

Editor: Henny van Dijk

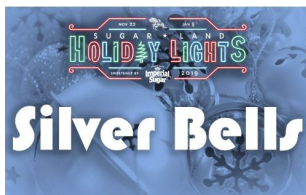
www.uthro.org

December, 2019

The December Event



This colorful, Christmassy outing will take place on Tue. December 10 and will take us to the Sugarland Holiday Lights at Constellation Field. The organizers promise millions of lights, and the main themed attractions this year are the Light show that takes place on the infield, toy land, candy land, Texas town, Frosty sports, and a carnival. The grounds will be both rollator walkers and wheelchair accessible and friends are also welcome



December 10 is "Silver Bells" night, the night specifically held for the senior citizens among us, thus perfect planning on our Event Committee. For those who have trouble walking distances there is a train cruising the

grounds. The Harris County Precinct One bus will leave OCB at 4PM sharp. Dinner is scheduled for 5PM at Chedars in Sugarland while we expect to be at the venue around 6:00PM. The price tag for this event is \$12 (not including the dinner)

With your ticket, you will have access to everything but the carnival. There are wheelchairs, but not many and it is first come first serve. Please tell Barry Rittman before Dec.3 if you like to go:

Barry Rittman at barryrittman@gmail.com or call him at 713-542-8108

and send a check for \$12 made out to UTHRO to Margaret Zambrano 20903 Imperial Ridge Ln., Spring, TX, 77379

Linda Gilbert Remembered



When I think of Linda, I almost always think of Linda & Tena, who were for several years the "Event Committee" for UTHRO, but it was Linda who contributed something we didn't have before—whimsical, often self-made presents to liven up the occasion be it the Valentine luncheon or a bus trip where she would hand out little baggies

with goodies. She gave it class!

Henny van Dijk

As a member of the UTHRO Executive Committee she worked tirelessly to decorate and make things attractive for Retiree events.

Tena Lummus

Linda did work for me back around 2000 but I have only had limited contact with her since then. Prior to working with me she worked with Steve Norris in Pathology and with Pete Davies for a few years after working with me. She was a dedicated UTH employee and I admired and appreciated her - she was an important person in our office. She was also dedicated to her family and devoted to her children and grandchildren. I am very sorry to learn that she passed away; thank you for letting me know.

George Stancel

I had the pleasure of working with Linda while she was here in the Department of Pathology, and later on when she was in the Department of Microbiology and Molecular Genetics. Linda was always kind, outgoing, and very efficient! She was no shrinking violet, however; if something was not being done in the right way, she would let you know it!

I greatly appreciated Linda's dedication and genuine commitment to laying the groundwork needed for our mission of excellent teaching, research, and service. My heart goes out to her family, friends, and co-workers; she will be missed

Steve Norris

It was with great sadness that I noted the passing of Linda. We worked together for several years in the Health Science Center where her managerial skills as my administrative assistant helped keep me out of the ditch and generally helped the overall operations of the Office of Research. Linda was a wonderful colleague, both skilled at her work and a caring individual. I particularly remember her great sense of humor and deep laughter. One of the most enduring memories I carry with me is her devotion to her grandson and the importance she attached in having taken on the responsibilities for his welfare. Her deep love for him and her devotion to his upbringing was memorable. During her time at the HSC Linda battled with some challenging health issues but always made it clear that her commitments were to her family and that she was going to be there for them as long as she possibly could. While it is sad to know that she has now passed to a better place, I also am happy for her that she was indeed able to be there for her family for so many years. She will be missed.

Pete Davies

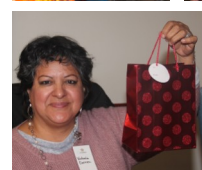
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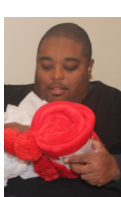
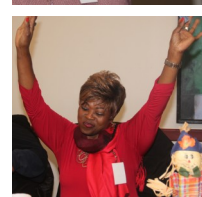
Holiday Luncheon in Images ...



46 members and a couple of guests gathered for the Annual Meeting, a great lunch, wonderful fellowship and the Toy drive was a huge success.



Expectations build ...and the winners are...



Images by Henny van Dijk

Grace Belcher Remembered ...



Getting to know, work with, and enjoy my time with Grace was one of the real privileges and joys I had during the 10-15 years we knew and worked together at UTHealth. I remember Grace as a real lady in the old-fashioned sense, reminding me of my mother, who always chose her words carefully, dressed professionally, never said a negative thing about anybody, and had great love for, and pride in, her son, James and daughter, Jeannette. She also shared her love with

her friends, and I was lucky to be among them. Even so, she never took advantage of our friendship at work and handled her job very professionally, working late and on weekends occasionally when we had a grant deadline to meet. She also accompanied me to a few conferences around the country that I organized, helping out behind the scenes - a role in which she was most comfortable. I was so glad she accepted my invitation to visit and stay with my family for a couple of weeks during my sabbatical in The Netherlands and joined us for a car trip from Utrecht to Nice, with memorable times in Venice, Florence, Vevey, and Geneva. Grace was more than happy to help my wife look after our three very active children while I visited labs in those countries, and even looked after the kids herself occasionally, giving my wife and I much needed alone time - always with a big smile on her face even though they were a handful at that age. Lastly, I was welcomed into her family, attending Jeanette's wedding, James' plays, and she attended my wedding and enjoyed a few holidays and celebrations in our home. All in all I feel I have had a special privilege getting to know Grace as well as I did, and my only real regret was losing touch with her on a regular basis after her retirement. Grace and her smile and giving way will always be in my thoughts and she will be greatly missed. *Len Lichtenberger*

