



# The EVERGREEN Newsletter

Editor: Henny van Dijk

[www.uthro.org](http://www.uthro.org)

April, 2022

## “Brookwood Community Center... New: Member’s Korner



Now that we are slowly getting back to normal in our daily lives, the Event Committee has organized a field trip to the Brookwood Community Center on Thu. April 7. We plan a bus trip and includes a tour of the facilities, lunch and time to shop in the gift store and nursery. There is no cost associated with this trip but you must

register by Friday April 1 (no joke!)

Lunch at the Brookwood café will be on your own, they have sandwiches, soups and light entrees with choices between \$5 and \$16 dollars plus drink or dessert.

The bus will leave OCB at 9am and return by 4pm. Parking validation for the OCB lot will be provided. Bus ridership is capped at 20 people due to covid restrictions; please let Gill Rittman know as soon as possible by contacting her at : [uthro@uth.tmc.edu](mailto:uthro@uth.tmc.edu) to secure your spot on the bus.

Brookwood provides an educational environment that creates meaningful jobs, builds a sense of belonging, and demands dignity and respect for adults with disabilities. The campus consists of eight group homes, two single-family staff homes, a residential Inn, a health and dental clinic, Worship Center, enterprise building, activities and administration building, 47 greenhouses, Gift and Garden Center and the Café at Brookwood, and several other support buildings. The programs serve: 110 resident adults (known as Brookwood “citizens”) who are functionally disabled and live at Brookwood 24/7. Another 80 plus adults participate in our day program. Brookwood’s outreach program actively shares our innovative concepts and techniques with other professional caregivers.



Our purpose is to provide opportunity through education so that Brookwood’s citizens will acquire meaningful job skills and hold real jobs in the Community’s own business enterprises and will experience the pride that accompanies the ability to contribute to one’s own support as well as grow socially, emotionally, and spiritually.



I started working at the Dental Branch in July 1999 in the Department of Patient Services. At that time, it was located on John Freeman Ave. which later changed to M.D. Anderson Blvd.

The building was in the middle of the Medical Center and it was a great place to work. The pink marble tile that covered the building was amazing and sometimes I enjoyed having lunch on the wooden patio deck located in the back . Also, employees had the options to go to MD Anderson, Methodist, The Rotary House and Baylor for a really good selection of food. We said goodbye to the Dental Branch Building on April 25, 2012, and moved to UTHealth School of Dentistry off of Cambridge St. This was a beautiful building and I enjoyed the opportunity to work with patients, faculty and staff.

I truly enjoyed my 19 years and 8 months working at both buildings and remained in Patient Services until I retired on March 31, 2019. During my time there I made lifelong friends and we still enjoy outings together. Since retirement, my husband and I enjoy traveling in our RV. My favorite outings so far have been my family reunions out on Lake Murvaul with my other relatives that own their RV’s also; we all fish, cook and build a big fire during the night and talk about old times. It’s always a lot of fun!

*Janice Thomas*



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## The new Director of CoA...



Following a national search, renowned geriatrician Aanand Naik, MD, has been appointed Director of the UTHealth Houston Consortium on Aging.

As head of the Department of Management, Policy and Community Health at the School of Public Health, Naik will develop and grow faculty across key programs, promote research initiatives conducted

throughout the department, and continue his federally funded research program. His research focuses on the development and testing of decision-making interventions to improve the outcomes of older adults with multiple morbid conditions.

"I'm looking forward to building the depth of scientific expertise within the department and working directly with my colleagues," Naik said. "These are the people that will make scientific contributions that impact care in the real world."

Established in 2010, the Consortium on Aging is a university-wide collaborative which leverages the strengths and expertise of all UTHealth Houston schools with a focus on issues related to aging. Its goal is to foster interdisciplinary collaboration in the areas of clinical care, education, research, and community outreach on behalf of older adults, caregivers, and patients. The executive director role was previously held by Naik's longtime colleague and mentor, the late Carmel Dyer, MD. "Dr. Dyer left a lasting impression on me and on the Consortium. It is an honor to step into this role and continue her legacy," said Naik.

