



# MSU RETIREES ASSOCIATION

## SPARTAN SENIOR NEWSLETTER

August - September 2017

VOL. 39, NO. 1

### AARP and MSU jointly sponsor a series of free programs

MSURA is happy to announce a series of programs presented by AARP and the MSU Department of Recreational Sports and Fitness Services specifically for MSU retirees. The series will be offered starting this fall at **IM Sports East, Multi-Purpose Room**, on campus.

**Sessions are free to MSU retirees with their MSU Retiree Identification card.** (If you do not have an ID card one can obtained at the MSU ID Office, Room 170, International Center.) Sessions will take place on the second Tuesday of the month **October 2017 through June 2018, 10 a.m. – 12 noon.**

Free parking is available in the Wharton Center for the Performing Arts Center parking ramp using your MSU parking sticker and gate card (enter from the south entrance). (If

#### Mark your calendars now for the second Tuesday of each month

you do not have a gate card or parking sticker you may obtain these items free through MSU Police and Public Safety, 1120 Red Cedar Road on campus with your MSU Retirees ID card.) There are limited handicap spots in front of IM East and there is some parking across the street by McDonel Hall.

For planning purposes AARP asks that participants **register in advance** by calling 1-877-926-8300. Registration will open 45 days prior to the event.

The first session is **Good Form Walking, October 10, 2017, 10 a.m.**, IM Sports East, Multi-Purpose

Room. This program is a method to help walkers of all ages and abilities move more efficiently and healthier. Participants should wear loose clothing and comfortable walking shoes. The Good Form Walking program is limited in size and you must RSVP to participate.

MSURA will keep you apprised of upcoming programs each month, but mark your calendars now for the second Tuesday of each month, 10 a.m. For the entire year's schedule, you may visit the MSURA website: <http://retirees.msu.edu/aarpim.html>.

If you have specific questions about the program please contact one of the coordinators below:

AARP: Karen Kafantaris, Ph. 517-267-8916

MSU IM-East Coordinator: Patty Oehmke, Ph. 517-432-1477

### Third Annual MSURA Golf Outing will fund MSU student scholarships

The Third Annual Golf Outing sponsored by StraightLine Group and the Michigan State University Retirees Association (MSURA) is right around the corner. Scheduled for Tuesday, Sept. 19, the event will be held on the MSU Forest Akers West golf course. For more information about the course, see their web site at [golf.msu.edu](http://golf.msu.edu).

Registration and practice is set for 10 a.m., with lunch at 11, and a shotgun start at noon. There will be door prizes, an awards ceremony, an hors d'oeuvres buffet and a cash bar.

To sign up for this event, complete the entry form on page 9 of this news-

letter, or go to <http://retirees.msu.edu/Golf%202017%20Registration%20Form.pdf> on the internet.

Proceeds from this event will benefit the MSURA endowed student scholarship, which was established two years ago. Three students have received scholarships so far.

Any payments for this event greater than \$75 will be considered a tax deductible contribution to Michigan State University.

If you wish to make a donation, please follow this link. <http://www.retirees.msu.edu/golf-2017-donated-items-form.pdf>



For questions about this golf outing, please contact: Patrick Scheetz via email: [Scheetz@msu.edu](mailto:Scheetz@msu.edu) or phone: (517) 351-7538.

Additional sponsors are desired. To suggest sponsors, please contact: Jacqie Babcock via [jbabcock@msu.edu](mailto:jbabcock@msu.edu)

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United Way	Darlene Wenner	517-339-1685



## PRESIDENT'S MESSAGE

Rick Vogt

It is my pleasure to serve as your President this year. MSURA events are open to all retirees and their spouses. MSURA is an all volunteer organization. We welcome retirees and their spouses to join us in providing information and opportunities to enhance retirees' lives. If you would like to share your time and talents, please give me a call, Ph. 517-242-1324 or send me an email, vogttrick@comcast.net

MSURA volunteers have been busy planning and putting together plans for the coming year. We have a really interesting and fun line-up planned for 2017-18 season. Vice President Roger Baldwin has been busy recruiting speakers for monthly membership meetings. September's meeting will have MSU Athletic Director, Mark Hollis. At the October meeting, MSU Human Resources Benefits will present and answer questions related to MSU benefit changes for 2018.

Starting in October, a new free monthly program for MSU retirees is being offered at MSU's IM Sports East. MSURA has partnered with AARP and MSU Department of Recreational Sports and Fitness Services to offer these for MSU retirees free of charge. October's program will be Good Form Walking. November's program is Fraud Watch Network.

The 3rd annual MSURA/StraightLine Golf Outing fundraiser for the MSURA Endowed Student Scholarship is Tuesday, September 19, 2017 at MSU Forest Akers West Golf Course. There is still room to sign up to golf. If you are interested in being a sponsor, call Patrick Scheetz, Ph. 517-927-0852. Help us endow the next MSURA student scholarship. A special thank you to StraightLine for their sponsorship of the golf outing for a third year, and to the golf outing volunteers who make it a success. More information about these events and others is available on the MSURA web site, [retirees.msu.edu](http://retirees.msu.edu).

The Military History Special Interest Group has a special event October 13, 2017 3-4 p.m. at MSUFCU Branch at Mt Hope and Farm Lane, Community Room. Howard R. Poole will be talking on Monuments Men: The Books and the Movie. All retirees and spouses are welcome.

