



MSU RETIREES ASSOCIATION

SPARTAN SENIOR NEWSLETTER

January 2019

VOL. 40, NO. 4

Preliminary results of survey yield interesting finds

More than 700 retirees participated in MSURA's two recent surveys. One survey went to recent retirees (1-3 years from retirement) and the other survey went to individuals who retired from MSU more than three years ago. Thanks to all of you who completed and returned these surveys. Now, we are in the process of analyzing the data we gathered. The survey findings will enable us to align our programs and services more closely to the interests and needs of our members. While a thorough analysis of the surveys will take some time, we can share a few preliminary findings about MSU retirees and their interests.

For our longer-term retirees, 53 percent of those who responded still live within 10 miles of campus. Even retirees who live far away stay connected through MSURA communications. Fifty-nine percent of our respondents said they always read the MSURA Newsletter and 60 percent

Of longer-term retirees, nearly 97 percent of those who completed the survey indicated they are fully or partially satisfied with their retirement at present.

reported they read our E-Notices.

We also learned that long-term MSU retirees stay active in many ways. For example, 44 percent of our respondents do some kind of volunteer work. Although most respondents indicated they only rarely or occasionally participate in MSURA events, many expressed interest in future activities we might sponsor. Day trips to Michigan sites of interest, overnight or longer trips, and social activities with other retirees generated considerable interest.

We were pleased to learn that a large majority of longer-term retirees

are satisfied with their lives in retirement. Nearly 97 percent of those who completed our survey indicated they are fully or partially satisfied with their retirement at present.

More recent retirees may still be in the process of figuring out their approach to retirement. Only 47 percent reported they plan to remain in the East Lansing area while 33 percent indicated they are not sure whether they will stay in this area. Only 43 percent of respondents currently do volunteer work, but 80 percent indicated some interest in considering volunteer opportunities. Respondents stated they have varied plans for retirement including travel, exercise, spending time with family and friends, reading, and volunteering. Topics recent retirees wish to learn about include health and fitness, travel opportunities, local information and events, and MSU health and benefits information. MSURA will

Please see SURVEY on page 7

MSU archivists say donating your papers & more to University Archives provides a home, safekeeping

Looking for a place to donate your professional papers? Look no further than the University Archives & Historical Collections. Retired MSU faculty and staff can transfer their records to the University Archives for permanent safekeeping. Your papers will be part of a repository that includes the papers of other influential faculty and staff, such as Barnett Rosenberg, Ruth Simms Hamilton, Robert C. Kedzie, G. Malcolm Trout, and Linda

Oliphant Stanford. Faculty and staff records are a wonderful source that document the career of the faculty/staff member, and the history of the university.

Recent donations include collections from Joanne Westphal, professor of landscape architecture, Paul Rubin, professor of management science, and Kenneth L. Thompson, MSU Computer Laboratory. Additionally, we have received the MSU

Please see ARCHIVES on page 7



Materials provided by Kenneth L. Thompson from the MSU Computer Laboratory.

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Editor	Rick Vogt	517-242-1324
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WEBSITE

Webmaster & Facebook Manager	Anders Johanson	517-974-8994
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Development Fund Coordinator	Dan Chegwiddden	517-884-1068
Old Newsboys	Bruce Smith	517-323-9579
Photographer	Mary Lou Gifford	517-881-3278
MSU Shares	Darlene Wenner	517-339-1685



PRESIDENT'S MESSAGE

Rick Vogt

Happy New Year!

We had MSU College of Music graduate students perform for us at our December membership meeting. It was a nice combination of holiday music and other music from around the world. Nice for the holidays and also educational.

Thank you for taking the MSU Retirees survey. Response rate was very good and provided lots of great information to help us plan future services and events for retirees. Thanks to Roger Baldwin, Bill Anderson and John Williamson for their work on the survey.

This year's MSURA Annual Meeting will be TUESDAY, May 7, 2019, 11:30 a.m. at the MSU University Club. Please save the date. Details and sign-up information will be available soon.

Go GREEN!

Retirement is Work!

