



Editor: Henny van Dijk

www.uthro.org

July, 2024

The July Event ...

It's July—UTHealth Benefits Meet



Just wait for it....!

Saint Arnold Brewing Company

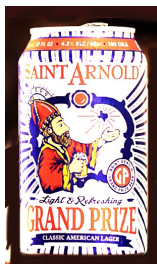
located in Houston, is Texas' Oldest Craft Brewery. We will travel by bus to this destinations on 2000 Lyons Ave. The bus will pick us up on **Thu. July 18** at OCB and leaves at exactly 11AM, so don't be late or you miss the event. Arriving at the brewery about 11:30 and lunch is first from 11:30 to 1PM. The tour of the brewery will start at 1:30 and last about 1.5 hrs. The bus will be back at OCB by 4:00PM and parking is validated.

Some information about St, Arnolds: Our goal is to brew world class beers and deliver them to our customers as fresh as possible making them the best beers in Texas and Louisiana. Our customers are beer lovers - people that appreciate great, full-flavored beers.

Our small crew does everything at the brewery: brew the beer, filter the beer, keg the beer, bottle the beer, sell the beer and drink the beer. For us, this is a passion, not a job. We believe that this comes through in the beers we make. Our beers have soul.

Our first keg of beer was shipped on June 9, 1994. Founded by Brock Wagner and Kevin Bartol, we chose Houston because, other than living here, this was the largest city in the country that did not have a microbrewery. **Closed toe shoes are required when the brewery is in production.**

Cheers!



In this Issue

Page 1 July Event; Annual Benefits Meeting
Page 2 Heat wave protection; The Carmel Dyer Lecture
Page 3 Popular Grammar Mistakes; where are they now
Page 4 ...and now for something completely different



*You have been cordially invited to our
Retiree Benefits Fair 2024 !*

*This year's featured theme: **Fiesta !***

Friday - July 12th

From 10:00 am - 12:00 noon

OCB Building – Rio Grande Room

1851 Crosspoint Avenue

All vendors will be present such as representatives from UT Care, BCBS, OEB (UT System Office), EAP (Employee Assistance and Wellbeing) Delta Dental and Express Script to answer any questions you may have.

We look forward to seeing you!



Beware of Extreme Heat ...



I covered the threat of hurricanes in the last newsletter so now for the second threat. There is hot, and then there is hot! Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to all kinds of bad problems. Our age group is especially vulnerable to heat.

Houston's temperatures in the Summer can easily hit the three digit numbers and here are some tips to protect yourself and not end up in the ER.

Stay Hydrated!

Dehydration is the No. 1 issue, especially among older people who are often out doing yardwork and, because body water content decreases with age, are at an increased risk of having problems. Seniors may also have heart conditions, which restrict fluid intake, so they should be sure to talk to their physicians about how to regulate this. Water will normally maintain hydration during work in the heat, providing you eat regular meals to replace salt lost in sweat. If you're sweating for several hours, sports drinks with balanced electrolytes can help. Steer clear of alcohol as it increases water loss and reduces the ability to notice signs of dehydration.

Protect your skin—There's no such thing as a healthy tan, so be sure to guard against the sun's harmful rays. Use a broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 30. Reapply every two hours.

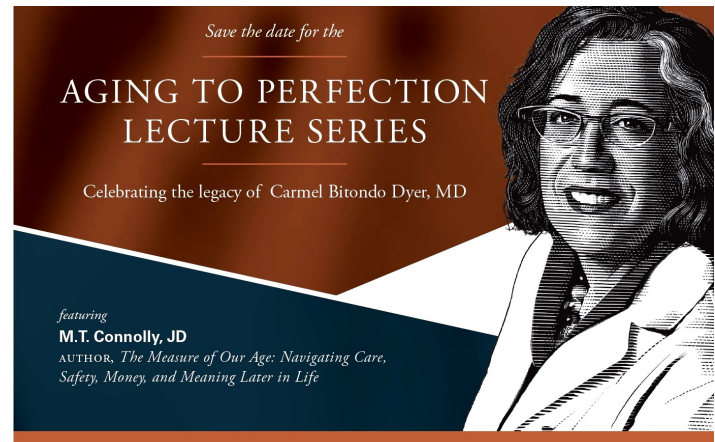
If you are primarily indoors, do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.

Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area.

Information from Ready.gov



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*

UTHRO OFFICERS 2024

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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. 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.

Popular Incorrect Grammar

First-come, first-serve This suggests that the first person to arrive has to serve all who follow. The actual phrase is "first-come, first-served,"

Both Harvard and Yale got this one wrong.

Sneak peek A "peak" is a mountain top. A "peek" is a quick look. The correct expression is "sneak peek," meaning a secret or early look at something.