Two MSURA Student Scholarships were awarded for the 2017-18 school year this spring. Amanda Pohl and Claire Weessies are this year's recipients. Congratulations to Amanda and Claire! Thank you, MSU retirees, for your generous contributions to the MSURA Student Endowment making these possible.

MSURA has a number of Special Interest Groups, covering a variety of interests, Military History to Knitting. These are listed on our web site and open to all retirees and spouses. If you do not see one for your interest, we can help create one. Just send an email to us at [msura@msu.edu](mailto:msura@msu.edu). We look forward to another fun and interesting year.

# We welcome new board members

We extend a warm welcome to our new board members Roger Baldwin and William Anderson, and to one of our continuing volunteers Jacqueline



Roger Baldwin

Babcock, who has accepted additional responsibilities. Roger Baldwin held the Mildred B. Erickson Distinguished Chair in Higher, Adult, and Lifelong Education at MSU, and was an active researcher on all matters concerning the academic workplace. More recently, he has been studying the growing number of retirement organizations in higher education. This

research interest makes him well qualified for a position of leadership in the MSU Retirees Association. He will serve MSURA as Vice President.

William Anderson served as Professor in the Office of Medical Education Research and Development and the Office of Faculty Affairs and



William Anderson

Career Development in the MSU College of Human Medicine. He is best known for creating the Primary Care Faculty Development Fellowship Program, the nation's first program designed to prepare new faculty for full time roles in academic

medicine. He will serve as an at-large board member.

Jacqueline Babcock is already known to MSURA members as Underwriting Manager and Special Assignments Writer for the Spartan Senior newsletter. During her service as Underwriting



Jacqueline Babcock

Manager newsletter funding has reached a new high. She served in leadership roles in MSU Friends of the Theatre, and serves as Coordinator of Special Projects and Events in MSU's Center for the Study of Curriculum Policy. This year she will also assume responsibilities as Secretary of MSURA.

EMAIL

Getting an email from your\_digest@msu.edu?

This is legitimate, and will usually arrive in our MSU e-mail box once a day. Essentially, it tells how many incoming messages were suspected by the university of being spam, and it will ask you what to do with them. I confirmed this in a phone conversation with the university IT help desk on July 15, 2017.

—Al LeBlanc



Attention MSU Retirees:

# MSU Benefits Open Enrollment

2018

is October 1–October 31, 2017

The Benefits Fair will be held October 17-19, 2017 at the Breslin Center.

More information will be sent out in September.



Human Resources  
MICHIGAN STATE UNIVERSITY



# YOUR BEQUEST *will* MAKE A DIFFERENCE

## Office of Gift Planning

University Development  
Michigan State University  
Spartan Way  
535 Chestnut Rd., Room 300  
East Lansing, MI 48824  
(517) 884-1000  
[www.giftplanning.msu.edu](http://www.giftplanning.msu.edu)

**A** charitable bequest to Michigan State University is a thoughtful expression of your commitment to MSU and its future students. The MSU Office of Gift Planning is a valuable resource for MSU retirees, alumni and friends to explore how they may, through their estate plans, provide future gifts to the college, department and/or Spartan athletic, cultural or academic program of their choice.

## REMEMBER

MICHIGAN STATE UNIVERSITY  
*in your* **WILL OR ESTATE PLAN.**



**SPARTANS WILL.**

## Military History Study Group sponsors presentation on Monuments Men of World War II: Those Who Located the Stolen Art

The MSU Retirees Association Military History Study Group is sponsoring a presentation by retired Western Michigan University Professor Howard Poole about the monuments men of WWII who located art that was



Howard Poole

stolen during the conflict. All interested persons are invited to this event, which will take place at 3 p.m. on Oct. 13, 2017, in the Community Room of the

MSU, Federal Credit Union, Farm Lane Branch, at Farm Lane and Mt. Hope Road.

Professor Poole is an accomplished student of military history, and a couple of years ago he made a very well received presentation to our group about the role Michigan played in hosting POWs during World War II. Poole became interested in the Monuments Men after the release of the movie by the same name. The presentation will discuss research about a few British, French, Italian, and American art ex-

perts who found, recovered, and protected art objects and historical sites during World War II. Information will be provided about key researchers and supporters of the Monuments Men's efforts and achievements. Please join us and bring your friends to what promises to be a very interesting presentation.

**When** Friday, Oct. 13, 2017

**Time** 3 p.m.

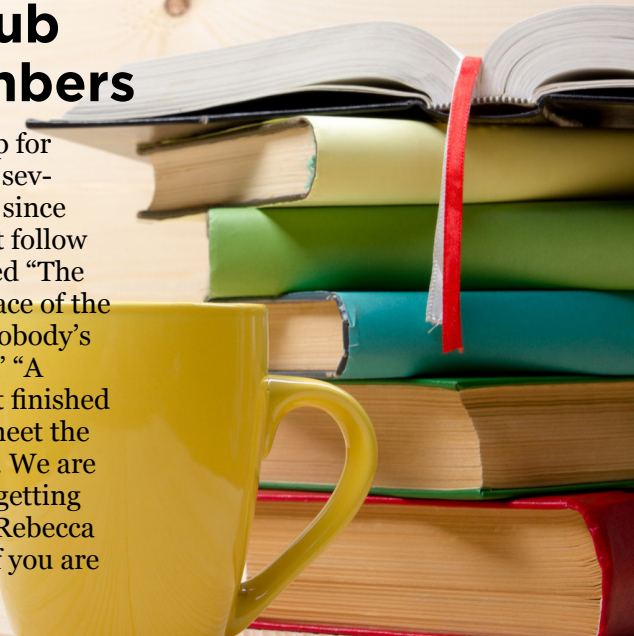
**Where** Community Room, MSUFUCU Branch, Mt. Hope & Farm Lane, East Lansing



Please support our sponsors. They do a lot to help us defray the cost of printing and mailing of this newsletter.

