

The EVERGREEN Newsletter

Editor: Henny van Dijk

www.uthro.org

April, 2020

UTHRO Endowment Awards...



Posing in 2019 with winner Gabriel Fries f.l.t.r. Rita Zachariasen, Peggy O'Neill and Barbara Kelly

We've come a long way!!! Almost 5 years ago, the UTHRO membership voted to establish an endowment in lieu of the Annual Excellence Award. Thus, was started the UTHRO Endowment for Healthy Aging through UTHealth to benefit the Consortium on Aging in research, education and patient care in the area of geriatrics. We had five years to raise the minimum \$25,000 to establish the endowment. Thanks to the hard work and enthusiasm of Rick Bebermeyer and to the generous donations from our members and friends, that goal was achieved in a little over a year! As of now, the value of the Endowment is over \$72,000. Contributions go into the corpus of the Endowment, which through combination with UTHealth investments, generate interest that can be used for the purposes of the Endowment. In consultation with the Consortium on Aging, it was decided that the interest in the beginning would go for seed grants to young investigators conducting research in geriatrics. In 2019, the first award of \$2,000 was presented to Dr. Gabriel Fries for his research focusing on understanding the mechanisms leading to epigenetic age acceleration, aging that occurs because of factors other than DNA mutations and may not match a person's chronological age, a kind of premature aging. Knowing that increasing age is a major risk factor for many chronic diseases, including Alzheimer's Disease, the use of markers to predict this epigenetic aging in comparison to chronological aging could lead to therapies aimed at preventing this to take place. The seed grant was for a year, and Dr. Fries will present his findings to the membership this year.

The request for proposals has gone out again this year from the Consortium, with a deadline of March 20, and UTHRO is very pleased to be able to award two seed grants of \$2,000 each this year.

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Endowment Awards cont...

The proposals submitted will be reviewed by the UTHRO Endowment Committee and other Executive Committee members, and the top four submitters will be asked to present their proposals to the membership in attendance at a **Lunch and Learn scheduled on April 28 from 10:30 to 1:30 in the Rio Grande Room at OCB**.

The membership present will then vote on the two proposals to receive funding. We had a great turnout last year and I hope that we can repeat that this year. Please plan to attend! **This event has been cancelled for now.**

Many thanks to all of you who donated to the Endowment either through the annual appeal with your checks or through the Loose Change Project by putting your accumulated change in our big jar at various events. Every little bit helps, and you see what we can do in a short time.

Peggy O'Neill

CANCELLATIONS



Several events have been cancelled due to the Corona virus and the UTHealth Policy to avoid the congregation of large groups of people, so the Bryant Museum trip, the French Cuisine Trip on April 1 as well as the April 28 event are all cancelled.



UTHRO likes to welcome our Newest members:

Lorraine & Ronnie Alexander
and
Janice & Charles Thomas

Both Lorraine and Janice retired from The School of Dentistry

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Billie Jiral Remembered ...



Long-time member Billie Jean Jiral, 92, passed away last month. Born in Eldorado, Oklahoma, Billie was a vibrant beautiful woman who loved challenges. She worked in university administrations for the University of Toledo, Indiana University and retired from The University of Texas after 17 years of service as the assistant director of business in the Speech & Hearing Institute. She played the piano and served on the Gaslight Theater Board until her health declined. She loved a "Lone Oak Tree" at the ranch where she shared special time with her beloved family. Her husband Frank sent us the obituary and is my custom I asked some who knew Billie their impressions of her.

Memorials in her name may be given to Gaslight Theater in Shiner.

The following is my effort at sharing a few memories about Billie. Actually I knew her for a very short time when I was Associate Director of the Institute in addition to my other two "hats". I had also just lost our long time CPA and I told Human Resources to send us someone ASAP. That someone was Billie. She did a good job for us and she retired too soon.