Deep-seeded This should be "deep-seated," to indicate that something is firmly established. Correctica found this error on the *Washington Post* and the White House web-sites.

Extract revenge To "extract" something is to remove it, like a tooth. The correct expression is "exact revenge," meaning to achieve revenge.

Both *The New York Times* and the BBC made this error.

I could care less I couldn't care less" is what you would say to express maximum apathy toward a situation. because I have no more care to give. I've run out of care."

Shoe-in "Shoo-in" is a common idiom that means a sure winner. The expression started in the early 20th century, relating to horse racing, and broadened to politics soon after.

Slight of hand "Sleight of hand" is a common phrase in the world of magic and illusion, because "sleight" means dexterity or cunning, usually to deceive.

Honed in First, it's important to note that this particular expression is hotly debated. Many references now consider "hone in" a proper alternate version of "home in." That said, it is still generally accepted that "home in" is the more correct phrase. To home in on something means to move toward a goal, such as "The missile homed in on its target." To "hone" means to sharpen. You would say, "I honed my résumé writing skills."

Baited breath The term "bated" is an adjective meaning suspense. Therefore, "to wait with bated breath" essentially means to hold your breath with anticipation.

Piece of mind This should be "peace" of mind, meaning calmness and tranquility. The expression "piece of mind" actually would suggest doling out sections of brain.

Wet your appetite This expression is more often used incorrectly than correctly. The correct idiom is "whet your appetite." "Whet" means to sharpen or stimulate, so to "whet your appetite" means to awaken your desire for something.

For all intensive purposes The correct phrase is "for all intents and purposes." It originates from English law dating back to the 1500s, which used the phrase "to all intents, constructions, and purposes" to mean "officially"

Make due When something is due, it is owed. To "make due" would mean to "make owed," but the phrase to "make do" is short for "to make something do well" or "to make something sufficient." When life gives you lemons, you make do and make lemonade.

Case and point The correct phrase in this case is "case in point," which derives its meaning from a dialect of Old French. While it may not make any logical sense today, it is a fixed idiom.

Byron Reese, CEO of the company that recently launched a tool that scans websites for errors.

Where Are They Now... ?

I would like to update our members on the adventures of Jennifer and Cam Canup. When they decided to retire, buy a boat and take off, I did publish the start of their journey and followed them on FaceBook till yesterday when all of a sudden Jennifer posted an image of them leaving the US and motoring into Canada via Lake Ontario. I asked her if I could publish that image and she said "certainly" Now to show how fast time flies I thought that Cam and Jen had been on their trip for one year, but Jennifer again:" Oh no... It was about 2 and a half years ago. We stopped for a year and a half in the DC area to add comfort items to the boat and site see .. now we're back at it."

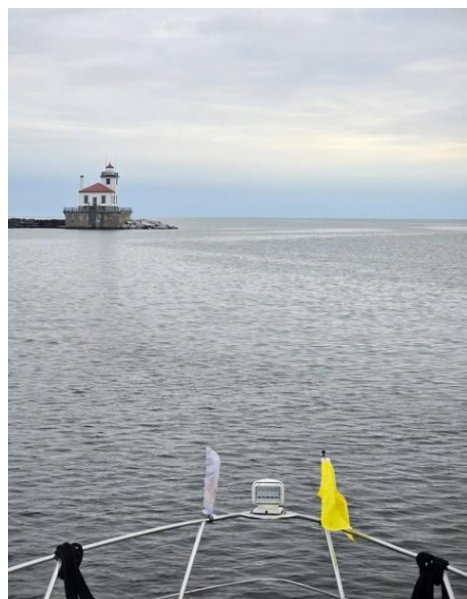


On the way they gazed upon Lady Liberty in person for the very first time from the helm of our yacht , "I am struck by her majesty and the precious liberties she represents."

"Leaving Oswego, NY this morning around 5 am..

That's 4 am for all you Texans 🤔 Very excited for our crossing into Canada today by way of Lake Ontario. First time we've taken our yacht to a new country.

See ya on the other side" 🙌



UTHRO

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*To update your address or phone number
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And Now For Something Completely Different... Some Less Known Facts About English...!

The shortest and oldest word in the English language is "I."

The longest common word with no vowels is "rhythms."

The most common adjective used in English is "good."

The word "set" has the highest number of definitions.

Though not commonly used, the day after tomorrow is called "overmorrow."

English is the official language of 67 countries.

There are 24 different dialects of English in the US.

A quarter of the world's population speaks at least some English.

11% of the entire English language is just the letter "E."

About 4,000 words are added to the dictionary each year

The original name for the butterfly was "flutterby."

"Go" is the shortest grammatically correct sentence in English.

The US does not have an official language.

So now you know...!