

Tuesday November 14

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.

UTHRO will also celebrate their traditional Holiday Luncheon with a non-traditional menu this time, but in the tradition of Thanksgiving it will be a genuine home-cooked meal with all the fixins and at a price you can't afford to miss.

The Executive Committee will be doing the cooking this year and is determined to not only have an excellent menu but at the extraordinary price of \$10.00 pp. It will be a prepaid event so make your checks or Zelle payment by November 7 to our treasurer Margaret Zambrano payable to UTHRO.

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 7 to
Janice Thomas
832-515-0280 flyte99@yahoo.com**

*Parking arrangements are being made for those with limited walking issues.
Let Janice know when you register if needed.*



Holiday Luncheon at a Glance

11 AM—OCB Rio Grande

**UTHRO's Home Cooked Special
Prepared and Served by
The Executive Committee Members**

**Slow Cooked Brisket
Spiral Sliced Baked Ham**

Served with

Potato Salad

Cole Slaw

Green Beans

Creamy Corn

Barbeque Sauce

Dinner Rolls

Ice Tea with Lemons & Sweetener

**And for member participation
A Variety of Desserts
So bring your favorite one to share**

**Price: \$10.00 pp. pre-paid
Make your check out to UTHRO
and send to Margaret Zambrano by Nov.7
20903 Imperial Ridge Ln., Spring, TX, 77379**



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Meet Betty Lee Streckfuss



When I got the latest Texas Silver Hair Legislature newsletter I noticed a well-known face, that of Betty Lee Streckfuss, a UTHRO member for a very long time. The TSHL honored her with the **TSHL Emeritus Award** as well as the **TSHL Service Award for 10 terms** in Office. Great job in the service of the seniors in Texas in getting legislation passed protecting them.

And though UTHRO has not awarded something she is a life-time member originally with her husband Joe who retired from the Dental Branch but passed away in 2019..

John Ribble, MD—Remembered



On Sep.21 I got word from the Office of Communications that John Ribble passed away. The news came too late for me to contact those who knew the longest serving Dean in the Medical School's history who at one time not only was Dean but also President of the Health Science Center.

I dedicate this column celebrating his life by those who knew him, had worked with him and admired what he meant to the school.

"I was John Ribble's Senior Executive Assistant from 1985 to 1992. Following him from his position as Associate Dean of Academic Affairs to Dean and Interim President. He was the peanut butter to everybody's PBJ sandwich, and getting people to work together for the betterment of the Medical School, fostering relationships with the Faculty and other Texas Medical Center Institutions. And on the other side of the world with the Institute of Chinese Medicine in Beijing.

Dr Ribble treated people with respect, fairness and patience. He also took the time to mentor medical students. One of his friends would tease him, calling him a college dropout, when actually after his third year at Rice University he was accepted into Medical School. Rice University held a special place in his heart and he would often escape to walk around the campus. A proud alum, he also liked to utilize their facilities for faculty events and showcase their student musicians. John C. Ribble made a difference and it was an honor to be able to work with him." *Peggy Engells*

"Dr. John Ribble served a key leadership role as the longest acting dean of our medical school. His leadership was critical for a new medical school to develop from its early days into a mature institution of the first order. I was fortunate to work with him in numerous capacities in which I observed his leadership style first hand that epitomized "servant leadership".

Servant leadership is based on a philosophy that the most effective leaders see their role as serving others. In a university the "others" include students, trainees, faculty, staff, and other administrative leaders. In the simplest sense servant leaders see their number one priority as serving others to help them function more effectively and efficiently in their roles, develop personally and professionally, and enhance their future career opportunities. They do this in many ways including mentorship, teaching others by their words and actions, and serving as personal examples by their integrity, empathy, and compassion. Dr. Ribble exhibited these qualities and actions in his institutional leadership roles and personal behavior and whose leadership philosophy guided the development of the medical school and its subsequent leaders. This is one of his enduring and important legacies that positively impacted the school and all those within it." *George Stancel*

UTHRO Travels...

"The Best of Italy" April 9 – 21, 2024



One of the many benefits of membership in UTHRO is traveling in a group with friends. UTHRO is off on its third trip abroad! For this adventure we are headed to Italy to take in the sights, sounds, aromas and the experiences of Venice, Murano, Bologna, Florence, Pisa, Civita di Bagnoregio, Rome, Pompeii, Capri, and

the Amalfi coast. I have found travel opens my heart, broadens my mind, and fills my life with stories and sharing it with friends makes it even better. I hope you will join us. Attached to this issue of the "Evergreen" is the full brochure containing a complete itinerary and all costs. I am always available to answer any questions or just talk about the good times we plan to have. You can reach me by email at bkelly0127@gmail.com or cell at 832-465-1040. To register for the trip visit www.preludetours.com.