Naik joins UTHealth Houston after serving as professor, the Robert J. Luchi, MD Chair in Geriatric Medicine, and chief of the Geriatrics and Palliative Medicine division at Baylor College of Medicine. An important aspect of Naik's career has been his clinical training, and scholarship work at the Michael E. DeBakey VA Medical Center in the Texas Medical Center. He directed advanced fellowship programs in health services research and big data science. He was also director of the coordinating center for the National VA Quality Scholars Program from 2014 through 2019. Naik will maintain his affiliation with the DeBakey VA Medical Center.

"We are very excited to have Dr. Naik join the team. He brings unique experience and expertise that will contribute to advancements in the care of aging individuals in our community. UTHealth Houston is committed to these efforts and we look forward to working with Dr. Naik," said Michael Blackburn, PhD, executive vice president and chief academic officer at UTHealth Houston.

*Edited from an article by Caliann Ferguson*

I emailed Dr Naik to welcome him to UTHealth and as a member of UTHRO to mention the close relationship of UTHRO and CoA and invited him to be our guest speaker at our Health Symposium in October. He wrote back "I would be delighted to support UTHRO in terms of the newsletter and Health Symposium. Please let me know how I can be helpful"

*Henny van Dijk*

## The Houston Chronicle Reports ...

### Memorial Hermann, Blue Cross Blue Shield reach agreement to keep 100,000 patients in network

Blue Cross Blue Shield and Memorial Hermann said Friday that they reached a contract agreement that brings region's largest hospital system back in network for the state's largest insurer and spares some 100,000 patients the choice of finding new doctors or paying more.

The contract lapsed March 1 when the two entities could not come to an agreement on the status of roughly 3,000 independent physicians affiliated with Memorial Hermann. Blue Cross Blue Shield wanted the doctors to contract directly with the insurer rather than through Memorial Hermann.

On [HoustonChronicle.com](https://www.houstonchronicle.com): [Memorial Hermann, Blue Cross Blue Shield terminate contract, forcing estimated 100K patients out of network](#)

"Memorial Hermann has reached an agreement to continue our relationship with BlueCross BlueShield of Texas (BCBSTX), maintaining the integrity of both our health system and our clinically integrated physician network (MHMD), so we can continue serving our patients with exceptional, high-quality, affordable health care," Memorial Hermann wrote in a statement.

This means that in-network access to Memorial Hermann's hospitals, facilities and affiliated providers is restored to patients with Blue Cross Blue Shield commercial PPO/POS, EPO, Blue Essentials HMO, and Medicare Advantage HMO/PPO health plans, and they will not experience any further disruption in their care, effective immediately.

*This is a developing story.*



Written By  
[Rebecca Carballo](#)

*From the editor:*

The probability of losing MemorialHermann in BCBS/ UTSelect's network was very real and in fact existed for about 11 days in March, which would mean that all of UTHealth's employees were blocked from using MHHS facilities or paying more. UT Physicians were never effected as BCBS kept them all in network. I warned the retirees of this in January and as it turned out UTHRO members were never effected either as BCBS promised to cover any additional expense once Medicare paid.

### Cinco de Mayo Luncheon



I just received notice that we have a reservation for OCB Rio Grande room for May 5th, 2022 from 10am to 2pm for our Cinco de Mayo lunch.

UTHRO will serve the tacos. We plan on providing meat, tortillas, basic fixings (lettuce, cheese, onion, jalapeño etc) but please bring a side dish such as tamales, rice, beans, salsa, guacamole and desserts (and maybe chips for those that don't want to cook).

Members attending need to let Gill Ritmann know by April 30th. Parking validations for the OCB lot will be available.

And while we enjoy the food we thought it would be fun to play Loteria or Mexican Bingo, not for money mind you, but just for fun and some of you might get lucky and win a small prize.



And for those who never played the game, think of it as Bingo with pictures instead of numbers. The first player with four chips in a horizontal, vertical or diagonal row, or fills the *tabla* first shouts "Lotería!" and is the winner

Again **RSVP by Wed. April 30** so we have an idea of how many tacos we need and what dish you plan to bring.