## MSURA Book Club seeks more members

Our book club would like to open up for more members. Right now we have seven. We have read a variety of books since we started in August 2015 and don't follow a specific theme. Past books included "The Rise and Fall of Alexandria-Birthplace of the Modern World," "East of Eden," "Nobody's Fool," "The Nix," "The Nightingale," "A Gentleman in Moscow," and we just finished "The Underground Railroad." We meet the first Thursday each month at 3 p.m. We are an eclectic group, and it's been fun getting to know each other. Please contact Rebecca Townsend at [townse44@msu.edu](mailto:townse44@msu.edu) if you are interested in joining our group.



## Physical Plant and Grounds retirees sought for Spartan Spotlight

MSU is a large institution and it takes a widely divergent set of talents for this institution to successfully operate. Spartan Spotlight is our place to feature individual retirees – what they did at the university, what they are doing now in retirement, and what they are doing that is new, interesting, and brings a personal sense of fulfillment. In previous editions of this newsletter we have featured faculty, administrators, and clerical-technical staff. We are ready to hear about the retirement activities of those who worked in physical plant and grounds. You can nominate yourself or someone else, but whoever you nominate, please be sure that they are willing to be interviewed and published in the Spartan Senior newsletter. Send e-mail to Al LeBlanc at [aleb-lanc@msu.edu](mailto:aleb-lanc@msu.edu) or leave a phone message at 517-655-6454.

## DO YOU LIKE TO WALK?



Carolyn Schein is interested in forming a walking group. This would focus on walking, not running. She writes "I would hope to do walks around campus as there are pretty areas to walk. I am flexible with times, nothing earlier than 9 or 9:30 a.m., though, as we are retired! Carolyn can be reached at 517-655-1339 or [schein@msu.edu](mailto:schein@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** are at the MSU Federal Credit Union Community Room, Farm Lane & Mt. Hope Road, 1:30 p.m.–Refreshments, 2 p.m.–Program

**Going to be in Florida in March?** Attend the MSURA Florida Retirees Annual Meeting, 11 a.m. to 2 p.m., on March 5. Location is Pier 22 Restaurant, 1200 1st Ave. West, Bradenton, FL.

DATE	SPEAKER	TOPIC	EVENT	LOCATION
Monday, Sept. 11, 2017, 1:30–3 p.m.	Mark Hollis, MSU Athletic Director	Issues in College Athletics Today	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Sept. 19, 2017, 10 a.m., practice; 11 a.m., lunch; noon, shotgun start	Contact Patrick Scheetz at <a href="mailto:Scheetz@msu.edu">Scheetz@msu.edu</a> .	See more info in this newsletter and at the MSURA website	3rd Annual MSURA/ Straight-Line Student Scholarship Annual Golf Outing	MSU Forest Akers West
Monday, Oct. 9, 2017, 1:30–3 p.m.	Dan Mackey, Manager Retirement & Leave Services & Joe Galardi, Assistant Director of Benefits, MSU Human Resources	MSU Retiree Benefits Open Enrollment and Benefit Changes	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Oct. 10, 2017, 10 a.m. to Noon	AARP/MSU Department of Recreational Sports and Fitness Services	Good Form Walking	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, Nov. 13, 2017, 1:30–3 p.m.	Simon Petersen-Jones, Myers Dunlap Endowed Chair in Canine Health, MSU College of Veterinary Medicine	Ophthalmology Research in Veterinary Medicine & Its Implications for Human Health	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Nov. 14, 2017, 10 a.m. to Noon	AARP/MSU Department of Recreational Sports and Fitness Services	Fraud Watch Network	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, Dec. 11, 2017, 1:30–3 p.m.	Teresa Irish, Author & Speaker	A Thousand Letters Home, the Journey of the Letters	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Dec. 12, 2017, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	Medicare 101	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, Jan. 8, 2018, 1:30–3 p.m.	Ron Flinn, Author	Rendezvous with MSU: Building a Campus Aligned with MSU's Evolving Mission and Stature	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Jan. 9, 2018, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	Life Reimagined	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, Feb. 12, 2018, 1:30–3 p.m.	Regina Cross, Director of Travel, MSU Alumni Office	Travel Opportunities and Tips for the MSURA Community	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Feb. 13, 2018, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	AARP Home Fitness Program	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, March 12, 2018, 1:30–3 p.m.	Roger Baldwin, MSURA Vice President	New Visions or Retirement and the "Age-Friendly" University	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, March 13, 2018, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	Getting to Know Apps	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, April 9, 2018, 1:30–3 p.m.	Bob Hoffman, Public Relations Manager, Wharton Center	What's Up at Wharton: New Initiatives and a Preview of the Upcoming Season	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, April 10, 2018, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	Good Form Walking	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, May 7, 2018, 11:30–2 p.m.	TBA	Luncheon: MSURA Elections & Business Meeting	MSU Retiree Association Annual Meeting	MSU Kellogg Center, Room TBA
Tuesday, May 8, 2018, 10 a.m. to 2 p.m.	ARP/MSU Department of Recreational Sports and Fitness Services	CarFit & Car Seat Check	Please check eNotices for details	MSU Pavilion, Farm Lane & Forest Road
Tuesday, June 12, 2018, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	Identity Theft & Cyber Security	Please check eNotices for details	IM Sports East, Multi-Purpose Room

