

Editor: Henny van Dijk

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

October, 2022

## The 2022 Health Symposium ...

## About Our Speakers:

### The Return of an Annual Event UTHRO's Health Symposium

**Thursday October 20 10:00—2:00**  
**OCB, Rio Grande Room**

- ◆ 11:45—12:00 Aanand Naik, MD  
*The Consortium on Aging*
- ◆ 12:00—12:30 John Reveill, MD  
*LBP later in life*  
12:30—12:45 Q & A
- ◆ 12:45—1:15 Jessica Lee, MD  
*Promoting resilience in older adults*  
1:15—1:30 Q & A

After an absence of 2 years due to Covid UTHRO will again organize the Health Symposium with familiar and new guests. We invited three speakers mentioned to the right and The City of Houston's Health Department will vaccinate our members against the Flu and will also administer the Covid booster. Several UTHealth entities will come to the symposium: The School of Nursing will share their research for those choosing to stay in their homes with the "Smart Apartment", while the School of Dentistry will screen for Oral Cancer. UTHealth Employee Assistant Program (EAP) can assist with any personal problem or stressor affecting the retiree's lives.

And oh yeah, bring some appetite  
A Light Lunch Will Be Served.

RSVP by October 12 to  
Barry Rittman at  
[uthro@uth.tmc.edu](mailto:uthro@uth.tmc.edu)



Aanand Naik, MD

As the newly appointed director of the Consortium on Aging I like to present a strategic plan, which encompasses:  
Promoting innovating approaches to healthy aging.  
Achieving health and life priorities of older adults.  
Promoting of elder justice, on mistreatment and financial exploitation.



John Reveille, MD

Low back pain (LBP) is the most common health problem among older adults that results in pain and disability. Recent studies have revealed that LBP remains ubiquitous among older adults at their retirement ages.



Jessica Lee MD

Join Dr. Jessica Lee for a discussion of frailty syndrome and ways to prevent it!  
The presentation will go over nutrition tips to help maintain health and exercise tips that can improve muscle strength, balance, and flexibility.

Bring your Medicare card or BCBS insurance for the free "quadrivalent" Flu as well as the Covid vaccination given. Parking arrangements are being made for those with limited walking issues let Barry know when you register.

And if you have loose change laying around,  
please bring it and benefit our Endowment.

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## The Annual Meeting ...

**Thursday November 10**

**Annual Meeting, Holiday Luncheon,  
UT Police Toy Drive**

We of course will have the Annual Meeting in the Rio Grande Room on the second floor at OCB, in which the President will present a look back on the year 2022 and elect UTHRO Officers

Don't forget to bring your loose change for the Endowment.



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 [*

Finally, The **UT Police** in collaboration with **UTHRO and UT Health employees** will hold its Annual Toy Drive benefitting pediatric and adolescent patients at Harris County Psychiatric Center (HCPC) and LBJ Hospital. We urge our members to get into the spirit of giving by bringing an unwrapped new toy to the luncheon to make a child happy at Christmas.



**RSVP by November 2 to  
Barry Rittman at  
uthro@uth.tmc.edu**

*Parking arrangements are being made for those  
with limited walking issues.*

*Let Barry know when you register if needed.*



## Cizik School of Nursing turns 50...



Calling all Cizik School of Nursing retirees! Reconnect with your former colleagues at the school's **50<sup>th</sup> Anniversary Gala on October 14 at Hotel ZaZa in the Museum District**. Join us for dinner, fellowship, and maybe even dancing. Enjoy a short program of speakers, and peruse a historical display. You may purchase tickets at <https://go.uth.edu/Cizik50>.

Sherri Green



Friday, October 14, 2022  
6 pm to 10 pm

Hotel Zaza Museum District  
5701 Main Street

Semi-formal attire | Valet parking only\*

Ticket cost \$75 per person

*\*the cost of valet is covered in the purchase of a ticket*

If you choose to stay at Hotel Zaza, please call 713-526-1991 during business hours and mention UTHealth Houston for a special rate.



**Thursday October 27  
from 10am to 12pm  
OCB Rio Grande Room**

The Benefits Office of UTHealth Houston will be hosting an in-person informational session with the Austin Office of Employee Benefits (OEB) and Blue Cross Blue

Shield representative regarding the upcoming UTCARE Medicare Advantage plan. BCBS will be there virtually – OEB will be there in person. They haven't told us who yet.

The event will also be simulcast via ZOOM.

