



The **EVERGREEN** Newsletter

Editor: **Henny van Dijk**

www.uthro.org

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Get your Flu Shot...

Now that Covid has played havoc with UTHRO's traditional Annual Health Symposium and the City of Houston's Health Department is not available to give the shots, I have asked my doctor to give us advice what to do to keep us safe...

With good reason, there are a multitude of questions about the flu shot this year. Here are my answers to the most common questions I receive.

Timing. When should I get my flu shot? The short answer is October.

In Texas, we generally have a late flu season, often peaking after the new year. Thus, traditionally, October was the optimal time to get the vaccine in order to last through the Texas flu season. However, it is 2020 and nothing is going as we would expect or hope. My biggest concern this year will be flu shot supply. Meaning, will supply chain bottlenecks with manufacturing affect flu shot availability similar to what we see with Lysol, meat and paper towels? We received only 30 percent of our flu shot order so far this year, which is a much lower percent than usual.

Which flu shot should I get? The short answer is a Quadrivalent flu shot.

Thus is what we have recommended and provided in the office exclusively for many years. This year, over 90 percent of the vaccines are quadrivalent. If you get your flu shot elsewhere, they should be able to tell you if they have the quadrivalent.

I am over age 65, should I get the "high dose" flu shot?

As a general rule for my patients, my advice is no. I recommend the regular dose quadrivalent flu shot to most of my patients. I have seen a significantly higher incidence of adverse reactions from the high dose vaccine, both annoying (fatigue, soreness, muscle aches) and severe neurologic complications (Guillain-Barre' Syndrome). However, there are exceptions to every rule and I consider each patient's risks and benefits before advising them

Rely on your physician to help guide you on which vaccine to get, not the pharmacist.

Many things we are doing as a result of the current pandemic **may possibly** account for a quieter flu season. We have all learned better respiratory infection precautions. We are wearing masks, have increased hand washing, are in fewer crowds and are travelling less. This makes the spread of any respiratory virus decrease.

Does the Covid19 pandemic mean I need the flu shot this year, even though I do not normally get the flu shot?

The only thing about the pandemic that would affect that answer would be if the hospitals are full of Covid19 patients and one had to be hospitalized with a severe case of the flu. Resources for your care could possibly be strained.

Adam Weinstein, D.O.



Interesting Facts About TMC

Continuing with the origin of street names in the Texas Medical Center, take a look at Richard J.V. Johnson Avenue. This is one of the newer streets in the TMC, west of Bertner, running from Holcombe Blvd. to Bates St. and dead ending at St. Luke's Hospital.



Richard James Vaughn Johnson was born in 1930 in Mexico to American parents working there and moved to the United States in 1937 and to Houston in 1941 when his parents divorced. He helped the family by getting a Houston Chronicle paper route while attending public schools. He graduated from San Jacinto High

School where he lettered in three sports – baseball, basketball and football. He entered Texas A&M on a basketball scholarship but transferred the next year to The University of Texas. He was fond of saying "I attended A&M but received my education from The University of Texas." In 1955, he began his career with the Houston Chronicle newspaper in Houston as a copywriter. He advanced very quickly through the management team at the Chronicle, achieving the title of Executive Vice President in 1972. In 1973, following the death of the Chronicle President, Johnson became the youngest president of a major daily newspaper in the United States. The Chronicle was sold to the Hearst Corporation in 1987, and Johnson became chairman and publisher and served in that capacity until his retirement in 2002. Johnson was very active and a leader throughout his career in a variety of newspaper-related organizations and received accolades from most of them. He was also involved in civic activities in the City of Houston and in Texas. He served as Chairman of the Board of Trustees of the Texas Medical Center, a member of the TMC Board of Directors and Executive Committee, and Chairman of the Board of Visitors of The University of Texas M.D. Anderson Cancer Center. He served as director of the State Fair of Texas, Texas Taxpayers Research and as Chairman, CEO and Director of the Robert A. Welch Foundation. He received numerous prestigious accolades for his civic involvement. He was married to Belle Griggs Johnson for 50 years and had a son and a daughter. Johnson died in 2006 in Houston. Though he was known primarily as a newspaper man, he was also a very respected civic leader and volunteer.

