

Editor: Henny van Dijk

www.uthro.org

February, 2024

The Valentine Luncheon

UTHRO Dues Reminder...



The UTHRO Events Committee has done the impossible—get us a Valentine Luncheon on Valentine's Day at Guadalajara grill at 2925 SW Free-way between Kirby and Buffalo Speedway.

Feliz Día del Amor y la Amistad

Happy Valentine's Day (in Spanish) but not only for lovers but for friends as well as it should be, so when we gather at Guadalajara it is not only for the food which I'm confident will be terrific but also for the fellowship of our UTHRO members. It is THE occasion to get together, exchange memories or tell each other our plans for 2024 and generally have a great time. I hope to meet a lot of my former colleagues and talk about what we have been up to or how we got through the freezes this year, remembering the disaster of Feb. 2021.

So mark your calendar—Wed. Feb 14 11:30—2:00PM
And call or email Janice Thomas
832-515-0280 flyte99@yahoo.com
And let her know you will be there.



To get to Guadalajara Mexican Grill take I-69 North, exit Kirby, follow the feeder to Buffalo Speedway, make a left and another left and stay on the feeder back toward Kirby, Guadalajara will be on your right. Or coming from the Memorial area, take Kirby turn left on Westpark, turn right on Buffalo Speed way, and again right on the feeder.

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Good morning all and Happy New Year,

as we all start the new year I am looking forward to re-newing your membership. We presently have 274 members and I am hoping that all send in their renewal in a timely manner. If you already sent in your dues, Thank you.

The renewal form is attached and remember that if you have no changes to your personal information, like address, phone number or email, you can just Zelle me your dues to: zambrano1123@gmail.com

Looking forward to another great year with UTHRO.

Margaret Zambrano
Treasurer

UTHRO THE UNIVERSITY OF TEXAS HOUSTON RETIREE ORGANIZATION ANNUAL MEMBERSHIP RENEWAL FORM JANUARY 1 – DECEMBER 31

As stated in the Bylaws, annual dues are payable on or before the first day in January. Please use this form to pay your dues and include information that will be used for UTHRO's records.

\$15.00 Retiree (includes spouse) and also includes any employee not yet retired but anticipates membership upon retirement.

Name _____

Spouse's Name _____

Address: Street _____

City _____ State _____ Zip _____

Telephone _____ Cell/Fax _____

E-mail Address _____

Emergency contact (for bus trips and outings):

Name: _____ Tel: _____

Dues are payable by check (do not send cash). OR by ZELLE
Return this form with check payable to: **UTHRO** and mail to the
Treasurer Margaret Zambrano, 20903 Imperial Ridge Lane, Spring,
TX 77379
If paying by ZELLE sent to: zambrano1123@gmail.com
In description please put your name and purpose (renewal for year)

A snapshot of the Lunch & Learn



Pre-Hispanic medicine

UTHRO member Liliana Cracraft was the speaker at our January Lunch & Learn addressing a topic few are familiar with *"The Use of Medicinal Herbs in Pre-Hispanic and Traditional Mexican Medicine."*

Here are some of my impressions of that event.



USPS Changes in 2024



"As inflationary pressures on operating expenses continue and the effects of a previously defective pricing model are still being

felt, these price adjustments are needed to provide the Postal Service with much needed revenue to achieve the financial stability sought by its Delivering for America 10-year plan," said the Postal Service in October. Starting Jan. 21, 2024, the price for a First-Class Forever U.S. Postage Stamp will increase from 66 to 68 cents.. The prices for domestic postcard stamps will also increase by two cents from 51 to 53 cents and international postcards will increase from \$1.50 to \$1.55.

In addition to stamp prices increasing, the price to send priority mail and other postal services will also increase on Jan. 21.

USPS Ground Advantage prices will increase by 5.4 percent, Priority Mail service prices will increase by 5.7 percent, and Priority Mail Express service prices will increase by 5.9 percent. The price for USPS Connect Local will remain unchanged. The Postal Service says its prices "remain among the most affordable in the world" and would "offer a great value in shipping."

Anna Steinberger Remembered

Drs. Anna and Emil Steinberger are two of the most interesting people I have ever met. They both loved to sail. They loved entertaining. Dr. Anna was a scientist first and foremost. I love that I had the opportunity to be in the company of this beautiful, warm woman who was always encouraging and was just fascinating to be around."



Sondra Ives

I helped them sail their boat to the Bahamas one year And back from Florida another year. From others you will have the groundbreaking role Anna accepted in UT as a representative for Women's Rights."

Sorry we lost Anna - lovely person

Brian Tulloch

When Smythe addressed an early faculty meeting with "gentlemen we have a problem to solve," she immediately shot to her feet and replied, "Excuse me, but I'd like to remind you that not everyone here is of the male gender and certainly not everyone here is a gentleman." It was pure Anna Steinberger

Bryant Boutwell

Her curiosity and life-long learning over her long life were amazing! She overcame so many obstacles and accomplished so much in her lifetime -- it could be a hit movie!

