



The **EVERGREEN** Newsletter

Editor: Henny van Dijk

www.uthro.org

October, 2019

The 2019 Health Symposium ...

About Our Speakers:

last Call-

Sign Up Before Oct. 8

UTHRO's 2019

Health Symposium

Tuesday October 15 10:00—2:00

OCB, Rio Grande Room

- ◆ **12:00—12:30 Stephen Tucker, MD**
Wear Out rather than Rust Out
12:30—12:40 Q & A
- ◆ **12:40—1:10 Richard Smalling, MD, PhD**
The New Age of Treatment of Valvular Heart Disease: Replacement or Repair While You are Awake!
1:10—1:20 Q & A
- ◆ **1:20—1:50 John Ramirez, BS, MS**
Wellness and the Older Adult
1:50—2:00 Q & A

We also have been able to get “on location” screening for oral cancer, osteoporosis, and hearing testing. Sally S. Davis RN MSN, Connections Director, for the past seven years at **Amazing Place** a memory day center designed to serve adults and families impacted by dementia will be addressing “Caring for a loved one with memory loss is stressful. We are available to offer respite care, facilitate family meetings, provide education and resources as needed. We empower those living with memory loss to live fully and live well.”

And oh yeah, bring some appetite
A Light Lunch Will Be Served.

For the osteoporosis testing wear appropriate clothing for easy access to the lower leg and foot — no pantyhose.

Bring your Medicare card or BCBS insurance for the free “quadrivalent” flu vaccination given by the City of Houston Health Department, Immunization Bureau.



Dr. Stephen Tucker will talk about considering the skin as a barrier and how this barrier functions, wears and can be restored. Skin aging from sun, genetic damage, abnormal body metabolism and wear and tear will be covered.”



Dr. Richard Smalling specializes in the treatment of adult congenital heart disease, and valvular heart disease percutaneously as well as peripheral vascular disease interventions including carotid stenting and percutaneous endovascular repair of abdominal aortic aneurysm. Additionally, his team is experienced in utilizing left ventricular assist devices to support high risk coronary angioplasty and complicated valve treatment procedures.



John Ramirez has a passion for working with those who struggle with the motivation behind becoming the healthiest and best versions of themselves. For many the idea of getting into shape can be daunting, especially if they’ve been away from the fitness game for a number of years. A new approach to living well by incorporating the functional training aspect of fitness for the older adults.

**RSVP before October 8 to
Barry Rittman at barryrittman@gmail.com or
call him at 713-542-8108**



UTHRO likes
to welcome

George & Mary Stancel
George retired from HSC-G
Earlier this year.

In this Issue

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LoneStar Flight Visit in Images ...

In Memory of Joe Streckfuss

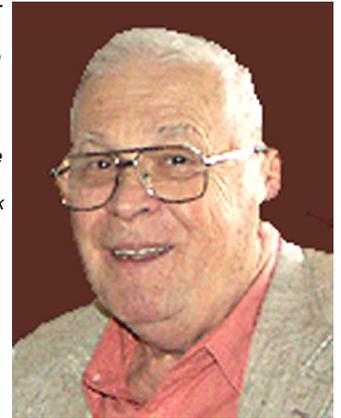


Due to the inclement weather the visit to the Flight Museum had to be cancelled. So no pictures unfortunately. We sincerely hope that the predicted flooding possibilities will bypass all of you.

Joe Streckfuss, long time UTHRO member and frequent attendee at many of our events with his wife Betty, passed away on Aug 26 due to complications of a stroke. UTHRO wants to extend our deepest condolences to his wife Betty and the Streckfuss family. I have asked colleagues of Joe to give their impressions of him.

Henny van Dijk

A DSI colleague and friend passed away on August 26 while in Hospice at his home in Spring. He had been recently hospitalized due to a stroke and then developed pneumonia.



Joe joined the Dental Science Institute in 1968 after earning a Master's degree in Microbiology and a Doctorate degree in Virology at Southern Illinois University. Dr. Bar Levy recruited him because of his expertise in both microbiology and virology as an Assistant Member of the DSI and an Assistant Professor in the Dept. of Microbiology at the Dental Branch. He worked with Drs. Levy and Sam Dreizen on the potential role of oral viruses, such as herpes, in cancer formation in marmosets. His studies made an important contribution to the formation of dental calculus and ways to prevent it.

When the Dental Science Institute was moved to the new wing of the Dental Branch, Joe's office was next to mine and he helped me build my first computer. Joe retired in 1996. He joined UTHRO about the same time that I did in 2002. Like Jackie and me, Joe and Betty were long time members who enjoyed the many outings, luncheons and meetings. Jackie and I extend our deepest sympathy to Betty and family.