Peggy O'Neill

Jean Osterman Remembered

I have gotten several tributes to Jean this past month from those who knew her well and deserve to be posted—Henny

I first met Jean in 1993, when I transferred from the Medical School to Lyndon B. Johnson General Hospital Chief of Staff Office. At the time, Jean was Director of Volunteers for the Harris County Hospital District. She was immediately welcoming and helpful, taking time to help me learn the environment. When the Hospital District offered early retirement, Jean accepted that offer, but not yet ready to be “retired”, she promptly applied at the Medical School and was hired into Dr. Andrassy’s office in Surgery, where, true to form, she quickly made friends with faculty and staff alike.

Jean was always friendly and ready to help, the hallmark of her personality. She had a wide array of friends, and with Jean, once a friend always a friend. Jean had a generous spirit, an open heart, and an infectious laugh. It wasn’t long before she included me in that circle of friends, and we were often together, happy hours, dinners, craft fairs, and a trip to the Netherlands, when we were able to celebrate her birthday onboard our cruise ship.



Jean was a “people person”, always thinking of others, doing for others, including years of service as a Big Sister. Her Little Sister wrote, “For 12 years she gave me the best childhood ever. I’m a spoiled child partly because of her...” She loved her family dearly, especially the youngsters. She took great care in planning just the right Christmas gift for each of them. She returned to her hometown of Alton, Illinois every year to party with her high school classmates. In the last year, she experienced some health problems, which she accepted without complaint and with a fair amount of humor. During her last hospital stay, we joked about the attention she got when she just happened to mention her connection to Dr. Andrassy. “The name still has magic,” she said.

Her passing was sudden and unexpected, leaving us all a bit breathless at the suddenness of it. Jean was a delight to know, and her absence is deeply felt. *Mary Frances Fabrizio*

Barbara Jean Osterman (Jean) was a delightful and happy individual to work with. She always had a smile and would help anyone. She sat at the front door of my office for many years and her smile and warm approach got my morning off to a great start. When people were waiting to see me, she could keep them all busy with her friendly chat. She will be missed by many. *Rich Andrassy*

More remembered Jean...

Jean was such fun to be around. She enjoyed crafts so much I would go to her craft shows after I retired from UT at the New Hope Lutheran Church in Missouri City. I loved her Christmas crafts she was very good with the wood crafts, of which I have some. We would go to the UT retirees meetings and lunches together. She invited me to join her at the Stafford school for the breakfast, that the culinary department put on once a month, that was such fun. We attended the bingo games at the rec center here in Missouri City once a month, of which, we would win prizes from time to time. That was great Fellowship. Have not been able to attend those functions at the school or the rec center due to the Covid. Our dinners with the UT Surgery group, once a month, was always at Los Tios in Meyerland. That gave us the update on all of our families and activities in our lives, miss that. Be so glad when we can get back to our normal lives. I’m afraid it will be awhile for that. I will certainly miss Jean a lot. *Beverly Head*

If you know my life you know this lady was an important part of it. I was in the Big Brother Big Sister program from the ages of 6-18, and this wonderful woman was my big sister. For 12 years she gave me the best childhood ever. I’m a spoiled child partly because of her...birthdays and Christmas she had those in the bag. Road trips, museums, amusement parks...you name it we did it. I’m crafty because of her, she was awesome at arts and crafts. I got to experience Take your child to work because of her. She



was Dr. Red Duke’s secretary and he loved when I visited...do you know how exciting it was to go on rounds with Dr. Red Duke. I loved her parents they were THE BEST! And her family, practically my family...visiting Alton, Illinois will always be a cherished memory. I owe ALOT of my life to the things she taught me. Knowing

she is in heaven is devastating. Sleep peacefully in God’s arms, have a laugh with my mom while you’re up there, watch over me. I’ll love you forever. THANK YOU Big Brothers Big Sisters of Greater Houston for this awesome woman! *Ashley Bell*



SOMETHING TO THINK ABOUT .



PEGGY AMANTE
1934 . . .

One of my sons gave me StoryWorth for Christmas last year and I so enjoyed it that I thought I'd pass on the information in case others in UTHRO might find it as interesting as I did. I loved the "process" because it brought back so many memories, and my kids were fascinated by the stories about my life.

