



UTHRO

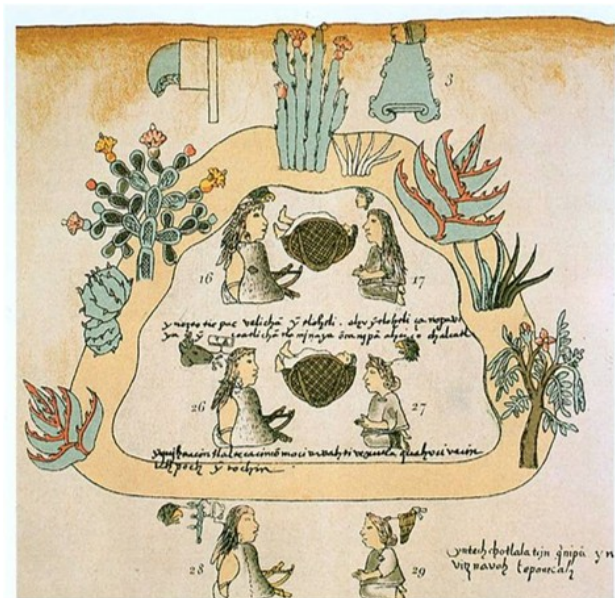
The University of Texas Houston Retiree Organization



The *EVERGREEN* Newsletter

Lunch and Learn

We will provide lunch and Lilliana Cracraft will make a presentation, "The Many Products from Cactus and Succulent Plants; Old & New" on April 16th from 11 AM - 1 PM in the OCB Rio Grande Room.



For hundreds of years, cacti and other desert plants were sources of food, shelter, clothes, rope, soap, dyes, wax, musical instruments, and many other useful products for the inhabitants of México and the southern United States. In current times, many of these products are still being used, and many new products are now available.

RSVP by April 10 to Janice Thomas
uthro@uth.tmc.edu

Lunch will be provided and parking validated.

Please bring loose change for the Endowment Jar.

Galveston Trip

It was a beautiful day in Galveston for the Historic Harbour Tour. More than 20 UTHRO members took the boat tour, had lunch at the Shark Shack, and visited The Strand. Here are some photos showing the sites we saw and the fun we had.



Photos by Glenn Schreyer and Charlotte Childress

News for Aging

An article quoting Yaobin Ling, MS and Kristofer Harris, RN, MPH of the Medical School, indicated a link between adult vaccinations and a reduced risk of developing Alzheimer’s disease.

See the entire article in [Brighter Side of News](#).

An article in Medical News Today talks about how 150 minutes of physical activity can increase the lifespan of older adults.

- A physically active lifestyle late in life is linked to aging well.

- A new article published by the Canadian Medical Association reports getting 150 minutes of moderate physical activity each week can increase an older person’s independence, as well as cognitive and mental well-being.
- People who exercise 150 minutes each week reduce their risk of all-cause mortality by 31%, according to the study.
- An older adult can gradually and safely work their way up to this amount of exercise in consultation with their physician or healthcare professional.

See the entire article in [Medical News Today](#).

UTHRO OFFICERS 2025

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UTHRO has a general purpose email address: uthro@uth.tmc.edu . This is a “forwarding” email that will send copies to designated committee members who will then forward to the appropriate person.

Including the recipient's name in your subject will be very helpful; e.g. Subject: For Janice, BBQ lunch.

If UTHRO members already know the phone number or personal email address of an officer then continue using that for your communication needs.

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To update your address or phone number please contact us at uthro@uth.tmc.edu