



MSU RETIREES ASSOCIATION

SPARTAN SENIOR NEWSLETTER

February — March 2023

VOL. 44, NO. 5

UPCOMING MEMBERSHIP MEETINGS

Learn about IM sports facilities, opportunities at Feb. 13 meeting

Patty Oehmke, Ph.D., will share everything retirees need to know about services available to them at



Patty Oehmke

IM sports, including some activities that will keep us in shape and healthy. Mark your calendar for Feb. 13. You won't want to miss this meeting.

Oehmke is an Associate Director of Recreational Sports and Fitness Services at MSU.

With more than 30 years of experience in health promotion, wellness, recreation and higher education and student-focused leadership, Oehmke excels at working seamlessly between visionary strategic plans and detailed programming and implementation.

Oehmke earned her MA in Exercise Physiology and a Ph.D. in Higher Education Administration with a specialization in Higher Education Administration, Health Promotion and Wellness from MSU.

When Monday, Feb. 13, 2023

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

Where Community Room, MSUFCU Branch,

Mt. Hope & Farm Lane, East Lansing

OR join the Zoom: See E-Notice for sign in info or

visit <https://retirees.msu.edu>.

Please see MEMBERSHIP MEETINGS on page 3

Sign up for a gardening class

Sign up for an online gardening class offered by MSU Extension! See page 6. Hurry — as registration closes on Jan. 31.



SPARTAN SPOTLIGHT

BY JACOB SEILER

Retired MSU chef shares his story

With just over 36 years of service, Carl Peabody worked numerous positions during his time as an MSU culinary professional providing positive dining experiences at the various dining halls across the campus.

Carl Peabody earned an associate degree from Lansing Community College through the Business Food Specialist Program. From there, his career took root and began to flourish when he landed his first job at MSU in 1979 as a full-time temp processing center employee.

“We were responsible for all the salad materials from lettuce all the way down to the dressings,” said Peabody, 66. “We provided the produce for all the dining units across the entire campus.”

Within the next year, he assumed the position as a full-time entry level cook at the Brody Neighborhood dining hall. At the time, the Brody cafeteria was the second largest non-military cafeteria in the United States. Peabody recalls seeing an average of 3,200 students per meal, per day and that the other dining halls served thousands of students per day as well.

“It was hard work, but it was so rewarding knowing how many students we were impacting on a daily basis,” Peabody said.

Peabody worked that position for the next four years until he was



Carl Peabody has cooked food and given tips to MSURA members at the Newman Lofts the last two years. This photo was taken in 2021.

promoted to the food production supervisor for the MSU Student Union cafeteria. As one of his first leadership roles, he was not sure what to expect from the job.

“My first day as production supervisor was far from normal,” Peabody said. “There was an Elizabethan themed theatrical dinner with all sorts of fancy costumes and characters. They all sat at a long table, and the jester was doing a show of a pig’s head on a platter. The joke was to light it on fire, but it turned out different because he

Please see SPARTAN SPOTLIGHT on page 4



PRESIDENT'S MESSAGE

Rick Vogt

I want to thank our volunteers for their work for the retirees. MSURA is an all volunteer organization. We are looking for volunteers to help with various projects. If you can help, give Rick Vogt a call at 517-242-1324 and we can look at options that would be a good fit.

Patty Oehmke of MSU IM Sports will be presenting fitness information that seniors may be interested in at the February membership meeting. Come and hear

about pickle ball and other offerings for seniors. Maybe we can get a pickle ball league started. There is plenty of free parking near the IM Sports East and West buildings with your MSU retirees parking permit.

Consumers Energy will be presenting their renewable energy plans and solutions at the Monday, March 13 membership meeting. Discover how you can participate in these solutions.

I want to remind people Humana's home visits are optional and not required. It is important to verify they are Humana when they call you and arrive at your home. They will know your member ID. If they do not know your member ID, they are not Humana.

We continue to make good progress on fundraising efforts for the fourth endowed scholarship. Thank you. Please remind your family members attending MSU, they should apply for the MSURA scholarships.

Volunteer of the Year Award nominations being accepted

The annual meeting this year will be held on Tuesday, May 2. Details of the Annual Meeting will appear in the next newsletter and E-Notices. As part of that meeting we will again recognize an outstanding Volunteer of the Year. Nominations are due by April 5, 2023. Please send an email with your nomination to Jacqie Babcock, jbabcock@msu.edu, using the following criteria.

Award Criteria:

The MSURA Volunteer of the Year Award recognizes an individual or individuals who have made significant contributions to the goals and activities supported by MSURA. This award acknowledges exceptional volunteer service to MSURA by an MSU retiree.

