

TSHL “Working For You”...



Our August Lunch & Learn will be held on August 9 at OCB’s Rio Grande Room from 11:30 to 1:00 PM. The speaker will be Viola Hebert, UTHRO member and a delegate to the TSHL—the Texas Silver Hair Legislation, engaging the 88th session in discussions and advocating on behalf of older Texans. That it is the mission of TSHL to make the state a better place to support a healthy, thriving, safe place, addressing the issues of aging Texans.

She will report on the outcome of the 88th Legislative Session and a review. “It was a very good year for the Texas Silver-Haired Legislature (TSHL) as 16 of our resolutions (recommendations) to the State were addressed – partially or fully – in approved legislation,” stated Scott Christensen, past Chair of the State Affairs Legislative Issues Committee.

In the area of public sector pensions, TSHL advocated for a cost-of-living-adjustment (COLA) to the monthly pension payments of Teacher Retirement System (TRS) retirees. Resulting legislation provides for a one-time supplemental payment for TRS retirees aged 70 and over in September 2023, and for a tiered 2, 4, or 6% COLA based on years of retirement, if voters approve a constitutional amendment ballot in November.

The top TSHL priority resolution– increasing the Personal Needs Allowance (PNA) for nursing home residents covered by Medicaid was approved by the Texas Legislature and signed into law by Gov. Abbott. The PNA is the small amount that a resident on Medicaid gets to personally keep out of his/her income for the most basic personal needs. The PNA has been \$60/month for 18 years and was increased to \$75 with this new legislation.

Another TSHL resolution which was advocated for in the 87th Legislative Session was signed into law by Governor Abbot on June 2, 2023 and will take effect September 1, 2023. This bill requires education and training for peace officers on interacting with persons with Alzheimer’s disease and other dementias.

We sincerely thank our elected officials for the significant number of bills passed to address the needs of older Texans in the 38 years since its establishment.

If you plan to attend the lecture please let Janice Thomas know no later than August 5 so we have enough luncheons for everyone. Email her at flyte99@yahoo.com or call her at 832-515-0280.

Viola Hebert

The Annual Benefits Meeting...

The Annual Benefits Meeting held on July 15 at the IMM building was of course for us retirees only important if you had Dental, Vision or Life Insurance coverage, because the Medical Insurance is now tied to Medicare as UTCare, a PPO Advantage Plan (Medicare Plan C). The organizers had a fun idea and stuck to their script—“The Main Event” based on a boxing special. The organizers walked around in “ref” outfits although of course boxing referees are clad in black trousers, white shirts and bowties. The benefits fair and round table discussion was divided into 2 parts—the retirees from 10-11 while the UHealth employees could get information from 11—3PM. The Round Table was scheduled from 1:30—2 and that turned out to be the first flaw in an otherwise interesting schedule. UTHRO who was invited to set up a table, pointed out that the round table discussion would have our members hanging around from 11 to 1:30 and luckily the organizers saw the problem with that and hastily called for a UTCare roundtable discussion from 11:30—12:00 and it turned out to be a lively one and went well beyond the Noon hour.

Some of our members reported that Express Script wouldn’t refill prescriptions they had for years and the rep suggested that the prescribing provider calls ES to get them to continue their usual medications. For those of you who opted for an “in-home” Signify Health check, this visit does not count toward the Once Annual Check-Up allotted by Medicare, so your PCP can still do an Annual Check-Up and you’d be covered. The BCBS rep reiterated that everyone will still receive new UTCare cards, hopefully before the November reminder that you can make changes if necessary to your Medical Coverage by January 1, 2024.

One suggestion to the organizers: ask the retirees to show up at the end of the event say from 2—3 so that the retirees didn’t have to get up early to get to the Med.Center. keep the roundtable from 1:30—2 so everyone can ask questions and get informed. Finally to stay with the “Main Event” idea, there was a interesting booth that would video tape you boxing a target and my video proved not to change my day job.

