embarked a decade ago to raise funds for an endowed scholarship fund, to provide scholarships for the children and grandchildren of retirees and current employees. With continued contri-

butions and earnings, the MSURA Endowed Scholarship Fund has grown, so we are now able to award four \$2,500 scholarships each year.

As was announced at our 76th Annual Meeting in May, the MSURA Board has set a goal of raising an additional \$50,000, over the next 2 years, to be used to increase our scholarship awards from \$2,500 to \$3,000. In coming newsletters and e-mails, we will be discussing this new initiative. Your support of this initiative will be greatly appreciated.

VOLUNTEERS NEEDED

MSURA is a volunteer run organization. We have a wide range of needs for volunteers. Please contact Jeanette Rpbertson at robertso45@yahoo.com or David Brower at brower@msu.edu to learn more about volunteering with MSURA.

TCOA offers support programs for Lansing area seniors

The Tri-County Office on Aging is a tremendous resource for seniors in the Lansing area. They have many programs to help people who need it, including Meals on Wheels, caregiver support, classes on pain management and diabetes management



and much more. If you have never been to their website, take a few minutes to peruse it: <https://www.tcoa.org/> Their phone number is 517-887-1440, or you may contact them through their website.



MSU Health Care
PHARMACY

Pickup all of your meds
at the same time with

SyncRx

Help simplify your life by synchronizing your trips to the pharmacy. Get started by filling out a SyncRx agreement, available from the pharmacy or at go.msu.edu/SyncRx



Some restrictions apply. Speak to a pharmacy staff member or visit our website for more details.

4660 South Hagadorn Rd., Suite 100, East Lansing, MI 48823 | 517-353-3500 | pharmacy.msu.edu

There's still time to get your parking permit renewed

If you haven't renewed your parking permit already, visit parking.msu.edu or call Parking Services (517-355-8440) to renew. You will need to know your MSUID login information and password for online renewal. Contact MSU IT Services at 517-432-6200 for assistance with login and passwords.



When contacting Parking Services via phone, please have your MSU ID (if in your possession) in hand. If you do NOT have an MSU ID, contact the MSU ID office located within the International Center for assistance.

Reminders of virtual permit requirements:

- Can change the vehicle with parking privileges as often as needed.
- Information can be updated online or over the phone.
- Your MSU ID will be used for entry into gated lots.
- Only one vehicle may be connected to the virtual permit. Can "purchase" a second permit each renewal cycle.
- Contact the parking office to request the second permit (unable to do online).
- The second vehicle must be registered to the retiree or someone in the same mailing address to qualify for a second permit.
- Only one vehicle per retiree is authorized to be on campus at a time.

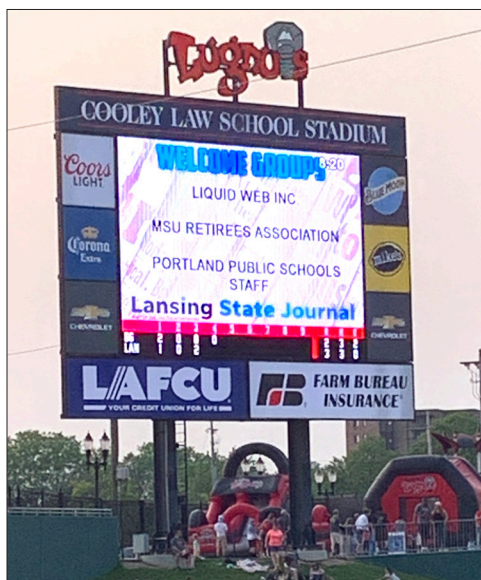
— A message from MSU Parking Office



August 15, 2025 at 7:05 p.m.

We've been going to Lugnuts games for the past 13 years! Take a look!

This year's event is popular again and is sold out. We have been able to reserve space in the Lugnuts Clubhouse, which makes the event extra special. It's air conditioned inside if it is too hot outside. A yummy buffet meal is also included. It is a fun time!



MSURA board exploring possibility of providing ‘short courses’

The MSURA board is exploring an “MSURA College” idea. (If the idea proves viable, and the MSURA board wants to move ahead, we will determine an actual name.) Below is a link to a very short survey basically

MSURA MINI COURSES?

