



MICHIGAN STATE UNIVERSITY



SPARTAN SENIOR

A newsletter for Michigan State University Retirees

LANSING AREA LOCAL EDITION March 2011

MSURA Annual Meeting & Volunteer Award Luncheon
Monday, May 9, 2011, Kellogg Center Big Ten Room C

MICHAEL PATRICK SHIEL HEADLINES MAY BANQUET

Author, Producer, Golfer, Celebrity Cozier & Advisor at the Kellogg

Wow, what a treat awaits MSU retirees at noon on the 9th of May. Shiels was the last producer for the J.P. McCarthy morning show on WJR-Detroit and produced a tribute CD for J.P. that raised \$500,000 for leukemia research.



Michael Patrick Shiel

Fill out the form below and send your check to Bob Wenner. Last year well over 100 of us gathered to hear MSU's own Gordon Guyer. Let's see if we can top that number this year.

LUNCHEON RESERVATION

Monday, May 9, 2011, 11:30 a.m.

Kellogg Center, Big Ten Room C

CHICKEN MARSALA, GREEN SALAD, RICE PILAF, ROLLS AND BEVERAGE, NEW YORK STYLE CHEESECAKE
Cost \$17.00 per person (includes tax, gratuity & free parking)

Please hold reservations for:

Number:

Two horizontal lines for entering the number of reservations.

Two horizontal lines for entering the number.

If dietary supplement is needed, please call
Kay Butcher at 882-3534 before May 1.

Total : _____

Clip and Mail this form with check payable to MSU Retirees Association BEFORE MAY 1st
to Bob Wenner, MSURA Treasurer, P.O. Box 203, Okemos, MI 48805

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Volunteers Needed

by *L Patrick Scheetz MSURA President*

How would you like to become more actively involved with the MSU Retirees Association? We could use your energy and enthusiasm. For more information about the MSU Retirees Association, go to our website at: www.retirees.msu.edu

Retirees and their spouses are automatically members of the MSURA for life; there are no dues, BUT members are encouraged to subscribe to the newsletter for \$10 per year. Contributions in addition are also welcomed. Continue your connections with Michigan State University by participating in the MSU Retirees Association. Download the Newsletter Subscription Form, print it, and mail it with your check.

But this is not the reason for contacting you. **We could use your more active participation.** Interested? Let me or any other MSU Retiree Association Board Member know. Listed at: www.msu.edu/~msura/Officers_Board.html There are needs for a Newsletter Editor, an Advertising Manager, Facebook Managers (4), LinkedIn Manager, Office Coverage Supervisor, Retiree Office Volunteers, and maybe other assignments.

Contact: MSU Retirees Association, 22 Nisbet Building, Michigan State University, 1407 S. Harrison Ave, East Lansing, MI 48824-9902. Tele: (517) 353-7896. E-mail: msura@msu.edu Website: www.retirees.msu.edu



Come and get the Latest

Information from VP Brent Bowditch

I am pleased and excited to be invited to speak to local area MSU retirees about health benefits at the MSURA meeting on **Monday, March 14, 2011 at 2:00 p.m.** at the **MSU Federal Credit Union Headquarters, 3777 West Rd, E.L.** just off North Coolidge Rd; with donuts and coffee at 1:30 p.m.

Open enrollment for the 2011-12 plan year will be held from April 18 to May 17, 2011. All benefits-eligible retirees will receive an open enrollment package in April that will have all the information you need to renew your options and participate in open enrollment. Open enrollment preparations may not yet be finalized by the March 14 meeting but I'll look forward to sharing whatever details are available with attendees then.

In addition to speaking to local area MSU retirees on March 14, I also will be speaking at the MSURA meeting in Florida on March 7. So, Florida residents and any snow-bird escapees from Michigan's winter cold can catch me at the Florida meeting as well.

Hope to meet many of you in March! **(Brent Bowditch, VP for MSU Human Resources).**



CONGRATULATIONS, MSU RETIREES!

Your United Way gifts surpass any previous year: \$66,253 vs. 64,112 last year.

Good Food at the Annual Taste of the Town

April 9: TASTE OF THE TOWN,

5:30-7:00 p.m. at the Henry Center for Executive Development at 3535 Forest Rd., Tickets are only \$25.00.

Sponsored by the MSU Community Club, this annual event is the only fund raiser for the group to provide endowment scholarships to MSU students in need. A diverse group of restaurants, caterers and food establishments offer "tastes" of appetizers, soups, breads, entrees, desserts, and beverages. For ticket information, contact: Gretchen Forsyth at (517) 332-6683.

Additional info: Karen Harsh, (517) 349-1674. harshkaren@yahoo.com



Membership Really Makes a Difference

We're glad to be members of MSUFCU. They offer great options for managing our money and help us to achieve our financial dreams. One of the best options is Senior Class. When we turned 55 we took advantage of:

- Free Checks and Money Orders
- Free Travelers Cheques
- Free Cashier's Checks
- Free Telephone Transfers
- And more!

Senior Class at MSUFCU. One more reason to join today.

