

**Editor: Henny van Dijk**

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

**February, 2023**

## The Valentine Luncheon



The UTHRO Valentine Luncheon will be held at Guadalajara Mexican Grill on 59 between Buffalo Speedway and Kirby Dr on Tue.Feb.14 at 11AM. There is one tiny drawback, the place we reserved will hold only 20 people, so a very select ensemble indeed. The luncheon will be on your tab. Make sure that you get your reservation in asap to Gill Rittman, [gillianrittman@gmail.com](mailto:gillianrittman@gmail.com), 713-542-1865 no later than Feb.10



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## Lyn Emerich Remembered



*Every once in a while I like to let you know about a special person important to UTHRO and its members and so here is this notification:*  
 Henny

**Lyn Emerich**, the first Administrative Director for the Consortium on Aging recently passed away at her home in North Carolina surrounded by family and friends. Lyn cared deeply about improving the lives of older adults in Houston and beyond. We received the information below from her brother. I am sending

this message to inform CoA members who knew Lyn Emerich.

*James Booker, PhD*

This is Doug Emerich, Lyn's older brother.

I regret to be writing with the sad news that Lyn passed away on Friday, January 13, after a brief stay at Duke Hospital. Her family and friends were with her.

You were a special person in Lyn's life. She asked that I share these final thoughts from her with you and that I invite you to raise a toast in her honor at a time that is convenient for you.

### **Lyn's Message to Family and Friends**

"On January 13, 2023 I left on yet another new adventure, the easiest one yet to pack for! To celebrate my full and rich life, I'll be honored if you raise a toast at your convenience and tell a favorite story (please be kind!).

My parting words of wisdom:

Please protect this earth and all its features and creatures.

Be kind – especially be generous to those with much less.

Hang with good people.

Put the small things into perspective.

Be a citizen of the world by understanding and appreciating all people of the world.

To all my family and friends....thank you for giving me the gift of your love.

Lyn"

Lyn Emerich was the Administrative Director of the Consortium when we had the Excellence Fund and was very helpful and supportive of UTHRO. She is the one who urged UTHRO to become more involved with the Consortium in an advisory way. She was passionate about elder care and was a very nice person to work with. *Peggy O'Neill*

## A Glimmer of Hope...



This is a very exciting time to be developing new treatments for Alzheimer's Disease (AD). Two medications were recently given "fast track approval status" by the FDA for the treatment of AD because scientists demonstrated that these medications are very effective at removing amyloid from the brain. Amyloid is thought to be the initial step in the development of AD.

Aducanumab and Lecanemab are the anti-amyloid antibodies that have been given FDA approval. Amyloid plaques accumulate in the brain for about 10-20 years followed by people developing the symptoms of Alzheimer's. Aducanumab and Lecanemab have now had positive outcomes in "Phase III" trials, with a low side effect profile. Both medications showed similar benefits. Cognitive changes slowed by about 25%. Activities of Daily Living (ADLs), such as balancing a check book or driving, slowed by about 40%. And perhaps the most distressing symptoms to patients and families are neuropsychiatric symptoms, including delusions, hallucinations, and aggression. That slowed by about 80%. So not a cure, but both medications had a definite effect on slowing the disease.

From a scientific point of view, these two results have been VERY exciting. It makes us think that we are onto an approach that helps the disease, for the first time in human history. It certainly doesn't cure it yet, but these results suggest that we should keep working on this approach, varying parameters, to find better antibodies.

Hopefully, Medicare will decide to cover aducanumab, lecanemab, and other medications under study. If they do, they will probably be approved for use in the same patients for which the medications had benefit in our Phase III studies. Our current medications have only worked when they are given very early in the disease, such as when we first see someone with new symptoms. We haven't been smart enough, yet, to find anything that works later.

To use these medications, we also have to demonstrate that a person has amyloid, usually through the use of brain scans.

We are delighted to finally have somethings that are working to slow the course of AD. They won't be available until Medicare decides to cover them. All other insurance companies follow Medicare's lead. We are hopeful that now, or as we have other antibody trials completed with hopefully positive results, then Medicare will decide to cover them.

*Edited from a longer article by Paul Schulz, MD*

## Remembering Phyllis Carnes ...

*Phyllis and Dr. Mark Connely, Chair of the Dept. of Prosthodontics at the time at her retirement party.*



My mother Phyllis Carnes thoroughly enjoyed getting her UTHRO Evergreen issue each month. She combed it for news about people she remembered from her years at the Dental School.

