



MSU RETIREES ASSOCIATION

SPARTAN SENIOR NEWSLETTER

October 2026

VOL. 48, NO. 2

Want to help with the Homcoming parade float?



The parade is Friday, Oct. 9, and we'd love to have you join in the fun by walking or riding on the float or passing out candy to children along the parade route. To join us, please contact Rick Vogt at vogtf@msu.edu. Seating is limited, so please respond soon! More details will be emailed to those who RSVP.

MSU Benefits Open Enrollment meeting on Tuesday, Oct. 13

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. 13 meeting. Watch your E-notice for more information.

When Tuesday, Oct. 13

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>.

It's lunch time at Brody!

Please join your fellow retirees for lunch on Friday, Oct. 9, and Friday, Nov. 13, from 11 a.m. to 1 p.m. at Brody Hall Cafeteria. 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. For more info, go to <https://retirees.msu.edu/meetings.html#BrodyLunch>

MSURA sends two E-notice emails a month to your MSU email account. If you prefer we send them to a different email address, notify us at msura@msu.edu.

EMAIL

Monday, Nov. 9 meeting to feature director of Center for Survivors

Tana Fedewa, LMSW and director of the Center for Survivors (formerly known as the MSU Sexual Assault Program) will be the speaker at the Monday, Nov. 9 membership meeting.



Tana Fedewa

Fedewa is the Director of the Michigan State University Center for Survivors (formerly known as the MSU Sexual Assault Program). She is a licensed clinical social worker in the state of Michigan. Tana advocates for trauma-informed services,

response, and interventions on campus and in the community. She values working in a collaborative, innovative, and multi-disciplinary environment at MSU.

Fedewa received her Bachelor's degree in Sociology with a minor in Women and Gender Studies from

When Monday, Nov. 9

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>.

Please see CENTER FOR SURVIVORS on page 3

OFFICERS AND BOARD FOR 2026-2027

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COMMUNICATIONS

Newsletter Editor	Rick Vogt	517-242-1324
Newsletter Designer	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
Webmaster	Richard Houang	517-862-2393
E-Notices Editor	Etta Abrahams	517-899-0389
Videographer	Bruce Smith	517-323-9579

SPARTAN SENIOR NEWSLETTER

MSU Retirees Association
1407 S. Harrison Road, Suite 22
East Lansing, MI 48823
PHONE (517) 353-7896
EMAIL msura@msu.edu
WEBSITE retirees.msu.edu
**CHANGE OF ADDRESS OR
MSU BENEFIT QUESTIONS**
Contact MSU Human
Resources at (800) 353-4434



PRESIDENT'S MESSAGE

Sandra Buike

Last week in the MSU Today email, there was a conversation claiming we are entering the “ber” months of the year. In case you missed the article, or like me, are not familiar with the term “ber” months; the “ber” months refer to September, October, November, and December.

The article went on to describe how each month focuses on fun, positive, family and senior events given our proximity to Michigan State University. Fall Student Welcome just happened. Football games just started. There is no limit to wonderful men and women’s sporting events available, and the prolific number of arts and cultural activities also available on campus.

Prime Time, located in the Hannah Center in East Lansing, offers Continuous Learning courses taught by MSU retired faculty, as well as a variety of art, physical activities, cards, social events, and topics of interest to seniors. Friday afternoons from 12-1, at the People’s Church, an MSU faculty member speaks on a timely topic.

There are walks on campus during the brilliant change of fall colors. The Oct. 9, 2026, MSURA Homecoming Parade will bring the community out in droves. The holiday “ber” months are exciting especially to enjoy concert performances on campus and other holiday events. We’re fortunate to live in this community; literally every day there is something to do.

Research found retirement in a college/university setting is healthy for a retirement population. Seniors in this area are fortunate to have MSU as well as the activities and events by Prime Time in East Lansing. The MSU Retirees Association for MSU retired faculty, staff, spouses and friends provides opportunities to engage in learning and social activities at monthly meetings, join special interest groups and attend fun events. If you’re an MSU Retiree living out of immediate area, we ZOOM monthly meetings. You just won’t get coffee and donuts.

