



The *EVERGREEN* Newsletter

Editor: Henny van Dijk

www.uthro.org

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The Goal for 2022 \$100,000...



It seemed a daunting task. The requirement was to raise \$25,000 within a five year period, with an initial minimum of \$5,000, to establish an endowment within UTHealth at Houston. But that is what UTHRO wanted to do.

For a number of years, UTHRO had an Annual Excellence Award funded through an annual appeal to members. The average amount collected was around \$4,000 a year, and the money was given to the UTHealth Brain Health Clinic for use in a project of their choice. The idea was to support research, education or patient care centered on aging. The clinic used the funds to help support symposia and develop educational material for patients and caregivers. They were very appreciative of our efforts and always gave us credit. In 2015, UTHRO Executive Committee discussed better ways to support the motto that the organization had adopted – “Seniors Helping Seniors”.

It was decided to pursue the establishment of an endowment – UTHRO Endowment for Healthy Aging, so that annual funds could be invested and usable interest generated. In early 2016, the Endowment was established through UTHealth Office of Development. This arrangement allowed donations to be tax deductible, assured a better interest return by being part of University investments, and relieved UTHRO from handling the money. Knowing the challenge of fund raising, Rick Bebermeyer assumed the leadership of the Endowment Committee and solicited donations from not only our UTHRO members, but from others who might be supportive of our cause. Not only was the minimum requirement met, but a total of \$34,295 was raised in the first year! The newly created Endowment for Healthy Aging was dedicated to funding seed grants to young faculty in UTHealth for research, education or patient care projects in geriatrics. What started out as the basic sum has grown over the past six years to a current total of \$92,641.

The usable funds from the Endowment come from the interest generated by the investment of the corpus which increases with each year’s donations. Those funds were not used the first year, but rather carried over to the following year so that a significant amount could be awarded. The first award of \$2,000 was presented in March of 2019. Only a small popup award was presented in 2020 due to the pandemic, but in October 2021, UTHRO presented three awards totaling \$7,000. We want to increase that amount to \$10,000.

This milestone could not have been achieved without contributions from a core of loyal UTHRO members who continue to donate each year. In this past campaign, \$6,535 was contributed by 28 donors. While this constitutes only about 10% of UTHRO membership, we are grateful to those who continue to donate and hope that others will follow suit. The amount does not matter – any amount is gratefully accepted. Donations may be made to honor someone or as a memorial and do not need to be given only during the annual campaign. This achievement would also not be possible without the dedicated work of past and present UTHRO members from the Excellence Award and the Endowment Committees: Frances Knight, Ted Jones, Doris Ross, Randy Scott, Robert White, Joan Lynch, Peggy O’Neill, Rita Zachariassen, Richard Bebermeyer, Barbara Kelly. Many, many thanks!!

We have come so far, but we can achieve more! **Our goal for this year is to reach \$100,000.** That will generate more interest that can be used for grant awards.

With your help, we can do it.

UTHRO – Seniors Helping Seniors!!



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“Dr. T” is Stepping Aside...



Παντα Ρηει, commonly translated as “Everything flows,” is the most famous aphorism attributed to Heraclitus and could have been Dr. Heinrich Taegtmeyer’s credo after all human metabolism is his primary medical and research interest for more than 50 years. And now he will use his own Παντα Ρηει and retire from medical practice. He did hang up his stethoscope this past Dec. 20. Affectionately known as “Dr. T,” this physician, professor, and scientist is not only widely respected for his leading expertise in cardiovascular medicine but also his caring heart.

David McPherson, MD, Chair of the Department of Internal Medicine described him as “He’s a consummate physician. He tries to identify and address all of a patient’s health care problems, not just what he specializes in. With Dr. T, most patients don’t need to see 20 other doctors.”

At 80, Taegtmeyer is the oldest board-certified cardiologist in the Texas Medical Center to still see patients and many of those patients came from TMC itself. The practitioner made light of his many years of service to the community. Taegtmeyer began transitioning his patients earlier in the year to Patrick Kee, MD, ensuring their continuity of care. His tireless dedication to his patients, colleagues, and work is precisely why he will be missed in the clinic. “A frequent saying between my patients and me is — ‘We are growing old together.’ Some of my patients have been loyal to me for almost 40 years, which I find amazing and humbling. Over the years, I got to know my patients in and out,” said Taegtmeyer. “Many of them are now in their 80s and 90s. My oldest patient just turned 99, and she still leads an independent life. That is really the goal of out patient care.”