Here are some of comments from UTHRO members who have enjoyed the prior two trips.

"Having been on two river cruises, Danube and Seine with UTHRO, I can only say I had a great time and experience. I'm now looking forward to a land trip throughout Italy with UTHRO." *Daun Grey*

"I really enjoyed the guided tours, especially since most of the guides were excellent in my opinion. And having free time to roam around Paris was a great treat for us." *Patrick and Carolyn Greal*

Our Endowment Drive ...



The UTHRO Endowment for Healthy Aging is alive and well! But, we want to keep it healthy. For our newer members, and as a refresher for our long-time members, a little history of the origins of the UTHRO Endowment for Healthy Aging may be in order. From its inception in 1993 until about 2000, UTHRO functioned primarily as a means for social interaction among retirees, a way to stay connected, to participate in fun and educational activities, and a means to stay in touch with activities of UTHealth.

Around 1999, the organization decided to present an annual Excellence Award and conducted fund raising every year, giving the money to the UTHealth Consortium on Aging Brain Health Clinic to help fund some of their projects in geriatrics.

In 2016, the Executive Committee presented a proposal to the membership to establish the UTHRO Endowment for Healthy Aging, administered through UTHealth, instead of giving the Excellence Award each year. This was approved by the membership. It was felt that by establishing an endowment, monies could be accumulated and earn interest to be used to support patient care, education and clinical research related to aging.

It started with a group of Founders, both UTHRO members and friends, who contributed the \$25,000 required to initiate the Endowment. Through annual fundraising, it has grown to about \$110,000 today. We hope that the fund will continue to grow and generate more interest so that we can make significant contributions in support of our motto of "Seniors Helping Seniors".

This is an opportunity to build a legacy for our organization, to leave something of value to UTHealth, to contribute to the exciting research in geriatrics from young investigators. It is the hope that you, the UTHRO members, think that this is an important project and will continue to support it and help it grow.

Peggy O'Neill



The December Event

Assemble your crew for a celestial holiday experience!



On Friday December 8 we Embark on a holiday adventure that transcends Earth's boundaries and transports you to the edge of the universe. **Galaxy Lights, presented by Reliant**, is a space-themed holiday light show that defies gravity!

Create out-of-this-world memories with a holiday experience beyond imagination. Space Center Houston leaves you starry-eyed as you experience space in a new light. Look for more info in the December Evergreen



A Shout-Out to the Participants

The UTHRO Health Symposium 2023 was attended by some 40 members and due to quite a number of participants deemed a great success.

I therefore would like to thank those who made it so from the speakers to the testing teams to the people who set up the room(s) and of course those who made sure we could satisfy our need for a sturdy luncheon.

Our speakers Philip Orlander MD and Nahid Rianon, MD who informed us of the dangers and ways to treat diabetes and frailty or fractures. Obviously they did a fine job as the audience stayed till the end of their presentations and asked a myriad of questions.

The School of Dentistry's team of Drs. Athon and Nguyen as well as their assistants Samantha Luna and Kimberly Montemayor.

Rajarshi Pratihar or just "Raj" from McGovern Medical School Audiology for performing the hearing testing. Kelli Hardnett and her team of the City of Houston Health department for the Flu vaccinations.

Viola Hebert, Bob Quarles and Cynthia Rahming for informing us on their organizations, While Conn Wang set up the room and Janice Thomas and Marilyn Wells made sure everyone got fed.

A wonderful example of team work and important health information.—Thank You, Thank You!

Henny

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... It is With the Saddest Heart that I Must Pass this Tragic News..!



The Pillsbury Doughboy died yesterday of a yeast infection and complications from repeated pokes in the belly.

Doughboy was buried in a lightly greased coffin.

Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch.

The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.

Doughboy rose quickly in show business, but his later life was filled with turnovers. Despite being flaky at times, he still was considered a roll model for millions.

Doughboy is survived by his wife, Play Dough; two children John Dough and Jane Dough; plus they had one in the oven.

The funeral was held at 3:50 for about 20 minutes.

UTHRO OFFICERS 2023

President Barbara Kelly
Vice-Pres Efen 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 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