

**Editor: Henny van Dijk**

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

**September, 2024**

## September Event



The September Event is a visit to the San Jacinto Monument, the commemorative monument of a battle honoring the defeat of General Santa Anna and his Mexican troops by a relative small Texas army under General Sam Houston. After ordering a series of unpopular retreats in a desperate attempt to save his rag-tag army from utter destruction, the Major General was trapped with his back to Buffalo Bayou. Retreat was no longer an option... And the result, 18 minutes of battle that changed the map and gave Texas its independence.



The Monument was begun in 1936 to commemorate the centennial of Sam Houston's defeat of the Mexican army on April 21, 1836, which made Texas a free and independent republic ten years before joining the United States of America.

The museum paints an image of this enormous event and one can go (by elevator) all the way to the top to oversee the battlefield below, the ship channel in the distance which is the extension of Buffalo Bayou. I attended twice the reenactment of the battle of April 21, 1836 and is well worth a trip to this historic Texas sight.

The Event Committee planned the trip for **Thu. September 19**. Leave OCB at 10:00 AM and travel the San Jacinto Monument in La Porte, TX arriving by 10:30. We will watch a movie that tells about the history of the monument that will start at 11:00, followed by a 1 1/2 hour tour.



Lunch will be at the Monument Inn at 1:00 and arrive back at OCB by 3:30. Admission to the museum for seniors is **\$10.00 pp**. This is a pre-paid event so send a check or Zelle payment to treasurer Margaret Zambrano before Sep. 13. We also will have lunch at the nearby historic Monument Inn restaurant

on the ship channel and each person is responsible for their meal. **RSVP by Sep. 13 to Janice Thomas**  
832-515-0280 flyte99@yahoo.com

## UTHRO Bylaw Changes

AS UTHRO is the only retiree organization that allows Classified, Administration and Professional, and Faculty to join, The Executive Committee has been receiving inquiries about membership from retirees from other local UT institutions. Therefore, the Executive Committee recently voted to allow retirees from other UT System institutions within the greater Houston area to become members of UTHRO. A change to our bylaws is required and the approval of the membership is required to change the bylaws. The proposed changes to the Bylaws are as follows:



### Article III – Membership and Dues

Membership in this organization shall consist of faculty and staff who have officially retired from **UTHEALTH any UT System Institution in the greater Houston area.**

Membership shall also include surviving spouses of retirees, and employees who anticipate retirement from **UTHEALTH any UT System Institution in the greater Houston area.**

These changes will be presented at the November 14, 2024 Annual Meeting and Holiday Luncheon. At that time the membership will vote on the Bylaws' changes. If you have any questions about these changes or would care to comment on the changes, please email me at [bkelly0127@gmail.com](mailto:bkelly0127@gmail.com)

Barbara Kelly  
UTHRO President

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## Two Announcements...



The Institute on Aging has organized a Carmel Dyer MD lecture celebrating World Alzheimer Day on Sep. 20 in the third floor lecture hall (3001) of the Med School. The lecture features Professor Myriam Fornage PhD. The talk starts at 8 AM and if you park in the UTParking Garage on 6414 Fannin, parking will be validated.

Pastries and coffee are served.

## Remembering Judy Booker



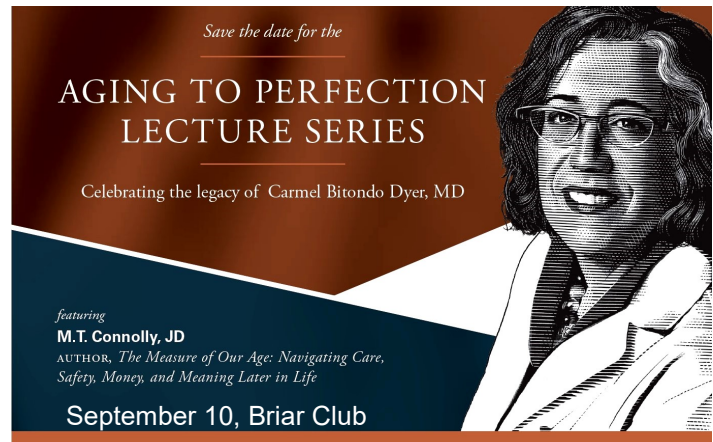
Although not a UTHRO member, Judy Booker was a well known colleague in the early days of UTHSC-H and I'm sure many of you would have interacted with her when things of HR were discussed or new programs introduced. I first got word of her passing from Misty Hajek, but yesterday her niece posted a wonderful eulogy on FB remembering her Aunt. David

