

Editor: Henny van Dijk

www.uthro.org

June, 2022

Consortium on Aging



A couple of weeks ago I got this brochure in the mail with a letter from Dr Naik about the Consortium on Aging and in it a wonderful tribute to his predecessor Dr Dyer. What struck me in that article was the credo she lived by: “des-titutus ventis, ramos adhibe”, or “If the wind will not serve, take to the oars.” You can read that tribute here:

<https://med.uth.edu/blog/2021/05/05/remembering-carmel-bitondo-dyer-md-renowned-geriatrician-and->

champion-for-older-adults/

Dr Naik wrote in his letter “I am honored to step into the role of Executive Director of the Consortium on Aging. I look forward to continue Dr.Dyer’s remarkable legacy of service to our older population.

The primary focus of my work has been on improving health care delivery, quality and outcomes for older adults, which aligns well with my new role at the Consortium. Despite the challenges of the Covid pandemic the CoA realizes many accomplishments over the past year, such as developing groundbreaking educational initiatives, publishing a dementia handbook to assist caregivers and families and hosting the 6th Annual Hot Topics in Aging lecture series.

Next year we will pursue the following goals:

Identify and address accessibility and usability concerns in regard to telemedicine.

Develop a model health care system that meets the unique and comprehensive needs of older patients

Build a patient registry that enables researchers to recruit older adults for clinical trials, which will help develop better treatments to improve health outcomes for this population.

I look forward to what we will accomplish together in the years to come.”

Aanand D. Naik, MD

Note from the editor: The Consortium on Aging has 215 members from 6 UTHealth schools and local aging-related organizations, such as the UT Med School, School of Public Health, School of Dentistry, Cizik School of Nursing, School of Biomedical Informatics, MDAnderson, Texas Women’s, Univ.of Houston and Sam Houston State.

Remembering Rosa Monday



On Friday May 6, Rosa Monday passed away at the age of 68. Rosa was a colleague at UTHSC-Houston for most of here working career and made many lifetime friends during this time.

Rosa was a mild mannered employee who was dedicated to the well being of the UT population. She always had a smile on her face. She counseled with employees from all over the campus about their insurance benefits and helped them resolve any claim problems. She retired in 2007 to take care of her elderly parents. Rosa is survived by her daughter, Teresa and husband Steve and their 2 children and a son, Shaun and his son. We are diminished with her passing. Rest in peace Ms. Rosa.

Tena Lummus

Rosa and I not only worked together at UT, we were longtime friends. We met in our early teen years in Pearland. We carpoled to work, shared same friends, and our children grew up together.



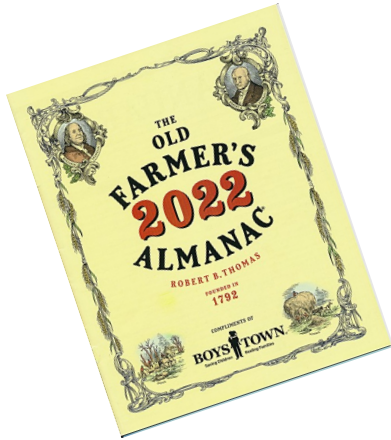
We remained friends in our retirement years even though we had complicated lives due to caring for our parents in different towns. Rosa had a big heart, lots of love for family and friends and loved spending time with her grandchildren. Rosa will be deeply missed by my family. RIP my friend

Mary McBroom

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A Timely Almanac Article ...



Father's Day is coming up, so in honor of dear old dad, we take a look into the history of Father's Day. Sadly, retailers and marketers, in an effort to make a quick buck, have bastardized the original meaning of Father's Day. A holiday that was supposed to honor dad and enumerate his special qualities, now is used to sell chili pepper ties and shop vacs. Hopefully by understanding why the concept of Father's Day was created,

we can better celebrate and honor the fathers who raised us into men.

There are two stories of when the first Father's Day was celebrated. According to some accounts, the first Father's Day was celebrated in Washington state on June 19, 1910. Sonora Smart Dodd came up with the idea of honoring and celebrating her father while listening to a Mother's Day sermon at church in 1909. She felt as though mothers were getting all the acclaim while fathers were equally deserving of a day of praise (She would probably be displeased that Mother's Day still gets the lion's share of attention).

The other story of the first Father's Day in America happened all the way on the other side of the country in Fairmont, West Virginia on July 5, 1908. Grace Golden Clayton suggested to the minister of the local Methodist church that they hold services to celebrate fathers after a deadly mine explosion killed 361 men.

While Father's Day was celebrated locally in several communities across the country, unofficial support to make the celebration a national holiday began almost immediately. In 1924, President Calvin "Silent Cal" Coolidge recommended that Father's Day become a national holiday. But no official action was taken.

In 1966, Lyndon B. Johnson, through an executive order, designated the third Sunday in June as the official day to celebrate Father's Day. However, it wasn't until 1972, during the Nixon administration, that Father's Day was officially recognized as a national holiday.



My son Stef with his Opa Fransen, photo by Henny van Dijk

Cinco de Mayo Luncheon

Some 35 UTHRO members attended the Cinco de Mayo luncheon May 5 at OCB and as always the food was excellent and way too much.

However after the luncheon the real fun started with a spirited and sometimes hilarious Lotteria games superbly led by Margaret Zambrano as the "caller". Of course there is always one lucky player and Rubie Armeline was the one who in a short time won three back-to-back "lotterias". Of course there were quite a lot of games so a good number of members won and received small gifts till the final game when one has to fill the whole card, all 16 images.