## MSU Athletic Director Mark Hollis to headline September meeting

Please join us for our Sept. 11 meeting at 1:30 for refreshments and 2:00 for program, where MSU Athletic Director Mark Hollis will speak about current issues in college athletics. An MSU graduate of 1985, Hollis



Mark Hollis

returned to the university in 1995 as Associate Athletic Director for External Relations. He has served as Director since 2008. Hollis has more than 30 years of athletics administration experience, either at the school or conference level. His background and work experience has led to knowledge of all areas within a college athletics department, including marketing, fi-

**When** Monday, Sept. 11, 2017  
**Time** 2 p.m., refreshments at 1:30 p.m.  
**Where** Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing

ancial administration, television negotiations, fund-raising, game operations, facility management, personnel policy, corporate interaction, sports management and public relations. We are fortunate to have a speaker of Hollis's knowledge and background at a time of year that is very busy for a person with his responsibilities. This meeting will take place in the Community Room of the MSU Federal Credit Union at Farm Lane and Mt. Hope road.



## October meeting will present update on benefits

Please join us for our Oct. 9 meeting at 1:30 for refreshments and 2:00 for program, where Dan Mackey and Joe Galardi will update us about retiree benefits for the coming year. This meeting will take place in the Community Room of the MSU Federal Credit Union at Farm Lane and Mt. Hope road.

**When** Monday, Oct. 9, 2017  
**Time** 2 p.m., refreshments at 1:30 p.m.  
**Where** Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing



Get ready for the Third Annual Golf Outing. Sponsored by StraightLine Group and the Michigan State University Retirees Association (MSURA), the event will be held on Tuesday, Sept. 19 at MSU Forest Akers West. Help raise money for the MSURA scholarship fund. Sign up today using the form on page 9. Don't play golf? You can still contribute money to the fund by using the same form.

## MSUFCU >> Financial Solutions

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# CLINICAL QUESTION

## What do you need to know about the aging kidney?

Welcome to this column in the Spartan Senior. Please submit clinical questions to Al LeBlanc, editor of the Spartan Senior, [aleblanc@msu.edu](mailto:aleblanc@msu.edu).

We will select from your questions top priority topics most relevant to seniors, provide a summary of current evidence from the medical literature, and make specific recommendations or take away points. We look forward to hearing from you.

### CLINICAL QUESTIONS EDITORS

**Raza Haque**, MD, MSU Associate Professor and geriatrician, and **William Wadland**, MD, MS, MSU Professor emeritus and former chair of College of Human Medicine-Family Medicine.

### KEY QUESTIONS

1. What are normal aging changes of kidney functions?
2. How is kidney function measured?
3. How often should screening for renal function be performed in a senior citizen?
4. What are some common tests for kidney function and is one better than another?
5. What should be expected of a routine age related GFR or kidney function test result? How should this be interpreted?
6. What should happen if my GFR test is abnormal?

### SUMMARY OF EVIDENCE

The kidneys are vital organs essential for filtering wastes and harmful substances that build up in our blood stream during the normal metabolism of food and other substances that we consume. A normal physiological aging change is a slow decline in physiological performance of the kidney. The ability of the kidney to filter substances is called GFR (glomerular filtration rate) and is reduced by approximately 10% every decade after 40 years of age. (1) (2) The GFR is an estimate of the general function of the kidney and can be measured by several blood tests that tell how well the kidney is functioning. (3)

This normal decline of the kidneys is influenced by a host of other changes, including blood pressure, presence of other systemic disease, and various aging related changes in other systems. (3) Among other factors, race, gender and weight also affects the GFR measure and calculations. (4) Although GFR is recognized to decline with age, it is debated whether this is a truly physiological or pathological change. The U.S. Preventive Services Task Force (USPSTF) has concluded that the evidence is insufficient to assess the balance of benefits and harms of routine screening for chronic kidney disease (CKD) in asymptomatic adults. (2)

There are several accepted tests for

measuring kidney function, including eGFR (estimated GFR), MDRD and other specific tests reserved for certain conditions. (5) (6) However, uncertainty exists regarding the optimal method to estimate glomerular filtration rate (GFR) for disease detection and monitoring. Widely used GFR estimates have not been validated, particularly due to test result variation across different ethnicities. (6)

A normal eGFR, particularly in the elderly, can vary from person to person, and also could be affected by muscle mass, diet, gender, age and ethnicity, status of hydration, salt intake, weight and certain other common conditions. Moreover, caution is advised by experts in interpretation of eGFR values in the range of 45–59 mL/min/1.73m<sup>2</sup> in people over 70 years old. (6)

Since, eGFR is most commonly performed as part of routine testing, any questions about test result should be discussed with your physician, who can help you interpret the result. Clinicians can use the test to identify, CKD ( chronic kidney disease), a condition, which is often asymptomatic and afflicts

only 11% of elders, particularly those with coexisting hypertension and or diabetes. (2)

In general, patients who are suffering from hypertension, diabetes and peripheral vascular disease are at higher risk of chronic kidney disease and should be cautious about their eGFR results. Also consistent use of medications (such as non-steroidal anti-inflammatories like ibuprofen or naproxen) predisposes to the risk of acute and chronic kidney diseases.