Get out your calendars, search the MSU website for activities, MSURA website, Prime Time, and MSU Age Alive. Search, search till you find something of interest. Then get out there and enjoy the “ber” month.

GO Green, GO White!

Grand Valley State University in 2003. She graduated from Michigan State University with a Master of Social Work Degree and a Child and Family Advocacy Certificate in 2005. She worked as Sexual Assault Therapist, Intensive Outreach Therapist for youth in foster care, and as a Crisis Counselor in a Child Advocacy Center for the first eight years of her career.

In 2014, Tana returned to Michigan State University as a therapist with the Sexual Assault Program. In 2018, Tana was named the director of the MSU Sexual Assault Program and was appointed to the Michigan State University Relationship Violence and Sexual Misconduct Expert Advisory Workgroup. She is actively working to change the culture at Michigan State University.

In her spare time, Tana enjoys reading, camping, traveling, and spending time with her partner, her imaginative and spirited daughters and her energetic puppies, Zoey and Henry.

Please see page 10 for information about the December membership meeting.

VOLUNTEERS NEEDED

MSU Retirees Association is an all-volunteer organization. We rely on volunteers to make the things we do possible. If you would like to volunteer, please email Jeanette Robertson at robertsonjeanette516@gmail.com.

Did you know...

You can watch most of the monthly meetings online if you couldn't make it to the meetings. Go to <https://retirees.msu.edu/meetings.html> and click on Videos of Previous Meetings.

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.

Stephen C. Aikin	7/14/26
David E. Blair	7/5/26
Annie Boseman	7/13/26
Doris Brewer	7/18/26
Michael J. Chamot	6/19/26
Andrew Conner	7/29/26
Robert Michael Dan	6/28/26
Richard Dean	7/19/26
Betty Marie Elliott	8/10/26
Celia B. Guro	7/19/26
Jere Hutcheson	8/8/26
Verna Lee Lyon	2/12/26
Satoru Miyazaki	6/18/26
Jose Ortiz	7/10/26
Dixie Platt	7/6/26
Allen Lloyd Rosekrans	6/14/26
Joseph T. Ruppe	2/15/26
Kathleen Silvers	8/25/26
Barbara J. Stephon	7/14/26
Gary Stollak	2/11/26
Mukta M. Webber	7/21/26
Thomas L. Wenck	2/20/26
Neil Williamson	7/31/26
Beverly Witt	2/12/26



Where Cash and Curiosity Meet

The MSUFCU Money Lab is a kid-friendly, interactive space where children can explore banking in a fun and engaging way, making it a great outing for families, grandparents, and anyone looking to spend quality time with the kids in their lives.

Exclusively for MSUFCU members, it is located at 311 Abbot Road in downtown East Lansing.



Learn More
msufcu.org/moneylab



Federally insured by the NCUA.

MSU's Benefits Open Enrollment

Learn More about Health Plans and Other Benefits

Benefits Open Enrollment is October 1—31. MSU Human Resources is proud to offer these events to help you learn about your benefits. More information will be available in the Open Enrollment Benefits Guide you will receive by mail in late September or online in mid-September. Please visit hr.msu.edu/open-enrollment for the most up to date information.



What

MSU Benefits Fair

Learn about your benefit options and receive help from HR staff and MSU benefit providers.



When

Thursday, October 22

11:00 a.m. to 6:00 p.m.



Where

Breslin Student Events Center

534 Birch Rd.
East Lansing, MI 48824
**Enter through Gilbert Pavilion*

Flu Shots at the Benefits Fair

Flu shots will be available by appointment. Make an appointment at hr.msu.edu/open-enrollment/benefits-fair.html

Thursday, October 22

12:00 p.m. to 5:00 p.m.

