

Editor: Henny van Dijk

www.uthro.org

September, 2019

The September Event

The Lone Star Flight Museum



The September Event will take us to The **Lone Star Flight Museum**, located in Houston, on **Tuesday Sept. 17**. This is an aerospace museum that displays more than 24 historically significant aircraft, and many artifacts related to the history of flight. The museum's collection is rare because most of the aircraft are flyable. Located at Ellington Airport, the museum is housed on about 100,000 ft², including its own airport ramp. The museum, formerly located in Galveston, moved to Houston to avoid a repeat of the devastation suffered during Hurricane Ike. The museum began as a private collection of historic aircraft in 1985. By 1990, that collection had grown enough that its owner decided to place them on public display. The museum reported heavy damage from Hurricane Ike, stating on September 16, 2008, that the hangars and Hall of Fame had received seven to eight feet of water and the lobby three to four. Most of the airworthy planes were flown out of the museum prior to the hurricane. Those remaining as well as the static displays were largely destroyed or heavily damaged. Following the destruction of Hurricane Ike, the museum made the decision to move to Ellington International Airport in Houston. It is working with the Collings Foundation and Texas Flying Legends to create a combined aviation museum complex. In March 2014, the museum received \$7.6 million from FEMA, and broke ground at its new location on November 9, 2015.

The bus will leave OCB promptly at 9:30 and admission to the museum is \$15.00 pp. Reservations and payment need to be received no later than September 10.

RSVP to

Barry Rittman at barryrittman@gmail.com or call him at 713-542-8108 and send your check for \$15.00 to Margaret Zambrano, 20903 Imperial Ridge Ln., Spring, TX, 77379

Lunch will be at Dixie Deli on Dixie Farm Rd. and it will be "pay your own way"



Dixie Deli features a number of delicious lunch items, from Po-Boys, both hot and cold, to sandwiches again both hot and cold, soups, salads and some desserts all in the below \$10.00 range.



As of September 1 the parking at OCB will be "paid parking". For more information and the good news please turn



Our visit to the Galveston museum in Sep. 2014

Initially scheduled to be dedicated on September 1, 2017, the opening was postponed to September 16th due to Hurricane Harvey. The Texas Aviation Hall of Fame, located within the museum, honors the contributions of residents or natives of Texas

to aviation and spaceflight. Inductees include Howard Hughes, Gordon Bethune, Alan Bean, Senator Lloyd Bentsen, and President George H. W. Bush.

In this Issue

Page 1 The September Event; Parking at OCB
Page 2 SPH is 50; A New UTHealth Initiative
Page 3 The 2019 UTHRO Health Symposium Info
Page 4 ...and now for something completely different!

School of Public Health turns 50

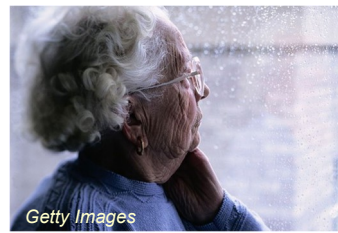


The School of Public Health will be celebrating its 50th Anniversary on Thursday, October 3, 2019 on campus at 1200 Pressler Street. There will be a roundtable discussion on the history of the School led by former faculty from 2:00-4:00 pm, followed by a barbecue from 4:00-7:00 pm. If you would like to attend and receive more information about the



event, please contact Camille Breaux at 713-500-9914 or SPH50@uth.tmc.edu. Also, if you have photos of the school, the faculty/staff/students, events or research you would like to share in advance, you can send them to SPH50@uth.tmc.edu. We look forward to seeing you!

Another UTHealth Initiative



A pilot trial at UTHealth will use a telephone-based program to help seniors diagnosed with dementia and their health care providers. Something as simple as a phone call could be a way to alert health care providers

and caregivers that an elderly person suffering from dementia may be spiraling down to dangerous self-neglect, according to researchers at UTHealth.

To test their premise, Sabrina Pickens, PhD, MSN, is leading a six-month pilot study that modifies a telephone-based care program for homebound seniors who receive Meals on Wheels and have screened positive for dementia. Sandy M. Branson, PhD, RN, is co-investigator. The study is being done through the Meals on Wheels program at Northwest Assistance Ministries. According to research published in the *American Journal of Geriatrics*, approximately 30% of recipients of the Meals on Wheels program have dementia, which places them at high risk for self-neglect - the inability for an older adult diagnosed with cognitive impairment to perform basic self-care tasks such as managing finances, preparing meals, and self-administering medication.

In many cases, an older person's informal caregiver - usually a family member or friend - can become frustrated and overburdened in attempting to intervene because the older adult refuses care, a hallmark feature of self-neglect. Caregivers might be juggling a full-time job and children, or live in another state, and begin to suffer from depression and anxiety because they feel overwhelmed, Pickens said. "We are testing whether the program could reduce caregiver burden and prevent overutilization of hospitalization and placement in long-term care for the recipient," said Pickens, who is a member of the UTHealth Consortium on Aging. "We hope this can identify the unmet needs of the caregiver and the recipient and link both to services that can help them."

