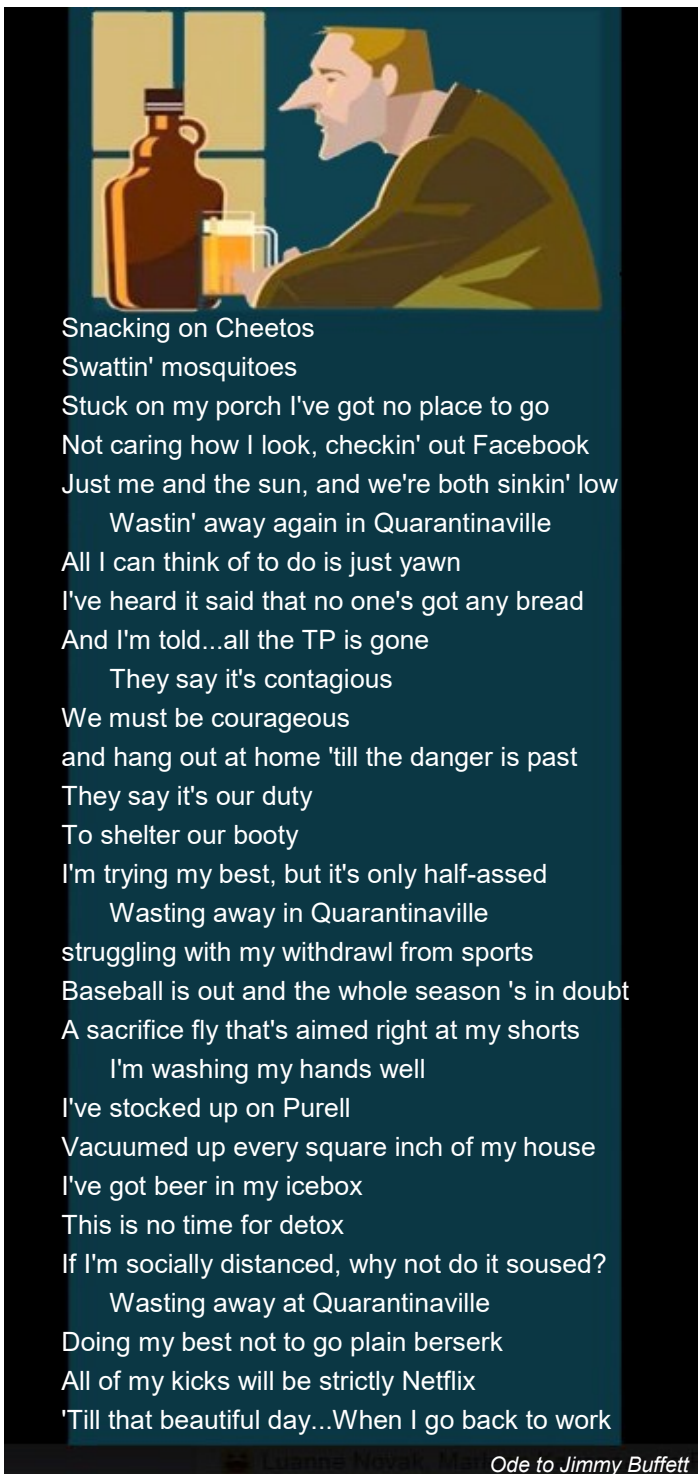


Editor: Henny van Dijk

www.uthro.org

May, 2020

Quarantinaville ...



Message from the President

Dear UTHRO members,

I hope that you are all staying safe and well as we maintain social distancing. We miss seeing you all since our planned events have been cancelled due to the COVID-19. This is a trying time, but I want you to know that we are here for you. Please feel free to reach out to me if you are in need or if you feel isolated and just want to talk (email or leave a message and I will return your call). I hope that we can all get back to our normal routine as soon as possible and I look forward to seeing you at our future events. Together we will get through this.

Best,

Kathy Bradley

Social Distancing ...

Ever since sometime in early March the world learned two brand new words "Social Distancing" and "Stay quarantined in your home" both phrases to put the fear into families with children because the home has now become your private bunker. We elderly are a bit better off because we don't have children, at least not teenagers and younger and while retired have understood that every day is Saturday, so lay back and relax. However when one is told to stay put, human nature starts to disagree or at least trying to find alternatives and so I offer this very helpful guide when you have run out of ideas for your next travel destination: So take your cane, walker or running shoes and discover the many wonderful sites in your own private neighborhood.