Billie had an extended career as an accountant/book keeper in several UTH Schools in the Medical Center. Her last position was as manager of the business office in the UT Speech and Hearing Institute. Staff there regarded her as "Keeper of the Purse". In that sometimes difficult position Billie was noted for her friendly manner and helpful response to faculty and clinicians needing new sources of funding. In the 1990s, months before Billie took early retirement, staff members noticed her ever increasing good humor. Billie confided that there was now a special man in her life. Soon the couple married and Billie announced her retirement. Her retirement party was always memorable because it also included a wedding shower.

Joan Lynch

Cheri Spitzer remembers that Billie always lit up the room when she walked in. She wore many hats at the Speech and Hearing Institute (which served as the Division of Communicative Disorders of the Graduate School of Biomedical Sciences). The GSBS staff could always count on Billie to get 'er done – and with a smile on her face. Billie always kept everyone laughing and ready to take on anything Dean Butcher could throw her way. She never shied away from work and was always willing to learn something new. Her positive attitude – and fun personality – made her a team favorite. Billie was always pleased that Spitz's two (half Italian!) children had red hair. May she rest in peace.

The 2020 S.T.A.R Awards



Every year I try to publish the recipients of the STAR Awards—STAR the acronym for Service, Tradition, Achievement and Recognition and are the university's way to recognize the outstanding faculty and staff and honor them for their commitment and dedication. This year UTHealth will celebrate employees with five, 10 and 15 years of service with a STAR Awards reception on Tuesday, March 24. Employees with 20, 25, 30, 35, 40 or 45 years of service will be honored at the STAR Awards luncheon on Thursday, March 26. Because there are so many who have served, I concentrated on those our members might know and remember! If you see one you know send him/her a congratulations.

30

Bedient, Norma Leticia
Buja, L. Maximillian
Chan, Wenyaw
Clayton, Rita M.
Cummings, Sharon S.
Delclos, George
Doursout, Marie-Francoise
Estrada, Sonia A.
Ezeobele, Ifeoma Ezebuiro
Faul, Sondra K
Hendrickson, Janet M.
Jones, Carol F.
Landry, Susan
Lewis, Karla S.

Newton, Ana M.
Northrup, Hope
Primacio, Encar
Rose, Peggy S.
Ruppert, Susan D.
Smith, Kimberly C.
Stavinoha, Carol I.
Stevens, Courtney M.
Taylor, Wendell C.
Tennison, Dewayne C.
Toney, Llonda Yvette
Walker, Rasia R.
Watson, Beth DeCuir

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Atkins, Constance L.
Cleary, Len
Davis, Barry R.
Gleason Jr, Wallace A.
Habetz, Pauline M.

Linder, Stephen H.
Marshak, David W.
McNeil, Rosemary S.
Molony, Donald A.

40

Clark, Richard B.
Dualeh, Patricia A.
Gould, Lance

Hecht, Jacqueline T.
Wilson, Nancy E

45

Cormier, Larry P.
Lairson, David R.

Swint, John M.



When I look at the names above I can only say how lucky I was to have been working with a good number of those colleagues and even if I subtract the 15 years I've been retired that still leaves at least 15 but even more so the three that shared 25 years. That I consider a gift!

Henny

The Latest on COVID-19

CORONAVIRUS	FLU	ALLERGIES
Fever Cough Shortness of breath, or difficulty breathing Symptoms occur 2-14 days after exposure	Fever Cough Muscle Aches Fatigue & Weakness Chills & sweats Congestion Sore Throat	Sneezing Itchy nose, eyes or roof of the mouth Runny, stuffy nose Watery, red or Swollen eyes

Source: Mayo Clinic

Know the difference between COVID-19, flu and allergies

Medical experts say you should contact your doctor right away if you have COVID-19 symptoms and you've possibly been exposed to the virus, but sometimes it is hard to tell the difference between having the new strain of the coronavirus, the flu or just allergies.

What is the difference between coronavirus and the flu or allergies?