Deedee Chamberlain, Tena Lummus, & caller Margaret Zambrano, Yoka van Dijk, Son-dra Faul and Kathy Bradley



Photo by Efren Pena



Loraine Alexander, Janice Thomas & Rubie Armeline



Sylvia Ochoa, Debbie Garcia, Rick Bebermyer, Barbara Kelly & Raudel Villaneda



F.I.T.R Rubie Armelin, Mary Frances Fabrizio, Deedee Chamberlain, Efren Pena, Kathy Bradley, Yuri Keflemarian and Oscar Zambrano

The Winners



The tables were loaded with food and dessert specialties, but the main menu was of course tacos both hard and soft ones made with ground beef, lettuce, salsa, cheese and sour cream courtesy of UTHRO?Vantage

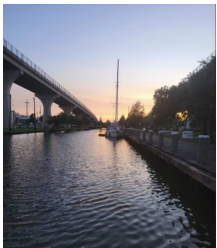
Report and photos by Henny van Dijk

They Are Living the Dream...



Follow Cam & Jen's incredible adventures on their blog [Viatori Cruising](#)

When Jennifer Canup told me in early 2022 that she was going to retire in February, I wondered if I heard her right. But when she told me her plans in retirement I knew she and husband Cam had thought about this for a while. She told me they sold their home and moved to a place in in Del Lago in the Clear Lake area. Next—the boat of their dreams. That was the plan, but as everyone knows plans sometimes can get delayed. But ultimately the Gods smiled a tiny smile one day, a call from their broker about a boat that might be the one. If the yacht passed trials, we were moving forward. We immediately started ordering the hardest to find electronics that we knew had to be replaced on whatever yacht we bought mainly the radio and AIS. We got our sea trial and haul out date within a few days and we started getting excited. We were very lucky that the engines had low hours and both the mechanical surveyor and sea trial surveyor were saying that this was the best **Carver** they had seen in a long time. We were able to meet our deadline of moving on board by Dec. 1, 2021. Between April 4 through April 8 we had her out of the water, completed the last needed repairs before departing on our travels and would sail the East Coast of the US. Last night in Houma, LA. We had a relaxing and enjoyable stay at the Houma City Two heading east, like us, and the other heading to Corpus Christi, Tx. Time for us to push on eastward to Mobile, AL. We pulled up anchor at Rabbit Island and resumed heading East towards [City of Biloxi](#), Mississippi. Fighting crosswinds for a few miles, we serpentine to our Northeast turn, trying to keep the waves either on our bow or stern to lessen the rocking effect. The image of the boat, the Viatori, is seen above docked in Biloxi,



MS, which is where they sailed to during the past couple of weeks along the Gulf Intracoastal Waterway. What does Viatori mean? The easiest explanation is "the travelers", denoted by the double 'L' in the spelling of traveller as translated from Latin, using the vast knowledge I have of Latin from Google Translate. There is a far more complex explanation involving blah, blah, yada-yada, something about pure Latin, but no one has time for that.

Excerpts from Jen's blog and website

According to the Almanac

An interesting byproduct of the Cinco de Mayo luncheon were several requests for recipes of the favorite extra dishes. Everyone attending were asked to bring a favorite dessert or salads. I selected two, a salad and one dessert. I start with the salad this month and do the dessert in July. If this idea catches on maybe we can publish other fun menu items in the future:



Rick Bebermeyer brought this classic **Slaw Chez Nous**

"I have enjoyed carrying this coleslaw to a couple of UTHRO gatherings. Several members had asked me for the recipe, perhaps because this coleslaw has a couple of flavor twists. I hope everyone will try this healthy, easy recipe and enjoy it as much as we have at "chez nous"--our home.

2 Tbsp pecans or walnuts
2 Tbsp sesame seeds
2 1/2 cups shredded cabbage, white or Chinese
2 scallions (or chives)
1/2 small red bell pepper
3 Tbsp (or less, depending on taste) olive oil
1 Tbsp rice vinegar
1 tsp honey
1/8 tsp pepper
1/4 tsp salt

Toast and chop nuts; toast seeds. Allow to cool. Slice the cabbage into thin shreds; chop the scallion, and dice the pepper. Toss the vegetables together. Mix oil, vinegar, honey, pepper and salt. Just before serving, combine the vegetables, dressing, seeds, and nuts.

Makes 3 cups.



Help us plan 50th anniversary gala

Are you ready to celebrate the 50th anniversary of Cizik School of Nursing at The University of Texas Health Science Center at Houston? We need your help planning a gala worthy

of this monumental achievement.

We are planning a semiformal event at Hotel Zaza in Houston on **Friday, October 14**. We expect ticket prices to be in the \$75-\$100 range but need your help in gauging attendance.

Let us know whether you would like to attend.

Also, please consider sharing your memories, mementos, or photographs. Use [this link](#) 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.

We hope to see you in October! Watch for more details to come, including a link for gala registration.

Sherri Green

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... Some Play on Words...

BENEFITS OF A GOOD VOCABULARY!

I RECENTLY CALLED AN OLD ENGINEERING
BUDDY OF MINE AND ASKED WHAT HE
WAS WORKING ON THESE DAYS.

HE REPLIED THAT HE WAS WORKING ON
“AQUA-THERMAL TREATMENT OF
CERAMICS, ALUMINUM AND STEEL UNDER
A CONSTRAINED ENVIRONMENT.”

I WAS IMPRESSED UNTIL, UPON FURTHER
INQUIRY, I LEARNED THAT HE WAS
WASHING DISHES WITH HOT WATER UNDER
HIS WIFE’S SUPERVISION.

If lawyers are disbarred and
clergymen defrocked, then
doesn’t it follow that
electricians can be delighted,
musicians denoted,
cowboys deranged, models
deposed, tree surgeons
debarked, and dry cleaners
depressed?

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