

Editor: Henny van Dijk

www.uthro.org

November, 2022

The Annual Meeting ...

Thursday November 10

Annual Meeting, Holiday Luncheon, UT Police Toy Drive

Please join us on Thursday November 10 2022 at OCB, 1851 Cross Point Rd. in the Rio Grande Room at 11:00 am for our Annual Meeting. As this is an election year, the membership will be electing a President, Vice President, Treasurer, and Secretary. We of course will have the Annual report in which the President will present a look back on the year 2022. Hear what we have accomplished this past year and our plans for 2023. There will be drawings for door prizes too. and elect a new slate of UTHRO Officers.



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UTHRO will also celebrate their traditional Holiday Luncheon with a non-traditional menu this time.

BBQ Chicken, Sausage, & Brisket

Roasted BBQ chicken, smoked sausage and slow smoked BBQ brisket is served with pickles, jalapenos, onions, chipotle potato salad, and baked beans, with fresh baked home-style rolls.

Desserts: Assortment of Cookies and Brownies, Iced Tea UNSweet Strawberry Lemonade

The luncheon will set you back \$20 per person Please Zelle at zambrano1123@gmail.com or send your check for \$20 made out to UTHRO and mail to Margaret Zambrano, 20903 Imperial Ridge Lane TX 77379.

Let us know you are coming (and pay for your lunch) call or text to Gill Rittman at 713-542-1865 or email her at: uthro@uth.tmc.edu by **November 5th**.

There will be parking validation if you park in the OCB lot, enter via the visitors gate. If you have a handicapped tag or plates a limited number of spots are available in Lot A, please contact Gill Rittman for parking options.

We look forward to seeing you there!

UT Police Toy Drive



Finally we're asking our members to remember the children who will have to celebrate their holidays in hospitals. Please bring an unwrapped toy to the luncheon and if it will go like last year at the Pappas restaurant we will have a great deal of presents to give out.

UT Police will deliver several boxes to the lobby at the Rio Grande room, so remember the joy you experienced as a child when you found presents under the tree and envision the smiles on those kids faces when we, grandparents, imagine them. The holidays are a time of giving thanks and thinking about others, not ourselves, so open your hearts and give.

Oh and don't forget to bring your loose change for the Endowment



In this Issue

Page 1 UTHRO's Annual Meeting—Thanksgiving Lunch;
 Page 2 The Health Symposium and September 27 Event
 Page 3 Hot Topics in Aging; December Event.
 Page 4 ...and now for something completely different!

The UTHRO Health Symposium...

After a two year hiatus thanks to Covid we did had a chance to revive the symposium and the members responded. Thirty two of you showed up and I personally had the great pleasure to welcome one of my old colleagues from the Med School after so many years. The city of Houston 's Health department brought a large contingent of vaccinators, nurses and overall very helpful people when the paperwork got a bit much. But anyone who wanted the vaccinations got theirs. My wife and I got both the Flu and the Covid booster so we had to wait 15 minutes before we could get up and go—Covid protocol.

My contact at the City—Omar Salgado—even came by to say hello and introduce himself a truly nice touch after some 7 years of just email contact. Kelli and her crew were just outstanding. The people from EAP, Anna Alvarado & Tabitha Moore, Jennifer Beauchamp from the School of Nursing, Morgan Dean and Matt Cantu from the Med School's Orthopedic Dept., the School of Dentistry which send Drs.Ozougwu & Jimenez for oral cancer screening as well as dental assistants Mata and Dueno were well visited and could provide answers as well as "goody bags" This took the first part of the symposium till about 11:30. Gill and Barry Rittmen served a wonderful luncheon of sandwiches, croissants and fruit and the audience was now ready to listen to our speakers, Drs Naik, Reveille and Lee.

Aanand Naik, MD, has been named executive director of The Consortium on Aging. The executive director's 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.

The Consortium on Aging is dear to our hearts and the recipient of UTHRO's Endowment and we did hear from him what his plans for the future of the Consortium are.

I didn't realize that our main speakers today were trained at Johns Hopkins in Baltimore. Dr. Reveille received his rheumatology training at Johns Hopkins in the 1980's. before being recruited by Dr. Arnett to join the faculty at the Med School in 1987. He is involved in Phase III studies of biologic therapies for ankylosing spondylitis/ spondyloarthritis. He has been named a "Super Doc" in Texas Monthly every year since 2005 and Best Doctors in America since 2008. And the audience could see why. Reveille is a very animated speaker and his topic "Lower Back Injuries" with well documented visuals and advice on treatments. And as he made me aware when I asked him to speak today to a group of UT Retirees that he himself is a septuagenarian and keenly aware of being "weak in the wheels"

Dr. Jessica Lee received her MD from the Medical Branch in Galveston. She then completed her Internal Medicine residency at the Med School at Houston and subsequently finished a two-year Geriatric Fellowship at The Johns Hopkins. Her clinical interests are in house calls, while her research interests are in frailty and nutrition. But unbeknownst to us she got us up out of our chairs to do some well needed exercise as well point us to some very helpful internet sites.

Henny van Dijk

Images of October Event...