Mom went to work when her youngest child started kindergarten. She retired from the Dental School in May 1992 with 26 years of service. Mom had very little time to socialize outside of work because at 5:00 each day, she went home to the tougher job of raising 5 children. She considered her job to be 'therapy' and to be around people she considered friends. She started as a dental technician and wound up her career as being in charge of the tooth room where she came in contact with all of the students. Running into one of them later on was a highlight for her. The folks we always remembered and who she stayed in touch with were Mrs Jane Jones, Dr Beetar, and Ann Alvarez (from the dental lab with her).

Phyllis passed from our lives on February 18, 2022 at the age of 98 after a brief illness. She was predeceased by her husband, C Fred Carnes in 1977 and her son, Craig Carnes in 2020. She was survived by her daughters, Caron Gallier, Cathy Carnes, and Cindy Kutch and a son, Curtis Carnes.

*Cathy Carnes, her daughter*

I remember Phyllis Carnes from my time as a dental student until later when we were colleagues at the UT Dental Branch. She worked in the "tooth room" which is where students and faculty obtain the artificial teeth used in constructing dentures and partial dentures. She was very knowledgeable of the processes and very patient with students who sometimes did not know what they needed. She was an integral part of their preclinical training.

Dr. Kenneth Brady, Associate Dean of Clinics at the time, remembers her as a very friendly and pleasant lady. One of her co-workers, Nurys Brokate, said that Phyllis was tough with the students, when needed, to make sure they understood their laboratory procedures, but very dedicated to them. She sometimes even gave up her lunch hour to help them and was always "a happy heart" to assist in the labs.

*Peggy O'Neill*



## UTHealth's EAP program

I asked Monica Guidry, Associate Vice President, Employee Assistance and Well-being Programs to write a column for our members as many of you might not know that the EAP is also available to UT Retirees. However, since she couldn't meet my deadline she sent me the following information about what EAP is involved in. Some of the hyperlinks are intended for active UTHealth students and staff, but the provided phone numbers work. Again this is for general consumption and still leaves the retirees unmentioned, but she did acknowledge that the UTHealth Retirees are eligible for their services.

This what she emailed me:

As part of Mental Wellness Month activities in January, we want to underscore robust, safe, and confidential mental wellness services that are available to all UTHealth Houston students, trainees, faculty, and staff. If you or someone you care about is experiencing a mental health crisis, you do not have to face it alone.

Faculty members can contact [Faculty Assistance Programs](#) at 713-500-3880.

UTHealth Houston staff members can contact [Employee Assistance and Well-being Programs](#) at 713-500-3327, or through a [contact form](#). [Additional university resources](#) – from a wellness podcast series to meditation sessions – are available to all students, trainees, faculty, and staff. Every student has a paid subscription where they can learn various coping skills and techniques to either go at their own pace or supplement what they are learning in therapy. Students do not have to register and can simply login with their UTHealth Houston credentials.

The Faillace Department of Psychiatry and Behavioral Sciences at McGovern Medical School at UTHealth Houston created a phone line to fast-track appointments for faculty, staff, residents, and fellows. Call 713-486-2683 to schedule an appointment or consultation.

The national [988 Suicide and Crisis Lifeline](#) has trained counselors who are available to listen and provide support to those who call or text 988.

The national [Crisis Text Line](#) is also available by texting HOME to 741741.

At UTHealth Houston, part of our core mission is to provide care to others, and it is equally important that we care for ourselves. A new year and a new semester can bring new opportunities, but also new pressures. Mental Wellness Month serves as a reminder to maintain and sustain your mental health. If you need support, please reach out. We are here for you.

As I said in the introduction you can expect a column by Monica Guidry specifically directed to our retirees and services important and available to them.

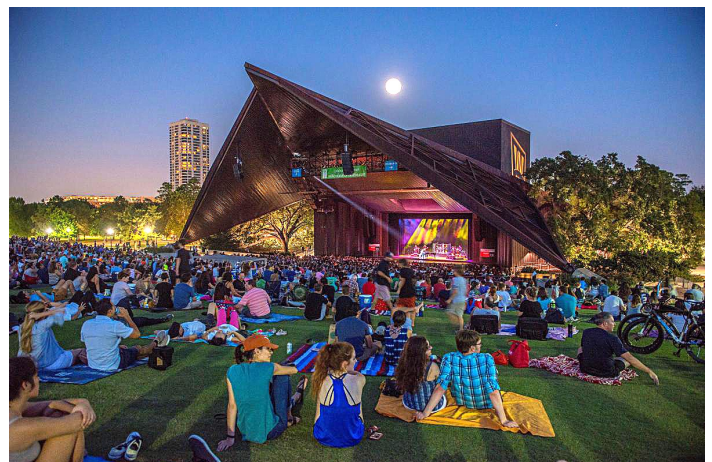
## Miller Theatre is 100 ...