- Las Kitchenas
- Los Lounges
- Santa Bedroomes
- Porto Gardenas
- Los bed
- Costa Del Balconia
- St bathroom
- La Rotonda De Sofa

The Elephant in the Room ...



When the President extended the quarantine to April 30 it opened a whole new area of entertainment if you can call trying to 1. stay alert and not overeat and 2. how do I spend all that free time constructively. Obvious both questions were already important to us retirees who see everyday as Saturday or as my friend Tena says "retired and loving it". As editor I have the job of informing and entertaining my fellow UTHRO members and I thought it might be fun to see how you might be challenged like millions of people do on FaceBook or other social media. The games that invite personal information are very popular and can be shared by friends and family members interested in such trivia. I'm a sucker for those invitations to participate and they can be fun. Others scour the internet for funny cartoons or memes (a humorous image, video, piece of text, that is copied and spread rapidly by Internet users.) I have posted three of those on the back page.

Phone a friend "Reach out and touch someone." call, text, or videochat with someone you haven't spoken to in a while. Think of this as a great opportunity to reconnect.

Read or puzzle It keeps your brain engaged and there's enough time now. Just don't break your reading glasses, unless you have a backup pair.

Cook. I saw on FB that one of our members made some great recipe realities and creates meals to be proud of. Just make sure to keep in mind that mirror. It's a good idea to stock up on pasta, rice, canned vegetables, and spices so that more recipes are within reach.

And for those with some foresight:

Start a betting pool on how much of a baby boom there'll be due to all of this time on our hands with nothing else to do. It may put the spike from the Harvey disaster in 2017 to shame.

Just make sure you get off that couch and remember:

**THE POWERBALL IS UP TO AN
18 PACK OF CHARMIN.**

A snapshot from abroad

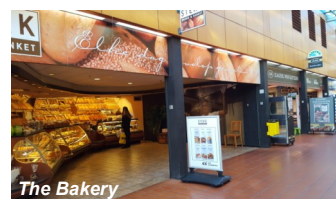


The 83 flats

This time my column is not about the incredible beauty or the attractions in Holland or the tulips, but more a very personal account of the two weeks we recently spend there. The reason was the sad occasion of my youngest brother's funeral and so we did not make daily excursions to any tourist spot but stayed close to home and observed daily life in Nieuwegein, Utrecht, at the home of Yoka's sister and brother-in-law, who live in a 83 home/flat complex. Those apartments are owned, and have several great amenities such as a indoor heated swimming pool, exercise room, a lounge where one can have parties or play pool or generally get together with the other owners. It also



The Animal Farm



The Bakery



Jumbo, the grocery store



Exercise anyone..?



Skateboard court

features two guest rooms and Yoka and I were fortunate to have one of those for our 2 week visit. Their very spacious flat in the third tower looks out over a retention basin. Beyond the water a walkway with daffodils and a animal farm that attracts a lot of kids and families. There is a shopping strip within 200 yards featuring, a bakery, a butcher, a pharmacy, a florist a cheese shop, a liquor store and a supermarket. It also contained a snackbar for those who might get hungry for some late night Dutch treats like "bitterballen" or party trays and all within easy walking distance. One day I decided to just walk around the block so to speak and found some interesting amenities again in walking distance, such as an open-air exercise place, a basketball court and a skateboarding challenge to burn off excess energy as well as the fore mentioned animal farm in other words a total package of housing, entertainment and businesses for daily living. I would go in the morning to the store, go to the bakery to get fresh bread or croissants, visit the butcher for my deli and to the supermarket for yogurt and such. Even in the less than wonderful weather I could walk via the basement to the shopping strip, so again very easy access. Nothing spectacular or touristy but just the everyday life of a Dutch family.

Photos Henny van Dijk

Interesting Facts about TMC

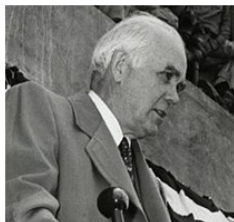
In 1925 Hermann Hospital was built at the end of what was then a dirt road named Fannin; That first building was and is not part of the Texas Medical Center which did not come to be till 1948.



Peggy O'Neill approached me with a very interesting idea—what do we actually know about the many streets crossing the Texas Medical Center and she offered to research them and report on it. Here is her first expose.