By Tom and Kevin Cocozzoli



Those pesky packages: Efforts underway to make packaging safer, more user-friendly

Secure packaging often becomes a challenge as we age and lose muscle strength. The labeling on packaging can also be a problem to understand and follow correctly. Dr. Laura Bix, professor in the School of Packaging at MSU and an adjunct associate at Clemson University, will share her research on packaging issues and report on steps the packaging industry is taking to make packaging more user-friendly and labeling more useful to consumers.

In 2008, Bix was named one of the 100 most notable people in the medical device industry by the Medical Devices and Diagnostics Industry.



Laura Bix

March meeting to feature developments in treatment of alzheimer's disease

Dr. Scott Counts will review recent research on Alzheimer's disease and discuss new developments in the treatment of this life-altering illness.



Scott Counts

In 2013, Counts was recruited to MSU from Rush University Medical Center as an associate professor of translational science and molecular medicine (primary) and family medicine (secondary) at the Grand Rapids campus. His research has been continuously funded since 1998 and he is an author of more than 75 papers and book chapters on the molecular pathogenesis of dementia. Counts earned his Ph.D. in neuroscience from Emory University.

When Monday, Feb. 11, 2019

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

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

When Monday, March 11, 2019

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

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

MSU Retiree Life Insurance: Changes in designating your beneficiary

Change to MSU Retiree Life Insurance Beneficiary Designation Now Live
MSU Human Resources recently announced a change in how beneficiary(ies) are designated for MSU's optional life insurance coverage. As of January 1, 2019, Prudential Insurance Company of America is now administering the beneficiary designation process – making the process of naming your beneficiary to connecting with your loved ones over the life claim seamless.

If you are enrolled currently in MSU's Optional Life Insurance, you should have received a letter in the mail directly from Prudential. If you previously designated your life insurance beneficiary through the EBS Portal, you will need to re-designate your beneficiary(ies) through the Prudential website at prudential.com/mybenefits. If you have not designated a beneficiary, you can now complete this through the Prudential website. The letter from Prudential provided directions on how to complete this.

If you have further questions on this process, or if you did not receive a letter from Prudential and believe you should have, contact Prudential at 800-778-3827 for assistance.

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Visit the MSU theatre's Scene Shop on Jan. 30

Kirk Domer, MSU Theater Department chairperson, and his colleagues, Mark Willoughby and Levi Gallo-way, have invited MSU retirees to



Kirk Domer

tour the MSU Theater Department's Scene Shop. The event will be held on Jan. 30 at 2 p.m. Details are below. Scenes from "Oklahoma!" will be under development at the time

of the tour. This will be a great time to see the scenes at full scale and hear about the process to create them. Check out this year's plays at <http://theatre.msu.edu>.

What Tour, MSU Theatre

Department's Scene Shop

When Wednesday, Jan. 30, 2019

Time 2 p.m.

Where Farm Lane and Mt Hope Roads, behind the MSUFCU branch. We will meet at MSUFCU branch's Community Room before the tour.

Meet the MSURA genealogy interest group



From left to right: Brenda Vogt, Judy Nash, Jenny Olson, Perrin Parker, Mary Kennedy, Vern Siefert, Kate Wright, Cathy Estrada, facilitator, and Carolyn Haines.

The MSU Retiree Genealogy interest group includes very experienced researchers and those just beginning to dip their toes into genealogy research. The group has gone on field trips to the Michigan Historical Museum and joined a local group on a bus trip to a research library in Indiana.

The purpose is to help each other with research either at the meetings or by sharing information through the email group. About 7-10 people come to the meetings regularly and 30 others are on the e-mail list.

The group usually meets on the second Wednesday of the every month at 1:30 p.m. in the ground floor conference room of the Nisbet building. If you're interested in joining the group, contact Cathy Estrada beforehand in case there is a change in the date or time of the meeting Email her at cje1026@yahoo.com. — *Cathy Estrada*

Nov. membership meeting featured women's golf coach

Stacy Slobodnik-Stoll, MSU women's golf coach, gave an interesting perspective at the November meeting on what it takes to be a coach who mentors young people to be successful on the golf course, in the classroom and in life.

