

Editor: Henny van Dijk

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July, 2019

The July Event—Sea Center Texas at Lake Jackson

Tue. July 9



The bus will leave OCB at 9 am - sharp! And will take us on an adventure to Lake Jackson to visit Sea Center Texas the marine aquarium, fish hatchery and education center located on 75 acres in Lake Jackson, operated by the Texas Parks and Wildlife

Department in partnership with the Coastal Conservation Association, the Dow Chemical Company and US Fish and Wildlife Service Sport fish Restoration Funds. The facility opened in 1996 and includes a visitor center with aquaria and exhibits of Texas marine life, the largest redfish hatchery in the world, 36 one-acre fish culture ponds, an outdoor wetland exhibit and a youth fishing pond. There will be a tour of the hatcheries at 11 am and time to explore the aquariums and exhibits before leaving for lunch at 1 pm and taking the bus back to OCB where we should arrive back by around 3 pm. No food is available for sale at the facility. The facility is handicap accessible. Binoculars, a wheel-chair, and walker are available for use on a first-come first-serve basis. In the Visitor Center Lobby one finds Fiberglass replicas of state record saltwater fishes hovering overhead in the lobby. The 25 fiberglass mounts (most created by Bob Harris of Saltwater Taxidermy) include popular bay sport fish like flounder, black drum and red drum as well as offshore species such as blue marlin, tarpon and red snapper. And of course, there are several large sharks.

Aquariums & Exhibit



Marine Fish Hatchery



Flora and Fauna Guide



The outdoor wetland is accessed by a 600-foot boardwalk over two different marsh areas. Green tree frogs, hummingbirds, dragonflies, turtles and an immense array of birds can be seen.



After the Sea Center we will get on the bus to have lunch at "The Local" a restaurant in Lake Jackson that features not only sandwiches, salads, burgers and the like but also a bakery for those who have a



sweet tooth and like to enhance their lunch experience with a delicious dessert. Lunches run from \$8-\$12 pp

RSVP by Tue. **July 2**
to
Barry Rittman
barryrittman@gmail.com
or call 713-542-8108



Mark Your Calendar



The 2019 Retiree Benefits Meeting is scheduled for **Friday, July 12** from 10—Noon
At OCB, Rio Grande Rm.



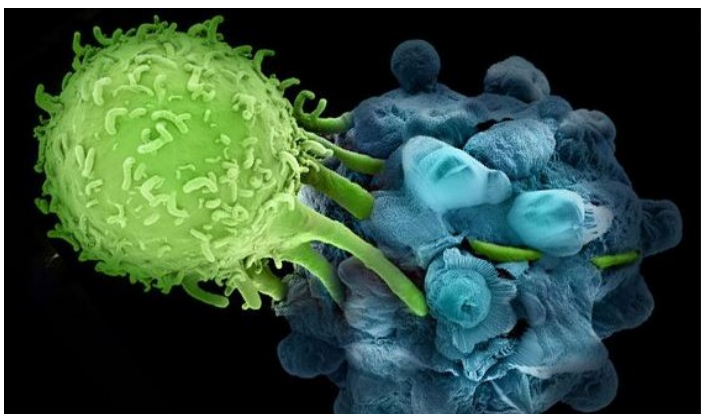
The Benefits Office will host this popular event again and has invited the representatives of the major companies that are part of the Benefits package from UT. UTHRO is also usually invited to make a short presentation on the benefits of becoming a member of our organization. When I asked if a Rep from UT Austin will be there, the answer was Yes! So if you have questions about anything pertaining to your Benefits please come and ask. You can also change the coverage which you will have to do before August 1. If you don't change the beneficiaries or the coverage by that time you will have to live with the choices for a full year—Sept.2020