**Flu shots are first-come, first-served.*

Breslin Student Events Center

534 Birch Rd.
East Lansing, MI 48824
**Enter through Gilbert Pavilion*

Health Plan Seminars at the Benefits Fair

Hear an overview of the Health Plan tools, learn how to read your Smart Summary and Smart Explanation of Benefits (EOB).

Thursday, October 22

MSU Medicare Advantage Plan

12:30 p.m. to 1:30 p.m.

3:30 p.m. to 4:30 p.m.

MSU Non-Medicare Plan

2:00 p.m. to 3:00 p.m.

Breslin Student Events Center

534 Birch Rd.
East Lansing, MI 48824
**Enter through Gilbert Pavilion*

Human Resources Site Labs

MSU HR Staff can answer questions about your benefit options and help you make changes.

In Person Site Labs:

Wednesday, October 14

9:00 a.m. to 3:00 p.m.

International Center

427 N. Shaw Ln, Spartan Rms B & C
East Lansing, MI 48824

Virtual Site Labs: Find the link to join at hr.msu.edu/open-enrollment/site-labs.html

Fri. Oct. 9 | 9:00 a.m. to 12:00 p.m.

Mon. Oct. 12 | 7:00 p.m. to 10:00 p.m.

Tue. Oct. 20 | 2:00 p.m. to 5:00 p.m.

Tuesday, October 27

11:00 a.m. to 5:00 p.m.

MSU Union

49 Abbot Rd, Rm UB55
East Lansing, MI 48824

Friday, October 30

8:00 a.m. to 5:00 p.m.

Human Resources Building

1407 S. Harrison Rd, Rm 125
East Lansing, MI 48823



Human Resources
MICHIGAN STATE UNIVERSITY

Want to help MSURA? Awesome!

MSURA would love to have your help. We do not have dues, and we're an all volunteer organization, but we'd be grateful if you donate money to the organization! There are two ways you can submit money to MSURA.

DONATE BY MAIL

Mail checks payable to Michigan State University with MSU Retirees Association Programs written in the memo line. Mail to University Advancement, 535 Chestnut Road, Room 300, MSU, East Lansing, MI 48824

DONATE ONLINE

- Go to this special link: <https://givingto.msu.edu/gift/>. Enter "MSU Retirees" in "type here to Search for funds" field. Choose "MSU Retirees Association Programs." Enter your gift amount or accept the suggested amount.

- Click on "Proceed to Checkout."
- Complete donation.

Your donations are very much appreciated.

Thank you very much!

Are you a good writer?

The Spartan Senior Newsletter is looking for some retirees to do some writing.

Of course, this doesn't mean you'd need to write seven articles a year, but maybe one, and if you're having fun, maybe two.

Please consider getting involved in this rewarding activity.

If this is something you might be interested in, please contact newsletter editor Rick Vogt at vogtrick@comcast.net.

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.



Understand balance billing with Personify Health

To improve your experience managing your health care, Personify Health has assembled a Member Services team to support and guide you if you recently had services performed in a hospital setting.

Personify Health Member Services will reach out via SMS and phone, helping you to understand and identify a potential balance bill and the steps needed to resolve it.

What is balance billing?

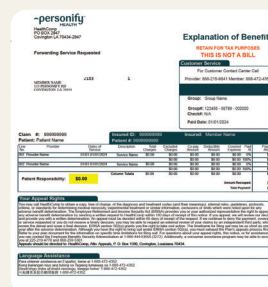
A balance bill is a billing statement requesting a payment amount other than what is indicated as "Patient Responsibility" on your explanation of benefits (EOB). Your patient responsibility can always be found highlighted in yellow on your EOB.

What to expect:

- The Personify Health team will text* or call if you've received services at a hospital facility.
- You'll receive guidance on how to identify a balance bill and what to do if you receive one.



Outreach & education



Need help or have questions?

Contact Personify Health
Member Services at
800-273-2509.

Retired, but still working

Tom Matt enjoys a busy, engaging lifestyle

Aside from being a positive voice in the community, Matt's show has also allowed him to practice his four pillars — purpose, passion, faith and optimism.