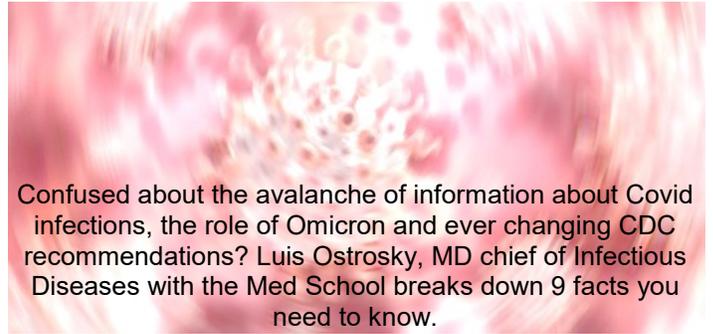
To finally retire from practice was not easy for this patient advocate, but Taegtmeyer believes it is time. “There is a time for everything and a season for every activity under heaven, as written in the Bible. It is time to attend to other obligations.” Taegtmeyer is also a biochemist and widely known for his groundbreaking research in cardiac metabolism as it relates to myocardial diseases and other diseases, including cancer, diabetes, and obesity.

“I will now focus on my research on metabolism and heart disease, an area of increasing importance,” Taegtmeyer said. “Cardiometabolic health is a huge public health issue, and I am immensely grateful to the leadership for their foresight and support. There is no cardiovascular disease not touched by metabolism in one way or another. Also, the parallels between cancer and heart metabolism are stunning. So much is still to be learned.”

When I retired Dr. Taegtmeyer wrote me a wonderful farewell letter and wished me the best in my future endeavors and so I return the favor with a congratulatory email and my sincere wish for a wonderful retirement ahead in good health.

Henny van Dijk with contributions by Andi Atkinson

The Latest from an Expert ...



Confused about the avalanche of information about Covid infections, the role of Omicron and ever changing CDC recommendations? Luis Ostrosky, MD chief of Infectious Diseases with the Med School breaks down 9 facts you need to know.

1. The Omicron variant is one of the most easily transmissible viruses
2. You are 9x more likely to get Covid in indoor settings like restaurants and bars
3. Antigen tests are not reliable to exclude active infections. PCR test are 95% accurate.
4. A third dose of the vaccine is recommended after 6 mos. for Moderna, 5 for Pfizer
5. Fourth doses of the vaccine are recommended for immunosuppressed individuals 6 mos. after the booster.
6. If you are fully vaccinated and exposed mask up for 10 days, If unvaccinated quarantine for 5 days and mask up after that for 5 days.
7. After 5 days of isolation, if you have no fever and are feeling substantially better you can return to work with a mask for 5 days
8. The Regeneron and Lilly monoclonal antibody treatments have no effect on the Omicron variant. The GSK one does, but supply is limited and immunocompromised individuals are prioritized.
9. Two drugs - Paxlovid and Molnupiravir - have received emergency use authorization by the FDA but are in limited supply.

DON'T FORGET NOW, YOU HEAR!!!



Have you renewed your UTHRO membership?

The form can be found at our website

www.uthro.org The cost of renewal is \$15.

Please mail your information and a check made out to UTHRO and send to

Margaret Zambrano

20903 Imperial Ridge Ln., Spring, TX, 77379

“Tulips From Amsterdam” ...



SHARE HAPPINESS — As stores in Amsterdam and across the Netherlands cautiously reopened after weeks of being under a coronavirus lockdown, the Dutch capital's mood was lightened further Saturday, Jan. 15 by dashes of color from thousands of free bunches of tulips being handed out from a boat in the canals of Amsterdam, The Netherlands.

National Tulip Day is usually marked by an improvised flower garden in front of the royal palace on the capital's central Dam Square. But with pandemic lockdown measures continuing to restrict large public gatherings, organizers this year took to Amsterdam's World Heritage-listed canals to hand out their flowers.

The event is held each year on the third Saturday in January to celebrate the start of the growing season for the iconic flowers, a major export for Dutch farmers.

