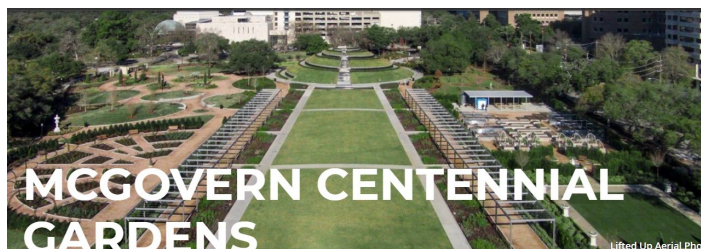


## A New Crown in 2 hrs. or less...

I normally wouldn't call a trip to the dentist a pleasant experience, but I have to say that my latest one was just that, a pleasant and an even more interesting educational experience. I broke a molar over the weekend and called my regular dentist; he was not available that week and I got a referral to another one, Dr Blake Hamblin also in the neighborhood. When I parked myself in the chair and Dr Blake took a quick look he told me that I needed a crown on #3 right next to my gold one on #2, however he would suggest a porcelain one that he could do in 2 hrs. Since my gold one took 3 visits I said "sign me up" and that's where the pleasant and educational thing came in. Dr Hamblin used a Cerec system that creates a virtual image of my molar with what I would call a wand (which also plays music) scanning the 3 upper molars. Those images were fed into a computer program that creates a 3-D image that he showed me on the screen. Then the program designs the perfect crown which is sent to an actual piece of equipment that creates/bakes the porcelain crown. The fitting and finishing is then a matter of trial (and error?) with the ultimate test—the BBQ test (don't ask) as the final floss. You might want to know where the pleasant came in: this particular dentist has a nice size flat screen above the chair and I was able to follow the NCAA basketball tournament while waiting for my crown, while the educational part came when he showed me on another flat screen the scans and the program that created the 3-D model. Because I have spend more than 30 years in education at the Med School I was impressed and decided that this is what the future dental office is going to look like. I asked Dr Hamblin if he graduated from the DB or the SoD and he told me that he graduated from the UT School of Dentistry. Then I contacted Dean Valenza to see if the school had the Cerec system and he told me "We do not use that system, but rather a different manufacturer's product (which we, of course, believe to be superior)." He got me in contact with Dr Maria Loza, Chair of Restorative and Prosthodontics Dentistry and Dr Thompson who is the Director of Digital Dentistry. I was invited to come and take a look at their system, so I did. Dr Loza told me that they have actually 3 systems—Planmeca which uses the Emerald scanner, 3Shape-Trios scanner and Itero all meant to deal with different treatments from single crowns, to complex prosthodontics and orthodontics, even implants. Dr Thompson then showed me how the curriculum teaches the new digital technique already in the first two years. Finally she took me behind the scene for the final steps to making that porcelain crown, the 3-D printing, washing and heating.

*Henny van Dijk*

## Hallelujah.. We have an Event



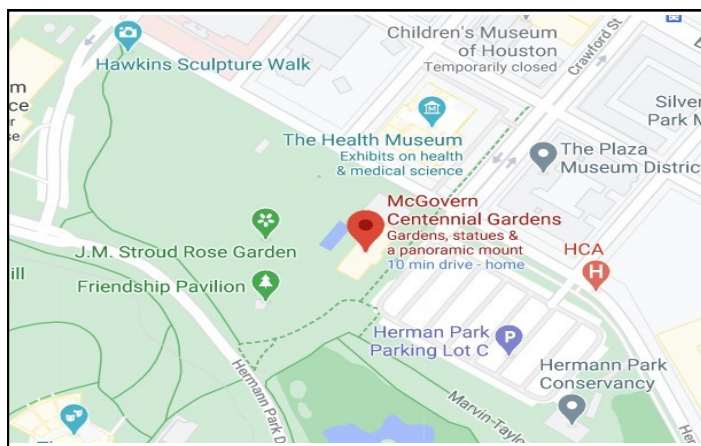
### Are you ready for a UTHRO outing?

Let's meet and celebrate Cinco de Mayo on Thu, May 6<sup>th</sup> at 10:30am for a stroll around the McGovern Gardens, 1500 Hermann Drive

A picnic lunch in the park will be provided by UTHRO  
To help plan please RSVP by May 2<sup>nd</sup>  
to Barry or Gill Rittman by May 1<sup>st</sup>.

Map attached, plenty of free parking and handicapped spots available in the first row of the parking lot.

**Please wear your mask** and use social distancing, we look forward to meeting up with you again.  
Gill 713-542-1865 [gillianrittman@gmail.com](mailto:gillianrittman@gmail.com) or  
Barry 713-542-8108 [barryrittman@gmail.com](mailto:barryrittman@gmail.com)



### *In this Issue*

Page 1 Exciting Dental News; Our first Event in 2021  
 Page 2 The 3-Amigo Op-Ed; Announcements  
 Page 3 International Labor Day; Visiting Europe  
 Page 4 ...and now for something completely different!

