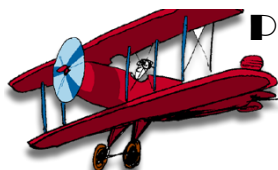


**Editor: Henny van Dijk**

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

**August, 2024**



## President's Message

**UTHRO NEEDS YOU !**

### UTHRO Executive Committee – It's a collective engagement among all UTHRO members!

Would you welcome the opportunity to be part of the decision-making process for UTHRO? If so, I strongly encourage you to volunteer for the UTHRO Executive Committee to share your perspectives and ideas that will not only benefit you, but all of our UTHRO family.

At our upcoming November 14<sup>th</sup> Annual Luncheon and Meeting, we will be electing officers for the positions of President, Vice President, and Secretary. Individuals elected to the committee serve for a two-year term. Our By-laws, available on our website, [www.UTHRO.org](http://www.UTHRO.org) provide the duties and responsibilities of each office.

We are also currently recruiting for Members-at-large for the Executive Committee. Members-at-large are appointed by the President and I am happy to discuss to role with those interested. Members-at-large serve on the Executive Committee with full voting privileges and are encouraged to share ideas and input during monthly meetings which are via Zoom, as well as to assist in sub-committees' activities such as events. Moreover, this role is a stepping stone to ideally transition into one of the elected positions.

The continuity of the programs, events, newsletters, UTHRO website, etc. provided to UTHRO members are not possible without the dedicated work of the Executive Committee. These programs are wholly dependent on the continuation of an active Executive Committee. It is imperative that the Executive Committee grows and changes with the addition of new members. To do so the members must engage in the leadership of the organization and strongly consider filling a leadership role.

The future of UTHRO is the responsibility of the entire membership. I truly hope that you will approach the committee about your interest to volunteer. UHealth is the only UT component in this area that welcomes Classified, Administrative and Professional, and Faculty retirees. As such we have welcomed M.D. Anderson retirees and recently the Executive Committee voted to accept UTMB retirees as members. I hope that we can all continue to live up to the founding UTHRO members' expectations of staying connected to our UHealth family and continue our motto of Seniors Helping Seniors

Please contact Cathy Findley at (281) 793-6337 or [C3Findley@gmail.com](mailto:C3Findley@gmail.com) or myself at (832) 465-1040 or [bkelly0127@mail.com](mailto:bkelly0127@mail.com) for further information .

Barbara Kelly, UTHRO President

## A First—The August Event



UTHRO is excited to host our **August 8<sup>th</sup>** event **"Bingo For The Endowment"**.

So don't forget to bring your loose change for the Endowment Jar and, also your cans and can tabs for the Endowment.

The event will be held at OCB from 11:00AM to 2:30PM.

An abundant salad bar will be provided for lunch with all the fixings. The cost will be \$10 per person for lunch, prepaid to Margaret Zambrano, Treasurer by August 5 via Zelle at [zambrano1123@gmail.com](mailto:zambrano1123@gmail.com) or check mailed to 20903 Imperial Ridge Lane, Spring, Texas 77379. You will be given two Bingo cards and we will play 10 games with prizes!

Please make your reservations with Janice Thomas at 832-515-0280 or [flyte99@yahoo.com](mailto:flyte99@yahoo.com) by August 5<sup>th</sup>.

Parking will be validated.

### *In this Issue*

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## It's July—UTHealth Benefits Meet



### You have been cordially invited to our Employee Benefits Fair 2024 !

As I reported to you in the July newsletter the Benefits meeting was scheduled for Friday - July 12<sup>th</sup>, However Beryl decided to visit and wreak havoc on those carefully planned events for both current employees as well as the retiree event. Both venues had water and/or electricity damage and would not be available. In exchanges with Jennifer Figueroa to find an answer the Benefits Office decided to concentrate on the Employee Benefits Meeting which is planned for July 25 and I intend to attend it so I can report on what might be in store for the retirees.

Those who have Delta Dental or Superior Vision or Life Insurance I decided to see what I could find out for my audience—the retirees if there were any changes.

