



# The **EVERGREEN** Newsletter

Editor: Henny van Dijk

[www.uthro.org](http://www.uthro.org)

November, 2019

## Thursday November 14

### Annual Meeting, Holiday Luncheon, UT Police Toy Drive



We of course will have the Annual Meeting in the Rio Grande Room on the second floor at OCB, in which the President will present a look back on the year 2019.

Don't forget to bring your loose change for the Endowment.

UTHRO will also celebrate their traditional Holiday Luncheon with a non-traditional menu this time. Pappas catering will serve a luncheon straight out of your typical Texas BBQ restaurant, so I'm sure many of you will attend and enjoy the food. The Texas two-step will be our menu.

Finally, The **UT Police** in collaboration with **UTHRO and UT Health employees** will hold its Annual Toy Drive benefitting pediatric and adolescent patients at Harris County Psychiatric Center (HCPC) and LBJ Hospital. We urge our members to get into the spirit of giving by bringing an unwrapped new toy to the luncheon to make a child happy at Christmas.



**RSVP by November 7 to**  
**Barry Rittman at**  
**[barryrittman@gmail.com](mailto:barryrittman@gmail.com) or**  
**call him at 713-542-8108**

*Parking arrangements are being made for those  
 with limited walking issues.  
 Let Barry know when you register if needed.*

## Holiday Luncheon at a Glance

11 AM—OCB Rio Grande

**PAPPAS CATERING**

**Texas Two-Step Menu**

**Slow Smoked Angus Beef Brisket**  
**Smoked Chicken Breast**  
 Served with  
**Garlic Mashed Potatoes,**  
**Fresh Green Beans,**  
**Barbeque Sauce**  
**Dinner Rolls**

**Ice Tea with Lemons & Sweetener**

**Desserts:**

**Traditional Pecan Pie**  
**Peach Cobbler**

**Price: \$22.00 pp. pre-paid**  
**Make your check out to UTHRO**  
**and send to Margaret Zambrano by Nov.7**  
**20903 Imperial Ridge Ln., Spring, TX, 77379**



### In this Issue

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## Health Symposium in Images ...



Our speakers, Ramirez, Smalling, Tucker

The 2019 UTHRO Annual Health Symposium featured three excellent speakers, Drs. Smalling and Tucker and physiotherapist Ramirez who talked about their specialties and gave us some sage advice about the latest in interventional cardiology, dermatology and life style. Dr Smalling gave us some history background but primarily told us about the great advances available in heart valve repair without opening the chest and being awake during the procedures in aortic and mitral valves. Dr Tucker gave some excellent advice about our skin, the aging process and how to keep the skin in optimal condition using creams, protective sleeves and Botox. Ramirez pointed out that the choice of staying active and involved vs. occupying the couch is ours.



Dr Meredith Hill conducted for the second time well attended hearing tests, while



The City's Dept of Health administered the Flu shots and Dr Fray once again did the oral cancer screenings.



The Symposium also featured several testing procedures and of course, probably the most important aspect, the ability to connect with those we haven't seen in awhile. Gill & Barry Rittman can look back on an excellently organized, smooth running event with only one slight mis-cue—the new parking arrangement, but give it a little bit of time to get it right.



## 4<sup>th</sup> Annual World Alzheimer's Day

To commemorate World Alzheimer's Day, the UT Consortium on Aging offered a free seminar last month. This seminar, held at the Cooley Center, was offered for healthcare professionals and for the general public. The speaker was Mr. Thomas S. Stephens, a financial advisor with Cambridge Investment Research, Inc. He is the author of several books aimed to help people plan for catastrophic illnesses and/or the end of life.

### "Planning for Tomorrow:

#### Avoiding Last Minute High-Stress Surprises."

The speaker shared a very personal story: the loss of his wife to cancer, and his struggles to deal with many financial issues and decisions related to the end of life. He shared with the audience how difficult and stressful it was having to close bank accounts and to deal with insurance companies, lawyers, tax advisors, and financial consultants.

The focus of Mr. Stephens' talk was to provide valuable pieces of advice. They were presented as the lessons he learned, and are summarized as follows:

Financial situations are the most important and the most stressful matters when dealing with a serious illness or the death of a loved one.

Everyone should have a **Living Will**. It's very important to mention in this document one's wishes about life support and artificial nutrition. The State of Texas provides a free form, but it needs to be notarized.

Designate someone to have a **power of attorney (POA) for healthcare**. This person will be your advocate and will help to solve conflicts among family members if they arise.

Designate someone to have a **POA for finances**. This person will be responsible for paying the bills.

Have all important documents available. Their location should be known by the people with POA. Also, someone should know the combination of your safe.

When facing a chronic or terminal disease in the family, do your homework. Learn the difference between different kinds of places and their cost (i.e., rehabilitation, or assisted living), and visit these places before placing your loved one there. Ask questions of the people already living there.

Professional help should be sought to prepare a **last will and testament**. Be specific, and understand your options.

Put in writing your exact preferences about funeral arrangements

In case of a terminal illness, understand what Hospice can and cannot provide. This is one of the most misunderstood facilities.

If a decision is made to remain at home, carefully calculate how much it will cost to sustain your loved one, or yourself. Investigate if your life insurance policy has a provision to cover long-term care if needed.