UTHRO likes
to welcome

Susan & Chris Kuether

Immunotherapy—a New Look



Research published in *Nature Medicine* has described a new immunotherapy approach, which led to a complete disappearance of tumors in a woman with advanced metastatic breast cancer who only had months to live. The findings show how naturally-occurring tumor infiltrating lymphocytes (TILs) were extracted from the patient's tumor, grown outside of her body to boost their numbers and injected back into the patient to tackle the cancer. After the treatment, all of the patient's tumors disappeared and 22 months later, she is still in remission. Researchers are particularly enthusiastic about the potential of TILs to treat a group of cancers termed 'common epithelial cancers', which include those of the colon, rectum, pancreas, breast and lung, together accounting for 90% of all deaths due to cancer in the U.S, around 540,000 people annually, most of these from metastatic disease.

"Once these cancers spread, most people die. We have no effective ways of eliminating metastatic cancers," said Steven A. Rosenberg, MD chief of the Surgery at NCI's Center for Cancer Research (CCR).

The first step of this new treatment approach is to DNA sequence the tumor. The second is to isolate TILs, which are present naturally in 80% of epithelial cell tumors, but in tiny amounts, not substantial enough to attack the tumor. In the case of the metastatic breast cancer patient, the researchers found TILs that recognized four of the mutant proteins.

"We isolate these lymphocytes from the tumor, grow them in large numbers and give them back to their patients. We made around 90 billion cells for this patient," said Rosenberg.

While the TILs were being grown, the patient was also treated with PD-1 blocking, immunotherapy agent Keytruda to modify the immune system so other immune cells wouldn't interfere with the TILs when they were infused back into the patient after being greatly expanded.

"These treatments have the potential to treat patients with any cancer," claims Rosenberg.

Indeed, several companies are already running trials for TIL therapies, for melanoma, cervical, lung and even notoriously hard-to-treat glioblastoma and pancreatic cancer, amongst others.

Edited from an article by Victoria Forster

From Silver Sneakers Mailbox

One of the major benefits UT retirees can get is a membership in "Silver Sneakers" and it is FREE. I do get monthly newsletters with great advice on issues pertinent to retirees and/or their caregivers, so when I think an article can benefit UTHRO members I will publish it in the Evergreen.



Researchers at the University of South Carolina have uncovered evidence that the benefit of water may be quite real. The wrinkle: You don't drink it. You exercise in it. In a long-term study, researchers analyzed health data

from 40,547 men between the ages of 20 and 90. At the beginning of the study, each volunteer was assessed on a variety of measures: cholesterol levels, blood pressure, heart disease, diabetes, smoking, alcohol use, and exercise habits. All told, 15,883 of the men reported engaging in no exercise at all. Another 3,746 walked regularly; 20,356 ran; and 562 stayed fit by swimming.

The researchers followed each group's respective fate for an average of 13 years. By the end of the study, some 3,386 overall had died. Perhaps not surprisingly, the Reaper took its greatest toll on the sedentary guys, 11 percent of whom had succumbed. Walkers fared better—just under 8 percent died. Runners did better still, with a death rate of 6.6 percent. The real surprise, however, occurred in the swimmers. Less than 2 percent had perished by the study's end. Swimming does have advantages over land-based exercise. Chief among them: low injury rates. Running, tennis, and team sports are associated with a higher risk of injuries among adults, according to a study in the *International Journal of Epidemiology*. Swimming, by contrast, is not—which is one reason so many exercise physiologists tout it as an ideal lifelong sport.

Provided you practice good technique, swimming is an extremely forgiving form of exercise, says Joel Stager, Ph.D., "Working out in water is largely non-impact," he says. "There isn't nearly as much wear and tear on the joints as there is in running." For some people, such joint-friendliness can mean the difference between staying active and hardly moving at all. Older adults with arthritis, heart disease, prior injuries, or extra weight may find even slow walking too painful or difficult. Not so in your local swimming hole, thanks to the buoyancy of water.

Water aerobics classes can improve heart health, muscle strength, and joint mobility in a fun, supportive environment in a workout that reduces impact on your knees and back. Classes are available through SilverSneakers, which gives you free access to gyms and fitness classes.