SPARTAN SPOTLIGHT



BY AUDREY DAYTON

Audrey Dayton is an MSU student pursuing degrees in Journalism and Communication with minors in Sports Journalism and Anthropology. She plans to graduate in the spring of 2028 and hopes to have a career in NHL team reporting or communication.

When Tom Matt was finally done working at Michigan State University, he wasn't entering retirement. He was transitioning to "refirement."

"You are going to hit a refirement zone in your life probably 10 times," Matt said. "To refire is good. You're growing, you're maturing, you're doing a new thing."

Matt worked for the MSU Physical Plant (now IT services) from 1999 to 2023. But before he retired from his positions at the university, Matt and his wife Sandy built a career in radio and podcasts.

The couple knew they wanted to build something outside of their current professions, so in 2010 Matt became certified by the National Association of Sports Medicine to become a trainer and Sandy took nutritional classes to support their plans for a fitness-centered business.

Those endeavors, coupled with Matt becoming a public speaker, eventually led to a gig on a radio show. By 2011 Matt had broken away from other agencies and started his own show, The Tom Matt Show.

"I've interviewed thousands of people," Matt said. "We did five shows a week for two years. I'd run home from work. Sandy would run home from work...We think back on it now, and we're like, 'How did we do that?'"

While running shows on top of their careers was certainly hard work, Matt was used to juggling added responsibilities. From 2001-2009, he was a full-time staff member and an MSU student.

"I was the nontraditional old guy in class," Matt recalled. "That's why I write. I've written in my books about that stuff. It was very, very intimidating to take classes with you guys."

Matt completed undergrad in 2006 before completing a master's degree in 2011, both in telecommunication information studies. The degrees were special in



Tom Matt

that they reflected well on Matt's director, Dr. Roy Simon. Simon paid and approved Matt's degrees when he worked under him, which was quite the accomplishment for a full-time staff member.

Matt's education gave him the confidence and knowledge to pursue media work, which started as a "window of opportunity."

"You never know when these things are going to come along, and you got to be brave and take a risk," Matt said. "Now we're 15 years into the radio show thing and I'm four books in."

After finishing his degrees, Matt started attending what he calls "YouTube University," teaching himself how to edit and shoot video.

"I like to learn how to do things by doing

Please see TOM MATT on page 7

them,” Matt said, adding he learned how to write books by interviewing authors and learned more about health by becoming a certified personal trainer.

He continued to do public speaking, addressing students at the university before COVID-19. His show, mainly focused on fitness and self-improvement, flourished as well.

At first, Matt avoided MSU-related topics and people on his show; he had no trouble finding guests outside of the university. But around 2020 when his show was on WKAR, he started to interview faculty and students. The more stories he helped tell, the more he sought out, wanting to provide an optimistic perspective on MSU.

“I love promoting MSU,” Matt said. “It’s like you know what, I’m going to be a voice of positivity for MSU, let’s

“I love promoting MSU. It’s like you know what, I’m going to be a voice of positivity for MSU, let’s tell good stories...I wanted to feature students and people like my professors and athletic department people.” —Tom Matt

tell good stories...I wanted to feature students and people like my professors and athletic department people.”

Matt recently interviewed Tim House, President of the Spartan Athletic Foundation, and arranged an interview with Breccan Scheck, a junior middle blocker for the MSU volleyball team.

Aside from being a positive voice in the community, Matt’s show has also allowed him to practice his four pillars — purpose, passion, faith and optimism. Telling stories gives him a meaningful way to occupy his time and support MSU, even in retirement.

And if Matt was asked to tell his own story, he’d have countless memories to share — marrying Sandy in 2001, working the Rose Bowl, taking graduation pictures with his daughter the week they both earned degrees and more conversations than he can list.

Matt hasn’t taken a break since graduating from Everett High School in 1977, but he’s grown and conquered new things, refiring time after time.