The program was modified from the Benjamin Rose Institute's Care Consultation Intervention, a low-resource intervention designed for adults with chronic health conditions. A 2014 published study by Baylor College of Medicine reported it to be effective in reducing unmet needs in veterans and their caregivers, including understanding dementia and accessing services. This will be the first test of the program in homebound seniors with dementia and depending on results, could lead to a larger, randomized study. In the program, both the recipient and the caregiver complete assessments. Questions focus on memory problems, sleep, social isolation, depression, driving ability, relationship stress, anxiety, financial concerns, capacity to provide care, medications, mobility, balance, and pain. The care consultant then follows up with scheduled phone calls to see if goals are being met.

Edited from an article by Deborah Mann Lake



As of Sep.1 parking at OCB will no longer be free. However Kevin Dillon and Charlie Figari have assured us that we will be able to validate your parking. So our first trip that will be affected will be the Sep 17 trip to the LoneStar Museum. To make sure that those who will attend that trip would be able to park without paying, please take a ticket at the gate, keep it with you and when we return from Ellington Field you will be handed a validation ticket to let you out of the parking area. A big thank you to both Kevin Dillon and Charlie Figari for their part in this and UTHRO's ability to keep the OCB building as our home base.

Mark Your Calendar ...

UTHRO's 2019 Health Symposium

Tuesday October 15 10:00—2:00
OCB. Rio Grande Room

This year's symposium will address a number of health related issues of importance to UTHRO members and their spouses.

From the latest of treatments of the skin, to interventional cardiology rather than cardiovascular surgery, to how to stay fit during your senior years—to be better informed about issues that might visit our lives or of those closest to us.

Maybe our motto should be "wear out vs rust out" It seems that as we grow older health has become more and more of an important issue; visits to the doctor's office are more regular and answers more difficult to come by. On Tue. Oct.15 we have invited three excellent speakers to help you understand and/or ask questions.

There will be "on location" testing for oral cancer screening, hearing testing, osteoporosis, and information on an "Amazing Place". Bring your Medicare card or BCBS insurance for the free "quadrivalent" flu vaccination given by the City of Houston Health Department, Immunization Bureau and oh yeah bring some appetite.

A Light Lunch Will Be Served.

Contact Henny van Dijk or Barry Rittman
before Oct.8 to say you will attend
so we have enough lunches for everyone.
hvandijk@comcast.net or call 713-937-7943
barryrittman@gmail.com or call 713-542-8108

Sally Davis, Health Services Director for the past seven years at **Amazing Place** a memory day center designed to serve adults and families impacted with dementia will give a presentation 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."

Dr. M.Mackenzie Hill, Audiologist will conduct the hearing testing as she so expertly did in 2017

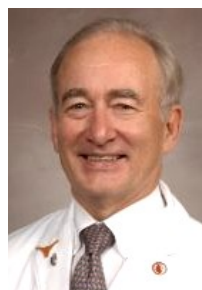
Oral Cancer Testing—The UTHealth School of Dentistry will again this year perform the testing.

While Victoria Ralls will have a team again to do your osteoporosis testing

About Our Speakers:



Dr. Stephen Tucker, joined the Med. School's Dept. of Dermatology after receiving his MD degree from Keck School of Medicine at USC and his residency in Dermatology from the Mayo Clinic. He has taught residents and students at the Med School for over 30 years and practices in the Woodlands. Dr Tucker is also a member of UTHRO.



Dr. Richard Smalling came to the Med School as a student in 1972, graduated in 1975 and earned his PhD degree in 1977 from GSBS. He completed his residency and fellowship at the Univ. of California in San Diego came back home in 1980 to become one of the premier cardiology interventionalists in the U.S. In April of 2019 he was named Distinguished Alumnus of the inaugural class of the Aerospace Engineering Dept. at UT Austin.



John Ramirez, MS BS ACMS PT and Sole Proprietor of the Acupuncture & Nutrition Clinic/Vintage Fitness Studio began his career working as the director of the Wellness Center at Memorial Hermann Healthcare System/HBU. However, he had long held an interest in working with older adults, as his master's degree was in exercise physiology with a specialty in geriatric studies. For many older adults, the idea of getting into shape can be daunting, especially if they've been away from the fitness game for a number of years. Ramirez, is aiming to change that.

Received in the (E)Mail :

UTHealth Consortium on Aging

4th Annual World Alzheimer's Day



Tom Stephens

This year's event is aimed at raising awareness about Alzheimer's related dementia. The keynote address will feature a presentation on financial preparedness by Author and Investment Advisor, Tom Stephens.

Planning for Tomorrow:
Avoiding Last Minute High-Stress Surprises

The Event will be held on Wednesday September 18, 2019 from 11:30—1:30 at the Cooley Center, 7440 Cambridge. Lunch and parking will be provided.

**REGISTER
TODAY!**

<https://tinyurl.com/WorldAlz2019>

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 ...

Just Bought the Latest Best Seller at IKEA



UTHRO OFFICERS 2019

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