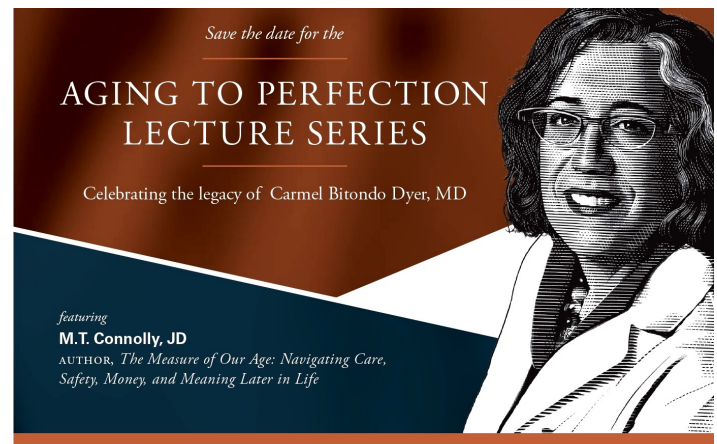
All three programs seem to have the same rates but check those with the rates you are paying now because you have only 6 days to make changes before August 1. UTHRO once again was invited to have a table so we can inform those who are thinking about retiring could get it. A good number of employees visited the booth. I did discover one new program "UFCU", the University Federal Credit Union which will soon open an office at 7000 Fannin for the UTHealth Family, including its retirees. If you would like to get their services and open an account you can contact them at 1-800-252-8311 or visit <http://ufcu.org/uthh> for all their banking services.



### UTHRO OFFICERS 2024

<b>President</b>	Barbara Kelly
<b>Vice-Pres</b>	Cathy Findley
<b>Secretary</b>	Daun Gray
<b>Treasurer</b>	Margaret Zambrano
<b>Newsletter Editor</b>	Henny van Dijk
<b>Web Administrators</b>	Pat Grealy & Glenn Schreyer

## An Early "Heads—UP"...



Marie-Therese Connolly is a lawyer who draws on a blend of legal, policy, and legislative skills to combat the largely hidden but immense problem of elder abuse and mistreatment. She has devoted her career to laying bare the many forms of elder abuse: physical and psychological, as well as financial exploitation and wrongful deprivation of rights. Some estimates suggest there are 5 million victims of elder abuse each year in the United States and as high as 96 percent of these cases go unreported, numbers that are sure to increase as 77 million baby boomers age and caregiving shortages grow more acute. As director of the Department of Justice's Elder Justice and Nursing Home Initiative, Connolly developed new legal theories of liability and novel investigation and litigation strategies that overcame loopholes in federal statutes and led to successful prosecution of cases of abuse and neglect in nursing homes. Recognizing that the vast human and economic costs of elder abuse cannot be solved by prosecutions alone, Connolly was instrumental in the drafting and passage of the Elder Justice Act, the first piece of federal legislation to address the issue specifically. She worked tirelessly to bring together various stakeholders in the heretofore fragmented elder justice field — including researchers, law enforcement officials, social workers, advocates, legislators, and clinicians — to identify gaps in current legislation and develop a comprehensive policy strategy. She is continuing this work as founder and director of the Life Long Justice initiative, where she is creating an integrated national advocacy effort to prevent, detect, and intervene in the mistreatment of the elderly and secure reauthorization of key federal legislation. Currently writing for general audiences about the complex issues surrounding abuse and neglect, Connolly is a leading voice in efforts to prevent the suffering of older adults and ensure that elder abuse becomes a priority on the national agenda. *Text Big Idea Club*

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.



## UTHRO Endowment News

### Hooray!

We are almost at this year's goal of **\$125,000** in the UTHRO Endowment for Healthy Aging!!!

Currently the total is \$ 124,237.26 thanks to your generous donations. Remember that the interest earned each year goes to seed grants for young UTHealth faculty for research of all kinds in geriatrics.

It is that time again to get out your check books or credit cards to increase the corpus of the endowment and thus increase the interest earned. In early September, you will receive a letter seeking contributions to the endowment. Your gifts, no matter how large or how small, will help. It is a wonderful way to honor or memorialize someone we have lost or as a gift to honor a friend or relative. Your donations go directly into the fund through UTHealth and are confidential.

