



# Retirees Association

**September/October 2020**

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*Greetings to all you “Golden Owls!*

*It has been approximately six months since our last newsletter - all due to the COVID-19 Virus!*

*Together, we have been facing a truly unprecedented situation. The global coronavirus pandemic has affected all of our families, our businesses, our communities, and our way of life.*

*Now, during this time, we are undergoing a restart and we wanted to reach out and update you on some of the happenings in regard to the KSU Retirees Association.*

*First and foremost, our hearts go out to anyone who's been impacted by the virus, either directly or indirectly. Our thoughts are especially with those who are sick, to whom we extend our heartfelt wishes for a full recovery. And we're truly inspired by the selfless healthcare and frontline workers around the world who are working tirelessly to care for people in need.*

*Your input in the KSU Retirees Association is valued and needed. Please send any comments or if you have any questions or if we can be of assistance to you, please feel free to contact the KSURA Office at our email: [retirees@kennesaw.edu](mailto:retirees@kennesaw.edu).*

*Sincerely,*

*Kathy Rodgers*

*Administrative Associate*

*KSU Retirees Association*

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## **Upcoming Retirees Association Events**

September 11, 10:00-11:30 am, KSU Center, Room 327, **Steering Committee Meeting.**

October 9, 10:00 am – 11:30 am, KSU Center, Room 327, **Steering Committee Meeting.**

October 16, 10:00 am – 12:00 pm, **Brunch on the Bricks** – KSU Legacy Gazebo

November 13, 10:00-11:30 am, KSU Center, Room 327, **Steering Committee Meeting.**

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## KSU Retirees Association 2021 Speaker's Colloquium Schedule\*

The KSURA Speaker's Colloquiums are held in the KSU Center, Room 327, 3333 Busbee Drive, Kennesaw, GA 30144. Go to the West Entrance and enter the Burruss Institute Suite. Parking is free. Call 470-578-7984 or email [retirees@kennesaw.edu](mailto:retirees@kennesaw.edu) for more information or to RSVP.

Colloquiums will be held on second **Tuesdays from 11:30 a.m.–1:00 p.m.**

All are welcome to attend any Speaker's Colloquium. Bring your lunch (except for the first session)—we'll provide drinks and dessert. \*RSVP to [retirees@kennesaw.edu](mailto:retirees@kennesaw.edu) or 470-578-7984.

DATE	SPEAKER	TITLE
January 12, 2021	Gail Tverberg	<i>"Our Fossil Fuel Energy Predicament"</i>
February 9, 2021	Earl Holliday	<i>"Core Values Worth Knowing"</i>
March 9, 2021	Laura Dabundo	<i>"Here, There, and Everywhere with Jane Austen!"</i>
April 13, 2021	Stan Crowder	<i>"Bad Cop"</i>

\*Due to the COVID-19 virus, KSURA is offering a shortened Colloquium schedule.



## Retirees Association Annual Membership Renewal

The renewal memberships will be submitted online this year due to the coronavirus. If you have joined or renewed since January 1, you will not need to renew, your membership is current until June 2021. If you have not joined or renewed recently, please feel free to access our website at: [retirees.kennesaw.edu](http://retirees.kennesaw.edu). If you have moved, please let us know your current address so we can add you to the list for future correspondence.

You have the option of completing your membership online through the link on our website. Go to [retirees.kennesaw.edu](http://retirees.kennesaw.edu) and click on "Membership" and then "Join Now" to pay online through the secure site managed by the Office of Development. You are also welcome to pay your membership in person at: The Alumni House, 3207 Campus Loop Road, House #56, Kennesaw, GA. For those of you who would prefer to mail your membership, you can mail your check to Kennesaw State University, Office of Development, 1000 Chastain Road, MD 9102, Kennesaw, GA. 30144. Make your check payable to the KSU Foundation.

Your \$20.00 membership donation to the Retirees Association supports our many programs and activities, but it also gives you some benefits - free parking in the visitor lots on both campuses, access to Library services on both campuses, the same discounts as active employees at campus stores and local businesses, and access to the Employee Fitness Centers once you sign up with the EFC.

We hope you will support the Kennesaw State University Retirees Association by joining or renewing your membership today.



## 2020 "Brunch on the Bricks"

We will be updating the lists and diagrams for the locations of the bricks as soon as they are placed on the KSU and Marietta campuses. They can be accessed on our website at <https://retirees.kennesaw.edu/about/retireebricks.php>, as soon as we can post them.



## Open Enrollment for 2021 Healthcare Benefits

It's that time of year again when retirees need to make decisions regarding their healthcare benefits for the coming year. Please refer to our earlier email August 14, 2020 from Dorothy Zinsmesiter regarding the 2021 University System of Georgia (USG) Healthcare Plans and Premiums. This information can also be assessed at: [OneUSG Connect – Benefits](#) system.