Slobodnik-Stoll, a former Spartan player and 2017 Michigan Golf Hall of Fame inductee, was named head coach in 1997 and immediately began assembling the talent necessary to contend for Big Ten Championships and compete at the national level. As head coach, she has led the Spartans to 18 NCAA Regional appearances, 11 trips to the NCAA Championships, and six Big Ten titles. Slobodnik-Stoll is a four-time Big Ten Coach of the Year and was named the Midwest Region Coach of the Year in 1999.



Stacy Slobodnik-Stoll



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

AARP Programs scheduled for 2019

■ FRAUD WORKSHOP, FRAUD WATCH NETWORK

Tuesday, Jan. 15, 2019, 10 a.m. to Noon

Location: MSUFCU Mt Hope & Farm Lane branch, Community Rm.

The Fraud Watch Network presentation provides current statistics on identity theft and fraud, identifies the frauds and scams that are trending in Michigan, and the approach scam artists to take to defraud their victims. Tips about how someone might protect themselves against fraud, scams, and identity theft are offered. Additional information in the form of booklets and brochures and other resources are provided.

■ EMERGENCY PREPAREDNESS

Tuesday, Feb. 12, 2019, 10 a.m to Noon

Location: MSUFCU Mt Hope & Farm Lane branch, Community Rm.

Although we are not likely to have a hurricane hit MI there are any number of disasters that could happen. This workshop will present how to create an emergency plan and what you should pack in your “go bag.”

■ GETTING TO KNOW APPS

Tuesday, March 12, 2019, 10 a.m. to 12:30 p.m.

Location: MSUFCU Mt Hope & Farm Lane branch, Community Rm.

Introductory class on how to use your mobile device (mobile phone, iPad, tablet, etc.) 1-hour sessions for each type of device. Apple devices (10 a.m.–11:15 a.m.) Android (11:30 a.m.–12:30 p.m.) Separate sessions with 15-minute break between sessions.

■ GOOD FORM WALKING

Tuesday, April 9, 2019, 10 a.m. to Noon

Location: MSUFCU Mt Hope & Farm Lane branch, Community Rm.

AARP in conjunction with Playmakers offers Good Form Walking coaching. Good Form Walking is a method to help walkers of all ages and abilities move forward more efficiently and healthier.



IN MEMORIAM

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

Gerald L. Davis	9/17/18
Gunnar Peterson	9/25/18
Helen B. Irvine	9/30/18
Delores A. Perry	10/5/18
James W. Atkinson	10/9/18
James Milton Harkema	10/9/18
A.A. Pollack	10/11/18
George R. McQueen	10/21/18
Laurence A. Cushman	10/22/18
Robert R. Fedore	10/23/18
John H. Ferres	10/24/18
David A. Reinke	10/27/18
Linda Salemkka	10/30/18
Patricia Julius	11/3/18
Lyle Gerred	11/3/18
Raymond J. Kunze	11/4/18
Marjorie Tate	11/5/18
Yvonne P. Kelley	11/9/18
Nikolay Dimitrov	11/10/18
Beverly Garrison	11/16/18

MSU Shares/United Way Campaign

MSU retiree volunteers helped the MSU Shares Campaign once again this year. Darlene Wenner is the MSURA representative on the MSU Shares Campaign. She and numerous others helped with the mailing.

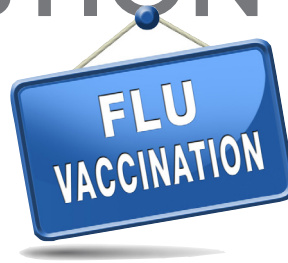
Last year retirees donated more than \$64,000. Just a friendly reminder to make your contribution to this year's campaign if you have not already done so. Campaign information was mailed to retirees early in November. Information is available on the MSU Shares website as well.



Check out the MSURA Facebook page and share your story

Are you involved in an interesting endeavor? MSURA wants to hear from you! Send us photos and/or a paragraph of your involvement and we'll add them to the MSURA Facebook page. View all MSURA posts and photos at <https://www.facebook.com/MSURetirees>.

