

Editor: Henny van Dijk

www.uthro.org

November, 2021

The President's Report and Annual Meeting Nov.18 ...



I would like to take this opportunity to thank the UTHRO Executive Committee for their efforts this year. Although 2021 presented many challenges due to the pandemic, our Team has worked together to bring activities (both in person and virtual) to our UTHRO members. The Evergreen Newsletter provided many interesting

articles and updates about UTHealth, the Texas Medical Center, special events and our UTHRO members.

I am proud that through our efforts and in coordination with UTHealth and UTPhysicians, UTHRO was able to secure COVID vaccinations for our UTHRO members and interested seniors. This is in direct support of our UTHRO motto, "Seniors Helping Seniors."

The election of new officers for the two-year term beginning January 1, 2021 through December 31, 2022 was approved by the UTHRO membership via the 2021 annual renewal form. Below is the list of the approved Executive Committee for this term.

Executive Committee

Kathryn (Kathy) Bradley– President

Barbara Kelly– Vice President

Daun Gray – Secretary

Margaret Zambrano – Treasurer

Barry and Gillian Rittman– Events Committee Co-Chairs

Henny van Dijk – Evergreen Editor & Web Administrator

Peggy O'Neill – Chair, Endowment Committee

Barbara Kelly – Member-at-Large, Endowment Committee

and UTHRO representative on the Consortium on Aging

New Members-at-Large: DeeDee Chamberlain, Jeanie

Mullin, Efren Pena and Marilyn Wells

Pat Grealy and Glenn Schreyer, Web Administrators

UTHRO Endowment for Healthy Aging Endowment Committee

Peggy O'Neill, Chair

Barbara Kelly

The UTHRO Membership and Executive Committee approved the establishment of the Endowment in 2016. As of the end of October 2021, over \$86,000 has been raised for the Endowment. This year the Endowment awarded two \$1,000 grants: one to Dr. Maureen Stabile Beck for her proposal in the Quality Improvement in Geriatrics category and one to Dr. Julia Hiner for her proposal in the Geriatric Education category.

One \$5,000 grant was awarded to Dr. Assaf Gottlieb for his proposal entitled "Digital Markers for Early Diagnosis of Alzheimer's Disease."

Letters for the 2021 Annual Campaign will be mailed out to UTHRO membership in November.

UTHRO Membership

We currently have 279 members, including spouses.

We have received 21 new members, including 2 couples, since January 2021.

In Memoriam

We have lost several UTHRO members and friends since our annual report last November. We miss them and express our condolences to their families.

Carmel Dyer

Allen Leon

Merrill (Mo) Overturf

Richard Ruiz

Brian Yeoman

Social Events

January – April – Unfortunately due to the COVID19 pandemic, there were no in person events during this period.

May – Our first event this year! Tour of the McGovern Centennial Gardens and picnic at Hermann Park.

July – A barbeque potluck was held at Barry and Gill Rittman's home. Thanks to Barry and Gill for hosting this fun event.

September – Our bus trip to the Brookwood Community Center for a tour and lunch was cancelled due to inclement weather.

September 29 – UTHRO Endowment on Aging Grant Presentations and Awards via WebEx.

November 18 – Our annual meeting and lunch is scheduled at Pappa's Barbeque.

December - (bus trip - Tuesday December 7) – Dinner at Cheddars and tour of the Holiday Lights at Constellation Field in Sugar Land

Kathryn Bradley, President

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UTHRO's Holiday Luncheon



MENU

BRISKET

SAUSAGE

POTATO-SALAD

BEANS

TEA

LEMONADE

The Annual Meeting/ Holiday Luncheon will be held at Pappas BBQ at 59 and Bellaire on Thursday November 18 at 11:30 am

Come hungry for brisket, sausage and sides, lemonade or iced tea served in a private area. The best part it's only \$10 for each person as UTHRO funds will pay the extra for our \$20 lunch! We look forward to seeing everyone, come for friendship, food and great door prizes.

RSVP to
Barry Rittman
713-542-8108
or email
barryrittman@gmail.com

In order to give an accurate account to Pappas we must have your participation in by November 14.

Please send in your check of \$10.00 p.p. made payable to UTHRO to Margaret Zambrano prior to the 14th.

Her address:
20903 Imperial Ridge Ln.,
Spring, TX, 77379

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 get you access to the breathtaking view of more than 3 million lights with 8 fantastic themed areas, vendors to shop from, and visits with Santa makes SLHL a must visit every year with friends and family!

There will be an additional charge for photos with Santa.

Other interesting facts: the carnival will be back this year and bigger than ever hosting a minimum of 12 rides but these require individual tickets you will have to purchase.

Although we will have dinner prior to the visit to Constellation Field there will be various carnival food choices to pick from in case you like to relive earlier times.