As you can see on the graph above, there are quite a few similarities between the Coronavirus and the Flu, but the severity of COVID-19 symptoms can range from very mild to severe. People who are older or have existing medical conditions, such as heart disease, may be at higher risk of serious illness. This is similar to what is seen with other respiratory illnesses, such as influenza. So again pay attention to what your body is telling you and by Presidential order stay away from large groups and stay in-place. Coronaviruses are a family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). In 2019, a new coronavirus was identified as the cause of a disease outbreak in China and is now known as coronavirus disease 2019 (COVID-19).

If I suspect I have the new coronavirus, when should I see a doctor?

Contact your doctor right away if you have COVID-19 symptoms and you've possibly been exposed to the virus. Tell your doctor if you've recently traveled internationally. Call your doctor ahead to tell him or her about your symptoms and recent travels and possible exposure before you go to your appointment, which he might not grant to protect his other patients because it appears to be spreading from person to person among those in close contact.

Risk factors

Risk factors for COVID-19 appear to include:
Recent travel from or residence in an area with ongoing spread of COVID-19.
Close contact with someone who has COVID-19 — such as when a family member or health care worker takes care of an infected person.
Again follow the advice—stay home and/or avoid contact with large groups. Listen to your body, usually the best indicator that something is not completely right.

Dr. Stan Dudrick, pioneer...

1972 saw a number of UT Med School pioneers coming down to Houston and the newly created Medical School and among them one of the bright surgical stars of its day, Dr. Stanley Dudrick and his team of young brilliant colleagues, Drs. Jim Duke, Bruce MacFadyen and Ed Copeland. But without a doubt the most charismatic was Stan Dudrick, recruited as the inaugural Chair of the Surgery Department and his treatment of trauma patients at the time. Dudrick pioneered the new way of treating those who could not absorb food regularly by feeding them intravenously and so the specialty of Total Parenteral Nutrition (TPN) was born which over time saved thousands of patients, young and old from starving to death. The initial research was done on beagle pups and when he had proven it could be done Dudrick was asked to administer his TPN on a starving baby successfully. At that time many surgeries would be considered a success but the patients often died of lack of nutrition such as severe bowel disease or burn patients who could not absorb regular food. The image on the left was I believe one of our im-



ages and many in the school would see him walk his research beagles on the grounds of the Med School before rounds or surgery cases. He also was very instrumental with Jim Duke to get LifeFlight started as the only Air Ambulance Service in the Greater Houston Area, now a fixture on the skyline.

Like Jonas Salk with the polio vaccine, Dudrick never patented his technique or sought to profit from it because in his words he wanted simply "to leave something better behind when I go, rather than just practice medicine the way it has always been done."

Henny van Dijk

I came to UTSMSH in 1972 with Dr. Dudrick and at the time there were only 4 members of the Department of Surgery. I greatly enjoyed working with Stan as he was a great visionary and an outstanding clinical surgeon. He was a great leader at UT and in surgery in the US and around the world. He will always be remembered for his great contributions in surgical nutrition as he revolutionized the practice of surgery and many lives were saved because of his development of total parenteral nutrition. He will be greatly missed.

Bruce MacFadyen

UTHRO

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*To update your address or phone number
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And Now For Something Completely Different...

Paraprosdokians Will Make You Think Twice

Paraproswhat? Yep, you read that correctly. Paraprosdokians are linguistic brain scramblers in which the latter part of the sentence isn't what you expected based on the first part of the sentence, causing you to re-think the entire statement.

"If I agreed with you, we'd both be wrong." Sir Winston Churchill

"War does not determine who is right ... only who is left." Bertrand Russell

"Where there's a will, I want to be in it." Anonymous

"I used to be indecisive. Now I'm not sure." Tommy Cooper

"You can always count on Americans to do the right thing—after they've tried everything else." Abba Eban

"If I could just say a few words ... I'd be a better public speaker." Homer in The Simpsons

"I haven't slept for 10 days, because that would be too long." Mitch Hedberg

"Behind every great man there's a woman, rolling her eyes." Jim Carrey

"I've had a perfectly wonderful evening. But this wasn't it." Hugh Herbert

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