



A newsletter from the Ohio University Emeriti Association

March 21, 2013

**THE CURRENT STATE OF CARDIOVASCULAR RESEARCH AND TREATMENT
AND A LITTLE BIT ABOUT RETURNING HOME**

Vipin Koshal, D.O.
Cardiologist & Internist

(Presented by Art Marinnelli)



Vipin Koshal, clinical associate professor of cardiology, Department of Specialty Medicine, Ohio University College of Osteopathic Medicine, is a classic example of "the local boy makes good." Vipin was born in Athens on April 14, 1975, at O'Bleness Memorial Hospital. He is the son of Rajindar Koshal, professor emeritus of economics, and Manjulika Koshal, professor emerita of management systems.

Vipin studied at the University of North Carolina at Chapel Hill from 1993 to 1996, during which time he was elected to Phi Beta Kappa and was on the dean's list every year he was enrolled. He went on to study Osteopathic Medicine at Ohio University and did his osteopathic internship at St. Vincent Medical Center in Toledo. He completed an internal medicine residency at Riverside Methodist Hospital where he also served as chief resident. He completed his cardiology fellowship at the University of Cincinnati, where he served as chief fellow.

Vipin returned to Athens in 2009 to accept his present position, bringing with him his wife, Dr. Bela Bhatt-Koshal, a family physician who works at Campus Care and teaches at OU-HCOM. They have two sons, Adeel, age 9, and Prem, age 4. Vipin is an employed physician with OhioHealth and practices cardiology at both O'Bleness Memorial Hospital and Riverside Methodist Hospital. He is actively involved in teaching at OU-HCOM and has participated in numerous clinical research trials. He served as secretary of the Medical Executive Committee at O'Bleness. In the community he served as co-chair on the Advisory Board of the Athens Professionals for Philanthropy. He is currently on the Board of the Athens Foundation. He annually serves as team captain for the Athens Heart Walk Team to raise money for the American Heart Association. He also is a volunteer with Friends of India Endowment at Ohio University. At our luncheon, Vipin will discuss the current state of cardiovascular research and treatment, as well as a little about returning home. He came back to Athens four years ago.

EMERITI LUNCHEON

Thursday
March 21, 2013
11:30 AM - 1:30 PM

MENU

Garden Salad
Marinated Vegetable Salad
Colcannon Mashed Potato
Braised Cabbage
Corned Beef with Assorted Bread
for Sandwiches
Assorted Cakes & Fresh Fruit
Beverages

\$14.00



BALLROOM

RESERVATIONS must be made to attend the luncheon. If you are **NOT** on the list of regular attendees, you **MUST** call Ruth Nostrant at 593-5194 by Friday, **March 15**. You may pay by cash or by check made payable to OU Emeriti.

You can add your name(s) to the Regular Attendees List and not have to call each month unless you cannot attend.



A Message From The President - GEORGE WECKMAN

We live in a volunteer nation. Much that we value in our society comes from people choosing to do good without pay. Civic, religious, sports, and arts organizations thrive because Americans donate to and work for them. I pity the nations in which only certain officials are expected to provide all public services, because it deprives people from choosing and promoting the projects they value. Having a stake in worthwhile endeavors enhances human experience and strengthens social bonds.

In other cultures, the elders or the nobility are supposed to take care of the rest of us. Ordinary people are treated like children, given what is thought to be good for them, and personal initiative is barely tolerated. That's more orderly, of course, at least when the elders agree. Widespread freedom to pursue new or different goals is by contrast messy, noisy, and competitive.

Think of Athens and its variety of social clubs, charities, churches, and arts venues. On the one hand we might be dismayed by the constant stream of solicitations for funds and participation. Also competition among comparable organizations seems inefficient. On the other hand, how glorious is the picture of so many people stepping up to promote and provide help and opportunity to the rest of us.

Among these volunteer organizations is your Emeriti Association. Our activities provide contact with our former employer, enjoy continuing collegiality, and monitor retirement benefits. We serve the Kennedy Museum and the Dairy Barn by staffing the visitors' welcome desks one day a week at each gallery. Our services, luncheons, newsletters, and special events require planning, funding, and supervising. More volunteers are always needed.

You may be asked to serve on the Executive Board of the Emeriti Association. I hope you will agree to do so. If you are reluctant because you travel a lot or spend part of the year elsewhere, think of sharing your duties with others who could be here when you are not. If it seems like too much responsibility for retirement years, note that activity and human contact is good for your health. If you have too many other obligations and duties, contemplate trading them for our endeavors. You did not merit emeriti status because you were lazy, so don't start now.