Faye Viola

One of the highlights of school tours to the HMH is the chance to have a Holocaust survivor speak to the group. Anna loved doing this! She sometimes would sit at the edge of the stage to get closer to the students, and was always eager to answer their questions.

Fredi Bleeker Franks

She left a great mark on the school and many individuals. Memories of her grace, her joy in life in all of its stages, her gratification in giving back, and her influence will continue on in those whom she has touched.

Barbara Sanborn

I celebrate the enduring warmth of our friendship and the collective achievements that have defined our shared path. The memories we created together during those formative years in the medical school remain etched in my heart.

Nachum Dafny

I considered Anna a "mensch" a person of integrity, morality, dignity, with a sense of what is right and responsible. It is relevant now, across the world, more than ever...

May her memory be a blessing.

Henny van Dijk

UTHRO OFFICERS 2024

| | |
|---------------------------|-----------------------------|
| President | Barbara Kelly |
| Vice-Pres | Efren Pena |
| Secretary | Mary Frances Fabrizio |
| Treasurer | Margaret Zambrano |
| Newsletter Editor | Henny van Dijk |
| Web Administrators | 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.

Changes in your SSI...



Cost-of-Living Adjustment (COLA) Information for 2024

For the second year in a row retirees will see an increase in income in their Social Security checks. Social Security and Supplemental Security Income (SSI) benefits will increase 3.2 percent in 2024. The 3.2 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 66 million Social Security beneficiaries in January 2024. Increased payments to approximately 7.5 million SSI recipients will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits) Read more about the [Social Security Cost-of-Living adjustment for 2024](#).

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600.

The earnings limit for workers who are younger than "full" retirement age (see [Full Retirement Age Chart](#)) will increase to \$22,320. (We deduct \$1 from benefits for each \$2 earned over \$22,320.)

The earnings limit for people reaching their "full" retirement age in 2024 will increase to \$59,520. (We deduct \$1 from benefits for each \$3 earned over \$59,520 until the month the worker turns "full" retirement age.)

There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

Read more about the [COLA, tax, benefit and earning amounts for 2024](#).



Volunteering Anyone...?

I received this email from Sherri Green and believe it good to share.

Good afternoon, Mr. van Dijk.

Cizik School of Nursing manages the Harris County Long-term Care Ombudsman Program and is in need of volunteer ombudsmen. I thought this might be something that would interest retirees. Would it be possible to share this in your newsletter?



Cizik School of Nursing at UTHealth Houston is seeking passionate individuals to volunteer as long-term care ombudsmen. In this role, you would help protect the quality of life, quality of care, and rights of people who live in a nursing home or an assisted living facility. Your commitment will be pivotal in solving problems and advocating for the well-being of those in long-term care facilities.

Key responsibilities:

- Listening to residents and family members when they have concerns or issues
- Telling residents about their rights
- Protecting resident health, safety, welfare, and rights
- Helping families learn about nursing homes and how to pay for them

To volunteer, please call us at [713-500-9931](tel:713-500-9931) or email us at ombudsman@uth.tmc.edu. A free, 36-hour training course is provided.

 **UTHealth Houston**
Cizik School of Nursing

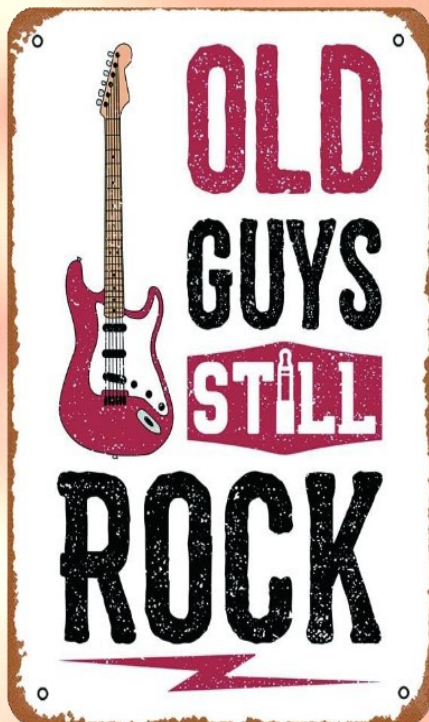
In Harris County, the long-term care ombudsman program is administered at Cizik School of Nursing at UTHealth Houston in collaboration with the Harris County Area Agency on Aging, which is funded by the Texas Health and Human Services Commission.

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... A Few Updated Lyrics From The Fifties...?



Herman's Hermits—*Mrs. Brown you have a lovely walker*

The Bee Gees—*How can you mend a broken hip*

Bobby Darin—*Splish Splash I was having a Flash*

Ringo Star—*I'll get by with the help of Depends*

The Commodores—*Once, twice three times to the bathroom*

Marvin Gaye—*Heard it from the Grape-Nuts*

Leo Sayer—*You make me feel like a napping*

Willie Nelson—*On the commode again*

Procol Harem—*A whiter shade of hair*

Johnny Nash—*I can't see clearly now*

Helen Reddy—*I am woman hear me snore*

Abba—*Denture Queen*