Please see AWARD on page 6

MEMBERSHIP MEETINGS, cont. from page 1

March 13 speaker to focus on renewable energy sources

A representative from Consumers Energy will present their plans for the future to switch to renewable energy sources. Discover how you can participate in reducing green house gases and lower your energy costs.

When Monday, March 13, 2023

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

Where Community Room, MSUFCU Branch,

Mt. Hope & Farm Lane, East Lansing

OR join the Zoom: See E-Notice for sign in info or visit

<https://retirees.msu.edu>.

Concerned about rising food prices? April 10 meeting to focus on causes

David Ortega, Ph.D., will focus on the rising cost of food that began around the time of the COVID-19 pandemic at the membership meeting on April 10. He'll cover supply chain disruptions, Russia's War on Ukraine and climate change as factors in this ongoing quandary.

Ortega is an Associate Professor in the Department of Agricultural, Food and Resource Economics in the College of Agriculture and Natural Resources.



David Ortega

Ortega's research has been featured on CNN, NPR, NBC, Politico and numerous other news outlets.

His undergrad work was at the University of Florida and he holds an M.A. and Ph.D in agriculture economics from Purdue University.

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

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Mt. Hope & Farm Lane, East Lansing

OR join the Zoom: See E-Notice for sign in info or visit

<https://retirees.msu.edu>.

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.

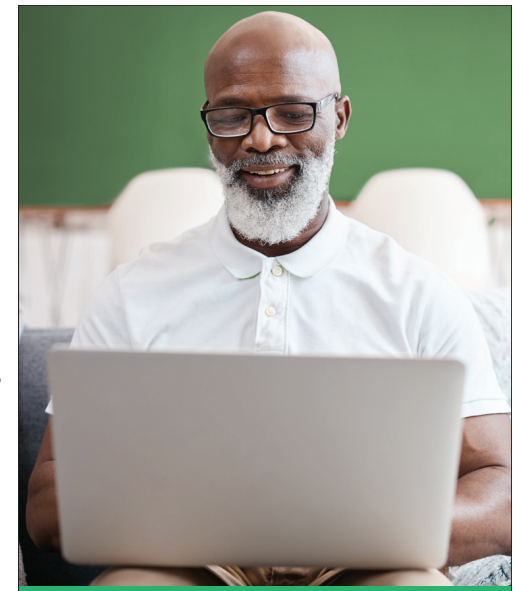
Mary Y. Baron	11/14/22
Kun Mu Chen	12/15/22
Michael Chubb	11/14/22
William Cooper	12/5/22
Wanda M. Johnson	11/5/22
Saroj Kapur	11/1/22
Y. Bill Lowe	12/18/22
James R. McCormick	12/20/22
J.D. Pierzynowski	9/27/22
Leonora H. Smith	12/2/22
Bill A. Stout	11/15/22
Thomas C. Volkening	12/9/22
Clayton Wells	12/14/22
Bernard Wright	11/27/22



MARK YOUR CALENDARS

- March 15, 2 p.m. Straightline Financial Planning Session, via Zoom
- April 20, 2 p.m. Jane Vieth, MSURA Book Club Event
- May 2, 11:30 a.m. Annual Luncheon
- May 16, 3-5 p.m. Food & Wine Uncorked, Burcham Hills
- Aug. 18, 7:05 p.m. Lugnuts Game

For more information about any of these events, please see previous newsletters and/or E-Notices.



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SPARTAN SPOTLIGHT



BY JACOB SEILER

Jacob Seiler is a senior majoring in journalism with a minor in public relations. He plans to work in the non-profit sector. Currently he's a volunteer with IMPACT 89FM on campus.

was not wearing a glove while holding the steel plate. Long story short, the platter flew from his hands after getting too hot and landed right in front of the king and queen. I had never seen anything like it.”

Peabody did not just provide food for the thousands of students in MSU's dining halls at which he worked, but he also took the time to pack lunches for the MSU Marching Band. He would also help in food preparation for Future Farmers of America events on campus and the catering at Spartan Stadium.

“I always asked, ‘what can I do to help?’ because building rapport and relationships with my peers and employees just like you would with family just made working with them that much better,” Peabody said.

Just two years after his promotion, Peabody took on the same leadership role in the Owen Graduate Center's dining hall. With more experience under his belt, he was able to take on more responsibilities such as menu planning and training new employees. That same year, 1986, Peabody was sent to New York with five peers to attend a two-week training at the Culinary Institute of America.

“We learned so much in just two weeks,” Peabody said.

“Everything under the sun from sauces to entrees, anything you could think of, we did it. We were in classes for 10-12 hours per day for two weeks straight. That was a highlight of my career, for sure.”