Please take the
short survey to
help us assess
interest

asking, is any retiree interested in designing and teaching/facilitating short courses of their own choosing? This is addressed to any retiree that has an interest in something to share. The idea is that this would be an opportunity to stimulate your own mind and the minds of others. This is very preliminary. I see the role of MSURA as to facilitate, empower, and inspire. (This is not a resurrection of the past Evening College, but we will be looking at how that operated.) Additionally, below are a couple links of interest:

First, a presentation by Roger Baldwin on post-retirement in academia and in general: mediaspace.msu.edu/media/t/1_juqpqmbv

Second, an example at Winona State University in Minnesota. For past courses scroll down and look at the PDFs under Past Senior University Programs: www.winona.edu/retiree-center/senior-university/

MSURA College Exploration Survey: The MSU Retirees Association is exploring the concept of short course offerings on the order of 10 contact hours or fewer, supplied by retirees. The courses would be open to retirees, the MSU community and the public. Courses would be proposed by retirees. No grading. Some universities have done something like this with good interest from all parties. To get a pulse of interest, and a rudimentary sense of scope, we have a short survey to provide us your feedback on this idea. You can provide your feedback anonymously or provide us your name and contact information. You can put anything (comments/questions) in the notes section.

Click the word [Survey](#) to get started.

-Bruce Smith
smithb12@msu.edu

Humana®

Earn rewards for your Annual Wellness Visit

It's a great time to schedule your Annual Wellness Visit (AWV) with your doctor. Unlike a typical physical, this relaxed conversation focuses on personalizing a plan to support your health and wellness as you age.

As a valued Humana Medicare Advantage member, you can earn **\$25 in rewards** from Go365® by Humana just for completing your AWV. Best of all, it's covered at no cost to you—simple, helpful and rewarding!

Y0040_GHHMPVDEN_C

AWV helpful hints



Remember it's more than a checkup. It's about more than numbers—it's a chance to talk about your health and set realistic goals for feeling your best.



Talk openly with your doctor. Share any health concerns, lifestyle changes or wellness aspirations.



Learn about prevention. Use the time to discuss risk factors and ways to stay ahead of potential issues.



You can also schedule your preventive physical exam. This is a head-to-toe checkup, medical history, routine tests and screenings as recommended by your doctor.



Follow up. Make sure to schedule any screenings your doctor recommends.



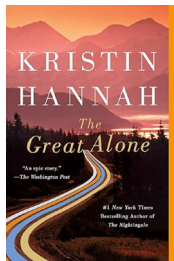
Don't have a doctor or looking to switch? **Scan the QR code to visit humana.com/find-care.**

Reward amounts shown represent the value of the reward, not actual dollars. Rewards have no cash value and can only be redeemed in the Go365 Mall. Rewards must be earned and redeemed within the same plan year. Any rewards not redeemed by December 31 will be forfeited.

Join a special interest group this year

MSURA members can take advantage of the various special interest groups by joining one or more. The groups are independent and set their own dates and activities. Groups are created by individuals who have a desire to start one. Please contact the group leaders if you would like more information.

Book Club



Our MSURA Book Club started in August 2015. They meet at members' homes and coffee shops. Currently, they are a small group of five. Their eclectic book selections have ranged from books by John Steinbeck, Kristen Hannah and Amor Towles. The current book selection is "The Great Alone" by Kristin Hannah. The group has lively discussions about the selected book and current events discussions usually find their way in. They welcome new friends. *If you are interested in joining us, please contact Rebecca Townsend at rebeccatown7@comcast.net.*

MSUQuilters



The MSUQuilters meet monthly. They share ideas, have "sew 'n' tell," and learn new squares and techniques. Often they will do a group quilt project. All skill levels are invited. *Contact Ann Booren at boorena@msu.edu.*

Military History Study Group

The MSURA Military History Study Group meets monthly. This group held its first meeting on 11-11-2011 and has been active ever since. Our purpose is to discuss American military history while enjoying the companionship of others with shared interests. Books are often discussed and loaned among our members, who are both male and female. Meetings are announced via email. *Interested persons should contact Al LeBlanc at aleblanc@msu.edu.*

Genealogy Group

The MSURA Genealogy Group has been meeting for nine years. They were meeting in person before COVID, but, of course, switched to zoom and have remained on Zoom after COVID.