Risk for CKD is also high for women and the Afro-American population compared to others. An abnormal base line test or any changes in the test results should be discussed with your physician for follow up and further intervention, if needed.

Please see CLINICAL QUESTION on page 14



## REGISTRATION FORM



TO BENEFIT STUDENT SCHOLARSHIPS  
MSURA/STRAIGHTLINE  
TUESDAY, SEPT. 19, 2017

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/ZIP \_\_\_\_\_  
Phone Number ( ) \_\_\_\_\_ Email \_\_\_\_\_

### GOLFING REGISTRATIONS

- Lunch, golf, cart, dinner and gift  \$100 (\$25 gift to MSU) x # golfers = \$ \_\_\_\_\_  
Mulligans  \$20 for a package of 4, Max. 1 per team \$ \_\_\_\_\_

### SPONSORSHIP PACKAGES

- Title Sponsor** includes name on program brochure, verbal recognition, sign at hole and foursome of golfers  
 \$10,000 (includes \$9,700 gift to MSU) \$ \_\_\_\_\_
- Emerald Sponsor** includes name on program brochure, verbal recognition, sign at hole and twosome of golfers  
 \$3,000 (includes \$2,850 gift to MSU) \$ \_\_\_\_\_
- Platinum Sponsor** includes name on program brochure, verbal recognition, sign at hole  
 \$2,000 (includes \$2,000 gift to MSU) \$ \_\_\_\_\_  
 \$1,000 (includes \$1,000 gift to MSU) \$ \_\_\_\_\_
- Gold Sponsor** includes sign at hole  
 \$500 (includes \$500 gift to MSU) \$ \_\_\_\_\_
- Silver Sponsor** includes sign at hole

### DONATION

I cannot attend, but here is my donation of \$ \_\_\_\_\_

### PLEASE PAIR ME UP WITH

- Make checks payable to **Michigan State University** with MSURA Endowed Student Scholarship written in the memo line. Please mail to MSU Retirees Association, 22 Nisbet Building, 1407 S. Harrison Rd. East Lansing, MI 48823-5239, to guarantee your spot.
- Gift proceeds will benefit the MSURA Endowed Student Scholarship fund. Any amount paid above \$75 will be considered a tax-deductible contribution to Michigan State University.
- If benefits are declined, full amount of gift is tax-deductible.
- For any questions, contact **Patrick Scheetz** at (517) 351-7538 or email [Scheetz@msu.edu](mailto:Scheetz@msu.edu).

# IN MEMORIAM

This list shows deaths of MSU retirees from Nov. 21, 2016 to June 30, 2017. In publishing this notice to mark their passing, we honor them for their contributions to improve MSU and the Greater Lansing community.

Renee Abrams 2/18/2017  
 Mary Judith Alban 5/12/2017  
 Elmer S. Anttonen 12/22/2016  
 Norman Arman 4/6/2017  
 Jeanne Collins Aultz 3/31/2017  
 Gladys Bacon 1/13/2017  
 F. W. Bakker-Arkema 4/25/2017  
 Lee Barnett 3/2/2017  
 Glenn Berkheimer 1/25/2017  
 William Bickert 2/1/2017  
 Harriett Brocieus 5/20/2017  
 Max Bruck 1/3/2017  
 Leslie Bryde 3/24/2017  
 Albert C. Chapman 5/27/2017  
 Wanda Chenoweth 1/23/2017  
 Ursula Clark 12/25/2016  
 Don E. Coleman 1/30/2017  
 Betty Cord 11/21/2016  
 Leo Vilas Deal 3/11/2017  
 Alma Dean 3/22/2017  
 Linda Easterbrook 3/19/2017  
 Judy Rae Eberlein 5/2/2017  
 Thomas L. Ellis 5/26/2017  
 Joseph L. Farrell 11/23/2016  
 James H. Fisher 12/20/2016  
 Edwin Fitzpatrick 12/6/2016  
 Leora Fry 5/8/2017  
 Lloyd Gage 4/20/2017  
 Kathryn Gauss 11/21/2016  
 Lewis Greenberg 1/16/2017  
 Edna Harney 3/20/2017  
 Terrie L. Hayes 11/21/2016  
 Doris Hickman 2/20/2017  
 Lois Hileman 3/14/2017  
 Virginia A. Houser 3/27/2017



Diane Hummel 5/21/2017  
 John M. Hunter 12/15/2016  
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 Joseph B. Ishikawa 4/27/2017  
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 Aileen Kleiver 5/29/2017  
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 Albert Linnell 1/20/2017  
 Hugh E. Lockhart 2/2/2017  
 Janet Louise Lomason 2/5/2017  
 Lois A. Lund 12/19/2016  
 Roger E. Manning 12/30/2016  
 Rosemary McCaul 11/9/2016  
 Margaret M. Mielock 4/15/2017  
 Gale Mikles 1/17/2017

Boyd Miller 6/28/2017  
 Theodore Minnick 1/1/2017  
 Gerald F. Mosher Jr 11/10/2016  
 Robert L. Muhlbach 2/26/2017  
 Sandra Kay Nichols 2/12/2017  
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 Joan Oxender 4/9/2017  
 Marjorie Perry 3/25/2017  
 Clara Pittman 3/19/2017  
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 Robert Ridenour 4/21/2017  
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 Donald Schaible 3/25/2017  
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 William T. Sledd 7/6/2017  
 Harold Spaeth 4/8/2017  
 Virginia Stewart 6/20/2017  
 Christian Stock 11/20/2016  
 Bobbie Sudduth 6/12/2017  
 John H. Suehr 4/4/2017  
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# Retired couple travels the world, now lives in Mexico

By Sue Lenhard

For those of you who aspire to run The Amazing Race, meet the Dream Team that you wouldn't want to compete against: John and Andrea Funkhouser.