The next year when it came time for the same training, the university decided to bring two professional chefs from the Culinary Institute of America to campus to hold the classes locally to save on travel expenses. With countless years of experience already, Peabody was asked to aid the teachers in these classes.

“It all came full circle. I really worked my way up from the bottom as an en-

try-level cook to teaching classes,” Peabody said.

Peabody stayed with MSU until he retired. From 1979 until 2015, he worked many supervising positions at the Brody Neighborhood, West Circle, Owen Graduate Center, and South Neighborhood dining halls. Peabody was promoted to manager for a short period of time where he learned a lot more about the budgeting and planning side of running a large food production.

From 2008-2019, Carl volunteered to work with the chefs at the Kellogg Center as a culinary instructor to teach at the MSU Hospitality Business Program. His instruction was in two classes for The School of Hospitality Business: Hospitality Food Service Operations 485 level class and Hospitality Food Production Systems 345 level class. These students put their skills to work with several events. The crowning jewel of The School of Hospitality Business was the Le Gourmet Annual Fundraiser Dinner. This was a black tie event that served five to eight courses during the meal. Through his work with the chefs, he became a Certified Culinarian and is also a member of the American Culinary Federation.

More recently, Peabody held informal classes for the MSU Retirees Association where he taught the retirees a few cooking skills. He shared how to test the doneness of various meats without cutting into them at an MSURA event at Newman Lofts.

“Those kinds of classes are more laid back,” Peabody said. “It allows me to continue something that I am passionate about without the hardships that would come with serving thousands of people at a time. I have always loved the art of cooking, so any chance I have to teach others about it, I take it.”

Since retirement, Carl Peabody lives with his wife, Melony, also an MSU retiree, in Lansing where they spend time with their family. With more time on his hands, Peabody hopes to travel the world and try cuisine from different cultures.



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Do you want to make a gift now but aren't sure what you want to support?

A donor advised fund allows you to contribute funds now, and distribute them later.

MSU has partnered with Bank of New York Mellon to provide alumni and friends with access to a new donor advised fund, the MSU DAF, which you can use to enhance your overall philanthropy while supporting the university.

As a donor, you can open an MSU DAF with a minimum of \$10,000, and additional contributions as low as \$250. Gift assets accepted include: cash (wires, ACH and checks); marketable securities; and complex assets (case-by-case basis), including cryptocurrency, real estate, private equity, LLCs, etc.

Contributions may be eligible for a tax deduction and grow tax-free, leveraging the value of your philanthropy. Grants are distributed at your own pace, providing the opportunity to develop a strategic approach that better supports your philanthropic vision.

Contact the Office of Gift Planning for more information.



University Advancement
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Sign up now for MSU Extension online course; deadline for registration is Jan. 31

Many retirees enjoy gardening and being able to walk out in their yard and pick fresh vegetables and flowers throughout the spring, summer and fall. The MSURA Spartan Senior Newsletter has partnered with the MSU Extension Office to provide you with information and educational opportunities to have more success with your gardening. Look for information and educational opportunities periodically in our MSURA E-Notices and newsletters.



Smart Gardening

Sign up now for “Smart Gardening with Vegetables 101” as registration closes on Jan 31. MSU Extension is offering this course LIVE during February and March 2023 as a six-session webinar series. Join our instructors Thursdays evenings from 6-7 p.m. to learn how you can contribute to the Smart Gardening principles of creating healthy soils and plants while enjoying the health benefits of growing and eating fresh produce. Learn more and register today by going to this link, which has been shortened for publication purposes: shorturl.at/elmQ1 Fee is \$30. Hurry! Again, registration closes Jan. 31, 2023.

AWARD, cont. from page 2

NOMINATIONS

The nomination letter should include specific instances of outstanding voluntary contributions to MSURA. Other work toward enhancing the overall quality of university life for students, faculty, staff, alumni, retirees, or other members of the MSU community and contributions to a positive collegial spirit will also be taken into consideration.

A list of previous winners appears on the MSURA webpage at <https://retirees.msu.edu/awards.html>.

SCHOLARSHIP UPDATES

FUNDRAISING GOAL HAS BEEN EXCEEDED!

In April 2021, amid a global pandemic, MSURA set an ambitious goal to permanently endow a third MSURA Scholarship by raising \$60,000 by 2024. MSURA had not been meeting in person since early 2020. So, we took a leap of faith, hoping our members and friends would respond to the challenge. Our faith was justified as we have exceeded our goal in a year and a half. As of Dec. 31, 2022, \$71,051 in donations and pledges has been raised. Thank you. Let’s continue this success and endow a fourth scholarship!