Link to the ZOOM meeting is below -

Topic: UTCARE Medicare Advantage Education Session  
Time: Oct 27, 2022 10:00 AM Central Time

**Join Zoom Meeting**

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

Jennifer Figueroa, UTHealth Benefits Office



## Third UTHRO Award Ceremony...

*And the winner is....!*

On September 13, a group of UTHRO members gathered to hear three excellent presentations by young investigators applying for the 2022 UTHRO Endowment Award. After voting, the winner was Dr. Youngran Kim, Ph.D., Asst Prof in Management, Policy and Community Health/Center for Health Care Data; UTHealth School of Public Health. Her project is entitled



"Anticoagulants-Related Emergency Department Visits and Subsequent Hospitalizations Among Older Adults with Atrial Fibrillation". Dr. Kim will receive \$7,000 from interest earned by the Endowment. Following the presentations, a light lunch of sandwiches, chips, cookies and drinks was served, provided by Gill and Barry Rittman, Events Chairs. Many thanks to those members who participated.



Though this was a very enjoyable event and part of the fulfillment of our work over the past few years with the Endowment, it was disappointing to have only 21 members in attendance to review the presentations and vote on the award winner. While there are many reasons for non-attendance, I hope that one of them is not lack of interest in our Endowment project. Just in case, let me review for those newer members and for those who may have forgotten, the reason for establishing the Endowment and what it means to UTHRO. Around 2010, there was discussion about the role of UTHRO, its primary purpose being communication among retirees and with UTHealth and social events for interaction. There was thought that maybe the organization could do more in terms of helping others, making UTHRO known and leaving a legacy. To that end, the Annual Excellence Award was created. Annual fundraising brought in around \$3,000 to \$4,000, and the money was given to the Consortium on Aging to fund small projects such as educational material, patient counseling and home visits. And it was then that our motto "Seniors Helping Seniors" was created. Then in 2016, there was discussion if our annual donation money could be utilized better and have a more lasting effect by creating an endowment whereby money donated each year would be invested with the University funds, would grow over the years, and would yield interest that could be used to fund seed grants for young investigators in the field of geriatrics to support research, education and patient care, with results helping all of us now and in the future. That is why the Endowment is important, and I hope that you feel that it is as well.

It is one way we can be "Seniors Helping Seniors".

*Peggy O'Neill, Endowment Chair*

## A Very Personal Odyssey ...



*Traveling through retirement in a bit of style aboard our 2003 Carver 444, Viatori.*

We are ending our trip but not our journey with just over 2000 nautical miles under our belts. We have looked back on our mistakes that helped us grow and our achievements that have made us stronger. We started out with the intention of traveling and stopping to explore. With a late start and an active hurricane forecast we had little time to stop and take in the sights and just be tourist. The extended stops we made were to avoid weather or make necessary repairs having to wait for parts. The looming thought of a tropical storm or hurricane was always on our minds, pushing us forward. Our communication, boat handling and anchoring improved and we will continue to hone our routing and weather skills. With the extended stop in Maryland, we will have a good base to order parts, make repairs a few upgrades and to explore a part of the country we have not seen before. We wish everything could have been perfect, but it wasn't. We wanted more tales of exploration, but we didn't have them. We did have all of you following our progress and that meant so much to us. We will have some exploring, some repairs and some upgrades to share with you as we document our adventures. Our plan is to start the Great Loop again heading to New York in the Spring, provided we get the major items checked off our list. We are hoping that we don't forget all the things we have learned so. For now, we are taking in the area and making a plan to start our projects. We could have not made this far without your support, and we greatly appreciate it. We are pausing our trip in Fort Washington Maryland at the Tantallon Marina which is easy access to major cities and Washington D.C.

*Cam Canup, with the support of First Mate Jennifer*



*Follow Cam & Jen's incredible adventures on their blog Viatori Cruising*

# UTHRO

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Richmond, TX 77469

To update your address or phone number  
please contact us at 281-655-1983

## And Now For Something Completely Different... WITH AGE I REALIZE...

...

1. I talk to myself. Sometimes I need an expert's advice.
2. Sometimes I roll my eyes "out loud".
3. I don't need anger management. I need other people to stop pissing me off.
4. My people skills are just fine but my tolerance for idiots needs some work.
5. The biggest lie I tell myself is "Oh, you'll remember."
6. Nap time is not a punishment. It's a reward.
7. The day the world runs out of wine is too terrible to even think about.
8. Duct tape can't fix stupid, but it can muffle the sound.
9. Wouldn't it be great if we could put ourselves in the dryer and come out wrinkle-free and 3 sizes smaller.

### 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 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