



SPARTAN SENIOR

A newsletter for Michigan State University Retirees

LANSING AREA LOCAL EDITION August 2010

We at MSURA Are Off to a New Start

NEW ALUMNI DIRECTOR SPEAKS AT OPENING MEETING



Scott Westerman Trades in I.T. for Alma Mater

Mark your calendars for **Monday, September 13, 2010..** The U's new Veep for alumni affairs comes with an energy-charged career in telecommunications in the thirty-two years since he left our hallowed halls in 1978, to become a pioneer in cable television, the internet, radio, and podcasting in its several forms, including the Twitter. Scott served as an officer in several Spartan state clubs, and was on the alumni board before taking office as Executive Director of the Alumni Association back in January.

In his student days he worked for two local stations, WVIC and WILS, as announcer, account executive and engineer. In addition to the information technology business, he has had a hand in aviation leasing, converting a diesel vehicle into a vegetarian, and is the author of two books. Ron Smith, our new association VP, says you should get to the Credit Union early on Monday, September 13, grab your donut and settle back for a rousing talk. Time: 1:30 for food & drink; 2 p.m. program
New Venue: Main Bldg., Credit Union, 3777 West Road.

Coach Suzy Merchant Visits October 11

In just two years Suzy Merchant has captured the hearts of Spartan Women's Ball fans. Her teams have come out with fire in their eyes and usually with deadeye precision in their passing and shooting. But she'll need some make-over this year with 6 foot 9 inch Alyssa De Haan no longer o'er shadowing the enemy in the paint, and local star Lauren Aitch conquering other worlds. Has Courtney Shiffauer recovered from her ACL, and does Suzy really masquerade for country singer Reba McIntire in the off-season? (Or do they just look alike?)



All that and all the questions you have been dying to ask: Main Bldg., Credit Union, 3777 West Road. 1:30 refreshments and 2 p.m. program on Monday, October 11.

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Officers and Board for 2010-2011

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L Patrick Scheetz, MSURA President

Presidential Message

by L Patrick Scheetz

Making a Successful Transition to Retirement

An interest of mine since deciding to end a 40-year career on the staff at Michigan State University is helping retirees, especially MSU retirees, make the transition from full-time work into planning for the rest of their lives. Here is an excellent book on the subject: *Retire Right: 8 Scientifically Proven Traits You Need for a Happy, Fulfilling Retirement* [Paperback] Frederick T. Fraunfelder Jr., (Author), M.D., James H. Gilbaugh (Author).M.D.

According to these researchers, if you want to enjoy your retirement years to their fullest, there are eight essential keys to success: planning, accentuating the positive, going with the flow, cultivating your relationships (including other MSU retirees), nurturing your passions, pursuing a healthy lifestyle, enjoying your leisure time, and benefiting from a personal expression of spirituality.

Feedback from experienced retirees is always welcomed. Let us know what you are doing, how you transitioned successfully to retirement, and any advice you might have for future MSU retirees. Permission to quote your comments in future articles is requested.

An update on my life: I am working on my golf game with a lesson this week at Forest Akers from **Steve Ruthenberg**, Golf Course Operations Manager. His advice was: follow thru with arms more extended, keep right foot closer to ground, and move left fingers more over the club for a whipping action. Coach **Bruce Fossum** had similar advice.

The leadership team of the MSU Retirees Association is ready to help in any ways they can with your questions, comments, concerns, or other matters. They are listed elsewhere in this newsletter. It is our expectation that your MSU Retiree Association will continue as one of the finest anywhere in our great country. Contact us at: msura@msu.edu or call: (517) 353-7896 or website: retirees.msu.edu Hopefully you will give me some latitude on topics for this column this year. Looking forward to talking with you again soon and to hearing from you very soon.

FALL SCHEDULE OF MEETINGS Continued

Except for the visit to the Horticulture Farms on October 13, all monthly meetings at the new headquarters of the MSU Credit Union begin promptly at 2 o'clock, with coffee and donuts available at 1:30. (It's 3777 West Road.)

Wednesday, October 13: Special Tour of the Horticulture Farms and Student Organic Farm on College Road. Time and meeting place info will be on our website (retirees@msu.edu) soon and announced at the September meeting.

November 8: Jim Cotter, Director of Admissions. "I'm going to find out why they rejected my application to be a student and I had to go to that other school," said an anonymous citizen on the street.