Those interested can catch Tom Matt’s shows at a variety of times statewide on the Michigan Talk Network stations on weekends. WKAR, AM870 & 102.3FM locally carry Matt’s program at 5 p.m. on Sundays.

Colorectal Cancer: Are you at risk?

According to the National Cancer Institute, it is the third most common type of cancer diagnosed in men and women.

See your healthcare provider right away if you have any of these signs. You may not have colorectal cancer. But if there is cancer in your colon or rectum, the earlier your provider can find it and treat it, the better.

Signs and symptoms of colorectal cancer

- A change in your bowel habits that lasts for more than a few days (including diarrhea, constipation or narrowing of the stool)
- A feeling that you need to have a bowel movement that is not relieved by having one
- Rectal bleeding with bright red blood
- Blood in the stool, which may make the stool look dark
- Cramping or abdominal pain
- Weakness and fatigue
- Unintended weight loss



For more information about colorectal cancer, talk to your healthcare provider.

Humana®

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Self-Survival Through Friendship

By Etta C. Abrahams

As Blanche DuBois is led off to a mental institution at the end of Tennessee Williams' Pulitzer Prize-winning play, *A Streetcar Named Desire*, she murmurs to the anonymous "men in white" aides, "I have always depended on the kindness of strangers." This line is emblematic not only of Blanche's disillusion and inability to extract herself from her past, but as a warning to our "better" selves: Do not depend on others! Americans, after all, value self-reliance!

As a senior who rebels from many sweeping statements regarding how I am to behave in "retirement," and who has been on a first-name basis with local emergency medical team providers, I advocate for rejection of this caveat in favor of the less elegant, but more personally rewarding, seek the kindness of others, and offer that kindness to others. In other words, don't be a stranger.



Etta C. Abrahams

The past few years have been difficult: I lost my husband to a neurological condition, my closest friends to Parkinson's or cancer or heart failure. I had knee surgery and back surgery, fell on the ice while walking my dog, and developed a strange fear of stepping off curbs, which somehow cured itself after two years! I'm fortunate in that my son lives a few miles away in Lansing, and I have a devoted extended family, albeit in San Francisco and Portugal, but my best resources for help, should I need it, are

closer to home. They are next door, down the street, and culled from a list provided by the Tri-County Office on Aging (TCOA) here in Michigan, which serves Clinton, Ingham and Eaton Counties and has a very accessible and helpful website: tcoa.org or contact them at (517) 887-1440 or email info@tcoa.org.

Just about every state and every area has something like TCOA. Just Google "Free services for seniors where I live" and you'll be amazed at what pops up on your screen. I suggest you go for the ones that have .org or .gov after their name rather than .com. The .com suggests commercial enterprises that may not offer the low-priced or free services for which you're searching. (However, a national emergency help registry, Smart911.com, recommended by the local police, provides several free services.)

When you Google free services, you'll find advice for getting free tax services to meal preparation, meal delivery, to living alone or assisted living choices, and more. We found someone to do pedicures at home, a necessity rather than a luxury. My husband found a wonderful assistant from the list of TCOA helpers who helped him—and by extension, me—with bathing, dressing, night-time help. Yes, we had to pay her, but she charged only \$20 an hour and was willing to stay for only two-hour sessions (private companies charge more and require longer minimum service times). She stayed on after my husband died to become

my assistant when I had knee surgery, and she has become my friend and regular helper. I feel very lucky.

I live in a condo community and many of the people around me are seniors or approaching seniority. Here's some advice to keep yourself and your friends and neighbors safe and engaged both physically and emotionally. This list is intended to be helpful but certainly isn't exhaustive:

If your community (condo or not) has a newsletter, check to see if folks want to start a daily telephone tree. This would involve calling or texting each other to make sure everyone's OK.

Ask your friends to contact you if your shades aren't up.

Keep a list of your meds and dosages someplace visible, like on your fridge.