The group's email list has around 45 people, and they range from very experienced to just getting started. Members share what they are working on and pose questions to the other members on the Zoom call. Sometimes there are prepared presentations. *Email Cathy Estrada at cje1026@yahoo.com.*



Walking Group

The Walking Group walks on campus several times a week, generally at 10:30 a.m. Members are in a text group, which allows them to communicate where to meet. They walk indoors at the Meridian Mall when the weather is inclement. This active and friendly group invites you to join them whenever you can. *Call or text Rick Vogt at 517-242-1324.*

Knitting Group

The Knitting Group meets twice a month. *For more information, please call Rosemary Pavlik at 517-882-2030.*

Travel Group

The MSURA Travel Interest Group meets every three-four months to enjoy conversation about where other retirees have enjoyed traveling to, or upcoming planned trips. They also talk about travel tips, tour companies, modes of travel, insurance or other topics of interest. The location to meet has been Grand Traverse Pie Company in East Lansing. The group enjoys hearing where others have been so members can plan new adventures. *Contact Laurena Hoffmeyer at hoffmey3@msu.edu for more info.*

Top 5 Reasons to Attend a Monthly Membership Meeting



1

There will be donuts and coffee.

2

You may find a former co-worker you haven't seen in, like, forever.

3

We have guest speakers who always tell us things we don't know.

4

We give out \$5 gift cards to first-time attendees.

5

You'll learn more about this dynamic organization that's been around since 1949.

Make the most of your benefits.

Personify Health doesn't just help you manage your healthcare and benefits—it also offers easy ways to make small changes to your wellbeing, whatever your goals may be.

- **Health Check:** A survey about your current health status that helps you customize your program
- **Daily Cards:** Helpful tips that are relevant to your interests
- **Healthy Habits:** A fun way to practice healthy new routines every day
- **Journeys®:** A digital coaching tool that helps you make simple changes in small steps



Scan the QR code to download the app, or visit login.personifyhealth.com, and select **Create Account**.

Tell us your name, group ID and member ID (see your health plan ID card). Then agree to the rules, data collection and privacy policy. Next add your email, make a password and customize your experience. You can set your interests, connect a tracking device, explore your benefits and more.

© Personify Health 2025

Ann Booren makes the world a more colorful one

Ann Booren spends her days surrounded by colorful fabrics, sewing supplies, ironing boards and her four sewing machines. With three 90-inch windows letting in the natural light, she calls this place her little escape room.

"I probably spend four or five hours every day in here," Booren said. "If I don't sew on a day, it's very unusual."

For about 10 years, Booren has helped lead the Michigan State University Retirees Association quilting group MSUQuilters. Drawing inspiration from Facebook quilting pages and magazines, Booren spends her spare time

finding projects for the group's monthly meeting.

"I'm always looking for ideas," Booren said. "When I'm out in a shop or I'm doing whatever, I'm always looking for ideas of things that we can make."

From vibrant table runners to useful coasters, Booren has tackled numerous projects alongside the MSUQuilters, including group projects that have been donated to the MSURA for fundraisers.

However, for most of her life, Booren was not a quilter. Booren spent 20 years working in food service management at MSU, and it wasn't until after she retired in 2010 that she discovered her love for quilting.

"Quilting was never something I grew up with," Booren said.

Booren began sewing when she was 9 years old—making clothes for herself out of necessity—and eventually for her children. But when clothes became readily available and retirement left more time on her hands, she was finally able to explore quilting as a hobby.

"When you sew clothes a lot of times

it's just you have certain rules that you have to follow to make things fit right," Booren said. "There's not as much creativity involved in it, because you have a pattern, and you have a fabric and you're making it. But when you go to quilting, the possibilities are endless."

One of Booren's favorite parts of quilting is sorting through fabric scraps to come up with different ideas. She said she and her friend "are like the little kids at Christmas" when they receive a trash bag of fabric.

"When I go to [my daughter's] house, I take all of her fabric and dump it out on the bed," Booren said. "Then I just play for a week or two and pull all the things together and make little things. The things that I like the most are when I don't have to follow a pattern."

Booren frequently utilizes color therapy when quilting, a practice she learned as a college student studying home economics education at the University of Minnesota.

"When I was in college, my favorite class was a class on color therapy," Booren said. "That should have told me at the time that that was something I was going to follow through, because color therapy and matching colors and stuff in quilting are very important. I look back on that and I think that was the class that really kind of stuck with me of all the classes I took."

While quilting has allowed Booren to practice skills from older chapters of her life, MSUQuilters has brought her new relationships.

"There were only two people in the group that I knew from when I worked," Booren said. "Everybody else was new. And so over the course of 10 or 12 years or whatever, some of those ladies, we've gotten to know really well."

The group keeps in contact even after their monthly Tuesday meeting is over,

“I’m always looking for ideas. When I’m out in a shop or I’m doing whatever, I’m always looking for ideas of things that we can make.”

— Ann Booren

SPARTAN SPOTLIGHT



BY AUDREY DAYTON

Audrey Dayton is an MSU student majoring in journalism with a minor in sports journalism. She plans to graduate in the spring of 2027 and hopes to have a career as a sports journalist.



