

Editor: Henny van Dijk

www.uthro.org

December, 2021

The Sugar Land Holiday Lights



The December 2021 Event will be a bus trip to the Sugar Land Holiday Lights at Constellation Field. The bus is a 44 passenger one so we can accommodate **20 members**. Tickets are for general admission and can only be bought online so we will purchase the tickets and distribute at Constellation Field. Tickets will be \$10.00. A few spaces are left on the bus call Barry at 713-542-8108 for bus reservations.

If the bus is full or if you prefer you can meet us at Chuy's or at Constellation Field. If meeting at Chuy's we need to know by the 1st of December in order to get the correct number for the reservation. If going directly to Constellation Field let us know by December 1st so that we can get the correct number of tickets and get you access to the breathtaking view of more than 3 million lights with 8 fantastic themed areas.



Now for the particulars—The bus will pick us up on Tue. Dec. 7 at 4:00 pm at OCB. We plan to have dinner at Chuy's Mexican Restaurant, 320 Hwy 6 in Sugar Land at 5:00 pm. Then at 6:00 pm the Holiday Lights at Constellation Field. We

leave Constellation Field at 8:00 pm and expect to be back at OCB by around 8:45 pm.

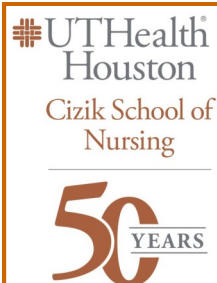
Parking at OCB will be validated.

RSVP to Barry Rittman before Dec. 1

Email: uthro@uth.tmc.edu Subject: Barry, Holiday lights

Please send in your check for \$10.00 p.p. made payable to UTHRO to Margaret Zambrano prior to December 1. Her address: 20903 Imperial Ridge Ln., Spring, TX, 77379.

50 Years of Nursing Excellence



I received this request from Sherri Green and I would like to pass this on. She asked me to post it and so I did.

We are preparing for the nursing school's 50th anniversary and would appreciate your help in engaging retirees. Please consider using this blurb in your next newsletter.

The Cizik School of Nursing at The University of Texas Health Science Center at Houston is gearing up for its 50th anniversary in 2022, and needs your help! We are calling on alumni, supporters, and retirees to help us celebrate by sharing memories, mementos, and photographs.

Use this link:

<https://nursing.uth.edu/cizik-nursing/story.htm?id=d2a5d525-e744-484d-b710-0f33ad2718aa> to tell us a story, upload a photo from your time at UTHealth Houston, or lend us an item for display for our golden anniversary.

Watch for announcements about events throughout 2022, and join us for the festivities!

Sherri Green



Photo by Henny van Dijk



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Symposium on Aging Research

Moderator Dr Michael Kolonin opened the 5th Annual Symposium on Aging Research, reminding the virtual audience that this symposium originated with Dr Carmel Dyer before her untimely death earlier this year. Speakers from both UTHealth and Baylor College of Medicine would present papers on the subject. He then introduced the keynote speaker Dr Alan Green who's talk would be *The Theory of Anti-Aging Medicine*



Dr Green talked about his treatment of 800 patients with the drug rapamycin 6 mg once a week resulting in aging and mortality reduction in mTOR1, an anti aging effect. It reduces markers and aging in skin as it reduces or get rid of wrinkles. He warned that rapamycin is a very potent poison, prescribed originally as an immunosuppressant for transplant patients, but has been found to prevent aging diseases such as dementia. If aging is programmed somehow Mtor is running the program—c'elegans?"

When to start rapamycin depends on the health of the patient. The 65+ population is responsible for about 90% of Flu deaths and he saw improvements in mortality with rapamycin. He mentioned several papers by others: Kaeberlin in 2017 summarized that rapamycin extended life span, while others like Dai in 2014, Van Skike in 2020 and Justin Travis much earlier in 2004 came to the same conclusion in their studies with mice and other animals. Rapamycin will help older people stay in better shape and better health with dosages ranging from 4 mg once a week to 6 mg/wk for men which Green concludes means aging can be programmed. Green himself is on 6 mg once a week for the past several years.

Kolonin introduced the Annual Symposium on Aging Research Pitch Competition of the Harry E. Bovay, Jr. Foundation which featured three presentations on which the audience would vote and the winner will be announced during the symposium. The finalists for the \$10,000 were:

Natalia Rocha—markers to identify AD early

Abayami Ogunwale—dementia & osteoporosis

Shiyu Xu—the role of HAP 40 in aging and neurodegeneration in Huntington Disease (HD)

The audience voted Xu the winner of the grant.

Henny van Dijk

Remembering Joan Lynch...

longtime UTHRO member Joan Lynch passed away on Nov.5

I met Joan Lynch almost 50 years ago in 1974 when then President Charles Berry ordered a brochure of all the 7 schools of UTHSC including The Speech and Hearing Institute. During the period since I would run into Joan on occasion, but not till I retired and edited the newsletter did we get a lot better acquainted. Whenever UTHRO needed a calming, quiet voice on an important committee I would volunteer her name and she always came through. When we needed a voice to then President Kaiser trying to get UTHRO accepted as a valued part of UTHSC-Houston Joan was there or when we started the Excellence Award to support Dr Dyer and her Consortium in Aging Joan was a member who always would give her wise advice. When that committee segued into the very successful Endowment Joan helped guide that in her quiet smiling way.