John began his career at MSU in 1976 with the Department of Chemistry. He served that unit in many capacities: business manager, operations manager, course instructor for both undergraduate and graduate courses, community liaison, and project manager for renovations to the Chemistry building. With his background in chemistry and his role as a community liaison, John became involved with forensic science cases and eventually teamed up with Dr. Jay Siegel from Criminal Justice to form a consulting firm for situations requiring forensic expertise.

Retiring from MSU in 1997, John continued his work with Dr. Siegel. John's work with K-12 science educators led to his authoring forensic science textbooks for high school students. It would seem John's retirement was very active for the first 11 years.

Andrea's career at MSU began in January 1993 with the Undergraduate University Division where she enjoyed the one-on-one advising she provided to No Preference students. Three years later she found her "home" in the College of Social Science, serving as an academic specialist for students majoring in Interdisciplinary Studies. Andrea's interest in cultures made her a natural fit to serve as the university's advisor for students completing the International Development Specialization. She would later be appointed as Assistant to the Dean for Study Abroad in the College of Social Science. Andrea retired from MSU in January 2008.

Approximately two weeks after Andrea's retirement, the couple headed south across the border and settled in



John and Andrea Funkhouser enjoy playing the drums in Morocco.

Mexico. The decision to retire abroad had been in the making for several years, influenced by their many travels. Both John and Andrea agree that an appreciation of different cultures and norms, and an ability to adapt, is key to making a successful transition to life outside the US. Ajijic, Mexico emerged as the top choice because of its proximity to the US, its having a significant ex-pat presence, its climate, culture and cost of living. While having their primary residence in a mountainous

region, they have also built a home near the ocean.

Andrea's advice: "First and foremost, retirees must factor health into planning a retirement abroad." While in relatively good health when they made the move, some age-related ailments have surfaced. But health care in Mexico is considerably less expensive than in the US and for their needs has been excellent overall.

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## “ Our travel life has been a parade through the pages of National Geographic.”

Andrea Funkhouser

Guadalajara, an hour away, boasts a number of state-of-the-art hospitals and medical facilities. Specialists that practice in Guadalajara also practice once or twice a week in clinics in their local community.

Curious as to how this couple developed their passion for travel and exploration of different cultures, I asked Andrea, one of my colleagues in the College of Social Science, to recount some of the significant influences and opportunities they experienced. For Andrea it began at the family level. A great grandmother, who had lived in France for several years and then lived with Andrea's family when she was 11-12 years old, along with a great uncle who was stationed in post World War II Japan, were both influential figures who regaled her with tales of life abroad.

For John, it began with Andrea. At her urging, he applied to and was accepted into a Ph.D. program in Chemistry at the University of Hawaii. From 1961-1965 they lived what Andrea refers to as “the dream of immersion into a multicultural society”. In 1970 John was invited to join the Max Planck Institute in Heidelberg, Germany as a visiting scientist for a year. So with three children in tow and a fourth on the way, the Funkhousers were Germany-bound and the next generation of Funkhousers was well underway to cultivating their own cross-cultural sensitivities.

In 1982 Andrea was selected to lead 20 Lansing Community College students on a 7-month plus intensive work/study program with a firm based in Osaka, Japan. And while Andrea had already



The Funkhousers hike to a monastery in Bhutan.

done graduate work in mathematics and business administration, it was this experience that inspired her to complete an M.A. in Inter-Cultural Communication at MSU in 1987. She would return to Japan in 1992 to teach for the program she originally led.

You may be wondering why I referred to Andrea and John as an Amazing Race “Dream Team.” Certainly there would be more travel experiences than those recounted above. For instance, other countries contending to become their retirement locale included Costa Rica, Italy,

Thailand and Croatia.

But big on their “bucket list” was their desire to take each of their six grandchildren on a trip abroad before they entered college. Their hope was to inspire yet another generation to become cross-culturally sensitive global citizens.

To that end, John and Andrea developed a list of places they still wanted to enjoy. The grandchildren would select from that list.

Their first grandchild expedition, an Amazon River trip in Brazil, took place in May of 2012. Andrea and John exclaim, “What a huge success!” With a guide, captain, cook and one crewmember, Andrea, John and their grandson traveled more than 200 km up the Rio Negro on an old riverboat. As the river was at a record flood level, some of their excursions were by canoe through treetops. Highlights included jungle hikes, fishing for piranha, swimming with pink dolphins, and a visit to the Iguazu Falls on the border of Brazil and Argentina.

That same year they traveled with a granddaughter to Scandinavia. Here they ferried up the Norwegian coast. They stopped to traverse the fjords, learned about sled dogs (200 Siberian Huskies were in attendance), enjoyed a Viking feast, and visited a Sami village. They ate their way through Latvia and toured the old town section of Riga. The week in Stockholm included sailing through its islands, visiting several museums and a walking tour of sites used in the Stieg Larsson trilogy. This journey concluded with a day to explore Reykjavik and its surrounding areas.

In 2014, the Funkhousers began a home exchange in Rome with their eldest granddaughter in tow. Museums, a few days up into the hill towns, and a day trip to the historic site of Herculaneum were highlights.