Ann Booren spends many hours of her day creating quilts and making her ideas become reality. She discovered her love for quilting after she retired from MSU.

sending each other pictures of their completed quilting projects. Booren calls the group “another little, small family,” noting they share rides and stay updated about each other’s families.

“It’s a really fun group – and people that I would have never met any place else,” Booren said. “When it’s fall time, we talk about football, when it’s wintertime, we talk about [MSU] basketball. Just the things that go on in the university community.”

Not only has Booren made new friendships, her role in kickstarting MSUQuilters has joined together two social circles.

Although she agreed to lead the MSUQuilters, Booren was concerned about the difficulty of regu-

larly transporting her quilting supplies. She shared this problem with her pastor at University Lutheran Church since she co-leads a quilting group there.

“He said it meets our church mission of serving the MSU community,” Booren said. “For all these years now, we have met a half hour after our other quilting group was done and then we use all their cutting mats and all of those kinds of things. People still bring their own sewing machines, but they don’t have to cart everything else, so that’s worked out really well.”

Over the past 10 years, the groups’ relationship has grown beyond just sharing a room. MSUQuilters have begun attending church workshops, socializing with the other quilters

and donating quilting supplies to support the church ministry.

Booren said she always has at least four or five projects going on, and through University Lutheran’s quilting group and MSUQuilters, she shares that creativity with a community.

“This has been kind of fun because they get to know some of our quilters and our quilters get to know them,” Booren said. “They run into each other at the Wharton Center and around town and so it’s been kind of fun to be able to do that.”

Interested in getting involved in the MSUQuilters? Here’s some info: The MSUQuilters meet the 2nd Tuesday of the month, 1 p.m. at University Lutheran Church, 1020 S Harrison Rd. They share ideas, have “sew ‘n’ tell,” learn new squares and techniques. Often they do a group quilt project. All skill levels are invited.

A Spartan from the start

MSU freshman received scholarship from MSURA, shares her story

For Kortney Osborn, becoming a Spartan was less a choice than a homecoming. Raised in nearby Mason, she spent summers grabbing lunch at Brody Hall and cheering on MSU teams alongside her family. “I only applied to MSU,” she laughed. “If I toured another campus I’d just think, ‘It’s not MSU, so I don’t like it.’”

That lifelong connection runs deep. Kortney’s mother, Kelly, has served as a business and HR director in MSU’s College of Agriculture & Natural Resources for three decades. “Going to the same school my mom attended feels like a full-circle moment,” Kortney said, noting that her sister is already a Spartan, too.

Relief when it counts

On a drive “up north” earlier this summer, Kortney opened an email that changed everything: she had been selected for the MSU Retirees Association Endowed Scholarship. “I was so happy—I immediately showed my mom,” she recalled. “School isn’t cheap, and this takes a big weight off my shoulders.”

The award arrives at a pivotal time. Kortney is entering MSU’s pre-nursing program, one of the university’s most rigorous tracks. With the scholarship easing first-year costs, she can focus on achieving her primary goal: acceptance into the College of Nursing this fall. An approved override into Human Anatomy, typically a second-year course, has already set her on an accelerated path.

A calling to care

Kortney’s dream is to continue beyond her bachelor’s degree and become either a nurse practitioner or a certified registered nurse anesthetist. “I have plans to do something more,” she said, acknowledging that graduate school will bring additional expenses the scholarship helps her prepare for.

What excites her most about campus life? “Meeting new people every day and the energy of our sporting events,” she said. Her biggest worry? The academic jump from dual-enrollment classes at Lansing Community College to a full MSU course load. “I’m nervous about the shock when classes start, but I’m ready to work hard.”

Since 2015, MSURA’s 5,700 members have rallied to make higher education more affordable for the children and grandchildren of MSU retirees and employees. Their generosity has already endowed multiple scholarships; Kortney represents the latest beneficiary of that legacy.

“I’d love to meet more of the donors who made this possible,” she said. “I want to thank them in person for investing in my future—and in the futures of other students like me.”



Kortney Osborn

Please see KORTNEY on page 13

These are the Spartans you have supported
with your donations to the MSURA
Scholarship Fund since it began in 2016.
Thank you!