Grace Belcher and I were co-workers in the Dept. of Physiology at The Univ. of Texas Medical School at Houston. More importantly, we were friends. All who knew her will readily agree that her given name describes perfectly the way Grace moved in this world. Not only were her physical movements delicate and careful but so was the way she did her work and the way she dealt with people. She was also caring and generous with her time and resources, letting the grace that was hers flow through to others. She volunteered for many years at Palmer Memorial Episcopal Church helping to feed the homeless and the needy. I can only imagine that those she helped were uplifted by her very presence and that some also called her friend. Grace's son James was an actor at Houston's Alley Theatre and Grace and I often went together to see his plays. She was astutely perceptive and appreciative, and so was an absolute joy to chat with after taking in a show. She was intelligent, creative, and also very deliberate — all qualities which served her well when redoing the home in West University she so dearly loved. Her choices were impeccable. If I can think of one funny story about Grace, it would be about her trying to decide which refrigerator was to go into her newly renovated kitchen. She deliberated for months and months and each time she brought it up, I was aghast that she had not yet made a decision. Perhaps it was just funny to me. No matter. I still can see the smile she gave when I goaded her. I will always remember that smile.

Godspeed, dear friend. You go with our love.

Carla Maywald

(The response for Grace memories was so great I created a extra page)

With a little bit of “ooh la la”

Just returned from a river excursion on the Seine. Beautiful Autumn colors, fine art, delicious food, history and patriotism; what more could I ask for. Oh yes, wonderful service from the Vantage employees on-board.

We began our journey in Paris with time enough to walk to the Eiffel Tower from our mooring place; then on-board. Next stop Conflans where we followed the final footsteps of Vincent van Gogh, seeing the buildings and fields he painted, as well as his final resting place.



Having been raised in Ohio where Autumn colors are plentiful, I appreciated Monet's Giverny gardens, still in bloom with enough colors for an artist's palette.

Additional excursions included the Bayeaux Tapestry (the Norman conquest of 1066); Richard the Lion Heart's 12-century Chateau Gaillard castle ruins in Les Andelys; the Musee des Beaux Arts in Rouen founded by Napoleon I; Fecamp where Benedictine liqueur is made (if you go there, taste "Single Cask"—more than delicious!); and the 15th century town of Honfleur which was the departure point for the discovery voyages and is so picturesque, it begs for a water-color artist.



Add to these cooking classes, cocktail demonstrations, on-board entertainment and movies, and you can see that our days were full.



Of special interest was our visit to the Normandy D-Day sites. We walked on Omaha Beach, went to the top of Pont du Hoc, and visited the American Cemetery at Colleville where we had a wreath laying ceremony with our own veterans. When Taps was played, we all were in tears. The young woman with the Monuments Commission who arranged this for us had grandparents who were in the French resistance.

Such a powerful day of remembrance.

Our return to Paris gave us the opportunity either to take a bus tour of the city or take off on our own to explore. We saw Notre Dame in a sad state after the fire; experienced "Le Metro" subway system; viewed Paris from the top of Montmartre and walked Le Marais the oldest district of Paris. Then wearily but happily back to our ship for a final dinner and packing for the trip home. A fine trip and one that I heartily recommend.



And a final bit of whimsy, this was painted on the window of a café where we had lunch.

Story & Photographs—Mary Frances Fabrizio

Impressions from Hot Topics



The 4th Annual conference drew a large crowd estimated at 180, at least double the previous year. The keynote address was delivered by Dr. Rebecca Elon, MD a graduate from BCM who specializes in hospice & palliative medicine for the past 34 years and is a national recognized expert on

the major topic "Transitions of Care". Elon described the origins of care since 1732 when almshouses were there for those who couldn't care for themselves and hospitals had little to offer. Home for "incurables" transformed into Old Age Homes in 1825, but the greatest change occurred in 1935 when SS came about and Private Nursing Facilities. In 1965 it was Medicare and Medicaid that fueled the growth of Nursing Homes and Hospitals, while in 1999 the Olmstead Decision made way for "Assisted Living" which account for 15,630 nursing facilities in Texas alone - 85% of those are for profit. But the system of Care is not designed for patient safety because the design is faulty, regulations are faulty, testing is faulty and reporting is faulty, basically because there are system problems as well as people problems. Nobody is in charge and Elon recommended an article worth reading "Cheesecake Factory Medicine" - and the question in that article "Who is in Charge" <https://www.newyorker.com/magazine/2012/08/13/big-med> Tammie Michael talked about the Transitions of Care - the movement of patients between health care practitioners settings and home as their condition and care needs change as well as a myriad of options from home to assistant living (which according to Michael is not a nursing facility but rather a fancy hotel) to acute care facility or lastly Hospice care.

Dr Faith Atal tackled the challenges of resuming outpatient care and he discussed two case studies highlighting the various difficulties in caring for patients in their eighties that had multiple ER visits during the year, hospitalized 3 times, multiple medication changes and send to rehab for 3 weeks. The afternoon session featured 4 more speakers each one focusing on a different aspect of care. Dr. Halpern talked about "Capacity Assessment" or how well a person can take care of themselves and if not what roads are open to them. Two presenters from BakerRipley gave an overview of their services—a dementia care center, dementia case management, caregiver consultation and education with seminars and classes. Dr Palino "touched on" how acupuncture can be beneficial in anesthesia or managing pain, while the last speaker Dr Chappell delivered an inspiring lecture about "Awe in Medicine" with a very personal reflection on the relationship with her father.

Elon pretty much brought the house down when she proposed "If you don't have a geriatrician in every hospital, you can't have Medicare"

HOT TOPICS
in aging

Henny van Dijk

UTHRO

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To update your address or phone number
please contact us at 281-655-1983

And Now For Something Completely Different...



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