The professor with whom the home exchange was arranged also had a 51-foot yacht anchored off the coast of Athens. Bonus! That afforded them the opportunity to sail through some of the islands in the Cyclades group in the Aegean. And the trip would not be complete without experiencing tree house rooms in Olympos, Turkey, the whirling dervishes in Ankara, an exhilarating hot air balloon

ride over the mystical rock spires of Capadocia, and the treasures of Istanbul.

While their granddaughter returned to Australia, Andrea and John continued on to Urfa where they visited the 11,500-year old Gobekli Tepe site and the ancient town of Harran.

Colombia was the destination of choice for their youngest granddaughter. This 2015 excursion began in Bogata. Andrea indicates, “the Gold Museum is an exquisite must-see.”

They explored vastly different regions of the country and traveled by auto, air, and boat. They visited a salt mine cathedral, hiked up to 10,000 feet to see a sacred lake, picked coffee beans in the growing area of Armenia, and toured the Cocora Valley with its towering wax palms. All this and more. The three wholeheartedly agree that Colombia may be one of the most beautiful countries in the world.

Destination number five: Antarctica. This was with their 15-year old grandson who had never seen snow as he has grown up in Zimbabwe and northern Queensland, Australia. So, in January of 2016 this adventure began.

As “Funkhouser Luck” would have it, their cruise through the Drake Passage (two days each way) was the first one in five seasons that was able to make all shore excursions and to sail through passages that are often blocked by floating icebergs. The 20 hours of sunshine each day afforded fantastic photo opportunities. One of the three was brave enough to take an Antarctic-waters plunge and complete a snowshoe climb to the top of a mountain. Hint, it wasn't John or Andrea. And so concluded this grandson's “trip of a lifetime”.

At the time of this writing their sixth grandchild's trip has yet to take place. However, by the time you read this, it will have occurred. It will have included a few days in Australia's Kakadu National Park, a mask festival in Papua New Guinea, and a visit to a remote island in Tonga for a week with the possibility to swim with the whales.

In their travels, which have taken them to almost 100 countries, it is understandably difficult at best for John and Andrea

“ Know yourself and be able to accurately assess what will bring you joy once you are freed from the schedules of work life. Know your limits and know that physical decline does happen, but pushing yourself pays huge dividends and can certainly help you to feel empowered.”

Andrea Funkhouser

to identify a favorite destination. Each place has uniquely enriched them in numerous ways whether it is exploring new foods (Mopani worms, fried tarantula, cuy), trying a new skill (blowing a poison dart arrow, learning to put on a summer kimono, dance like a native), and engaging with warm, welcoming people from such diverse cultures as the lip-plate wearing Mursi of Ethiopia, the long-neck Karen of Myanmar, the Bogolanfini artisans of Mali, or the long-eared Dayak of Borneo. As Andrea states, “Our travel life

has been a parade through the pages of National Geographic.”

As a favorite story of all their worldly travels, Andrea recounts a particularly touching one that occurred when she and John were shopping in Bukhara, Uzbekistan.

During negotiations to purchase a Suzani and a rug from Zarina, the young owner of this shop, they learned that Zarina had been able to attend an International Folk Art Market in Santa Fe, N.M., with the help of a sponsor from Okemos. This “connection” with that woman left Zarina feeling comfortable enough to trust the Funkhousers to wire her the \$1100 after they returned home. Credit card crisis averted. Chalk one up for faith in the goodness of humanity.

The Funkhouser's travel strategies have evolved over the years. Where once they relied on a large collection of “XYZ on \$5 a day” resource books, technology has become the preferred mode of operation.

They have joined two “home exchange” sites. This allows them to keep their travel expenses reasonable and their trips more interesting. They enjoy the educational aspect of living briefly in a local environment, of shopping where the locals shop, and of getting to know their exchange partners.

Even without a home exchange arrangement, John and Andrea seek out inexpensive (and perhaps sometimes quirky) hotels, hostels, campsites or Airbnb accommodations. As the saying goes, “A rolling stone gathers no moss.” Neither do the Funkhousers.

I asked Andrea what general advice she would have for retirees. She is a firm believer in the “Bucket List.”

“Know yourself and be able to accurately assess what will bring you joy once you are freed from the schedules of work life. Know your limits and know that physical decline does happen, but pushing yourself pays huge dividends and can certainly help you to feel empowered.”

At ages 79 and 74, John and Andrea traveled to Bhutan. Two years earlier both had been diagnosed with serious heart

Please see TRAVEL on page 15



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**9/16 Saturday**

**Fairchild Fanfare**

MSUFCU SHOWCASE SERIES  
3:00 p.m. Fairchild Theatre, MSU Auditorium  
A fast-paced montage showcasing a fabulous array of musical talent. *Generously sponsored by Drs. Lou A. and Roy J. Simon*  
\$20 for adults; \$18 for seniors; \$10 for students.

**9/28 Thursday**

**Wind Symphony**

7:30 p.m. Cobb Great Hall, Wharton Center  
Kevin L. Sedatole, conductor  
Joseph Lulloff, saxophone soloist  
Works by Kolo, Tower, Dahl and Bernstein  
\$10 for adults; \$8 for seniors; Free for students.

**9/29 Friday**

**Symphony Orchestra**

8:00 p.m. Cobb Great Hall, Wharton Center  
Kevin Noe, conductor  
Works by Berlioz, Schubert and Ravel  
\$10 for adults; \$8 for seniors; Free for students.