Of course, actual swimming provides health benefits too, and in some cases an astonishing level of physiological upgrade. The swimmers, they found, were more than twice as likely to be free of high blood pressure as their landlubber peers.

Edited from an article by Jim Thornton



Cinco de Mayo in June...

Photos and article by Henny van Dijk



If there is one thing UTHRO does very well, it is luncheons and so it was at the Cinco de Mayo in June, a well organized smorgasbord of delicious food of tacos, fajitas, fixin's and some absolutely great desserts. Organized by Gill & Barry Rittman and made lively by Liliana Rodriguez Cracraft and her lotteria games, I venture to say that a good time was had by all!



Two Important Pieces of Advice



The 2019 hurricane season is here which runs from June 1 to Nov. 30 annually, but the most active period is between August and September. The most

important thing you can do is to prepare and be ready to act on your emergency plans when inclement weather occurs – both at home and in the workplace.

Know where to go. If you are ordered to evacuate, know which local hurricane evacuation route(s) to take and have a plan for where you can stay. Remember Rita when more people died on the road to safety than in the actual storm.

Have a disaster supply kit ready. Your kit should include bottled water, nonperishable food items, a flashlight with backup batteries, extra cash, cell-phone chargers, a month's supply of important medication, first-aid supplies, copies of your critical information, food for your pets, and a map if you need to evacuate. If you are not in an area that is advised to evacuate and you decide to stay in your home, plan for adequate supplies, including water, in case you lose power and you are not able to leave due to flooding or blocked roads. If you or someone you know relies on electrical devices, oxygen, a wheelchair, service animals that need to be evacuated, or medications that may need to be refilled, it's important to plan ahead to accommodate those needs.



Houston's temperatures in the Summer can easily hit the three digit numbers and here are some tips to protect yourself and not end up in the ER—**Stay Hydrated!**

Dehydration is the No. 1 issue, especially among older people who are often out doing yardwork and, because body water content decreases with age, are at an increased risk of having problems. Seniors may also have heart conditions, which restrict fluid intake, so they should be sure to talk to their physicians about how to regulate this. Water will normally maintain hydration during work in the heat, providing you eat regular meals to replace salt lost in sweat. If you're sweating for several hours, sports drinks with balanced electrolytes can help. Steer clear of alcohol as it increases water loss and reduces the ability to notice signs of dehydration.

Protect your skin—There's no such thing as a healthy tan, so be sure to guard against the sun's harmful rays. Use a broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 30. Reapply every two hours

Once bitten, twice wise—To protect against mosquitoes, ticks, and other bugs, use insect repellent that contains 20 to 30% DEET on exposed skin and clothing. Don't forget to apply your sunscreen first. Cover exposed skin by wearing long-sleeved shirts, pants, socks, and closed shoes instead of sandals.

(Edited from an article by Victoria Tagg)

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

And now for something completely different ...

A Sign of the Times...?



Photographer Gijsbert van der Wal explained: "A small group of high school students were sitting on the benches in front of Rembrandt's Nightwatch, probably the most famous painting in the world. However almost all of them were either looking at their own smartphones or their classmates' and not to the art. I thought it was a curious sight and took a photograph.

"That same evening, I posted the photo on Facebook where, to my utter surprise, within a few days it was shared almost 9,500 times. The image was also reposted by others and shared on Twitter, Tumblr and Reddit. It went viral, with people often adding rather dispirited captions: today's youth is more interested in Whatsapp than they are in Rembrandt.

"On the other hand there were people who warned not to be misled by the image: they asserted that the students were in fact attentive to the art works, using the museum's freely downloadable multimedia tour. That seems a plausible explanation. However, I think a well-designed museum app should continuously direct the attention of the user from the phone to the actual objects on display.

"The children in the photograph didn't look up, they just kept staring at their phones. Frans Banning Cocq, the prominent nightwatcher in the background, seemed equally perplexed by it."

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