Gillian Rittman reviewed our bus trip downtown to the art exhibit at the Ideson Bldg. (the old Library). Everyone enjoyed seeing the renovation to this historical place and the art exhibit on Texas Modernism. Lunch at Treebeards was delicious and we all had a good time visiting. A very successful event thanks to the expert commentary by UTHRO member and Art Historian Randy Tibbits who made this exhibit come to live.



Photos by Rick Bebermeyer

Hot Topics in Aging Report...

This was the sixth "Hot Topics in Aging" and this time it was held in person at the Beth Robertson Auditorium at the Brown Foundation Institute for Molecular Medicine.

I would like to start with two disclaimers—one: I could only attend the morning session due to other obligations and two: The presentations were all very technical and as someone once said well above my paygrade. But what I did gather was a feel for the direction of the research presented and the targeting of concerns of the investigators as well as the strides made in their research.

The keynote speaker Selva Baltan, MD, PhD professor of anesthesiology at Oregon Health & Science University who shared her decades of research of Aging White Matter in Ischemia and in doing so set the tenor of the morning session as the following presenters dealt with issues relating to stroke or dementia. Baltan research was done with rats and her powerpoint visuals were first rate and even for me quite clear and understandable. Her research focuses on mechanisms of white matter injury to develop ideal stroke therapeutics that are directed towards stroke protection across age, to restore function when applied after injury. One of her experimental approaches include optic nerve models, employing electrophysiological recordings, and advanced microscopy techniques. Studying on the role of protein acetylation and mitochondrial dynamics in white matter stroke expands her findings to neurodegenerative diseases such as Multiple Sclerosis and Alzheimer's disease that involve white matter. The risk for ischemic stroke increases drastically with age. Although this has been attributed to vascular factors, aging could result in changes such that the central nervous system (CNS) itself has an increased vulnerability to stroke injury. White matter (WM) is injured in most strokes. She suggests that failure to protect WM is one of the primary reasons contributing to the lack of successful stroke therapy. The long term goal is to determine if aging WM function can be improved. Recently, we reported that CNS WM is intrinsically more vulnerable to ischemic injury in older animals.

After the keynote address three young faculty members gave short presentations vying for the Harry Bovay grant which was won by Xin Li for her presentation on treatment of age-related type 2 diabetes.

Drs. Schultz and McCullough took us from the research lab to the bedside with 2 presentations showing actual patient cases through MRIs. Schultz one of my favorite speakers presented 4 cases trying to determine if the patients were indeed vascular dementia cases. McCullough, Chair of Neurology and an energetic investigator in cerebral vascular disease, discussed sex differences in cell death pathways during stroke, which are now recognized as major factors, but she concentrated on breathing dysfunction in the recovery process.

Henny van Dijk

The December Event...



The event Committee has chosen December 13 for a bus trip to Galveston's Moody Gardens' "Festival of Lights" as the December Event.

The county bus will leave OCB at 4 PM arriving at the venue at 5PM for a buffet dinner; afterwards the plan is to visit the Festival of Lights starting around 6PM.

The cost of this trip is \$40 per person for the Festival, and the buffet.

The bus will arrive back at OCB at around 9PM.



Let us know you are coming on this trip (and pay for it), call or text to Gill Rittman at 713-542-1865 or email her at: uthro@uth.tmc.edu by **December 7th**.

Please Zelle at zambrano1123@gmail.com or send your check for \$40 p.p. made out to UTHRO and mail to Margaret Zambrano, 20903 Imperial Ridge Lane TX 77379.

UTHealth Houston Presents: UTCare Medicare Advantage

Education Session

**Hosted By: The Office of Employee
Benefits and BCBSTX**

Come in person or join virtually!

Date: 10/27/2022

Time: 10am-12pm

**In Person: OCB Rio Grande Room
1851 Crosspoint Ave Houston, Texas 77054**

Virtual: via Zoom

Join Zoom Meeting Link

<https://uthealth.zoom.us/j/94315809301>

Dial in: 346-248-7799

Meeting ID: 943 1580 9301

**Parking Available: OCB lot: 1851 Crosspoint Ave
Houston, Texas 77054**

Parking 1-2 hrs. \$3.00; 3-4 hrs. \$4.00

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...

The van Gogh Family Tree ... (my thanks to Barbara for this jewel)



His Dizzy Aunt.....	Verti Gogh
The Brother who ate prunes.....	Gotta Gogh
The Brother who worked at a convenience store.....	Stop N Gogh
The Grandfather from Yugoslavia.....	U Gogh
His Magician Uncle.....	Where-diddy Gogh
His Mexican Cousin.....	A Mee Gogh
The Mexican's cousin American half-brother.....	Gring Gogh
The Nephew who Drove a Stage Coach.....	Wells-Far-Gogh
The Constipated Uncle.....	Can't Gogh
The Ballroom Dancing Aunt.....	Tang Gogh
The Bird Lover Uncle.....	Flamin Gogh
An Aunt who taught positive thinking.....	Way-to-Gogh
The Little Bouncy Nephew.....	Poe Gogh
A Sister who Loved Disco.....	Go Gogh
The Brother with Low Back Pain.....	Lum Bay Gogh
And his niece who travels the Country in an RV.....	Winnie Bay Gogh
I saw you smiling.....	there ya Gogh

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 Efren 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