StoryWorth.com is a service which sends a question per week to subscribers and at the end of a year – or longer if you wish – they publish a nice book which

in effect is an autobiography if you want it to be. You have the choice of answering the weekly question, choosing from hundreds of others on the website, or writing your own - which I did frequently. Patrick then bought a book for each of the other four kids. Here is a short sample of one of the "chapters" I included:

Do you remember a time when you were really upset as a child?

I do, though I'm not sure how old I was – maybe for my sixth birthday. Some of my friends came to my party and I suppose we played the usual games and had cake and ice cream. We played musical chairs where we walked around a set of chairs that had one fewer chair than there were players. We walked while the music played. When the music stopped we each tried to sit on a chair. I lasted for a few rounds and then didn't get a chair when the music stopped. I think I must have had a fit because I can remember going into my bedroom and hiding under the bed. I expected someone to come and get me and bring me back to the party. I waited and waited and no one appeared. Eventually the party was over, the guests left, and I was still under the bed.

What a brat!!

Peggy Amante



Call for Endowment Support...

It's that time again! Coming in October!! Please watch your mail in October for a letter updating the status of the UTHRO Endowment for Healthy Aging and asking members to contribute to our very worthy cause. We realize that this is a very challenging time for everyone, but we do want to continue to support the growth of our fund so that the interest can be used to support research, education and patient care in geriatrics. Please consider making a donation, no matter how small or large.

A Historic Dutch Dish (1574)



Hutspot—October 3

As you might know, the Dutch did fight a war with Spain called "The Eighty Years' War." This war was a revolt of the Seventeen Provinces of what are today the Netherlands, Belgium, and Luxembourg, as well as the French region of Hauts-de-France against King Philip II of Spain. For those who don't know, the word "hutspot" is derived from the Dutch words "hutsen", meaning "to mix" and "pot" meaning, well, just "pot."

Anyway, according to the legend, during the Eighty Years' War, the Spanish under Francisco de Valdez, tried to capture Leiden in 1573, as the inhabitants stubbornly defended their city and withstood a one-year siege. On October 3, 1574, when the resistance finally succeeded in driving the Spanish away and liberating the city, it is reported that the Spanish soldiers fleeing Leiden left cooked bits of an unfamiliar stew of carrots, meat, onions and parsnips, which the starved inhabitants of Leiden ate up really quickly. Not knowing what to call the unfamiliar dish, they named it "Hutspot", and it has remained a symbol of their victory till this day.

The anniversary of the liberation of Leiden, known as "Leidens Ontzet" in the Netherlands, is still celebrated every 3rd of October in Leiden and by Dutch nationals everywhere. It is a celebration that has to do with the consumption of a lot of hutspot. It's definitely one you shouldn't miss, especially if you're a lover of mashed potatoes.

Hutspot is one of several dishes known as "stamppot". While the origins of the Dutch Stamppot may not be very clear, one thing everyone can agree on is that it is a much-loved dish in the Netherlands and the hutspot still remains a symbol of Dutch freedom and victory in the siege of Leiden.

Hutspot in the van Dijk household is served with Eckrich skinless beef sausage, topping the mash of 1 lb. carrots, 1 lb potatoes, caramelized onions, all cubed and mashed together and heated in a skillet. This usually serves two meals. We do add some brown gravy.

So if you're visiting the Netherlands, try any type of Stamppot and you might be hooked for life.

Henny van Dijk



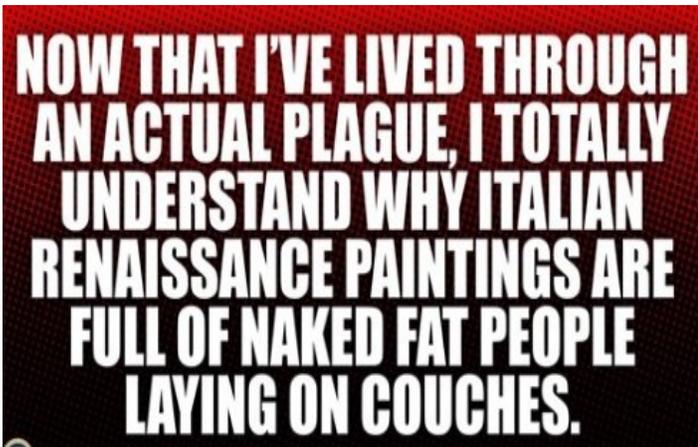
UTHRO

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

And Now For Something Completely Different...

Reflecting on two major issues in our lives today...



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