Henny van Dijk

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Dr. Hardy Loe Remembered

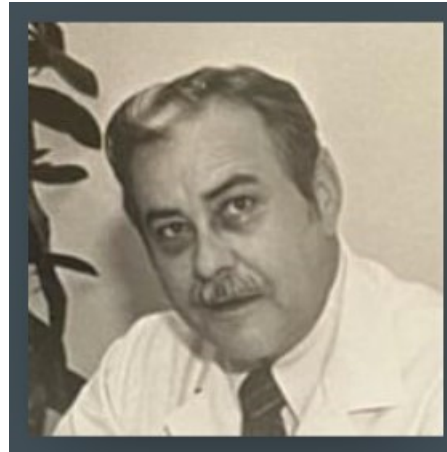


Dr Loe passed away in June weeks after the passing of his beloved wife, Lee Tinker Loe. Loe trained as a medical doctor and shifted to public health in the mid-1960s, where he took to improving and developing community health systems with several initiatives focused on maternal, women's, and children's health. During his 50+ years as a member of the SPH Faculty he was known and admired, and the SPH family's retired members will miss him.

My dad, the late Dr. Isaac Konigsberg, always came home with a smile on his face after visiting Dr. and Mrs. Loe. Dad was associate dean of the Dental School and professor at the School of Public Health and came to know the Loes through work. They developed a lifelong friendship based on many things, including their life and family views. Both men and their wives dedicated their lives to helping others, reaching out to people in need and seeing every person as a person with value. They worked on developing programs together, including one in the Rio Grande Valley which lead them on many adventures, including helping one group of student trainees who were enjoying themselves a little too much and got cornered by a herd of cows! Dr. and Mrs. Loe were kind, generous people who loved their family, their students and their community. They were role models for those of us who loved and admired them. I hope that the Loe's family and friends have good memories, as they grieve their loss.

Gerri Konigsberg

Dr. Ken Brady Remembered !



Dr. Kenneth H. Brady passed away on June 23, 2023 in Richmond, Texas. He was a long-time faculty member and administrator at The UTHealth School of Dentistry (Dental Branch). After receiving his dental degree from the school in 1958, he established a private dental practice and joined the faculty.

He served as Clinic Director and then as Associate Dean for Clinical Affairs for many years. He received teaching awards and was active on many committees. He was a member of organized dental societies and also in OKU, the dental honor fraternity. He retired as Professor Emeritus after 51 years at UTDB. He is survived by his wife of 70 years, Patsy, two sons, and grandchildren and great grandchildren. A family graveside service was held on June 30.

On a personal note, Dr. Brady was my teacher, my mentor, my advisor, my colleague and my good friend. He taught me so much, not only about dentistry, but about how to deal with people in all kinds of situations in a calm and fair manner. He was always an honest and decent man.

Peggy O'Neill

It is with great sadness we share the news that Professor Emeritus Kenneth H. "Ken" Brady, DDS '58, our friend and former longtime faculty member, passed away on Friday, June 23,

Dr. Brady joined the faculty as a clinical instructor at the age of 24. He held a variety of positions across his tenure, Dr. Brady served as associate dean for Clinical Affairs (now Patient Care) from 1990 to 1996, and I consider it one of my greatest academic honors to have succeeded him in this role.

He was a good friend, and I know myself, Dr. Gary N. Frey, and many of us have fond memories of him.. I especially remember how educational and fun it was carpooling with him and Drs. Ralph A. Frankson and Hal J. Board during my first year as a faculty member in 1987.

John Valenza

I credit Dr. Brady's mentorship for helping me navigate dental school and as a chief reason I'm the dentist I am today.

Gary Frey



Save the date for UTHealth Houston's

AGING TO PERFECTION LECTURE SERIES

in honor of Carmel Bitondo Dyer, MD



September 13

The second Annual "Aging to Perfection" Lecture series honoring Dr Carmel Dyer is scheduled for that day with keynote speaker Mark Lachs, MD

Dr. Lachs's major area of interest is the disenfranchised elderly, and he has published widely in the areas of elder abuse and neglect, adult protective services, the measurement of functional status, ethics, and the financing of health care. Lachs's greatest passion is practicing and teaching geriatric medicine in the outpatient, hospital, long-term care, and house call setting. He and his wife Susan have three children and live in Weston, CT.

How to Deal with the Heat



Credit: Getty Image

its temperature or sweat.