These scholarships are reserved specifically for the children or grandchildren of MSU retirees or current MSU employees. Please remind your children/grandchildren to apply for the scholarship here: <https://admissions.msu.edu/-/media/assets/admissions/docs/msura-scholarship-application.pdf> Please feel free to contact Ben Brown, brownb42@msu.edu with any questions you might have about the application process.

HOW TO DONATE TO THE MSURA ENDOWED STUDENT SCHOLARSHIP

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 <http://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.



We’re giving away another quilt to a lucky scholarship contributor

If you contributed to the scholarship fund between April 1, 2022, and March 31, 2023, your name will be entered into a drawing to win this beautiful quilt. Janet Munn, who made our last quilt (won by Susan Cunningham), started this quilt, but sadly, she passed away last February. Members of the quilters special interest group, including Pam Marcis and Melba Lacey, finished the quilt, and now it could be yours. We very much appreciate Janet Munn’s donations to the MSURA. The quilt will be presented to the lucky winner at the Annual Luncheon and Membership Meeting on May 2.



Topic Spotlight: Prior Authorization

Prior authorization is a process when a healthcare provider is required to obtain advance approval from the plan as to whether an item or service will be covered. Your Explanation of Coverage provides a list of services required for pre-auth approval, or you may also visit: Humana.com/PAL.

How to receive prior authorization approval

Healthcare providers are generally aware of what services require prior authorization and are required to assume this responsibility. We always recommend that practitioners making a specific request for services or medications verify benefits and preauthorization requirements with Humana prior to providing services.

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How long does prior authorization take?

Humana adheres to Center for Medicare & Medicaid Services and National Committee for Quality Assurance standards for preauthorization turnaround times. Requests for authorization should be made as soon as possible. Turnaround times are:

- Standard: 14 calendar days
- Expedited: 72 hours
- Urgent concurrent: 3 calendar days
- Retro: 14 calendar days

If you are receiving urgent/emergent services, pre-authorizations would not be required but the provider should notify Humana within 72 hours.

If you have further questions, you may call Humana Customer Care at **800-273-2509 (TTY: 711)**, Monday - Friday, 8 a.m. - 8 p.m., Eastern time, so we can best assist you.



See all concerts listed at music.msu.edu/events

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2/9 THU. 7:30 PM	Wind Symphony		Worthington Family Foundation Opera Theatre Season
2/10 FRI. 8:00 PM	Symphony Orchestra: Orchestral tour de force		WED. FRI. SAT. 7:00 PM; SUN. 3 PM
2/17 FRI. 8 PM	Chamber Music on Period Instruments. Artist-Faculty and Guest Recital Series sponsored by WKAR	3/23 THU. 7:30 PM	Symphony Orchestra: Honors Concert
2/28 TUE. 7:30 PM	Artifex Consort, Feste Champêtre Taylor Johnston Early Music Series	3/24 FRI. 8:00 PM	Wind Symphony
3/3 FRI. 8:00 PM	Jazz Orchestras with Camille Thurman, saxophone MSUFCU Jazz Artist in Residence	4/1 SAT. 3PM & 6PM	Barbara Wagner Chamber Music Competition MSUFCU Showcase Series
		4/2 SUN. 7:00 PM	University Chorale and State Singers
		4/3 MON. 7:30 PM	All American, Joanne and Bill Church West Circle Series



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Straight to the Point

Market Update - A tough December for stock markets marked the end of a difficult year for investors. The most rapid hiking cycle in modern Federal Reserve history caused disruptions across markets as investors priced in a dramatically different monetary policy stance than expected heading into the year. Looking ahead, both inflation and Fed policy remain areas of interest. Inflation figures have shown some signs of moderation in recent months, but the bigger question remains just how quickly the data will fall to what the Fed feels is a suitable range. In terms of monetary policy, more interest rate hikes are likely coming in the months ahead, though the magnitude of the increases should continue to slow. As it occurs, the focus will likely shift from the rate increases themselves to the idea of what the highest level of interest rates will be and when they will be reached. The outlook around these areas remains murky, as inflation is notoriously difficult to predict. We expect volatility to continue in markets, but opportunities exist. Many areas of the stock market have become attractive from a valuation standpoint, while bonds are yielding some of the highest rates since the early 2000s.

Special MSU Retirement Plan Update - MSU retirement plan changes are now complete. There has been a great deal of movement across both accounts and investment options. If you or anyone you know would like to talk through the changes, or to review investments or distributions, please contact us at 877-338-4032 or info@straightline.com.

StraightLine is a fiduciary that provides professional financial planning and account management. Our experienced advisors and dedicated research staff allows us to offer unbiased information to the MSU faithful. Our quarterly newsletter (StraightTalk) walks through the macro information we are utilizing in our investment management. Please contact us if you are interested in receiving these newsletters or discussing how we can assist with your financial strategy.

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