**10/16 Monday**

**I Never Saw Another Butterfly, Music of the Holocaust**

JOANNE AND BILL CHURCH WEST CIRCLE SERIES  
7:30 p.m. Fairchild Theatre, MSU Auditorium  
Music inspired by the Holocaust. *Generously sponsored by Byron and Dee Cook*  
\$15 for adults; \$12 for seniors; \$5 for students.

**10/28 Saturday**

**State Singers and University Chorale**

8:00 p.m. Fairchild Theatre, MSU Auditorium  
Jonathan Reed and David Rayl, conductors  
\$10 for adults; \$8 for seniors; Free for students.

**11/6 Monday**

**Carnival of the Animals, Music of Camille Saint-Saëns**

JOANNE AND BILL CHURCH WEST CIRCLE SERIES  
7:30 p.m. Fairchild Theatre, MSU Aud. \$  
Composing in every genre, Saint-Saëns was a brilliant pianist. *Generously sponsored by Mike and Midge Morrow*  
\$15 for adults; \$12 for seniors; \$5 for students.

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**CLINICAL QUESTION, continued from p. 8**

**RECOMMENDATIONS**

1. The U.S. Preventive Services Task Force (USPSTF) concludes that the evidence is insufficient to assess the balance of benefits and harms of routine screening for chronic kidney disease (CKD) in asymptomatic adults.
2. The evidence on routine screening for CKD in asymptomatic adults is lacking, and the balance of benefits and harms cannot be determined.
3. Those who suffer from hypertension and diabetes should be more cautious about any change in their kidney function.
4. It is advisable to discuss your kidney function test with your physician.

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—Dr. Raza Haque, MSU Health Team

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Effective July 1, 2016, rather than charge a subscription fee for our newsletter, MSURA's Board of Directors has voted, instead, to encourage our members to make an annual financial, tax-deductible donation to Michigan State University and designate your gift to the MSU Retirees Association, Account AB272. Any gift you make will also count toward your University donor society. Your donation will pay for programs services, materials, mailings and office expenses budgeted by your Board. If you're a member who has paid your subscription fees in advance, you'll continue to receive the same benefits you always have, including electronic or paper newsletters.

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**TRAVEL, continued from p. 13**

issues. But, they were determined to remain travel-ready and thus were able to successfully complete a 1700-foot climb starting at 8500 feet and ending at 10,200 feet at the Tiger's Nest Monastery.

I also asked Andrea what occupies their time when not traveling—yes, sometimes they are at home in Mexico. She half-jokingly replied, “planning the next trip.”

So, when not planning their next adventure, they enjoy patronizing favorite restaurants with friends, attending local theatre productions, taking in numerous artisan festivals, and traveling three gorgeous hours down to the Pacific coast to stay at their beach home.

Along with selling off his large stamp collection, John has been digitizing thousands of slides with the hope of creating books about their travels. And then there is the management of their three rentals: the beach house, the casita and a separate guest room, the latter two being on their property in Ajijic. Life is full, rich and rewarding for the Funkhousers, just as retirement should be. If you wish to learn more about life in a Mexican village, their rentals, their travels, and even their medical adventures around the world (there have been several), you may contact Andrea at: [funkhou1@msu.edu](mailto:funkhou1@msu.edu).

I hope you have enjoyed getting to know Andrea and John Funkhouser—the Dream Team you don't want to compete against should you decide to run The Amazing Race.

*Sue Lenhard, guest columnist for this edition, retired from MSU in December 2012. She began her Academic Advising career in the Office of Student Affairs for the College of Education. She later served as an advisor in the Department of Psychology and concluded her advising career in the Department of Economics. Sue's retirement has taken a different turn than anticipated. In the past few years, much of her time has been involved with caregiving. To relieve some of the stress from long-term caregiving she has most recently “dabbled with” watercolors. And every now and again she puts “pen to paper” as she did for this issue.*





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# Welcome Fall!

## Lessons on Investing – Did you know?

StraightLine is a fiduciary that was chosen by MSU to provide professional advice and management to both employees and retirees at MSU. Our experienced advisors and dedicated research staff allows us to offer unbiased information to the MSU faithful. We present the following for your review:

### Straight to the Point

**Market Update** - After a brief pause, stocks have continued on their strong run this month. Meanwhile, as expected the Federal Reserve raised the rate range by another 0.25% at their June meeting. Thus far both stock and bond investors have shrugged off any potential concerns and continue to generate solid returns. Volatility was virtually non-existent in the first half of the year, and that's not something that we'd expect to continue for too much longer. However, as we've mentioned before, we believe that generally strong fundamentals are behind the rally in equities, which bodes well for future gains.

**Investment Implications** - We continue to favor international equity markets over domestic, believing the large discrepancy in both valuations and returns will eventually lead to the narrowing of the gap in performance. As long as fundamentals hold up and international continues to lead, domestic equities should fare well, but with markets looking fairly valued there isn't the same upside potential. Bonds will continue to act as a diversifier and protect against any stock market volatility, but we aren't expecting too much more in the way of gains. Near term risks include the inability of our government to pass any legislation, the German elections in the fall, and gradual move away from monetary easing by central banks.

Our quarterly newsletter (StraightTalk) walks through the macro information that we are utilizing in respect to our near term strategy. Please contact us if you are interested in receiving these newsletters or discussing our macroeconomic views.

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