December 13: Erik Runkle, Professor of Horticulture, who will be speaking on the poinsettia industry. Are the leaves really poisonous?

IT'S COMING!



You're Kidding, I'm Eligible for Senior Class?

"I feel too young to be called a senior, but I'll be happy to take advantage of the program. Receiving all of these benefits just for enrolling in MSUFCU's Senior Class program is great!"

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HEADQUARTERS - 3777 West Rd.
 CRESCENT - 600 E. Crescent Rd.
 MERIDIAN - 1775 Central Park Dr.
 UNION - MSU Campus
 SOUTH LANSING - 200 E. Jolly Rd.
 EAST LANSING - 523 E. Grand River
 WEST SIDE - 653 Migaldi Ln.
 OAKLAND - 3265 Five Points Dr., Auburn Hills



I don't want to think about it don't even want to write about it – but its coming anyway. Winter! A cold, bitter and blustery Michigan winter. Can't do anything about it, well that's true but at least you will be in a nice warm house maybe even sitting by a blazing fireplace. Ahh, how nice it is. Except there are far too many people this year that will not have that luxury. Some will be trying to survive on the street, maybe living out of their car, maybe some elderly persons will be freezing in their home because they can't afford the high energy expense and what about that baby that has to sleep on the cold floor because it has no crib. You're thinking, what can I do about it?

Well, many women have been capable of doing a wise thing, more a cunning thing and some a generous thing. I happen to know quite a few of these wonderful women and they happen to belong to our retirees knitting group. Closing in on 16,000 items that they have knitted, crotched and quilted have been distributed to the needy in the Lansing and surrounding area. This should tell you a lot. Their generosity knows no boundaries. They believe in making someone else's life just a little bit easier. How about you? If you would like to join this exceptional group of can do-will do women I'll be happy to introduce you. We do meet every other Tuesday from 1:00 – 4:00 p.m. in room 27 of the Nisbet Building and for more information please call Rosemary Pavlik at (517)882-2030.

Good News to Share:

Impressive Early Results from the Generic Prescribing Program

I'm happy to share some good news. The MSU Generic Prescribing Program, which we implemented in March 2010, saved approximately \$1.4 million during its first four months of operation. Retirees and employees worked together with MSU to constrain health care costs by changing more than 8,000 of our medication prescriptions from brand-name drugs to less expensive generic versions in order to achieve these impressive savings.

This is a true example of a win-win method of constraining health care costs. Individuals who made the switch from a brand drug to a generic saw their own out-of-pocket costs drop 50 percent or more. And trimming \$1.4 million from MSU's overall prescription drug spending is good news for all of us too because it preserves resources to help MSU continue providing high-quality health care benefits and retain staffing to support MSU's core teaching, research and outreach functions.

Projections indicate that the Generic Prescribing Program will achieve a savings of about \$4 million by the end of the first full year of operation. That savings is a direct result of MSU, employees and retirees working together – and that's something I think we can all take pride in.

(Brent Bowditch, Asst. Vice President for Human Resources, MSU)

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

FORWARDING SERVICE REQUESTED

Pharmacy News:

Effective July 1, 2010, the Olin Health Center and Clinical Center Pharmacies were joined administratively to become the Michigan State University HealthTeam Pharmacy Service.

Both locations will continue to provide the same wide range of services. However, in order to maximize efficiencies, **Caremark prescriptions and refills will only be filled at the South Campus Clinical Center location.**

Those who would prefer to pick up their Caremark prescriptions at Olin Health Center will still be able to do so upon request. A courier service will transfer filled prescriptions from the Clinical Center to Olin Health Center throughout the day. This could mean a slightly longer delay before prescriptions are ready for pick up at Olin.

The MSU HealthTeam Pharmacy Service also will continue to be able to fill 90-day supply prescriptions through Caremark. (The only other option for filling 90-day supply prescriptions through Caremark is via the Caremark mail-order program. Caremark enrollees can still fill 30-day supply prescriptions at any pharmacy.)

MSU HealthTeam Pharmacy Service locations include:

South Campus - located in the Clinical Center on Service Road.

North Campus: - located in Olin Health Center on East Circle Drive.

Visit www.pharmacy.msu.edu for more information about the MSU HealthTeam Pharmacy, including hours. Or call 517-353-4930 with questions.