Most of our UTHRO members worked in the Texas Medical Center and drove its streets regularly. Did you ever think about their names and where they came from? You probably know the origins of some of the major ones like Fannin or M.D. Anderson Blvd., but did you know that within the Medical Center there is a Wilkins Street or a Fredrick C. Elliot, DDS Drive? We thought it would be interesting over the next few issues of the Evergreen to review some of the name origins of our familiar streets. Of course, the Medical Center has expanded beyond the borders that some of us knew (Fannin/South Main Streets on the West, Holcombe Blvd on the South, Braeswood and MacGregor on the East, Cambridge on the North) and now extends all along Bertner Ave to what is now known as the South Campus.

Let's start with Fannin St and Holcombe Blvd. During the fight for Texas independence from Mexico, James Walker Fannin was a colonel in the Texas Army. He fought with Sam Houston but was defeated in the battle of Coleto and, along with his men, was taken as a prisoner to Goliad where they were all executed. He is considered a Texas hero.



Oscar F. Holcombe was a business man in Houston in the construction business. In 1921, he was elected to his first term as mayor of Houston, its 43rd. He went on to serve as the 45th, 47th, 50th, and 52nd mayor of our city. He was known as conservative and pro-business, though he also worked

to expand the city's boundaries and improve public services such as libraries, a municipal auditorium, and an improved sewage system.

Next we will look at M.D. Anderson Blvd and John Freeman Blvd.

Giving Day/Consortium on Aging

At the request of Virginia Craig, Senior Director of Annual Giving and University Alumni Engagement, Barbara Kelly, Peggy O'Neill and I met with Virginia and James Booker (Consortium on Aging) via a telephone meeting. Dr. Carmel Dyer and James had met with Virginia in March to discuss fund raising for COA and how UTHRO and Development might work together to support the COA, as well as UTHRO.

On April 7th, UTHealth launched its annual Giving Day but in light of this global health crisis, they have transitioned their campaign to focus on their mission areas that are in need of critical support at this time.

The site (givingday.uth.edu) features the university essential funds in addition to priority funds for the Consortium on Aging - Community of Connection fund:

<https://launch.uth.edu/project/20633> (see site description below). They asked that we send the information about the UTH Giving Day/Consortium on Aging project to our members. I presented the crowdfunding campaign to support the COA project to our Executive Committee for review and it was suggested that, because many of our members are on a limited income, and in support of our UTHRO motto, Seniors helping Seniors, UTHRO send a one-time donation of \$500 to the COA project site instead. The Executive Committee approved the donation and funds were sent to the COA project entitled Connecting Elders to their Communities.

*Description on the COA project site:
Consortium on Aging - Community of Connection
Connecting Elders to their Communities*

"In response to the recent COVID-19 pandemic, the Consortium on Aging at UTHealth is addressing the unique challenges that face our aging population. In particular, feelings of social isolation and loneliness are exponentially increasing as "social distancing" orders are being put in place, further isolating older adults from their families and communities as well as their medical resources.

The Consortium on Aging is attempting to alleviate some of this pressure by creating a "community of connection" by raising funds to provide tablets for hospitalized older adults and isolated homebound older adults so that they can virtually communicate with their families and their UTHealth physicians throughout this difficult time. Research has shown that decreasing social isolation can lead to better emotional and physical health, and in the wake of this global health crisis, keeping our older population healthy and happy is vital."

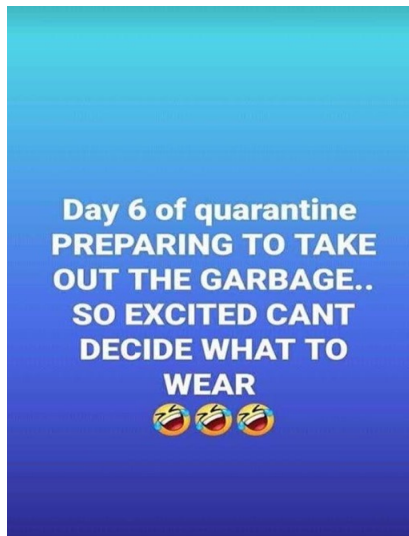
**After years of planning to clean the house or garage but lacking the time,
I discovered during the quarantine,
that that was not the reason.**

UTHRO

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

And Now For Something Completely Different...



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