CLINICAL QUESTION



Why do we need a flu shot every year?

Welcome to this column in the Spartan Senior. Please submit clinical questions to Rick Vogt, editor of the Spartan Senior, vogtr@icloud.com.

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.

Why do we need flu vaccine every year?

The virus tends to mutate into a new strain and poses threat of infection in people who haven't developed immunity to it. Therefore, the Centers of Disease Control, (CDC) identifies the new strains each year and develops an appropriate vaccine. The virus mutates very quickly, so the vaccines are not 100% effective but do account for the majority of the identified strains.

Flu vaccine provides protection from severe respiratory illness from different strains of flu virus. Flu or influenza can affect everyone, but tends to cause serious illness in elders, young children population and people with health conditions such as diabetes, cancer or other chronic conditions. If contracted, this infection can result in serious illness with a risk of death in vulnerable population.

How many Types of flu viruses are there? There are three types of flu viruses: types A, B, and C. Type B flu viruses are less serious but most often affect young children. Type C causes illnesses like the common cold.

Which viruses are more likely to cause flu in the season? During flu season, one or two strains of circulating Type A and Type B virus are almost always responsible for the illness.

How are these viruses identified in population during a flu season? During each season circulating virus strains of type A and B are identified by the researchers and vaccines are developed against them. The FDA with WHO has a key role in selecting the strains to be included in seasonal flu vaccines each year.

Does flu vaccine provide protection from all three strains? No. Since, type C usually causes mild infections. The vaccine is designed specifically against

type A and some strains of Type B virus, which causes serious infections in population.

How many vaccines are available for each flu season? Influenza vaccines are designed to target three or four of the influenza viruses that are most likely to circulate during the season: two influenza A types (H1N1 and H3N2) and one (trivalent formulation) or two (quadrivalent formulation) types of influenza B.

What is the process of preparing vaccine? Once, FDA and WHO advisory panel finds the likely strain of flu virus, the manufacturers would start preparing vaccines against the identified strains. Each year two types of common flu vaccines are available.

Trivalent — this vaccine protects against three strains of the flu: two A strains and one B strain. The trivalent vaccines have traditionally been the most popular and affordable flu vaccine

Quadrivalent — this vaccine offers protection against four strains: two A strains and two B strains. As of the 2016-2017 flu season, the quadrivalent shot made up about half of the available doses of the vaccine. Though pricier, they do protect from all 4 strains of the flu virus.

Which virus strains are in the 2018 flu shots? For the 2017-2018 flu season, the FDA has cleared the following strains for each vaccine:

Trivalent Vaccines: A/Michigan/45/2015 (H1N1) pdm09-like virus A/Hong Kong/4801/2014 (H3N2)-like virus B/Brisbane/60/2008-like (B/Victoria lineage) virus.

Quadrivalent Vaccines: In addition to the 3 strains mentioned above: B/Phuket/3073/2013-like (B/Yamagata lineage) virus.

Please see FLU VACCINE on page 8

SURVEY, continued from p. 1

consider these interests as it plans future programs for our members.

Nearly 90 percent of recent retiree respondents are familiar with MSURA. However, only 21 percent reported they have participated in activities the association sponsors. The MSURA board will be reaching out to both recent and longer-term retirees to increase their involvement in the future.

Like their more established retiree colleagues, recent retirees seem to be enjoying their new situation. Ninety-one percent of those who responded noted they are fully or partially satisfied with their retirement at present.

Stay tuned for future reports on our survey findings. MSURA will analyze the survey data carefully so we can better serve our diverse members and enhance the quality of their retirement years.

ARCHIVES, continued from p. 1

Business Women's Association records from Judy Nash, and the Darwin Dale natural science photography collection.

The University Archives is interested in administrative files, university publications, photographs, audiovisual materials, research, syllabi, lecture notes, correspondence, articles and speeches written by faculty and staff, as well as committee materials, and department records. We accept paper, and electronic files. We accept donations of any size, from a few folders to numerous boxes.