Vale who send me this image also posted a wonderful piece and I did have some great memories of Judy in the late eighties and early nineties when she disappeared from my horizon, however then came Facebook and though she had moved to Lufkin FB just eliminates distances and time and we hooked up again—first reminiscing about those we knew and worked with but in 2022 she contacted me about something happening in Holland. Her Dad John who is still alive and well into his hundreds was the pilot of an American bomber B-17G Flying Fortress number 42-39831. On November 5th 1943 they crashed in the Vierlingsbeek, close to the watermill. The crew of ten were fortunately able to exit the plane in time. Two of the crew were able to escape, but the other eight were arrested by the Germans and transported to prison camps in the east of Germany. The people of Boxmeer did plan to place a commemorative board near the crash site and invited survivors and eye witnesses to attend. A great reminder of the ease of communication Judy always portrayed. There is at least one comment I will always remember her by when things were above my paygrade "don't get your panties in a bunch...!"

Will miss that.

Henny van Dijk

## The Third Dyer Lecture...



The Third Lecture in this series will be held on September 10 from 5:30– 7:30 at the Briar Club on 2002 Timmons Ln.

Headliner 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 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

**President** Barbara Kelly  
**Vice-Pres** Cathy Findley  
**Secretary** Daun Gray  
**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](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.



## SON receives 5 year grant

NIH Roybal grant funds country's first elder mistreatment research center in Cizik School of Nursing at UTHealth Houston. The Five-year, \$5.3 million award is university's first from the prestigious program funded by the National Institute on Aging.

Decades of leadership in the field of elder mistreatment research has earned UTHealth Houston its first grant from the prestigious Edward R. Roybal Centers for Translational Research in the Behavioral and Social Sciences of Aging program, funded by the National Institute on Aging.

The five-year, \$5.3 million award to Cizik School of Nursing at UTHealth Houston will fund the creation of the multidisciplinary Roybal Center for Elder Mistreatment Intervention Research, the first Roybal center to focus on elder mistreatment. The National Institute on Aging is part of the National Institutes of Health (NIH).

Directing the center's administrative core will be [Carolyn Pickering, PhD, RN](#), a noted expert in dementia family caregiving. Serving as principal investigators along with Pickering are Brad Cannell, PhD, MPH, and Ronald Acierno, PhD, who will direct the center's behavioral intervention development core. Cannell, created the Detection of Elder Abuse Through Emergency Care Technicians (DETECT) screening tool. Acierno was lead author on what is considered the seminal national elder mistreatment prevalence study published in 2010 in the *American Journal of Public Health*.

The estimated prevalence of elder mistreatment ranges from more than 15% for the general population of community-dwelling older adults up to 60% for those living with dementia and other neurodegenerative disorders.

"Elder mistreatment is a complex phenomenon that results from the interaction of many different factors," Pickering said. "It can manifest as financial exploitation, neglect, and self-neglect, as well as physical, psychological, and/or sexual abuse."

The new Roybal center will establish infrastructure and mentorship to support pilot studies of behavioral and social interventions to explore ways to reduce exposure to elder mistreatment and its mental and physical impacts on community-dwelling older adults and their caregivers. "A major innovation of this center is that our organizational structure and activities are intentionally designed to help overcome well-recognized barriers to elder mistreatment research," Pickering said. Identifying and recruiting older adults and/or family caregivers to participate in studies can be particularly difficult. The center will enable early-stage researchers to benefit from long-standing relationships UTHealth Houston scientists have built on multiple fronts.