## A “Three Amigo” Op-Ed...

**“Do not reject me in my old age. Do not forsake me when my strength fails.”** *Psalm 71-9*

A recent op-ed written by Archbishop Emeritus Joseph A. Fiorenza, Reverend William A. Lawson and Rabbi David A. Lyon advocating for better quality care for older adults was published in the Houston Chronicle. The editorial called on Houstonians to ensure that quality specialized healthcare for older adults is available and accessible in this community.

As Houston gets browner and grayer, we have a moral obligation to enhance elder care. We three members of Houston’s faith communities — known locally as the “Three Amigos,” want to make sure that our elders have access to the best health care available. We believe that our brothers and sisters have a moral obligation to ensure that our parents, neighbors and strangers receive age-friendly care in a timely and expedient manner. Though Houston is renowned for specialized interventions, there is a gap here in the number of facilities and health care professionals that give priority to healthy aging.

We have made great strides in reaching out to various racial and ethnic enclaves, yet too often overlook the extent to which increases in life expectancy present challenges to those who live alone who are fearful of their ability to pay for treatment. During the last decade the number of senior citizens in the U.S. increased by 33 percent. Even more incredible is the certainty that those who live past age 85 in the U.S. will exceed 14 million people in 20 years.

On average, today’s senior citizens enjoy better health and health care than their grandparents received. Most of the very old, however, suffer one or more chronic conditions and spiritual pain with advancing years. The plight of older Houstonians who live in desperate straits, especially at risk during a pandemic, concern the Three Amigos, who long have advocated for the homeless and those denied social justice and civil rights. So we three men have partnered with Dr. Carmel Dyer, the executive director of the UTHealth Consortium on Aging, whose compassion and wisdom in serving older patients and their families have earned her a national reputation in advancing the best practices of geriatric medicine. As Houston becomes increasingly multicultural and a magnet for older adults, this geriatric imperative rightly commands attention. Access to state-of-the-art elder care and palliative medicine can ensure that our elders can remain independent; they can enjoy a healthful quality of life by preventing and mitigating acute accidents, chronic maladies and mental impairments exacerbated by loss of hope that they can survive risks of COVID-19, malnutrition and loneliness. Our immediate goal is to use technology to increase the access of needy older individuals to age-friendly, easy-to-use telemedicine. We can provide age appropriate health care services that address the physical, cognitive, emotional and spiritual deserts in which too many of us struggle.

## Some Announcements...



### UTHRO Endowment for Healthy Aging

The Endowment is doing well and we have around \$7,000 in interest money that we need to spend this year. As you remember, our plans for awarding money in 2020 were delayed by the pandemic, so this year we will make up for that. In conjunction with the Consortium on Aging, we plan to award a \$5,000 seed grant for research in some area of gerontology, and two other \$1,000 grants in areas of education in aging and quality improvement in aging. As in the past, the Consortium will solicit proposals, and those will be reviewed and ranked by the Endowment Committee and others, narrowing down to three or four finalists. Tentatively in September we will have a Lunch and Learn and invite members to come to hear the finalists and vote on the award winners. We look forward to that time and will keep you posted on the exact date.

The Event Committee has been busy discussing possible events for the rest of 2021. It might help you knowing ahead of time, and in some cases way ahead of time, what is in store for our members.

We already announced the May event on the front page, so we probably should look beyond August for ideas for our members. Of course actual dates and destinations are still up in the air and the availability of OCB as a meeting place might also be in question but let’s be positive and think good thoughts.

The **October** event will be our Annual Health Symposium. More pertinent information as the event nears.

The **Annual Meeting / Holiday Luncheon** is scheduled for **November**, again no date and time has been decided.

And finally a **NOTICE**: The address for the UTHealth Office of Development has changed to:  
**UTHealth Office of Development**  
 7000 Fannin St., STE 1200  
 Houston, TX 77030



Any donations to the UTHRO Endowment for Healthy Aging should now be sent to that address. You can find a

donation form with instructions on the UTHRO website ([www.uthro.org](http://www.uthro.org)) that can be downloaded and printed.





## May 1—International Labor Day



Eleven pairs of shoes were dangling over the New York City skyline. It was 1932, as the Great Depression was reaching its height. Unemployment and uncertainty could be felt throughout the city and the entire country. But on West 49th Street, a pillar of hope was under construction: the art deco skyscraper that would come to be known as 30 Rockefeller Plaza.