Materials the University Archives does not collect include published materials used for reference, such as books and articles, confidential information, and three-dimensional objects, such as plaques or awards. The University Archives works

closely with MSU Libraries and the MSU Museum to transfer materials better suited for their collections.

The University Archives staff realize donating materials can be a challenging process. It can be emotionally difficult to let go of the materials that represent your professional life. We are happy to answer any questions you have. We can also assist with packing materials, and transport.

Please contact Sarah Roberts, Acquisitions Archivist (517-884-6440, rober472@msu.edu), or Seth Martin, MSU Libraries Development Officer (517-884-6446, marti981@msu.edu) for more information.

—Sarah Roberts, Acquisitions Archivist, and Megan Badgley Malone, Collections and Outreach Archivist

Eli and Edythe Broad Art Museum

Michigan State University

broadmuseum.msu.edu

OSCAR TUAZON

517 884 4800

WATER SCHOOL

OPENING FRIDAY, JAN. 25

Oscar Tuazon investigates the relationship between art, architecture, and issues related to water and land rights in the MSU Broad's next major exhibition. Please join us for an evening reception on Friday, followed by a day-long program of special guest speakers, performances, and art-making opportunities on Saturday, Jan. 26.

Curated by Steven L. Bridges, Associate Curator, and Marc-Olivier Wahler, Director.



Oscar Tuazon, *Zome Alloy*, 2016

MSU BROAD

If you're interested, you can read a (very) detailed report from the WHO on the different strains included in 2017-18's flu shots. Your doctor or a provider at an urgent care clinic can advise which type of flu shot will be best for you, as well as answer any questions.

Why did so many people get sick last year despite getting the flu vaccine? Last year's flu vaccine was less protective than it had been in many previous years. In part, this was because the vaccine was not as effective against one of the predominant circulating strains of influenza. That circulating strain of influenza was contained in the vaccine. In other words, we guessed right about the common strains that dominated last year's flu season. The problem was that the "seed" influenza strain that was used to produce the vaccines had changed in some subtle but meaningful ways. It's now believed that part of the reason that the vaccine was not as protective is that the flu strain used to manufacture the vaccine mutated very subtly during the development process. The result of these small, but very targeted changes, was that the protective immune "antibodies" that the flu vaccine elicited were slightly different than what people needed to mount the most effective immune response to the virus.

What is the difference between last year and this year? This year, most shots will be *quadrivalent*, meaning they protect against four (rather than three) different types of flu.

What flu vaccines are recommended this season? For the 2018-2019 flu season, health providers may choose to administer any licensed, age-appropriate flu vaccine (IIV, RIV4, or LAIV4).
IIV — Inactivated influenza vaccine
RIV — Recombinant influenza vaccine that does not use the live virus for production

LAIV — Live attenuated influenza vaccine

Trivalent flu vaccines include:

- One standard-dose trivalent flu shot (IIV3) manufactured using virus grown in eggs. This shot (Afluria) can be given either with a needle (for people aged 5 years and older) or with a jet injector (or people aged 18 through 64 years only).
- A high-dose trivalent flu shot (Fluzone High-dose), approved for people 65 years and older.
- A trivalent flu shot made with adjuvant (Fluad), approved for people 65 years and older.

Quadrivalent flu vaccines include:

- Standard-dose quadrivalent flu shots that are manufactured using virus grown in eggs. These include Afluria Quadrivalent, Fluarix Quadrivalent, FluLaval Quadrivalent, and Fluzone Quadrivalent. Different flu shots are approved for different age groups. Some are approved for children as young as 6 months of age. Most flu shots are given in the arm (muscle) with a needle. One quadrivalent flu shot (Afluria Quadrivalent) can be given either with a needle (for people aged 5 years and older) or with a jet injector (for people aged 18 through 64 years only).
- A quadrivalent cell-based flu shot (Flucelvax Quadrivalent) containing virus grown in cell culture (that is egg-free), which is approved for people 4 years and older.
- A recombinant quadrivalent flu shot (Flublok Quadrivalent)

Options this season include:

- Standard dose flu shots. They are usually given with a needle, but two (Afluria and Afluria Quadrivalent) can be given to some people (those 18 to 64 years old) with a jet injector.