Jim Vogel

Through the 1960's, 70's and into the 80's, the Dental Science Institute (DSI), which was then the research arm of the UT Dental Branch, was a major player in the fast growing field of dental research. Dr. Joe Streckfuss was part of a team of about 40 individuals, including faculty, technicians and administrators, funded by NIH to study dental caries, periodontal disease, bone mineralization and oral cancers. Joe was a microbiologist and virologist, and worked with others to contribute significantly to our knowledge of calcification and oral cancers. The group at the DSI was a close knit family, not only working hard together but also socializing, and Joe was always at the center of that. We had huge pot luck feasts at Thanksgiving and Christmas, and Joe and Betty entertained the whole gang several times at their beach house in Galveston. Joe was an amiable fellow, usually with a smile or a chuckle or a teasing comment. He was very proud of his family and especially of Betty in her career. I visited with both of them at our various UTHRO events over the years and will miss seeing Joe and reminiscing about the "good old days" at the DSI. My sympathies to Betty and family.

Peggy O'Neill

Joe's wife Betty asked that donations in Joe's memory be sent to the UTHRO Endowment.

I Found Those Images Instead...

Revenge is Sweet !



DID YOU KNOW?

BANANA IS A HAPPY FRUIT. EATING JUST ONE CAN HELP YOU RELIEVE IRRITABLE EMOTIONS, ANGER OR DEPRESSION.



DID YOU KNOW?

Once a tractor company owner was insulted by Enzo Ferrari who told him "you might be able to drive a tractor, but you will never be able to handle my Ferrari properly. Today that tractor company is known as "Lamborghini"

Only in France...



DID YOU KNOW?

Beer reduces the Risk of developing Kidney Stones by 40% .



DID YOU KNOW?

THERE IS A ROAD IN FRANCE THAT CAN ONLY BE USED TWICE A DAY, FOR A FEW HOURS THEN IT DISAPPEARS UNDER 13 FEET OF WATER.

Connecting the Gulf of Burnef with the island of Noirmoutier, Passage du Gois is not only unique but extremely dangerous too. Twice every day, when the high tide rises, the 2.58-mile long road disappears 13 ft under water. So people can use this road only two times a day for a few hours. Luckily there are elevated rescue towers to climb when caught unaware.



DID YOU KNOW?

THERE IS A STRESS HORMONE CALLED CORTISOL THAT IS CONCENTRATED IN TEARS. YOU LITERALLY CRY OUT YOUR STRESS.



DID YOU KNOW?

The first non-human to win an Oscar was Mickey Mouse.

From the Silver Sneakers Mail Bag



Getting lost in conversations with friends and not in a good way? Ever missed a call because you didn't hear your phone ring? Has your partner complained that the volume on your favorite Netflix show is too

loud? Roughly one in three people between the ages of 65 and 74 experiences hearing loss, while nearly 50 percent of people older than 75 have difficulty hearing, Men are nearly twice as likely to experience hearing loss than women.

Hearing loss is a natural aging process, and it's crucial to do something about it before it progresses and possibly affects your health in other ways. Here are five common myths about this condition—and the facts that you need to protect your hearing for life.

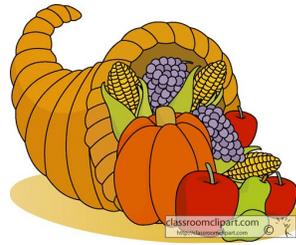
- Myth #1: Hearing Loss Is Annoying But Not Dangerous**
- Myth #2: It's Obvious When You're Losing Your Hearing**
- Myth #3: Hearing Aids Are the Only Solution**
- Myth #4: Pay Full Cost for Hearing treatments**
- Myth #5: Hearing Loss Is a Solo Journey**

1. Hearing loss can lead to withdrawal, isolation and depression in the older adult population and can be dangerous—not hearing alarms for instance.
2. One hearing test is an audiogram, which should take 20 to 30 minutes. A series of sounds are played through headphones, You'll be asked to press a button each time you hear a sound, no matter how faint. Dr Hill will perform that test at the Health Symposium in October.
3. Hearing aids, cochlear implants and assistive listening devices are the three most recommended aids
4. Medicare does not cover hearing aids but does cover the cochlear implants.
5. You're not alone in this. Just the opposite—your loved ones are also feeling the strain of your hearing loss, as they have to make adjustments when they interact with you. (Remember when your partner pleads with you to turn down the TV?)