BRYNA ADAMS



ANDREW CONSTAN



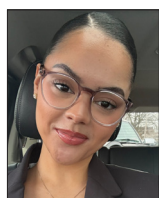
JILLIAN DEMPSEY



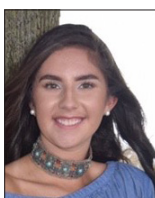
EMILY ECKHOUT



HUDSON GOETHALS



TRINITA HALBEIDEL



ANNIE HEEDER



MARSHALL HUDSON



RYAN JORDAN



TYLER KROLL



TAYLOR LITTLE



ADITI MISHRA



RUBEN MORILLO



AUBREE MUETHEL



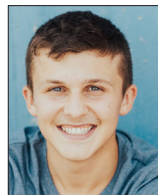
MALLORY O'BRIEN



KORTNEY OSBORN



AMANDA POHL



RYAN PRIESS



CALLAHAN RIGGS



NATHANIEL TORRENCE



HAZEL VON MAUR



KATHLEEN WAHL



CLAIRE WEESSIES



RUBY IDA MAE WILSON



CONNOR WOODSTOCK

Preference for scholarships is given to family members of MSU retirees and employees.

**“I’d love to meet more of the donors who
made this possible. I want to thank them in
person for investing in my future — and in
the futures of other students like me.”**

— Kortney Osborn

HOW TO DONATE TO THE MSURA ENDOWED STUDENT SCHOLARSHIP FUND

If you’re interested in giving to the MSURA Endowed Student Scholarship Fund, here are two ways to do so.

Mail

Make checks payable to Michigan State University with MSURA Endowed Student Scholarship written in the memo line.

Mail to:

University Advancement
535 Chestnut Road, Room 300
Michigan State University
East Lansing, MI 48824

Online

- Go to <https://givingto.msu.edu/gift/>
- Type in “MSURA Endowed Scholarship Fund” for Areas to Support.
- Click on “Add to Cart.”
- Enter any gift amount you wish.
- Click on “Proceed to Checkout.”
- Complete donation.

KORTNEY, continued from page 12

Looking forward

As the fall semester approaches, Kortney is balancing ambition with perspective. “I want to enjoy my time at MSU and not be stressed about everything,” she said—though she knows nursing will demand discipline. Fortunately, she has a built-in support system of family Spartans and the MSURA community cheering her on.

With scholarship relief in hand and a clear vision for a career devoted to caring for others, Kortney Osborn embodies the very spirit MSURA set out to nurture: Spartans helping Spartans, generation after generation.

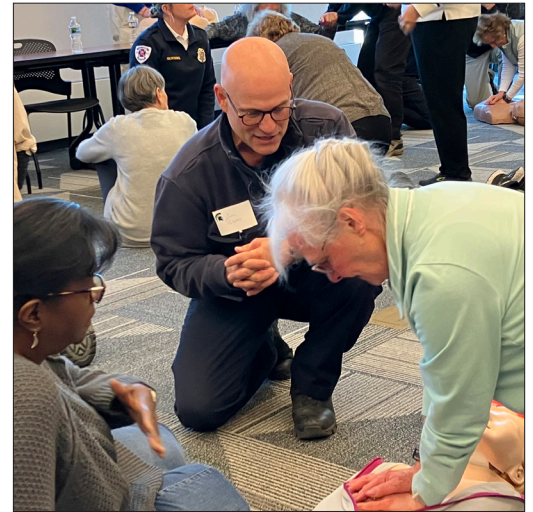
Interested in learning more about the MSURA Endowed Scholarship or how to support students like Kortney? Contact MSURA at (517) 353-7896 or msura@msu.edu.

Retirees learn CPR at April training

This session addressed one of my bucket list items-to learn how to perform CPR (cardiopulmonary resuscitation) and how to use AED's (automated external defibrillators). As seniors we never know when we will encounter situations requiring the use of these life-saving skills.

At the session, Coach Mike Garland shared his story about how his life was saved by two fellow motorists who stopped and administered CPR. Coach Garland paid it forward by creating a foundation, Champions of the Heart, to train ordinary citizens how to use these critical skills.

We practiced learning CPR on mannequins, supervised by trained instructors. It was not difficult to learn, and I feel comfortable in knowing that if a situation arises where I would need to administer CPR, I could do it. The same holds true for using AED's. I would encourage any senior to pursue CPR and AED training. You may save the life of a friend, relative or stranger.



Spartan Senior Newsletter is looking for stories. Got one?



Got an idea for a story in the Spartan Senior Newsletter? Are you doing something interesting that you'd like to share with fellow retirees? Email your idea to newsletter editor Rick Vogt at vogt@comcast.net.

MARK YOUR CALENDARS



✂
Please cut out
this calendar
and use it
to help you
keep track
of MSURA
activities!