- High-dose shots for older people.
- Shots made with adjuvant for older people.
- Shots made with virus grown in cell culture.
- Shots made using a vaccine production technology () that does not require the use of flu virus. recombinant vaccine
- Live attenuated influenza vaccine (LAIV) – or the nasal spray vaccine – is also an option for use during the season for some special cases

What is egg free vaccine? A person needing flu vaccine would be able to get either an egg-free trivalent vaccine or a high dose vaccine. The egg-free version of the flu vaccine, called Flublok, is made for people with severe egg allergies but is only available to those over the age of 18.

Which vaccine is right for me? If you have an allergy to eggs or any of the ingredients in the vaccine. Talk to your doctor about your allergy. See Special Considerations Regarding Egg Allergy for more information about egg allergies and flu vaccine. Your physician can help you choose the appropriate vaccination and specific concerns

Is nasal spray flu vaccine an option for me? In past years, a nasal-spray flu vaccine, called FluMist, was available. As of the 2016-2017 flu season, and into 2018, the CDC has advised against it due to research that found it ineffective. Nasal Spray Flu Vaccine is not an option for healthy people older than 49 years of age. Are any of the available flu vaccines recommended over others? For the 2018-2019 flu season, the Advisory Committee on Immunization Practices (ACIP) recommends annual influenza vaccination for everyone 6 months and older with any licensed age-appropriate flu vaccine including inactivated influenza vaccine (IIV),

Please see FLU VACCINE on page 9

recombinant influenza vaccine (RIV4) or live attenuated influenza vaccine (LAIV4) with no preference expressed for any one vaccine over another.

Is there any evidence of effectiveness and efficacy of these vaccines? Data from studies comparing the efficacy or effectiveness of three main vaccines with one another against laboratory-confirmed influenza outcomes among older adults are limited, which prevents recommending one of these three vaccines over another for this population. Fluzone High-Dose (HD-IIV3) met prespecified criteria for superior efficacy against laboratory-confirmed influenza to that of SD-IIV3 in a randomized trial conducted over two seasons among 31,989 persons aged ≥65 years, and might provide better protection than SD-IIV3 for this

age group (57,63,64)
Are there more side effects with high dose vs standard dose flu vaccine? In comparative safety studies, some injection site and systemic reactions were observed more frequently in older persons vaccinated with HD-IIV3 and aIIV3, compared with unadjuvanted SD-IIV3 (61,62).

Is there any one preferred flu vaccine over others? Currently, no recommendation or preference for any one vaccine type exists. ACIP (Advisory Committee on Immunization Practices) will continue to review data concerning the efficacy and effectiveness of these vaccines.

I want to receive a specific type of vaccine; can I defer my vaccination until the type of vaccine

is available? Vaccination should not be delayed if a specific product is not readily available.

So, I am confused! Which vaccine is the right one for me? For persons aged 65 years and older, any age-appropriate formulation, whether standard-dose or high-dose, trivalent or quadrivalent, is an acceptable option. The high dose vaccine is intended for people age 65 and older to make up for their weakened antibodies. Both alternative vaccines are just as safe and effective as the standard shots.

Please note: Free Flu Shots are available through the MSU Clinical Center Pharmacy. Two presentations are available, high dose for those 65 years of age and older and standard dose for those 18 years of age and older.

Donations to MSURA encouraged

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.

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He loves his retirement job, which is a lot like his regular job



William Bezdek

Retired MSU engineer William Bezdek loves his retirement job, which is very much like his former line of work. He was employed at the MSU Physical Plant Engineering Services department for 25 years, from 1964 to 1989, and during that period of service he designed alterations and improvements to campus buildings, including five swimming pools; office, classroom, and computer lab remodeling; and water supply wells and treatment plant. This led to fascinating experiences which are chronicled in his book “Behind Ivy Covered Walls,” available from Amazon and reviewed alongside this article. Bill did this work in the old fashioned way: using pencil on a drafting board, with erasers close at hand.