One of Houston's greatest landmarks and a venue that is and always has been free to the public is celebrating —The Miller Outdoor Theatre Centennial Anniversary.

Opened in 1923 on a 7 acre lot donated by Jesse Wright Miller it started out as a fancy bandstand; however along the way the surroundings have gotten more interesting and when Hermann Hospital (since 1925 the corner stone of what would become the Texas Medical Center) started to add 2 major structures to the original Cullen Building in 1948 they used the soil of expanding Fannin to build the unique "hill" in front of the stage, making the site what it is today and showing below. Between 1948 and today several upgrades have been made to make Miller Outdoor Theatre a venue very popular with performers and spectators alike. Seating is provided for 1,705 patrons, with 20 wheel-chair spaces, plus an 80,000-square-foot (7,400 m<sup>2</sup>) sloping lawn that accommodates about 4,500 more. The theater building itself consists of a 64' x 41' stage; dressing rooms; offices; a full complement of theatrical equipment; and a 110-ton air conditioning system for cooling the performance area. In its 2010 season, the Miller Outdoor Theatre provided entertainment for more than 430,000 people at 141 performances and events. In 1968, the city built a new theatre with bonds approved by public vote. The new theatre building, designed by Eugene Werlin and Associates, won several awards. The 1968 Miller Theatre building was then refurbished starting in 1996, jointly funded by the city of Houston and Friends of Hermann Park. The roof and siding were replaced, and additional restrooms and office areas were installed. The renovations were completed in 1998.

*Henny van Dijk*



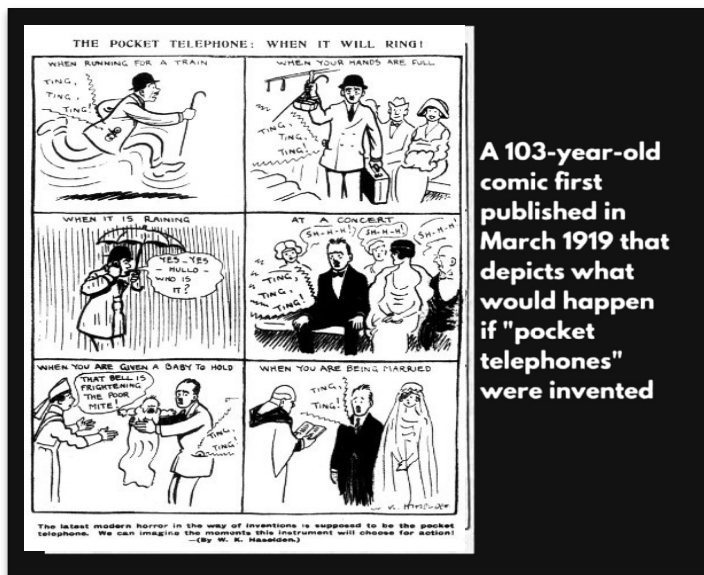
# UTHRO

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

## And Now For Something Completely Different...

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A 103-year-old  
comic first  
published in  
March 1919 that  
depicts what  
would happen  
if "pocket  
telephones"  
were invented

A cartoon in the Daily Mirror from the early 20th century almost unbelievably anticipates the sound of 'pocket telephones' in the concert hall.

We've all experienced it. Sitting in a concert hall or theatre, the audience is hushed, and the music at a beautiful pianissimo...

And then \*ding ding ding\*, a mobile phone starts to sound of digital beeps or that all-too-familiar **marimba** ring tone.

But it turns out that English illustrator William Haselden (1872–1953) predicted it all, a whole century earlier, in a cartoon titled *When we all have pocket telephones*, published in *The Daily Mirror* in 1919 when the telephone was a very new invention.

It asked: what if we had a portable, pocket or \*mobile\* telephone with us in our day to day? And how might they interrupt concerts? It's all quite prophetic... or the "shoephone" in *Get Smart* from 1965 played by Don Adams.



### UTHRO OFFICERS 2023

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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