Hook yourself up to smart speakers like the Amazon Echo, the Google Nest, or the Apple HomePod and have them remind you of what to do, like your exercises, your meds, what food you're out of, your appointments. Echo and others like it can also turn lights on and off for you when you need them on or off. I tell Alexa (the "voice" of my Echo) to turn on lights at night or when I return home; when I'm leaving, I say "Alexa, I'm leaving," and she turns off the lights! You have to get little plug-ins for the outlets you want to work with these devices. By the way, if you're at a loss for what to tell someone you want for your birthday,

Please see SELF-SURVIVAL on page 9

tell them you'd like one of these smart speakers. You can also listen to podcasts and books and radio stations on them!

Make a list of emergency numbers and make copies of important contacts and keep them where you can reach them: your bedside, the bathroom, the kitchen, your favorite chair.

Make sure that your family and friends have a key to your home or know how to get in if you need help. If you live in a condo with a homeowners' association, make sure the management can enter your house in an emergency—if you're hospitalized or away on a cruise, weather conditions might necessitate entry into your home to attend to pets or to deal with furnace failure, flooding, etc.

Several of my friends have a realtor's lock box on their door so friends and family can easily enter, something that's often important on a limited basis if you're recovering from surgery and find it difficult to get to the door.

If you have a smart watch that indicates if you're in trouble, make sure you know how to use it! If you fall or it thinks you've fallen, a smart watch will ask you if you want 911 called—sometimes it will think you've fallen when you've just rammed something on the counter. You're given the options to say you've fallen and you need help, you've fallen but you're OK, or you're OK and haven't fallen. Just tap the one that fits and follow instructions.

Several people I know have those lovely "necklaces" that they can press to call for help. They're a bit pricey but worth the money if you feel it helps you—so much for mocking those "I've fallen and I can't get up" TV ads!

One more item: hearing. One of the most isolating limitations for engaging with others is loss of hearing. Hearing aids are nothing to be ashamed of but there's a stigma to them that vision correction or even jaunty walking

sticks don't have. Yet hearing loss has been connected to increased dementia. After all, it's hard to be a joiner if you can't hear. If you have to ask for words to be repeated to you, if you've been told by your pesky children that you need to do something about your hearing, if you notice that you spend more time alone watching TV with closed captions on, get your hearing checked! Reasonably priced hearing aids are available locally and even on-line.

Just about all the suggestions for taking care of ourselves that I've mentioned involve interacting with others, whether it's calling for advice, calling for reservations or calling for help! For your own psychological safety and physical wellbeing, be a joiner!

This takes me back to the last line of my first paragraph, and for me it's the most important. The Journal of the American Medical Association (JAMA) has published many articles on the importance of friendship, linking social connections to cognition, resilience and prevention of dementia, as well as long-term data on the physical benefits of friendship in old age. So become a volunteer—there are lots of community services that welcome older people

and you'll have friends soon. I'm a member of Zonta, of East Lansing Kiwanis, of the Sherlock Holmes group The Greek Interpreters, of a community theater-going group, and the MSU Retirees Association. Join Prime Time if you live in the Lansing area and check other groups where you live. Make younger friends so you won't end up feeling alone and isolated, and don't worry about not being able to find younger friends—live long enough and it's going to come naturally!

Here in East Lansing, I'll put in a plug for MSURA. We have lots of people you can meet, activities in which you can participate, lectures and social events (like baseball with the Lugnuts, a walk around campus, lunch at Brody, monthly group meetings), and upcoming partnerships with Prime Time and the Faculty Emeriti Association.

Check us out at <https://retirees.msu.edu/Active%20Retirement.html>.

Etta C. Abrahams is a retired professor from MSU. She recently became the editor of the E-notices.

FRIENDS

LIST OF EMERGENCY NUMBERS

TOO SMART WATCH REALTOR'S LOCK BOX BE A JOINER!!

CALL FOR HELP!!

BECOME A

HEARING AIDS VOLUNTEER

SMART SPEAKERS

Jody Knol to speak at Dec. 14 membership meeting

Jody Knol, WKAR's 90.5 classical musical host, will be the guest speaker at the membership meeting on Monday, Dec. 14.