MSURA MONTHLY MEMBERSHIP

MEETINGS We meet in person,
at the Community Room of the
MSUFCU Branch on Mt. Hope and
Farm Lane.

1:30–2 p.m. Coffee & Donuts
2–3 p.m. Program

Please watch future newsletters
and E-Notices for more events.

MSURA Monthly Membership
Meetings are recorded, and the
videos can be viewed on the
MSURA website a few days after
the presentation.

THIS CALENDAR GRID of MSURA
activities gets updated frequently.
You can check it out online at the
MSURA website or in some of the
issues of the newsletter.

DATE	EVENT	SPEAKER	TOPIC	LOCATION
Friday, Aug. 8, 2025 11 a.m. to 1 p.m.	Casual Lunch with Other Retiree	No Speaker or Agenda, Just a Fun Time with Friends.	Second Friday of Every Month	Brody Cafeteria
Friday, Aug. 15, 2025 7:05 p.m.	Lugnuts Game	Playing the Dayton Dragons	Fireworks after the Game	Jackson Stadium in Downtown Lansing
Monday, Sept. 8, 2025 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	Abby Richey, MSU University Health & Wellbeing Registered Dietitian	Eating for Better Living, A Senior Nutrition Presentation	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Thursday, Sept. 11, 2025 2 p.m.	MSU Retirees Association Special Event	Mike Bisaro and StraightLine Team Members	StraightLine Quarterly Financial Planning Seminar	Via Zoom. Watch E-Notice Emails for Details
Friday, Sept. 12, 2025 11 a.m. to 1 p.m.	Casual Lunch with Other Retirees	No Speaker or Agenda, Just a Fun Time with Friends.	Second Friday of Every Month	Brody Cafeteria
Friday, Oct. 10, 2025 11 a.m. to 1 p.m.	Casual Lunch with Other Retirees	No Speaker or Agenda, Just a Fun Time with Friends	Second Friday of Every Month	Brody Cafeteria
Friday, Oct. 10, 2025 6–7:30 p.m.	MSU Homecoming Parade, MSURA Entry	We're Looking for Volunteers to Build the Float or to Help Pass out Candy or Carry a Banner. See Page 1 for Details.	Celebrate MSU Homecoming	Parade Route in East Lansing, Abbot Road and Grand River
Tuesday, Oct. 14, 2025 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	HR Staff and Mary Passage, MSU Health Care Pharmacy	Learn about any Changes in Health Insurance plus How MSU Pharmacy Can Help & Benefits Open Enrollment	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Monday, Nov. 10, 2025 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	Jaime Smathers, MSUFCU Vice President of Fraud Prevention	Scams and Fraud Prevention	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Friday, Nov. 14, 2025 11 a.m. to 1 p.m.	Casual Lunch with Other Retirees	No Speaker or Agenda, Just a Fun Time with Friends.	Second Friday of Every Month	Brody Cafeteria
Monday, Dec. 8, 2025 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	Bill Struck, Steam Railroad Institute	How The Spartan Locomotive Became The Polar Express Train in the Popular Movie	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Thursday, Dec. 11, 2025 2 p.m.	MSU Retirees Association Special Event	Mike Bisaro and StraightLine Team Members	StraightLine Quarterly Financial Planning Seminar	Via Zoom. Watch E-Notice Emails for Details
Friday, Dec. 12, 2025 11 a.m. to 1 p.m.	Casual Lunch with Other Retirees	No Speaker or Agenda, just a Fun Time with Friends	Second Friday of Every Month	Brody Cafeteria
Monday, Jan. 12, 2026 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	To be Announced	To be Announced	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Jan. 20, 2026 1:30 p.m. – 3 p.m.	Stem Building Tour 624 Red Cedar Road, Parking Lot 79 at Spartan Stadium	Sandra Lupien, Director	MSU's STEM Teaching and Learning Facility is the most Prominent Mass Timber Building in the State	Meet in Front of Room 1130, just Inside the Main Entrance off Red Cedar. Register ahead of Time. Free Event. Details Later.
Monday, Feb. 9, 2026 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	To be Announced	To be Announced	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Monday, March 9, 2026 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	To be Announced	To be Announced	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Thursday, March 12, 2026 2 p.m.	MSU Retirees Association Special Event	Mike Bisaro and StraightLine Team Members	StraightLine Quarterly Financial Planning Seminar	Via Zoom. Watch E-Notice Emails for Details
Monday, April 13, 2026 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	To be Announced	To be Announced	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Thursday, June 11, 2026 2 p.m.	MSU Retirees Association Special Event	Mike Bisaro and StraightLine Team Members	StraightLine Quarterly Financial Planning Seminar	Via Zoom. Watch E-Notice Emails for Details



MICHIGAN STATE UNIVERSITY RETIREES ASSOCIATION

Everything you want or need to know about MSURA

As a retiree of Michigan State University or the spouse or partner of an MSU retiree, you are automatically a member of Michigan State University Retirees Association. You are welcome to participate in as many of our activities or programs as you wish. Membership is free.