“Our bodies lose some natural ability to regulate temperature as we age—making it more difficult for people to respond to hot weather in the same ways that younger people may,” said [Michael Fitch, M.D.](#), professor of emergency medicine at Wake Forest Baptist Medical Center. “A person with dementia or another chronic medical condition may not even be aware of being thirsty or feeling overheated,” said Fitch.

Heat-related illnesses can include heat exhaustion and heat stroke. According to the Centers for Disease Control and Prevention (CDC), symptoms of heat exhaustion can include: heavy sweating, cold, pale and clammy skin, fast, weak pulse, muscle cramps, feeling tired or weak or vomiting. If not treated, heat exhaustion may lead to heat stroke.

Warning signs of a heat stroke can include: high body temperature (103°F or higher), hot, red, dry, or damp skin, a fast and strong pulse, confusion. Headaches, dizziness and nausea are also indicators of heat-related illnesses. Heat strokes can be fatal if not recognized and treated in time.

Fitch and the CDC recommend the below tips to help prevent heat-related illnesses in the elderly:

1. Stay in air-conditioned buildings as much as possible—don't rely on fans as the only cooling source during times of extreme heat
2. Stay well hydrated by drinking water or sports drinks. Avoid drinks with caffeine and alcohol and don't wait until feeling thirsty before beginning hydration
3. Limit using the stove or oven to cook during times of extreme heat
4. Wear loose, lightweight and light-colored clothing
5. Take cool showers or baths to cool down
6. Limit strenuous outdoor activities and get plenty of rest

“If you have an older relative or neighbor, it's important to keep in frequent touch with them during times of hot weather,” said Fitch. “Keeping in mind that someone with dementia may not even be aware of feeling hot or thirsty, it is very important for others to check on the health and well-being of loved ones and friends.”

TRS Retirees Stipends/Raises

The 88th Texas Legislature passed Senate Bill 10 (SB10) and House Joint Resolution 2 (HJR2) in regular session. SB10 provides for a one-time stipend to eligible retirees and HJR2 provides for a cost-of-living adjustment (COLA) for eligible retirees. However, both have stipulations and can be confusing. I have received many questions about this legislation. Therefore, I will attempt to clarify some of the issues for you.

SB10 provides for a one-time stipend for eligible retirees and beneficiaries who are currently receiving a monthly annuity from TRS as follows:

A \$7,500 one-time stipend to eligible annuitants 75 years of age or older. If you turn 75 by August 31, 2023, you are eligible to receive the \$7,500 stipend. The same rule applies if you are a surviving spouse currently receiving an annuity.

A \$2,400 one-time stipend to eligible annuitants 70 years of age or older. If you turn 70 by August 31, 2023 you are eligible to receive the \$2,400 stipend. The same rule applies if you are a surviving spouse currently receiving an annuity.

Retirees who are 69 or younger on August 31, 2023 will not receive a one-time stipend.

TRS will be mailing letters to eligible stipend recipients soon. Applicable federal income taxes will be deducted from your stipend.

HJR2 is a (COLA) to be paid in January 2024 if the constitutional amendment passes in the November 7, 2023 election as follows:

2% COLA for retirees who retired between 9/1/13 and 8/31/20 or beneficiaries receiving an annuity if the member's date of death occurred between 9/1/13 and 8/31/20.

4% COLA for retirees who retired between 9/1/01 through 8/31/13 or beneficiaries receiving an annuity if the member's date of death occurred between 9/1/01 through 8/31/13.

6% COLA for retirees who retired before 8/31/01 or beneficiaries receiving an annuity if the member's date of death occurred prior to 9/1/01.

As provided in HJR2 the voters of Texas will decide for or against a constitutional amendment on November 7, 2023 to fund the COLA. The COLA will only apply if the constitutional amendment passes. The ballot language for the constitutional amendment reads:

“The constitutional amendment authorizing the 88th Legislature to provide a cost-of-living adjustment to certain annuitants of Teacher Retirement System of Texas”

If you want a raise, it is vital that you vote for the amendment in November 7th election and encourage your friends and family to do the same.

Further detailed information on these two pieces of legislation can be found online on the TRS homepage.

UTHRO

The University of Texas Houston Retiree Organization
1851 Crosspoint, Suite 1.204,
Houston, TX 77054

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

And Now For Something Completely Different...

**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 2023

President Barbara Kelly
Vice-Pres Efren Pena
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