**New this year: A System-wide virtual benefits fair will be held during the week of October 19-23.**

Watch your email for any updates or changes. We will share any information that we receive.

For further information you may access the following link: <https://oneusgconnect.usg.edu/>

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## Another Benefit from the University System of Georgia

The University System of Georgia has created a comprehensive well-being initiative for employees of the USG. While it is primarily for those who are currently employed, there are many benefits through the program that are also available to retirees. In this and the next few newsletters, we will be covering some of those benefits that retirees can utilize. For more information, you can go to <https://www.usg.edu/well-being/>.

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## Are you a Lifelong Learner?

Would you like to start a new degree or finish a degree that you started years ago? Would you like to learn a new language, try your hand at an art, pursue a subject that has always interested you, prepare for a new job in retirement? You can do that at any school in the University System of Georgia....for free!! *Senior University* allows Georgia residents who are 62 years or older to register for free at Georgia colleges and universities.

You must first complete the application process to become a student. You may fit any of several admission categories depending on your intended use of your courses - non-traditional adult, post-baccalaureate non-degree-seeking, audit, or readmit. Free tuition includes both undergraduate and graduate courses.

Then complete the "Senior Citizen Tuition Waiver" form (look on the retirees website under "Resources") and submit that form to the Bursar's office. You're all set to register for classes!

**Reminder:** Some courses have prerequisites, so you may need to talk to the department chair about getting into that course without the prerequisite credits.

Don't give up on your dream of learning something new -- you can do it for free!!

"KSU Retirees- typically, for classes owned by CCPE, 100% discount given for classes priced less than \$500; 50% discount for classes priced \$500 or more; \$400 discount for online classes offered through vendors Gatlin Education and ProTrain; retirees pay the actual vendor cost for online classes offered through vendors Ed2Go and OnCourse. KSU Retirees are eligible for access to the OLLI (Osher Lifelong Learning Institute) Club Room at no charge (must register); OLLI trips and socials must be paid for and are not free. There is no limit to the number of classes a KSU Retiree may take. Discount can only be applied to the KSU Retiree and is not transferable to any other family members."

You can browse the currently available courses at <http://ccpe.kennesaw.edu/>. More information about OLLI (for people 50+), can be found at <http://ccpe.kennesaw.edu/olli/>.



## Defensive Driving Course for Retirees and Spouses

The KSU Office of Insurance and Risk Management offer a free defensive driving course which may qualify you for an insurance discount. The Defensive Driving class is offered for retirees and their spouses at no charge.

Most insurance companies offer a discount for their clients who have completed a Defensive Driving class, but you should inquire directly with your insurance company if these discounts are offered.

Below is a list of the classes that are available through the end of this year. If you are interested in taking a class, you may sign up by emailing Billie Hunter Barron (*Insurance & Claims Analyst/Office of Insurance & Risk Management*) directly at:

[bhunterb@kennesaw.edu](mailto:bhunterb@kennesaw.edu). She will be able to set you up for a class.

The class is a six hour one day class. Upon completion of the course, certificates are mailed the following week, via USPS, to the home address of each participant

As space is limited on these classes, Billie will need to know ahead of time, so she can adjust the class accordingly. Of course these classes are subject to cancellation as academic classes take precedence over their classes.

### Schedule for Free Defensive Driving Course

Date/Time	Instructor	Location
Thursday, September 10, 8:45 AM	Eutopia Johnson	KSU Center 462
Friday, September 18, 8:45 AM	Jeffrey Bernard	Wilson Student Center Ball Room-B
Monday, October 5, 8:45 AM	Billie Hunter Barron	KSU Center 462
Friday, October 16, 8:45 AM	Janet Nash	Wilson Student Center - A214
Friday, November 13, 8:45 AM	Jeffrey Bernard	KSU Center 462
Friday, November 20, 8:45 AM	Eutopia Johnson	Wilson Student Center Ballroom-B



## Book Nook

Summary by: Chuck Aust

In a COVID-19 World, Which Generation Is Coping Best?

Summary/highlights from this August 19, 2020 article written by Grace Birnstengel, editor of *Next Avenue*

Many of us older adults are able to avoid the pandemic stressors impacting younger and middle-aged adults because of our age-related circumstances and retiree status. We can rely on retirement assets and savings as well as Social Security benefits and Medicare coverage. Safety net programs shield many older adults from uncertainties, such as loss of income and loss of healthcare insurance.

The pandemic has disrupted the job sector and how schools operate. Loss of predictability and drastically altered expectations hit job holders, job seekers, school-aged children and their parents, among others. Young adults graduating from high school and college also face unexpected changes and perplexing problems for which there are no easy answers. For some young people, the COVID-19 pandemic is the first major crisis they have encountered in their lives, whereas older people have a depth of life experiences and established coping skills.