The ironworkers constructing its 70 floors were taking a break, sharing boxed lunches and cigarettes. They appeared to be completely unfazed by the location of this break: a narrow steel beam jutting out into the sky, hundreds of feet above the pavement. As one man helped another light his smoke, someone snapped a picture. The resulting photograph became one of the most iconic images in the world, an embodiment of the spirit of the American worker. It still hangs in pubs, classrooms and union offices across the nation, it is shared across social media, in tribute to those whose perspiration and determination built this country. The men in the picture were ironworkers who did build the structure that is now the 22nd tallest building in New York City and home to NBC studios. But rather than capture them in the midst of their lunch break, the photographer posed them on the beam "You see the picture once, you never forget it," Rockefeller Center architect Christine Roussel says. It was the lunch photo that was published in the New York Herald Tribune seven months before the building would open.

At the time, steel was an integral part of the American Dream. The industry was filled with recently arrived immigrant workers who withstood precarious working conditions to manufacture and construct the growing country. "Cars, planes, ships, lawn mowers, office desks, bank vaults, swing sets . . . to live in twentieth century America was to live in a world of steel," wrote historian Jim Rasenberger. The steel frame made building construction more efficient and more economical, and it had a less pragmatic — yet more significant effect. "It gave humans the ability to rise as high as elevator and audacity could take them."

The audacity of the 11 men in the famous photo, dubbed "Lunch atop a Skyscraper," is evident. But to this day, their identities are almost entirely unknown. The photographer behind the image is also a mystery.

Jessica Contrera

*And now you know the rest of the story as Paul Harvey used to say in his radio broadcasts.*

## Challenges when visiting Europe

There might come a time again in the not too distant future that Americans can travel again so I have decided to share some of the biggest "Surprise" moments of their trips, where you felt culture shock because something you saw or experienced was just so different from what you were typically used to?

The first thing is how it may boggle the mind how old everything is and how it is still integrated into everyday life. "Like in the UK, drinking in a pub that has been in the same spot since the 11th century or eating dinner at a restaurant in an 18th-century cathedral. Or in Prague, staying in a hotel that had been operating since the 15th century." and on that subject, in Europe, wait staff are paid a living wage so they do not need tips. The eating experience is much more laid-back and slower in Europe, relative to America and the wait staff is never trying to force you out of the restaurant once you are done eating.

But you will get surprises in restaurants when ordering dinner and think where is the rest of it, however by the last bite, you're stuffed. That was my surprise moment: when you realize how rich and high quality the food is here. Another thing you might definitely not used to is that most stores are not open on Sundays. Not even grocery stores, however once at the cashier this pleasant surprise if something costs five euros, it's exactly that, tax is already included.

A pretty strange custom to Americans—Paying to use a public restroom. I get why, but it's just a horrible feeling if you really had to go and you don't have any change. And speaking of bathroom issues: in Greece you place your used toilet paper in the trash bin and not flush it down the toilet.

In Italy, there is virtually no threshold for how much distance should be left between a speeding car and any obstacles so a bus driver will rush down a narrow cobblestone street with about a centimeter to spare between the sides of the bus and any parked cars, walls, ancient monuments, or playing children. And it was no surprise to see that many cars either missed their side mirrors or they were hanging.

If you are in need of healthcare please remember that BCBS has a global plan part of your UT Benefits and might save you quite a lot of heartache and money.

Some thing that might be shocking is the blatant nudity everywhere and nobody seem to care which made me realize that we are rather Victorian still and nudity on broadcast TV was not only surprising, but in prime time and though I realize that American TV is kind of prudish that way, it was pretty shocking.

But maybe the biggest shock comes when you have a chance to talk to people and you find out "Y'all get how many days of paid vacation?! And sick leave? And public healthcare? Maybe the politicians here did bend the truth a bit about the socialist "hellhole" called Europe.

My biggest surprise when coming back to the States was the feeling of a "downgrade" but hey that just inspired me to go back and explore more of that continent.

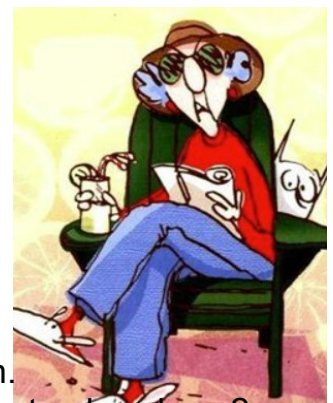
# UTHRO

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...** ***Retired & Loving It... Some Wisdom From Our Seniors!***

I started with nothing. I still have most of it.  
I finally got my head together. Now my body is falling apart.  
Funny, I don't remember being absent-minded.  
If all is not lost, where is it?  
If at first you do succeed, try not to look astonished.  
The first rule of holes: if you're in one, stop digging.  
Nostalgia isn't what it used to be.  
A day without sunshine is like a day in Seattle.  
It's hard to make a comeback when you haven't been anywhere.  
Living on Earth is expensive, but it does include a day trip around the sun.  
When you are finally holding all the cards, why does everyone else decide to play chess?  
Art Linkletter once made an appearance at a rest home. He sat down beside one of the elderly ladies and asked, "Do you know who I am?" She replied, "No, but go to the front desk. They'll tell you who you are."



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