Knol began announcing classical music on 90.5 WKAR while a student at MSU in 1982.

After receiving his degree in Interdisciplinary Humanities — music, theater and political science — Knol worked as chief announcer for WMUK in Kalamazoo for two years

before returning to WKAR to host the morning program in 1986.



Jody Knol

Trained as a singer, Knol combines his study of music and his stage experience to present the music he loves to listeners.

In January 2026, he celebrated 40 years with WKAR.

Join us for this membership meeting at 2 p.m.

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, diabetes manage-

ment 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.



A packed room of MSU retirees enjoyed Jim Foley and his well-known dog, Zeke, also known as Cindy Lou, at the monthly membership meeting in September. Foley shared the history of former Zekes and told stories of working with all of them. After he talked, he and Zeke stayed for a bit so people who wanted to could get their photos taken with Zeke.

Stay healthy this season

Protect yourself with recommended vaccines, including flu, COVID-19, shingles, tetanus, and Tdap.

Schedule your vaccine at
MSU Health Care Pharmacy



Scan the code schedule online



4660 S Hagadorn Road, East Lansing, MI
Open M-F 8 a.m. - 8 p.m. , Sa 9 a.m. - 2 p.m.
pharmacy.msu.edu

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.

DATE	EVENT	SPEAKER	TOPIC	LOCATION
Friday, Oct. 9, 2026 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. 9, 2026 6 to 7:30 p.m.	MSU Homecoming Parade, MSURA Entry	We'll Be Looking for Volunteers to Help Pass out Candy or Ride on the Float. Contact Rick Vogt at Vogtf@msu.edu .	Celebrate MSU Homecoming	Parade Route in East Lansing, Abbot Road and Grand River
Tuesday, Oct. 13, 2026 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	Dan Mackey, Human Resources Assistant Director	Learn about any Changes in Health Insurance, How MSU Pharmacy Can Help & Benefits Open Enrollment	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Monday, Nov. 9, 2026 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	Tana Fedewa, Director, Center for Survivors	Center for Survivors (Formerly Safe Place)	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Friday, Nov. 13, 2026 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, Dec. 11, 2026 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. 14, 2026 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	Jody Knol, WKAR	40 years at WKAR	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Thursday, Dec. 17, 2026 2 to 3 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, Jan. 8, 2027 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. 11, 2027 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	Maria D. Moline, Assistant Professor, Advertising & PR Department, MSU	Media Literacy, How to Spot Misinformation Online	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Monday, Feb. 8, 2027 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	Susan Petrisin, Sparty's "Mom"	Life of Sparty	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Friday, Feb. 12, 2027 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, March 8, 2027 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	Speakers to be announced	MSU Campus Land Use and Construction Update	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Thursday, March 11, 2027 2 to 3 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, March 12, 2027 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, April 9, 2027 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, April 12, 2027 1:30 p.m. Coffee 2 p.m. Meeting	Monthly Membership Mtg. MSU Retirees Association	Philip Bahar, Director of the MSU Broad Art Museum	Broad Art Museum	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, May 11 12 to 2:30 p.m.	Annual Luncheon	Laura Lee McIntyre, MSU Provost	To Be Announced	University Club
Friday, May 14, 2027 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, June 11, 2027 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
Thursday, June 14, 2027 2 to 3 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



Retirees Association
MICHIGAN STATE UNIVERSITY

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



Straight to the Point

Market Update - The S&P 500 closed out the first half of the year with a modest loss in June, though this did little to dampen overall strong results. Once again, the market's resilience has confounded skeptics. Looking ahead, the immediate focus turns to whether Q2 earnings can meet heightened expectations. Corporate America has been posting robust results, with another quarter of 20%+ earnings growth anticipated. Through year-end, we will monitor the Fed's monetary policy and the shifting expectations surrounding a late-year rate hike. Finally, the upcoming midterm elections and associated investor nervousness could factor into market sentiment by late summer.

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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