**RSVP to:** Barry or Gil at : [uthro@uth.tmc.edu](mailto:uthro@uth.tmc.edu) or

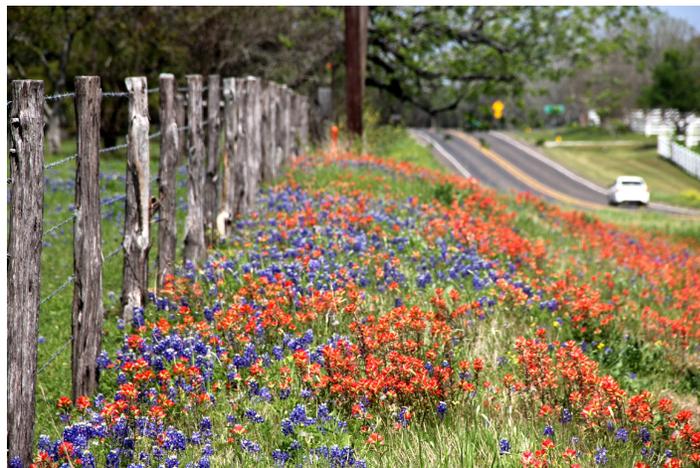
### We Need Ideas for Events ...

Hello all you wonderful UTHRO members, we need your help! As restrictions are slowly being eased, UTHRO's Executive Committee would like to increase the number of events in 2022. We have posted two events in April and May. We are also planning the return of our Health Symposium in October which was cancelled in 2020 and 2021. so all we need is, we mean UTHRO is you – what are your interests? What would you like to see us do?

The executive committee is debating how to connect with everyone, are you interested in Bunco, getting together to play board games or cards, attending a musical or play with other members? We really would appreciate your input maybe you have a hobby you would be willing to share with fellow members - bird watching, gardening or whatever you enjoy.

Please send your ideas or suggestions to the same two people mentioned above. Thanks for your assistance, we look forward to hearing from you.

### A Sea of Texas Color ...



Every spring, the bluebonnet craze takes over Texas for a few weeks. The fields and roadsides all over the state get transformed with hundreds of thousands of orange and blue flowers. One of the best places to see this beautiful phenomenon is the small town of Chappell Hill, located between Brenham and Hempstead in Washington county. Bluebonnets usually bloom from March through April, and early to mid-April is the peak time to grab your camera and head to Chappell Hill to take a few pictures.

To celebrate the beautiful season, the town holds the annual Bluebonnet Festival on the second weekend of April. The Official Bluebonnet Festival of Texas features music, performances, pony rides for kids, vendors, and food trucks. The fair includes over 250 juried exhibitors that offer various home décor items, gardening supplies, as well as art, jewelry, and apparel. Live music concerts take place downtown, and, of course, there are historical and bluebonnet tours. Chappell Hill is located along Highway 290. The bluebonnet field is right next to the parking lot of First Baptist Church, north of the town.



Images by 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...

### The Difficulty of the English Language for Those Whose English is Their Second Language

## Why “tock-tick” does not sound right to your ears!

Ever wondered why we say tick-tock, not tock-tick, or ding dong, not dong ding; King Kong, not Kong King? Turns out it is one of the unwritten rules of English that even native speakers know without knowing.

The rule is: “if there are three words then the order has to be I,A,O. If there are two words then the first is I and the second either A or O. Mish-mash, chit-chat, dilly-dally, tip top, hip-hop, flip-flop, ping pong.

There is another unwritten rule at work in the name Red Riding Hood.

Adjectives in English absolutely have to be in this order: opinion-size-age-shape-color-origin, material, purpose, noun.



So you can have a lovely little old rectangular green French silver whittling knife. But if you mess with that word order in the slightest you’ll sound like a maniac.

That’s why we say “little green men”, not “green little men”, but “Big Bad Wolf” sounds like a gross violation of the “opinion (bad) -size (big) - noun (wolf) order. It won’t though if you recall the first rule the “I-A-O” order.

That rule seems inviolable “All four of a horse’s feet make exactly the same sound, but we always say clip-clop, never clop-clip. This rule even has a technical name—ablaut reduplication and now you know the “rest of the story”

*Courtesy the BBC*

### UTHRO OFFICERS 2022

**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](mailto:uthro@uth.tmc.edu). This is a “forwarding” email that will send copies to both the UTHRO president and Efen 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