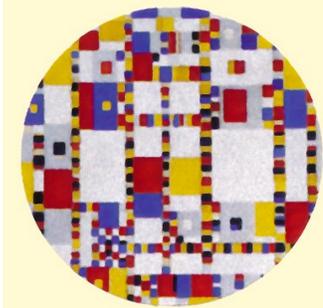
Mr. Stephens had a captive audience and closed his presentation with a quote from President John F. Kennedy:

*"The time to fix the roof is when the sun is shining."*

Reported by Lilitana Rodriguez Cracraft

## Our Recent Trip to Holland

Yoka and I visited Holland this month to celebrate my 80th birthday with family and friends. We also brought our children along. The family affair drew some 60 people and rekindled a lot of good memories, good food and visits to some mighty interesting places. We were tourists again in



Piet Mondriaan painting

our own country, going places we didn't visit when we were living there. The Netherlands has a long and rich history and we took the time to see a few of those. One such place was the "Mondriaan Huis" the birthplace of one of the widely known abstract painters Piet Mondriaan. He was born in Amersfoort, a picturesque town near our hometown

Utrecht before he traveled/painted far and wide from Paris to London to America. We have one of his posters displayed over the fireplace. From the early 20thC. Mondriaan, we ventured to the Northern part of Holland to go back in time some 5,000 years to the "Hunebedden" dolmen erected by the "beaker people", so named after their distinctive pottery. Hunebedden are enormous rock formations thought to be gravesites, the most famous one is in Rolde in the Province Drenthe where virtual all (54) surviving monuments are located. A beautiful museum tells the story of those early human tribes. A second trip took us to a castle near the German border build in 1272 as a small fort which was expanded upon for the next 700 years and is now one of the largest in the country. After a short hike into Germany, we visited Arnhem where in 1944 Montgomery tried to free the Northern part of Holland but his attempt failed and was pictured in the film "A Bridge Too Far". Mary Frances Fabrizio had told us about this war museum and though the history of this failure was well known to us, seeing the artifacts was a sober reminder that war weighs most heavily on the civilian population, who had to endure one of the most brutal "hunger winters" ever. Finally we paid a visit to one of my Air Force time bases—Soesterberg, an American/NATO base now remade into the "Luchtvaart Museum" featuring all Dutch Forces, Army, Navy, Air Force and from around 1600—today in a very well done exhibit, while the large amount of actual weaponry was exhibited a floor below. Finally one can't visit Holland and not enjoy the food so we probably ate too much, exercised too little but it was well worth it!



Hunebed Rolde



Castle "Huis Bergh"



WW II War Museum



The famous Dutch Pancakes

Story, photos: Henny van Dijk

## Monday November 4



Join us for a **FREE** full day inter-professional continuing education course on those must-know (but rarely broached) topics on aging.

**FEATURING** discussions on challenges in transitions of care, capacity assessment, dementia case management, and adapting traditional pain management to include complementary medicine.

**Monday, November 4 — 8am - 4:00pm**  
**The Denton A. Cooley, MD & Ralph Cooley, DDS**  
**University Life Center**  
**7440 Cambridge Street**

## Spudich Research Recognized...



At the World Congress on Light and Life in Barcelona, Spain, in August, a member of the UT family John Spudich, professor, Department of Biochemistry and Molecular Biology, and husband of UTHRO member Elena Spudich, gave the opening plenary lecture on "Microbial

Rhodopsins: Diversity, Mechanisms, and Optogenetic Applications. Much to his surprise, at the conference he was awarded the 2019 ESP Research Medal by the European Society for Photobiology for his research. Spudich was cited for fundamental concepts on light sensors and laid the photochemical foundation for a new biotechnology called optogenetics. Optogenetics uses photoactive proteins as genetically targeted molecular tools to activate or inhibit nerve cell activity with light. Rhodopsins are sensory proteins that convert light into an electrical signal. In many seeing animals, including humans, it is required for vision in dim light and is located in the retina of the eye—specifically, in that area where the retina's photoreceptive rod cells are located, which are specially adapted for vision under low-light conditions. This technology has revolutionized the study of circuitry in nervous systems, especially in the mammalian brain and provides a promising approach for treating neurological diseases.

# UTHRO

The University of Texas Houston Retiree Organization  
1851 Crosspoint, Suite 1.204  
Houston, TX 77054

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

## Mark Your Calendars... 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. When we will leave OCB and the price tag for this event will be published in the December Evergreen due out by Nov. 25. The organizers promise millions of lights, a Carnival, Food and the grounds will be both rollator walkers and wheelchair accessible.

## Suggested UTHRO Bylaw Changes

### ARTICLE III – Membership and Dues

#### A. Membership

1. Membership in this organization shall consist of faculty and staff who have officially retired from UTHSC-H.
2. Membership shall also include surviving spouses of retirees, and employees who anticipate retirement from UTHSC-H.
3. Current Associate Members will become Full Members.

#### B. Dues

1. Membership in the organization requires an annual dues payment.
2. Dues shall be for a calendar year beginning Jan.1 Annual dues are payable on or before the first day of January of each year. Any person who has not paid the annual dues by May 31, will be removed from the Membership Roster.
3. Each membership payment of annual dues entitles the member to one vote.
4. The Executive Committee of the organization will review the dues annually and determine any change in membership dues.

### UTHRO OFFICERS 2019

<b>President</b>	Kathryn Bradley	281-239-7980	kbradley77469@gmail.com	
<b>Vice-Pres</b>	Tena Lummus	832-569-4176	nanapoo1@att.net	
<b>Secretary</b>	Charlotte Childress	281-240-6898	charlotte.childress@yahoo.com	
<b>Treasurer</b>	Margaret Zambrano	281-655-1983	20903 Imperial Ridge Ln., Spring, TX, 77379	zambrano55@sbcglobal.net
<b>Web Administrators</b>	Henny van Dijk, Pat Grealy & Glenn Schreyer			<b>Newsletter Editor</b> Henny van Dijk