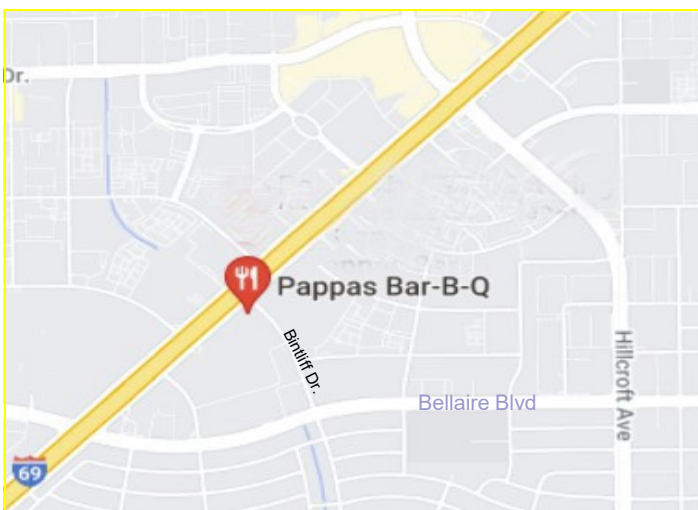
Now for the particulars—

The bus will pick us up on Tue. Dec.7 at 4:00 pm at OCB. We plan to have dinner at Cheddar's Scratch Kitchen in Sugarland 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
713-542-8108 or email him
at barryrittman@gmail.com



Jimmy Does Paris...



Selfie by Jimmy Quimby

Jimmy Quimby decided to celebrate his birthday in Paris. He was accompanied by his wife and daughter and his daily briefings on FB I thought would make a great column for the Evergreen. Jimmy gave me permission to do so—Thanks again Jimmy.

Henny van Dijk

Day 1 We arrived at 9:30am in Paris, but due to Freeway construction our arrival at the hotel took about 1.5 hours instead of 40 minutes. We went to lunch then got settled at the hotel. Jeanette let me pick out 2 rings from my favorite jewelry shop and I found a wonderful watch at one of the re-sale shops that Jeanette shops at regularly. It is a Mauboussin from 2015 that had never been worn. Happy Birthday to me a couple of days

early! We walked the Champs

Elysees and then had a nice dinner at the Cafe du Marche. **Day 2.** We had a full day today. We went to the Dali digital art exhibition and walked to the Holocaust museum then to several shops for Elizabeth and Jeanette. We walked by Notre Dame on our way to lunch, very sad it will probably be closed for several more years. We went by the Opera house on the way to Galleries Lafayette for a little more shopping for my grandson. We ended the day at La Terrasse restaurant for dinner and my favorite dessert, Baba au Rhum best dessert ever.

Day 3 1/2, Ok, now for the reason I am late with my post from yesterday. While walking back to the hotel after dinner, I had a little accident. It was dark and I was talking to the ladies and not really paying attention to where I was walking. While climbing down some steps, I missed one. I took a pretty good tumble that landed me in the emergency room at Hospital European Georges-Pompidou with a dislocated right shoulder. If you have never dislocated a shoulder, you cannot imagine how much it hurts. The folks that took care of me provided me with excellent care. I am forever grateful for their kindness and for making sure I was taken care of. The morphine helped with the pain and then they gave me some really good drugs so they could set the shoulder back in place. The ER doctor did a great job putting the shoulder back in place. I have to wear a brace for the next three week, but I am good with that. I am taking it easy today, doing a lot of resting and relaxing while Elizabeth and Jeanette are out and about.

Day 4 Got plenty of rest yesterday, but did manage to get to a couple of the open air/ farmers markets. They had some of the biggest figs I have ever seen.

Day 5 Went to Montmartre to see the Sacre-Coeur. We ended up there on the last day of the wine festival FETE des Vendanges. Even with the trip to the ER, this has been a wonderful birthday trip. I can't wait to come back in December.

Jimmy Quimby reporting

Two Important Announcements



It is that time again!! Not only football kickoff, but also kickoff of the Annual Campaign for donations to the UTHRO Endowment for Healthy Aging. It is amazing that the fund has reached over \$86,000 since its inception in 2016, but it must continue to grow so

that the interest generated can be used to support research, education and patient care in geriatrics through the Consortium on Aging. At the recent Webex members' meeting on September 29, a total of \$7,000 was awarded to three young investigators in geriatrics. Please watch for a letter and form in your mail toward the end of October, and please consider a donation to this very worthy UTHRO project. Any amount is welcome, small or large, and your donation is confidential. You can donate in honor or memory of someone if you wish. Your contributions will be much appreciated.

Remember UTHRO's motto of "Seniors Helping Seniors".



Hot Topics In Aging

Live Webinar

Tue. Nov. 2, from 9 AM - 5 PM

"Moving forward together:

Healthcare, Social Services, and Healthy Aging"

A variety of interprofessional speakers will cover topics ranging from:

- *Resilient caring for caregivers and providers*
- *Addressing social isolation*
- *Vulnerable older adult populations including LGBT and those living with disabilities*
- *Technology to support aging in place*
- *Navigating community agencies and social services to support healthy aging*
- *Ageism & Ableism*

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... Sad News form Minnesota



The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 75.

Doughboy was buried in a lightly greased coffin.

Dozens of celebrities turned out to pay their respect, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch. The gravesite was piled high with many flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.

Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes.

Despite being a little flaky at times, he still was a crusty old man and was considered a positive role model for millions.

Doughboy is survived by his wife Play-Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father Pop Tart.

The funeral was held at 3:50 for about 20minutes.

UTHRO OFFICERS 2021

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