"It is a gloomy and uncertain time for many people with the ongoing pandemic," Arjan Smit, chairman of Tulip Promotion Netherlands, an association of hundreds of Dutch growers. "So we're going to provide some joy. We hope to create many happy faces by handing out tulip bouquets." If you are in Amsterdam on the third Saturday in January you are very lucky. Normally there are no blooming tulips to enjoy in January but on the third Saturday of January it's National Tulip Day in Amsterdam! With this unique event the Dutch are celebrating the start of the tulip season from late March through the middle of May.

Thousands of people crowded the canals to pick up some



of the approximate 200,000 tulips handed out and to have a glimpse of the "master of ceremonies" this year a well known and beloved entertainer for decades —Andre van Duin, who used a butterfly net to deliver the bunches of tulips to the waiting crowds,

Colorful Foods and Dementia ...

No matter how old you are, there are strategies that you can start right now to improve your chances of preventing dementia.

Increasing physical activity, challenging your mind, and choosing colorful foods can help prevent or at least delay dementia, according to experts quoted in a July 28, 2021, Elemental article. "The underlying process related to cognitive decline starts in early adult life, and probably even earlier," said Walter Willett, professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health. "Thus I don't think we can start too soon."

Eating foods with flavonoids can help keep the mind sharp, according to research. High-flavonoid foods include apples, blackberries, blueberries, celery, cherries, grapefruit, oranges, pears, peppers, and strawberries. A July 28 study co-authored by Willett found that the strongest protective effect came from yellow and orange fruits and vegetables. "There is mounting evidence suggesting flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older," said Willett. "Our results are exciting because they show that making simple changes to your diet could help prevent cognitive decline."

Another co-author of the study, Deborah Blacker, professor in the Department of Epidemiology, said in an August 9, 2021, New York Times article that it's important to think about ways to incorporate foods with flavonoids into your diet. She said, "Think about: How do I find fresh produce and cook it in a way that's appetizing? That's part of the message here."

Other experts like our own Paul Schultz, MD wrote me that "It is thought that lifestyle factors can increase or reduce the risk of dementia by about 50%. That's a lot! Those factors include diet and exercise, probably because they affect many known risk factors, such as hypertension, hyperlipidemia, elevated blood sugar, being overweight, etc. So, I'm not sure there is a magic diet, but in general, many of the "healthy diets" do reduce the risk of dementia. Yes, lots going on with AD trials. I'm more optimistic now!"

The Elemental article further noted that physical activity and activities that are mentally challenging—such as doing puzzles or playing card games—can also help promote good cognitive functioning.



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...

This Will Freak You Out or Make You Think :

WORD	Rearrange the letters
DORMITORY	DIRTY ROOM
PRESBYTERIAN	BEST IN PRAYER
ASTRONOMER	MOON STARER
DESPERATION	A ROPE ENDS IT
THE EYES	THEY SEE
GEORGE BUSH	HE BUGS GORE
THE MORSE CODE	HERE COME DOTS
SLOT MACHINES	CASH LOST IN ME
ANIMOSITY	IS NO AMITY
ELECTION RESULTS	LIES LET'S RECOUNT
MOTHER-IN-LAW	<small>You figure it out, I'm tired of people telling me how upset they are by it. SMH.</small>
SNOOZE ALARMS	ALAS NO MORE Z'S
A DECIMAL POINT	IM A DOT IN PLACE
THE EARTHQUAKES	THAT QUEER SHAKE
ELEVEN PLUS TWO	TWELVE PLUS ONE

1. Ratio of an igloo's circumference to its diameter = Eskimo Pi
2. 2000 pounds of Chinese Soup = Won ton
3. 1 millionth of a mouthwash = 1 microscope
4. Time between slipping on a peel and smacking the pavement = 1bananosecond
5. Weight an evangelist carries with God = 1 billigram
6. Time it takes to sail 220 yards at 1 nautical mile per hour = Knotfurlong
7. 365.25 days of drinking low-calorie beer = 1 Lite year
8. 16.5 feet in the Twilight Zone = 1 Rod Serling
9. Half a large intestine = 1 semicolon
10. 1,000,000 aches = 1 megahurtz
11. Basic unit of laryngitis = 1 hoarsepower
12. Shortest distance between two jokes = a straight line
13. 2000 mockingbirds = two kilomockingbirds
14. 1 kilogram of falling figs = 1 Fig Newton
15. 1000 cc's of wet socks = 1 literhosen
16. 8 nickels = 2 paradigms

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. 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