Don't be shy about letting loved ones know you're dealing with hearing loss. This will make it easier for them to help you. Ask friends and family to talk to you face-to-face, or try video calls if you're on the phone. Seeing their lips move and their facial expressions can help you understand them better. Most of all, ask that your loved ones be patient with you—and be patient in dealing with them—as you all work together for easier communication.

Thursday November 14

Thanksgiving Luncheon , Annual Meeting & UTPolice Toy Drive



UTHRO will have their traditional Thanksgiving luncheon and Annual Meeting on Thursday November 14 in the Rio Grande Room on the second floor at OCB from 11:00 AM till 1:00PM.

The luncheon will be followed by the Annual Meeting in which the President will present a look back on the year 2019 as well as look forward to 2020. We urge our members to get into the spirit of giving by bringing an unwrapped toy for the children hospitalized in Memorial Hermann Children's Hospital or the county's LBJ and HCPC hospitals.

For more info on the menu and cost look for it in the November newsletter



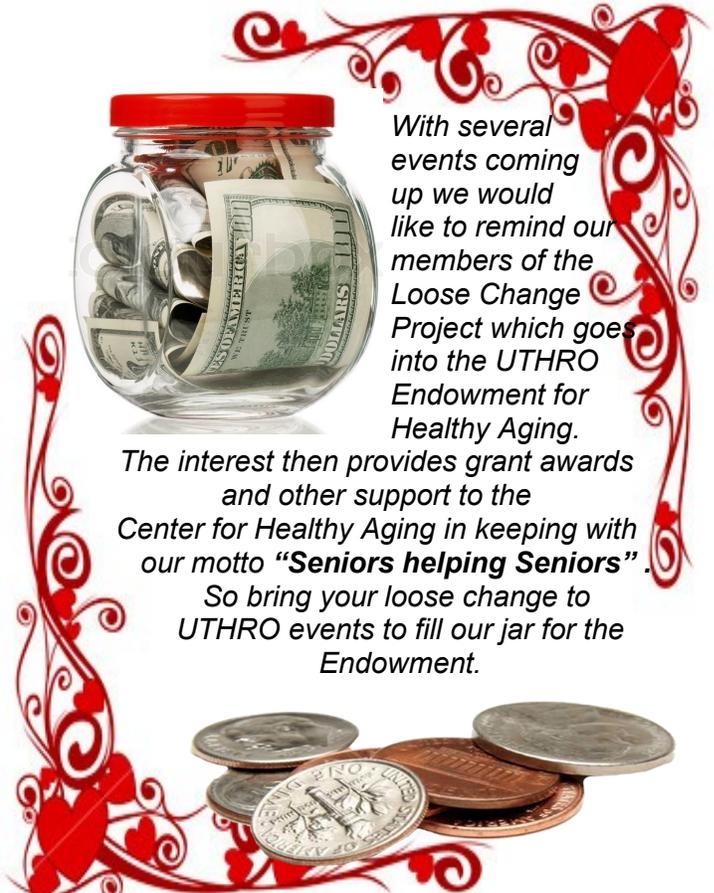
The Loose Change Jar Challenge



With several events coming up we would like to remind our members of the Loose Change Project which goes into the UTHRO Endowment for Healthy Aging.

The interest then provides grant awards and other support to the Center for Healthy Aging in keeping with our motto "Seniors helping Seniors".

So bring your loose change to UTHRO events to fill our jar for the Endowment.



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

And now for something completely different ...

Take Time to Laugh — It's the Music of the Soul



A Sign in a Shoe Repair Store

We will heel you ...
We will save your sole...
We will even dye for you...

A Sign on a blind repair truck

"Blind man driving."

A Sign over a Gynecologist's Office:

"Dr. Jones, at your cervix."

A Sign on a Podiatrist's office:

"Time wounds all heels."

A Sign at an Optometrist's Office:

"If you don't see what you're looking for,
You've come to the right place."

A Sign on a Plumber's truck:

"We repair what your husband fixed."

A Sign at a Tire Shop in Milwaukee:

"Invite us to your next blowout."

A Sign on an Electrician's truck:

"Let us remove your shorts."

A Sign in a Non-smoking Area:

"If we see smoke, we will assume you are on fire
and will take appropriate action."

A Sign on a Maternity Room door:

"Push. Push. Push."

A Sign at a Car Dealership:

"The best way to get back on your feet - miss a
car payment."

A Sign in a Veterinarian's waiting room:

"Be back in 5 minutes. Sit! ... Stay!"

And the best one for last: *and most appropriate at this time*

A Sign on the back of a Septic Tank Truck:

"Caution - This Truck is full of Political Promises"

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