THE MSU RETIREES ASSOCIATION


- Advocates for MSU retirees regarding health and retirement benefits.
- Provides a liaison between MSU retirees and the University administration.
- Keeps members informed about changes in benefits.
- Maintains a community of fellowship among MSU retirees.
- Promotes mutual interests among MSU retirees.
- Offers social, recreational and educational opportunities.
- Facilitates MSU retirees' involvement in University and community activities.
- Awards MSURA endowed scholarships with donations from members.
- Continues to serve MSU in many ways

WHAT WE DO FOR YOU


- Host monthly meetings with speakers on a variety of interesting topics

Details at retirees.msu.edu. Meetings are usually the second Monday of each month, September through April. Fellowship begins at 1:30, and the speaker begins at 2 p.m.


- Plan day trips to points of interest
- Sponsor special interest groups
- Arrange for campus facility tours
- Organize outings to Lugnuts games
- Share volunteer opportunities
- Alert you to issues important to MSU retirees
- Celebrate with an annual luncheon/Volunteer of the Year Award
- Convene a volunteer fair
- Schedule theatre outings and other social events



Membership meetings are the perfect time to catch up with former co-workers and make new friends.



MSURA entered a float in the 2024 Homecoming Parade and ended up winning a first place award. Go Green!



MSURA recruits top-notch speakers for its membership meetings, like Shawn Turner, General Manager of WKAR.

HOW TO STAY INFORMED

Are you a new retiree? Welcome to the MSU Retirees Association! You are already a member. There are no membership fees.

We publish this newsletter seven times a year to keep you informed about membership meetings, campus issues surrounding retirees and more. You can receive a paper copy (email msura@msu.edu) of the newsletter or read it online.

You'll also receive two E-Notices (emails) a month to your MSU email account. If you want to receive it in another email account, email us with the email address at msura@msu.edu.

Follow us on Facebook. Search for MSU Retirees Association.

Please get involved by coming to a membership meeting. They are normally held the second Monday of every month, September to April, at the MSUFCU branch on Mt. Hope and Farm Lane.

Join us for fun,
fellowship,
learning and
advocacy

Retirees visited the Friib.



CONTACT US

MSU Retirees Association

Michigan State University
1407 S. Harrison Road, Suite 22
East Lansing, MI 48823-5239

Phone 517-353-7896

Web retirees.msu.edu

Email msura@msu.edu

Facebook facebook.com/MSUretirees

Your MSU email will be used for your electronic newsletter delivery and for E-Notices. If you plan to use a different email address, please send your preferred email address to the address above. If you wish to receive the newsletter by U.S. mail, please send your name and complete address to the MSURA office.

MSURA encourages members to make an annual financial, tax-deductible donation to Michigan State University and designate your gift to the MSU Retirees Association, Account #AB272. Your gift will count toward your University donor society and will help MSURA pay for program services, materials, mailing and office expenses. To make a donation by mail, make your check payable to Michigan State University, enclose your name and full address, and mail to

University Advancement
535 Chestnut Road
Room 300
Michigan State University
East Lansing, MI 48824



MSU
RETIREES
ASSOCIATION



2025-2026 MSURA Board Members

Front row, from left to right:

Bruce Smith, Member At-Large

Liz Thomas, Office Mgr

Chistina Defouw, Interest Group

Cheryl Pell, Newsletter Designer & Facebook

Sandra Buike, Vice President & Program Co-Chair

Angela Brown, Program Co-Chair

Jacqie Babcock, Past President & Underwriting Mgr

Second row, from left to right:

Pam Marcis, Annual Meeting Co-Chair

William Anderson, Member At-Large

Kate Wight, Secretary

Dave Brower, President

John Forsyth, Information Tech Manger & AROHE Rep

Rick Vogt, Newsletter Editor & Benefits Chair

Mike Gardner, Member At-Large

Bob Patterson, Treasurer

Not pictured: **Eric Crawford**, Member At-Large,
Jeannette Robertson, Volunteer Coordinator

Humana®

Earn rewards for your Annual Wellness Visit

It's a great time to schedule your Annual Wellness Visit (AWV) with your doctor. Unlike a typical physical, this relaxed conversation focuses on personalizing a plan to support your health and wellness as you age.