George

Notes on the February Emeriti Luncheon Presentation - Out of the Larger Frying Pan and Into the Smaller Fire, by Kathy Krendl, or, as Kathy added at the beginning of her talk, "On Getting Comfortable with the Uncomfortable."

She began giving a little background on her time at Indiana University where, having established herself in the area of technology and English she was offered the deanship of continuing education, a statewide office. She saw her job as one of making educational opportunities available to a wider audience. This was a challenge and she noted the importance of taking on new challenges. When she became president of Otterbein University (then Otterbein College) the recession had hit hard. State funding through tuition was down and there was a need to tighten their belts. While she was able to insure no layoffs, there were no raises.

The past four years have seen many changes: becoming a university, moving into the semester system, adding 25 acres, entering into 2+2 agreements with 6 institutions, and adopting new programs. Among the important conversations currently in progress are the increasing level of student debt, rapid tuition increases, and the value of higher education.

Otterbein emphasizes a low student/faculty ration (11-1), five types of student experiential learning, and the importance of service to others. It also works at maintaining good relations with the city of Westerville.

Ed Baum

NOTES FROM THE BENEFITS
CHAIR

Pricewaterhousecooper’s annual audit of the STRS Ohio Health Care Fund shows the fund solvent to 2060, 21 years longer than last year’s audit showed. This was due to lower than expected costs and better than assumed investment returns. The fund’s balance as of January 1, 2013 was \$3.12 billion.

Keep an eye on your billings and payments report received from Aetna and CMS. My personal report charged a routine doctor visit (\$118) to my \$500 per year deductible. The specialist I called thought it should have been only a \$20 expense for me though that opinion has yet to be confirmed.

The most useful website for checking bills and claims appears to be AetnaNavigator.com. The first time you use this site, you will have to register. Registration requires you to create an ID name (not the ID on your Aetna card) and a password to be used for logging onto the website later. There is more on this site than you probably will want and it will take some learning, but it is quite informative about your medical account.

Art Woolley

The Little Mermaid

Columbus BalletMet is bringing us the enchanting story of tender young love in the Sea King’s Court and an evil sea witch.

This new ballet, based on the Hans Christian Anderson’s classic tale, was created by two-time Tony Award nominee, Lynne Taylor-Corbett.

It will probably become a ballet classic.

Mark Saturday, April 20th on your calendar.

A matinee performance.

We leave the OUCU East State Street office at 11:00 AM.

Stop for a rest and refreshments on the way. Not Included.

Arrive at the Riffe Center Capital Theatre at 1:30 PM.

We swim with the Little Mermaid.

Hometown Buffet for supper.

Return at 8:00 PM.

Cost \$87.

Includes transportation, show and supper.

We need 25 persons to make the trip go by

March 19 - limit 30 persons.

Call 597-2800, the OUCU Call Center for reservations.

Bill Coffey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 MARCH	11	12 Emeriti Volunteer <i>Dairy Barn</i>	13 Emeriti Volunteer <i>Kennedy Museum</i> Performing Arts <i>Women of Ireland</i>	14	15	16
17	18	19 Emeriti Volunteer <i>Dairy Barn</i>	20 Emeriti Volunteer <i>Kennedy Museum</i>	21 Emeriti Board Meeting EMERITI LUNCH <i>OU Inn</i>	22	23
24	25	26 Emeriti Volunteer <i>Dairy Barn</i>	27 Emeriti Volunteer <i>Kennedy Museum</i>	28	29	30
31 	1 APRIL	2 Emeriti Volunteer <i>Dairy Barn</i> Performing Arts <i>Addams Family</i>	3 Emeriti Volunteer <i>Kennedy Museum</i>	4 Kennedy Museum <i>Inside-Outside Talk</i> <i>Ron Kroutel</i>	5	6

UPCOMING EMERITI LUNCHEON PROGRAMS

April 18: Kyle O’Keefe

Zero Waste Coordinator for Rural Action

May 16: Roderick McDavis

President, Ohio University

EMERITI BOARD 2012-2013

President	George Weckman
VP/Program Chair	Dru Riley Everts & Alan Boyd
Secretary	Dru Riley Everts
Treasurer	Richard & Ruth Nostrant
Membership	Margaret Thomas
Newsletter	Eddie Russ
Benefits	Art Woolley
Volunteer Services	Judith Daso & Sue Foster
Emeriti Park	Richard Dean
Elections	Mary Anne Flournoy
Historian	Joanne Prisley
Website	Joe Essman

*Edie Russ, Editor
P.O. Box 159
Athens, OH 45701*