Bill had operated a small home business before retirement, and upon retirement from MSU, he expanded his consulting engineering business, Bezdek Associates, Engineers PLLC. His specialty is HVAC (heating, ventilation, and air conditioning). BAE’s first large contract was for the expansion of the Michigan Millers Insurance building in Lansing. Since then Bill has designed more than 105 senior retirement communities in Michigan and Indiana, among other projects. Bill does the necessary design work, now using computer aided design (CAD) that makes project work move much faster. His wife, Marilyn, acts as accountant, office manager and secretary. He supervises the work of independent design contractors performing plumbing and electrical design. In 2018 he celebrated 38 years in practice without ever having a lawsuit or liability insurance claim against his business. Much of his design knowledge went into building his own house 45 years ago.

During our interview Bill spoke fondly of his work and even took a phone call from a client, who needed some added explanation of the plan of work at his business. For 18 years Bezdek was the featured guest on a

monthly hour-long, call-in show on WKAR radio. The topic was heating, air conditioning and ventilation advice for those who called in with personal household questions and advice.

In addition to his obvious enjoyment of what he is doing, Bezdek also appreciates the financial contribution of his retirement business toward family travel. He has crewed on a sailboat to many destinations in the Great Lakes and Canada. In addition they have traveled extensively in the United States, visiting 47 states, Mexico and Canada in their much beloved class A motor home. His four young grandsons have all enjoyed adventures on the road since they were three years old. The Bezdeks have also traveled to 32 countries, exploring many World Heritage sites.

Bill pursues a number of hobbies, ranging from computers and high tech equipment to voracious reading on many subjects, with special interest in science and medicine. He holds a commercial pilot license and was a flight instructor in MSU’s Winged Spartans flying club for 10 years. He is also a life member in the United States Power Squadrons, a national boating educational organization. But, he says he prefers to work with his hands in woodworking or metalworking projects rather than to work with his mind. This artisan type of work provides a nice contrast to the engineering projects formulated in his mind and brought to life with computer aided design tools. When asked about regrets, Bill says he is sorry for having never joined an all-male choir to make musical use of his deep baritone voice, and that he did not pursue piano. For one who has achieved so much in his life, this is not a bad regret list, and after all MSU’s Community Music School is still available for retirees who want to broaden their musical life.

—Al LeBlanc

BOOK REVIEW

Have you ever wished that you had an interesting detective story that was just a few pages long to read while waiting for a doctor's appointment or for your granddaughter's ballet class to end? Did you spend many years working on the MSU campus, and did you grow to love that campus? If you answered "yes" to both questions, William Bezdek's book *Behind Ivy Covered Walls*, published by Bezdek Associates and available from Amazon for \$ 12.95 might be just the kind of book you will enjoy.

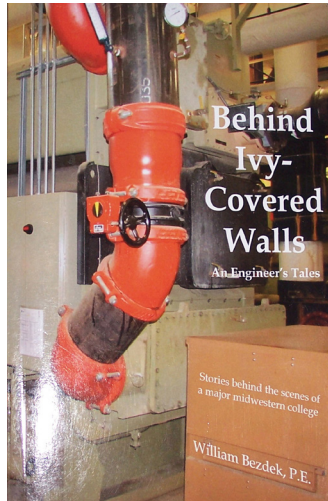
Bezdek is an engineer who worked with the MSU Physical Plant from 1964 to 1989. It looks like a great deal of his job involved trouble shooting when things went wrong for the university's buildings or equipment, and his book is a series of very short stories about problems he encountered and solved during his 25 years at MSU. And the "major Midwestern college" that was the home of these problems recounted in the book will soon be recognized as MSU.

Bezdek had to deal with air conditioning systems that didn't cool, heating systems that didn't heat, and a basement equipment room that turned into a veritable swimming pool, as well as a constant battle to control costs on major construction or improvement projects. He writes clearly, and the book is a rapid and easy read. If you are a homeowner, you will relate to the university's problems and be thankful that yours are on a much smaller scale. Some episodes read like a detective story, and as reader you come to admire the author's resourcefulness in pursuing each problem to a solution.