The article cites a study from diary data recorded by 776 Americans and Canadians during March and April. This University of British Columbia study determined that older participants (ages 60+) “felt less stressed and threatened by the pandemic and experienced better emotional well-being than others.”

Another study by the Age Wave think tank and the investment company Edward Jones was based on a survey of 9,000 U.S. and Canadian citizens who represented five generations. The study concluded that older people benefit from maturity and years of life experience. They apply wisdom and perspective to problems that arise, changing the conditions they can and accepting the conditions that cannot be changed.

From the article: “When asked how well they were coping with the impacts of COVID-19, 39% of the Silent Generation (ages 75+) and 33% of boomers (ages 56-74) surveyed said “very well,” which decreased to 29% for Generation X (ages 40-55), 26% for millennials (ages 24-39) and 31% for Gen Z (ages 18-23). Twenty four percent of the two youngest groups, the millennials and Gen Zers, answered “not well,” compared to 15% of Gen X, 12% of the boomers and just 5% of the Silent Generation surveyed.”

The theme of resilience was evident in anecdotal stories. From the article, an interesting and encouraging point for us older folks: “Contrary to stereotypical ideas about older people, the AgeWave/Edward Jones study found that while self-rated physical health declines with age, self-rated *mental* health actually tends to improve over the lifespan.”

Overall, the article was encouraging for those of us who are retirees while offering some insight into the challenges younger groups are having to grapple with.

LINK to the full article that contains embedded links to the studies it mentions:

<https://www.nextavenue.org/older-people-are-coping-best/>

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## Department of Athletics Update

By: Charlotte Doolin



The Big South (KSU's football conference) and the ASUN (KSU's remaining sports conference) have both cancelled all fall sports. At this time no decision has been made about spring game schedules although it appears all fall sports will play in the spring. Discussions for football mention a late February/early March start.

The status of Men's and Women's basketball has not been decided as of this date. The NCAA hopes to make a decision the early part of September. Start dates range from November 10 to as late as December 4.

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## Spotlight On Retirees



### **Dr. Carol Holtz, KSU Professor Emeritus of Nursing**

Dr. Carol Holtz, professor emeritus of nursing at KSU retired in August, 2018 after 38 years of working as a nursing faculty member. When she first arrived at KSU in 1981, there were 2700 students. KSU had just changed from a junior college to a 4-year college. All courses were undergraduate. When retiring from KSU 38 years later, KSU had 37,000 students and was a university with Bachelor's, Master's and PhD programs. What a change! The School of nursing also had these three levels of programs.

Since leaving KSU, Dr. Holtz continued to keep her position as Chair of the Cobb and Douglas Counties Board of Health as well as Chair of the Cobb County Community Services Board (serving mental health, drug abuse and children and adults with developmental delays). She is also one of six community members who serves on the Congregation Etz Chaim Synagogue's medical advisory board. Dr. Holtz was selected as one of 15 LIVESAFE Resources Women of Achievement Nominees for Cobb County women for 2019.

Her husband of 52 years, Dr. Noel Holtz, and 13 grandchildren, all reside in Atlanta, Ga. Dr. Holtz hosts family dinners at her home every 4-6 weeks. She and her husband belong to a monthly breakfast group, coordinated by former faculty member, Dr. Bowman Davis. Dr. Holtz just completed the 4<sup>th</sup> edition of her textbook, *Global Healthcare*, published by Jones and Bartlett publishers of Boston, which will be available this fall, 2020. Besides Dr. Holtz, many former and current KSU faculty members contributed to this textbook including: Dr. Richard Sowell, Dr. Bowman Davis, Dr. Astrid Wilson, Dr. Govind Hariharin, Dr. Mary de Chesnay, Dr. Barbara Blake, Dr. Gloria Taylor, Dr. Ping Hu Johnson, Dr. Janice Long, Dr. Kathy Aduddell, Dr. Monica Nandan, and Dr. Alexander Giles.

Dr. Holtz has a passion for traveling. She developed and taught a study abroad program in Oaxaca, Mexico for 22 consecutive years, and continues to travel there, now taking her husband and grandchildren, as well as going with other faculty members, such as Dr. Richard Sowell and Dr. Beverly Maddox. She had plans to travel to Greece this past year with Mrs. Livvy Lipson, but due to the corona virus, this trip has been postponed to next June. She is a very active member of the International Transcultural Nursing Society, having been an associate journal editor, and working in a smaller “scholar’s group.” Her future plans include: continued international travel with family and also with KSU retired faculty, re-joining her “older ladies” tennis group, and also to explore more volunteer options in the local community.



**DON'T FORGET TO SET YOUR CLOCKS BACK NOVEMBER 1<sup>ST</sup>!!**

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#### **KSU Retirees Association**

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