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(517) 333-2424

www.msufcu.org



Branch Locations

- East Lansing • 3777 West Rd.
MSU Union
523 E. Grand River Ave.
600 E. Crescent Rd.
- Lansing • 200 E. Jolly Rd.
653 Migaldi Ln.
- Okemos • 1775 Central Park Dr.
- Auburn Hills • 3265 Five Points Dr.



Lori Strom

LORI STROM FOCUSES RETIREES ON VOLUNTEER OPPS[1]

Family Resource Center Coordinator Enlightens Our Dark Winter

Not all retirees know about our Family Resource Center nor its coordinator, Lori Strom. She is given the "remit", as the Brits call it, of helping MSU employees with family issues when folks often do not know where to turn. Where find help when a spouse has Alzheimers? What do I do when my spouse dies and he's always handled our finances? I've just won a \$1 million in the lottery, now what? (Well, we made that one up.)

Those of us who know her from Nisbet Building conversations were not surprised that her talk on February 14 was informative and enthusiastic, as she spoke to us on the joys of volunteering, as well as practical benefits to one's health and longevity. Yes, studies show that volunteers live longer, live better, and receive even more than they give. She gave us a handout with about forty volunteer opportunities, each briefly described, and called on her audience to speak up about others not on the handout.

Part 2 of Lori's address was directed beyond our volunteering to identifying places where we can find help when life becomes difficult for us. Some of our volunteer places are also places to find help. For example, one could take a spouse to daily exercise and entertainment at Valley Court in East Lansing and also volunteer at the ALFA program held there. Do you need direction, either to find a spot to volunteer, or a place to find help? Then call 211, or call Lori at 517-884-0186, or email her at strom@hr.msu.edu

Our Family Resource Center is one of State's hidden gems. Check it out, especially if you have a little time on your hands. **(Sharon Debar, reporter)**

[1] If you can have apps for your phone, why not opps for volunteer opportunities?



THANK YOU, MSU RETIREES!

This year, the **Community Volunteers for International Programs** is celebrating **50 years** of serving MSU international students and their families. CVIP wishes to thank all of the MSU Retirees Association members who, as our volunteers, have played an important role in supporting and participating in CVIP programs, such as the MSU Global Festival and the International Friendship Program.

Please come to visit us at our website: cvip.isp.msu.edu, and here's to another 50 years of cooperation and volunteering!

**MSU RETIREES ASSOCIATION
22 NISBET BUILDING
MICHIGAN STATE UNIVERSITY
EAST LANSING, MI 48823**

FORWARDING SERVICE REQUESTED

LONG TERM CARE, MEDICARE & MEDICAID

by Mary Ablan, editor of Aging Alert

DID YOU KNOW? Medicare, the federal health care program for those 65+ does not pay for Long Term Care except for 100 days when an older adult is treated in a hospital and discharged to a nursing home. That's it. But when your resources are gone you can qualify for Medicaid, which will pay for Long Term Care.

THE CATCH: Because we are aging so rapidly, Michigan's Medicaid program will likely put you in a nursing home, even if you want to be cared for at home. That's because 75% of our public funds for Medicaid—\$1.7 billion for 2011—goes to nursing home care, although services at home are cost-effective and preferred by most people.

WHY? HISTORY MOSTLY. Back when Medicaid was created in 1965, frail elders were cared for in nursing homes, but home and community-based services were rare. It wasn't till 1973 that the Older Americans Act created Area Agencies on Aging nationwide to create alternatives. In 1981 states were given the option of creating "Waiver" programs that would provide these services, but they have never been as equally available as nursing home care, and in Michigan you must be much poorer to qualify.

MICHIGAN'S RULES FAVOR NURSING HOME OVER HOME AND COMMUNITY-BASED CARE. To qualify for nursing home care, your income must be less than the nursing home's private pay rate—about \$6000 per month in 2010. But you must receive no more than \$2022 per month to qualify for home and community-based care.

This information courtesy of Aging Alert, a publication of the Area Agencies on Aging Association of Michigan, www.mi-seniors.net. Subscriptions for \$12/year or a donation of any amount from subscribers 60+.

E-NOTICES AND WEB-OBTAINED NEWSLETTER GROWING POPULAR

Gordon Williams, who sends out E-notices to folks who have given him their email addresses and want to be contacted, tells me he now has over 1300 of you receiving notes thru the ether. Presumably some of you are also reading the newsletter at our website (retirees@msu.edu). I have learned that I like to read it there as well, mostly because our pictures come thru more sharply than they do in print. Last month's barn picture was outstandingly good on the website. BUT KEEP UP YOUR SUBSCRIPTION, FOLKS. Your association is mostly funded by faithful readers! (Ed.)

SPARTAN SENIOR CITIZEN Lansing Area Local Edition, MSU Retirees Association, 22 Nisbet Building, MSU, 1407 S. Harrison Ave, East Lansing, MI 48823. Tel (517) 353-7896. e-mail: msura@msu.edu. Website: <http://www.retirees.msu.edu>
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