Our goal for this coming year is \$140,000. Please be a part of UTHRO's project by donating whatever you can. It is greatly appreciated!!

*Peggy O'Neill*



*Adobe stockimage*

On a personal note: we use the occasion to remember colleagues and honor them with a contribution—For the past several years we would chose a UTHRO member, friend and mentor for several decades—Herb Fred, MD and we will again this year but now we like to remember the recently deceased Rita Zachariason a UTHRO member longer than I can remember and one who served on the Executive Committee for ages, but more importantly was an original member of the Endowment Committee so who better to remember than the one who actually started this effort when there was no money but a great idea supporting the Consortium on Aging not only with money but with our tagline “Seniors Helping Seniors”

*Henny & Yoka van Dijk*

## Decisions ... Decisions...

When UTHRO started the Health Symposium in 2008 I contacted my first Dean Cheves Smythe who was an octogenarian at the time what he thought would be great subjects to address and he immediately said “being weak in the wheels and polypharmacy” and I found out that those were in effect prophetic now that we are octogenarian ourselves. Being weak in the wheels is a pretty handicapping problem and requires some research into the best equipment to help with mobility. Originally when Yoka left the Rehab facility she was given the traditional walker as supplied by Medicare, but it was soon apparent that that was too basic and requires quite a lot of arm strength to move forward, so Yoka chose a rollator, originally with 4 wheels and a seat, but very soon replaced by a three-wheeler and no seat, but this particular rollator would easily fit into any space however narrow and she got quite a lot of positive responses to her chariot.. Now that we are living in a Senior Living Facility we found out that mobility sometimes means fairly long walks to go dining, or watch movies and the need for a rollator with a seat became the new focus. In researching those we became quite aware of the numerous products available and in our new environment the moving kind is the absolute favorite although lunch sometimes looks like the I-10 freeway traffic jam. So what does the research say:

When using a walker you should lift the walker and move it forward without moving your feet, so you are only moving the walker forward as far as your arms will allow. Once the walker is back on the ground, then you can step forward. This requires significant arm strength.

A rollator is a great choice if you can balance yourself but need a place to sit frequently or you need help carrying oxygen tanks, or other necessities. A rollator is also helpful if you have weakness in your arms and you have a hard time lifting up a regular walker.

It is most common for people to use an electric wheelchair if they cannot walk or can only walk for short periods. People commonly use mobility scooters to cross long distances but can walk in other situations, often for longer than those who need electric wheelchairs. They may need other types of assistance for these walks, such as a rollator



*Walker*



*Rollator*



*Mobility Scooter*

## **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 713 906 0437*

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### **And Now For Something Completely Different... Funny Signs Seen in Great Britain...!**

IN A HEALTH FOOD SHOP WINDOW: Closed due to illness.

IN A LAUNDROMAT: Automatic washing machines. Please remove all your clothes when the light goes out.

IN A LONDON DEPARTMENT STORE: Bargain Basement Upstairs

IN AN OFFICE: Would the person who took the step ladder kindly bring it back or further steps will be taken.

IN ANOTHER OFFICE: After the break, staff should empty the teapot and stand upside down on the draining board.

MESSAGE ON A LEAFLET: If you cannot read, this leaflet will tell you how to get lessons.

NOTICE IN A DRY CLEANER'S WINDOW: Anyone leaving their garments for more than 30 days will be disposed of.

NOTICE IN A FIELD: The farmer allows walkers to cross the field for free, but the bull charges.

ON A CHURCH DOOR: This is the gate of Heaven. Enter ye all by this door. (This door is kept locked because of the draft. Please use side entrance)

ON A REPAIR SHOP DOOR: We can repair anything (Please knock hard on the door - the bell doesn't work)

OUTSIDE A SECOND-HAND SHOP: We exchange anything - bicycles, washing machines etc. Why not bring your wife along and get a wonderful bargain.

QUICKSAND WARNING: Quicksand. Any person passing this point will be drowned. By order of the District Council.

SPOTTED IN A SAFARI PARK: Elephants Please Stay In Your Car

SPOTTED IN A TOILET IN A LONDON OFFICE BLOCK: Toilet out of order. Please use floor below.