"We argue that while elder mistreatment is sometimes a criminal problem, it is always a clinical problem," Pickering said. "It is always accompanied by physical and mental health concerns for both the caregiver engaging in abuse and neglect and the older adult care recipient."

The roots of clinical geriatrics leadership at UTHealth Houston can be traced to establishment of the university's Consortium on Aging by Carmel Dyer, MD. "Dr. Dyer's leadership in the area of elder mistreatment provided vision and tangible progress on clinical assessment and intervention, education, research, and advocacy for more than 40 years," said Aanand Naik, MD, who will serve as the Roybal center's activity leader for program sustainability.

## Finally Found My Answer...

I have been wondering for some time about my inability to recall names, places and events except I would remember the first letter of the word I'm looking for even though the word or name seems on the tip of my tongue? Well low and behold Ina Fried send me this article by Melissa Gotthardt that answers some of my questions as well as ways to help yourself recall. This frustrating phenomenon called *lethologica* happens when dulled neural pathways block the brain from pulling words out of "storage." The fix: slowly whisper the alphabet song to yourself — or sing it aloud if you prefer! — thinking about each letter as you mouth or say it. Hearing the [first letter of the word](#) you're looking for acts as a cue that signals your brain to release it at last.

Can't recall where you placed your keys? Or maybe you find your mind wandering while you're trying to focus on making a grocery list? Blame brain fog, which is more common than ever. In a recent survey, 45% of people admitted to [losing their train of thought](#) at least once daily, while 58% percent said they frequently forget other names. Fortunately, help for a foggy head is at hand. In fact, research reveals clearing away mental cloudiness can be quick and easy.

Another sneaky cause: [Warm, muggy days](#), (hello Houston) which can increase memory lapses and mental fuzziness by as much as 114%. Heat inhibits the production of [dopamine](#), a brain chemical that hones focus and attention. On the flip side, chilly days can increase dehydration by [reducing your thirst response](#) by 40%. This leaves many of us mentally sluggish and scattered. Fortunately, no matter the underlying cause of your brain blips, help is here!

### How to get rid of brain fog that flares up in the morning—Wake up to 'Good Vibrations'

Waking up to music rather than a buzzing or beeping alarm reduces your odds of feeling foggy in the morning (a phenomenon known as [sleep inertia](#)) by up to 50%. Experts explain that, unlike [alarm tones](#), pleasant melodies clear early-morning cobwebs by activating brain regions that govern focus and attention. For best benefits, they recommend choosing melodic wakeup songs that are easy to sing or hum (think 'Good Vibrations' by the Beach Boys or 'Happy' by Pharrell).

Or, reach for cinnamon instead. The warm and comforting aroma of cinnamon provides an instant lift when you're feeling tired or unfocused. The scent activates mood and memory centers in the brain. And in a study Dr. Raudenbush conducted, inhaling the spicy aroma spurred significant increases in [attention and alertness](#).

If foggy thinking is preventing you from recalling details a favorite memory from years ago, try this trick: Sniff an object associated with the memory, such as an old book you read on vacation or wooden pencil like you used to use in school. Research in the journal *Human-Computer Interaction* found doing so unlocks [memory centers of the brain](#) even better than looking at photos.

*Edited from a longer article by Melissa Gotthardt*

*Edited from a larger article by Sherri Deatherage Green*

## **UTHRO**

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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...**

**OK It's alright, SMILE...!**

A bicycle can't stand alone- it is two tired  
A will is a dead giveaway  
You are stuck with your debt if you can't budge it.  
A boiled egg is hard to beat  
When an clock is hungry it goes back for seconds  
He broke out in a song because he couldn't find the key  
A calendar's days are numbered  
He had a photographic memory which was never developed  
Those who get too big for their britches, get exposed in the end  
When you've seen one shopping center, you've seen a mall  
When you jump of a bridge in Paris you are in Seine  
When she saw her first strand of grey hair, she thought she'd dye.  
Acupuncture: a jab well done  
Marathon runners with bad shoes, suffer the agony of the feet  
A guy who fell into an upholstery machine was fully recovered  
When a skunk went to church would it sit in its own pew?