It helps if the reader is interested in engineering — I didn't think that I was, but I must be, judging from the pleasure I got from reading this book. If you spent most of your career on the MSU campus, like I did, you will enjoy trying to figure out the buildings and locations of the problems the author describes but does not identify by name.

This short book of 181 pages does not need to be read from cover to cover. The brevity of each story will permit you to pick it up from time to time without fear of losing track of a longer narrative. This book will appeal to faculty, staff and alumni alike.

—Al LeBlanc



Review of *Behind Ivy Covered Walls* by William Bezdek

It looks like a great deal of his job involved trouble shooting when things went wrong for the university's buildings . . . or equipment.

Every Spartan tree has a story

On a brisk and breezy October afternoon, approximately 35 MSU Retirees and friends were treated to a walking tour of historic MSU trees. The tour was led by Dr. Frank W. Telewski, MSU professor of plant biology and curator of the W. J. Beal Botanical Garden and Campus Arboretum.

Telewski did have a story for every tree. For example, he told the story of a white oak tree (near Linton Hall) blown over in a recent windstorm. Telewski and other MSU scientists analyzed the remains and determined the age of the tree to be over 200 years old. Other trees damaged in the windstorm were estimated to be between 350-400 years old.

Telewski also explained the origins of the Beal Arboretum and Garden, founded in 1874 by MSU Professor W.J. Beal. These spaces served as research labs for faculty and as an outdoor teaching laboratory for MSU students.

At the end of the tour, it was clear that Telewski had not only extensive knowledge about the trees of MSU, but also a passion for preserving them.



A campus tree towers over the MSURA group on a cool fall day in October.



Many trees on campus have plaques that identify them to interested passersby.



Prof. Frank Telewski of plant biology led the tour of about 35 people.



**Suite 22 Nisbet Bldg. MSU
1407 S. Harrison Road
East Lansing, MI 48823-5239**

Happy New Year!

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 - For a brief moment it looked like everything was going to be okay. Volatility has certainly picked up over the last two months and the selling in equities has been felt across markets. It appeared that there was a light at the end of the tunnel recently, as Fed Chair Jerome Powell stated that the Fed was just below the neutral rate, leading investors to believe that the pace of rate hikes may slow in 2019. Then at the G20 meetings the much anticipated trade talks between US and Chinese officials seemed to yield positive results, with both sides agreeing to hold off on further restrictive measures and continue negotiations over the next 90 days. Markets had been in rally mode based on these developments. However, more recently this has come undone as investors appear to have changed their minds about the more immediate outlook for stocks as it relates to trade and other macro factors.

Investment Implications - It had been our hope that the G20 meetings would lead to a more positive tone around US/Chinese relations and that this would remove a key barrier to better stock returns. While it seems like the meetings were a step in the right direction, investors seem unsatisfied. There are risks in the global economy that could further derail markets, however, we still see positive fundamentals and believe that these issues will be resolved. We manage portfolios to protect on the downside because there are often volatile markets, when fear and emotion can lead to poor choices by investors. Striving to lose less money in down markets will always be one of our goals. If your allocation is diversified and risk tolerance is pegged accurately then just relax. We can't say exactly when the market will turn positive, but it will. We have an excellent research staff and substantial experience in all markets. Stay the course.

From StraightLine Higher Education Services



Headquarters
165 Kirts Blvd, Suite 100
Troy, MI 48084

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

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



SPARTAN SENIOR NEWSLETTER MSU Retirees Association, Suite 22 Nisbet Building, MSU, 1407 Harrison Road, East Lansing, MI 48823-5239 • **Phone** (517) 353-7896 • **Email** msura@msu.edu **Editor** Rick Vogt (517) 242-1324 • **Website** <http://retirees.msu.edu> • **Facebook** <https://www.facebook.com/MSURetirees> • **Change of address or MSU benefit questions**, contact MSU Human Resources at (800) 353-4434