



UTHRO

THE UNIVERSITY OF TEXAS
AT HOUSTON*Retiree Organization*The **EVERGREEN** Newsletter

Tuesday November 4

*Annual Meeting, Holiday Luncheon, Door
Prizes, UT Police Toy Drive*



We, of course, will have the Annual Meeting in the Rio Grande Room on the second floor at OCB from 11 AM until 1 PM, in which the President will present a look back on the year.

UTHRO will also celebrate their traditional Holiday Luncheon with a non-traditional menu, but in the tradition of Thanksgiving it will be a genuine home cooked meal with all the fixings and at a price you can't afford to miss.

The Executive Committee will be doing the cooking this year again and is determined to not only have an excellent menu, but at the extraordinary price of \$10.00 pp. It will be a prepaid event and the info is posted to your right.

Finally, the **UT Police** in collaboration with **UTHRO and UT Health employees** will hold its Annual Toy Drive benefitting pediatric and adolescent patients at Harris County Psychiatric Center (HCPC) and LBJ Hospital. We urge our members to get into the spirit of giving by bringing an unwrapped new toy to the luncheon to make a child happy at Christmas.



RSVP by October 28 to Janice Thomas at
uthro@uth.tmc.edu.

Parking arrangements are being made for those with limited walking issues. Let Janice know when you register if needed.

UTHRO'S November Event



UTHRO'S Thanksgiving Luncheon

Prepared and Served by the Executive Committee

Tuesday, November 4, 2025

11 AM - 1 PM

OCB Rio Grande



Menu includes Fried Turkey, Ham, Cornbread Dressing, Cheese Grits, Candied Yams, Green Beans, Salad, Rolls, and various Desserts

Price: \$10 Per Person

RSVP by October 28th. Make Checks payable to UTHRO. Send to Sondra Faul, Treasurer.

Bring your loose change for the Endowment Jar!



October Event

The October Health Symposium was its usual success. There was a good turnout. There was food, flu shots, A1C tests, blood pressure screening, and speakers.



Stephanie Silveira spoke about the Gaitmate mobile application and her study looking for volunteers to test its effectiveness (see the following article).



Also, we heard about ISNAP which aims to find ways to better reach people in the community to reduce health risks and improve access to early care and reliable

information.

The main speaker was David Hunter, MD, Associate Professor in Neurology. He presented "Finally, something that slows early Alzheimers disease?". He said "It affects 7 million Americans and is the most expensive disease in the US now, costing about \$650 billion per year. The emotional toll is incalculable. After 50 years of investigating medications, we now have two medications that have a significant effect on slowing the disease. We haven't cured it yet, but we can now slow it. That gives us great hope for additional medications to slow it further. I will talk about who is ideal for these medications, how they work, and the side effects to know about them."



Looking for Study Participants

Dr. Silveira is faculty in the School of Public Health and is doing research trying to predict falls. She is recruiting older adults to come to our School of Nursing and do some normal activities (like walking, getting up out of a chair) in our smart apartment. You just need to be 65+ and able to walk to participate. They can compensate with \$20 and pay for parking.

For more information or questions, contact the Community Health Rehabilitation Research Lab. Email: chrhl@uth.tmc.edu or call: 713-500-9490.



UTHealth Houston
School of Public Health
Management, Policy,
and Community Health

Study will include completing standard activities of daily living to collect measurements of movement.

Qualifications:

- 65 years or older
- Able to complete informed consent
- Basic usage with smartphones
- Perform movements 25 ft. or without assistive devices
- Own a smartphone with Android or IOS operating systems



If you are interested or have any questions, please contact the Community Health Rehabilitation Research Lab:

Email: chrhl@uth.tmc.edu
Telephone: 713-500-9490



IRB NUMBER: HSC-SPH-24-0509
 IRB APPROVAL DATE: 08/13/2025

A Lost Friend

From her husband, James (Mike) Massengale:

I hoped I would never have to post this but my wife,



Geri Konigsberg, passed away last night. She so loved her friends and family. I've never known a more selfless person. She took care of her parents as they aged, loved three stepdaughters as if they were

her own, was Aunt Geri to her many nieces, nephews, and cousins, and was Grammy and MeMe to her grandchildren . I loved her and she loved me and we were married and best friends for 11+ years. She will be remembered and loved.

UTHRO OFFICERS 2025

President	Barbara Kelly	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.
Vice-Pres	Cathy Findley	
Secretary	Claire Brunson	
Treasurer	Sondra Faul	Including the recipient's name in your subject will be very helpful; e.g. Subject: For Janice, BBQ lunch.
Events	Janice Thomas	
Web Admin	Pat Grealy Glenn Schreyer	If UTHRO members already know the phone number or personal email address of an officer then continue using that for your communication needs.
Newsletter Editor	Glenn Schreyer	

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