Henny van Dijk



I first met Joan Lynch in the late '70s or early '80s in a group called Women in Science. At the time, she was Director of the Speech and Hearing Center. I thought then "what a lovely lady" and that she was. She was always soft spoken but so bright, positive and enthusiastic. When I decided to shift career directions and attend dental school, Joan was very supportive and encouraging to me, and I am grateful. I saw her from time to time at the dental school where she was an esteemed member of the cleft palate team. Fast forward to around 2010 (?), I encountered Joan at the Memorial Hermann Wellness Center exercising, as I was. She asked if I was a member of UTHRO, and I replied that I was a member but not active. She said that she had a job for me and asked me to be a member of the Excellence Award Committee. She was a member of that committee and active in fund raising for that annual award. When we decided to establish an endowment in lieu of the Excellence Award, she was part of creating the endowment and supporting it and served on that committee until last year. Joan was a wonderful person, and I am indebted to her for her influence on my career and seeing that I became active in UTHRO. She will be missed.

Peggy O'Neill

Finally I like to quote from a letter Joan wrote me in Oct.2018:

"Recently I told a friend that I had included the UTHRO Endowment in my revised will. So why did I make this choice? The answer seemed obvious to me. UTHRO is an organization composed of retired people committed to providing a gathering place for those who devoted 10, 20, or 30 years of their lives to furthering the mission of the UTHSC in Houston. This group provides a venue for people to socialize over lunches and planned excursions. It schedules educational programs and the members are sensitive to the needs of the retired population.

UTHRO members have recognized that the many crucial needs of this fast growing elderly population require a significant commitment of institutional resources. In support of this concept they established an Endowment benefiting the Consortium on Aging. It is my hope that by doing my part to increase this Endowment, I can contribute to improving the quality of life for those of us finding our way in the second (or is it the third) half of our lives."

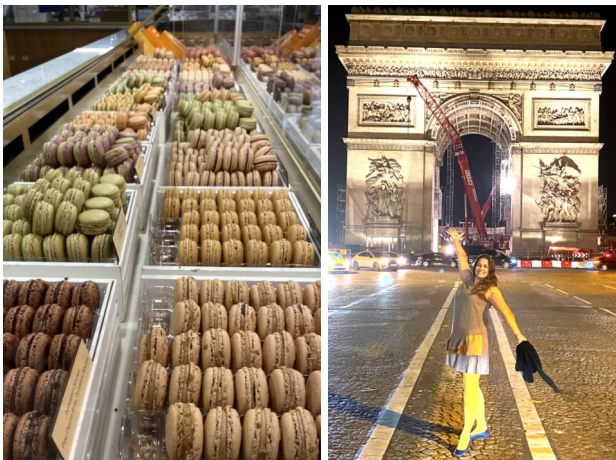
Joan Lynch



UTHRO's Tour de France '21 ...

A group of 21 UTHRO members traveled with Vantage Cruise Lines to France for a few days in Paris and a river cruise on the Seine River from Paris to Normandy. I let the images speak for themselves. All images were taken by Beth Watson.

Henny van Dijk



History of the Red Kettle ...



When I came to the US I was exposed to a whole bunch of new experiences and at my first Christmas in Durham, NC I noticed those red kettles usually outside a Walgreens or Eckerd's. Just very recently I've been more aware of what the Salvation Army stands for but here is the history of that Red Kettle. Henny

In 1891, Salvation Army Captain Joseph McFee was distraught because so many poor individuals in San Francisco were going hungry. During the holiday season, he resolved to provide a free Christmas dinner for the destitute and poverty-stricken. He only had one major hurdle to overcome -- funding the project.

Where would the money come from, he wondered. He lay awake nights, worrying, thinking, praying about how he could find the funds to fulfill his commitment of feeding 1,000 of the city's poorest individuals on Christmas Day. As he pondered the issue, his thoughts drifted back to his sailor days in Liverpool, England. He remembered how at Stage Landing, where the boats came in, there was a large, iron kettle called "Simpson's Pot" into which passers-by tossed a coin or two to help the poor.

The next day Captain McFee placed a similar pot at the Oakland Ferry Landing at the foot of Market Street. Beside the pot, he placed a sign that read, "Keep the Pot Boiling." He soon had the money to see that the needy people were properly fed at Christmas.

Six years later, the kettle idea spread from the west coast to the Boston area. That year, the combined effort nationwide resulted in 150,000 Christmas dinners for the needy. In 1901, kettle contributions in New York City provided funds for the first mammoth sit-down dinner in Madison Square Garden, a custom that continued for many years. Today in the U.S., The Salvation Army assists more than four-and-a-half million people during the Thanksgiving and Christmas time periods.

Captain McFee's kettle idea launched a tradition that has spread not only throughout the United States, but all across the world. Kettles are now used in such distant lands as Korea, Japan, Chile and many European countries. Everywhere, public contributions to Salvation Army kettles enable the organization to continue its year-round efforts at helping those who would otherwise be forgotten.



UTHRO

The University of Texas Houston Retiree Organization
5827 White Clover Dr.
Richmond, TX 77469

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

And Now For Something Completely Different... A Very Merry Christmas To All



Photo by Henny van Dijk

UTHRO OFFICERS 2021

President Kathryn Bradley
Vice-Pres Barbara Kelly
Secretary Daun Gray
Treasurer Margaret Zambrano

Web Administrators Henny van Dijk, Pat Grealy & Glenn Schreyer

To protect our officers' personal information on our website, UTHRO has instituted a new general purpose email address: uthro@uth.tmc.edu. This is a "forwarding" email that will send copies to both the UTHRO president and Efren Pena who will then forward the email to the appropriate person. Including the recipient's name in your subject will be very helpful; e.g. Subject: For Barry, BBQ lunch. If UTHRO members already know the phone number or personal email address of an officer then by all means continue using that for your communication needs.

Newsletter Editor Henny van Dijk