As a valued Humana Medicare Advantage member, you can earn **\$25 in rewards** from Go365® by Humana just for completing your AWV. Best of all, it's covered at no cost to you—simple, helpful and rewarding!

Y0040_GHHMPVDEN_C

AWV helpful hints



Remember it's more than a checkup. It's about more than numbers—it's a chance to talk about your health and set realistic goals for feeling your best.



Talk openly with your doctor. Share any health concerns, lifestyle changes or wellness aspirations.



Learn about prevention. Use the time to discuss risk factors and ways to stay ahead of potential issues.



You can also schedule your preventive physical exam. This is a head-to-toe checkup, medical history, routine tests and screenings as recommended by your doctor.



Follow up. Make sure to schedule any screenings your doctor recommends.



Don't have a doctor or looking to switch? **Scan the QR code to visit humana.com/find-care.**

Reward amounts shown represent the value of the reward, not actual dollars. Rewards have no cash value and can only be redeemed in the Go365 Mall. Rewards must be earned and redeemed within the same plan year. Any rewards not redeemed by December 31 will be forfeited.

THE FUTURE IS FAR BETTER WITH *You*

There are many ways you can leave a legacy that reflects your values and supports MSU's ambition to create a far better world.

MSU's Office of Gift Planning brings financial acumen to help you discover how to turn your philanthropic dreams into a plan.

Reach out to our experienced Spartan team today:

Deanna Gast
Laura Peek
Sean Lynch
Becky Jo Farrington
Kyle Schaberg
Tom Zulewski

LEARN MORE

Call: (517) 884-1000

Email: giftplan@msu.edu

Visit: giftplanning.msu.edu



**UNCOMMON WILL.
FAR BETTER WORLD.**

The Campaign for Michigan State University





Retirees Association
MICHIGAN STATE UNIVERSITY

1407 Building, MSU
1407 S. Harrison Road
East Lansing, MI 48823-5239



It's Fall!

Straight to the Point

Market Update - As we head into the heart of summer and reflect on a turbulent first half of the year, markets have performed well despite the heightened uncertainty. The nearly 20% decline in the S&P was a reset and markets have been steadily climbing the wall of worry since. There is no way of knowing how the second half of the year will unfold, but we doubt that it will be perfectly smooth sailing. We believe this recent bull run will continue, but perhaps a small pullback will happen at some point. There are several near-term catalysts worth watching - the budget bill, the end of the 90-day tariff pause, and another Fed meeting, to go along with the always-important quarterly corporate earnings. It can be hard to discern signal from noise at times, but we are here to help as we navigate the ever-changing investment environment.

StraightLine is a fiduciary that provides professional financial planning and account management.
Our advisors and research staff allow us to offer plan specific information to the MSU faithful.

Please contact us if you are interested in receiving these newsletters or discussing how we can assist with your financial strategy.

Information presented is for informational purposes only. StraightLine Group, LLC ("StraightLine") is a registered investment adviser. Registration as an investment adviser does not imply a certain level of skill or training. Past performance is not indicative of future results. Investing involves risk, including the possibility of loss of principal. The ideas and opinions expressed herein do not constitute legal, tax, or investment advice or a recommendation of any particular security or strategy. Before making any investment decision, you should seek expert, professional advice and obtain information regarding the legal, fiscal, regulatory and foreign currency requirements for any investment according to the laws of your home country and place of residence. Any forward-looking statements or forecasts are based on assumptions and actual results may vary. Information presented from third parties is believed to be reliable, but no warranty is provided. StraightLine is not required to update information presented, unless otherwise required by applicable law. For more information about StraightLine, including our Form ADV Part 2A Brochure, please visit <https://adviserinfo.sec.gov/firm/summary/127401> or contact us at 248-269-8366.



Headquarters
165 Kirts Blvd, Suite 100
Troy, MI 48084

East Lansing Office
2911 Eyde Pkwy, Suite 100
East Lansing, MI 48823

(877) EDU-403B
info@straightline.com
www.straightline.com



SPARTAN SENIOR NEWSLETTER MSU Retirees Association, 1407 S. Harrison Road, East Lansing, MI 48823 **Phone** (517) 353-7896 • **Email** msura@msu.edu • **Editor** Rick Vogt (517) 242-1324
Website <https://retirees.msu.edu> • **Facebook** <https://www.facebook.com/MSURetirees>
Change of address or MSU benefit questions, contact MSU Human Resources at (800) 353-4434