



UTHRO Health Symposium

October 15, 2025 11:00 AM-2:00 PM
at OCB Rio Grande Room

We will provide a light lunch and access to several programs, followed by a speaker.

Keynote Speaker: David Hunter, MD, Associate professor in Neurology will be the keynote speaker

Subject: “Finally, something that slows early Alzheimer’s disease?”

“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.”

Programs: *Stephanie Buchanan Program Manager Practice and Community Engagement*

Stephanie and her team will administer flu vaccinations, A1C screenings, and blood pressure checks. Attendees are asked to bring their insurance cards to help with the vaccination process. To ensure timely and efficient service, please [pre-register online](#) for your flu shot by Friday, October 3. These complementary health services are part of our ongoing commitment to promoting wellness among our retiree community.

The Community Health Rehabilitation Research Laboratory, GM

The purpose of our research study is to validate the Gaitmate mobile application. The Gaitmate application was developed by UTHealth Houston to measure gait among older adults with a long-term goal to be a widely available fall prevention tool.

The GAITRite® system is the gold standard for measuring gait metrics including: walking speed, stride length, step length, step time, and base of support.

ISNAP aims to find ways to better reach people in the community to reduce health risks and improve access to early care and reliable information. It focuses on the ways in which in-person and online social networks support and influence individual’s care-seeking, information gathering, and risk reduction for Alzheimer’s Disease and related dementias. The project is led by Dr. Sahiti Myneni at UTHealth and focuses on understanding how social connections and communication networks influence early detection and risk reduction for Alzheimer’s Disease and Related Dementias (ADRD), particularly in communities that may be at increased risk.

Please RSVP by October 8 to Janice Thomas at uthro@uth.tmc.edu.

A light lunch will be served and parking will be validated.

Henny van Dijk

Endowment Award

At our September Event, we heard three presentations and voted to award a \$10,000 grant for the coming year. The winner in a close race was Dr Shreyans Sanghvi, Dept of Emergency Medicine, UTHealth McGovern School of Medicine; “My Health Code: Pilot Proposal”



Glenn Schreyer

UTHRO Endowment for Healthy Aging

Hooray! We are almost at this year's goal of \$140,000 in the UTHRO Endowment for Healthy Aging!!!

Currently the total is \$ 137,386.26, thanks to your generous donations. Remember that the interest earned each year goes to seed grants for young UHealth faculty for research of all kinds in geriatrics.

It is that time again to get out your check books or credit cards to increase the corpus of the endowment and thus increase the interest earned. In late September, you will receive a letter seeking contributions to the endowment. Your gifts, no matter how large or how small, will help. It is a wonderful way to honor or memorialize someone we have lost or as a gift to honor a friend or relative. Your donations go directly into the fund through UHealth and are confidential. We are aware that there are several fundraising projects that have the words "healthy aging" in their title. Please be sure if you want to donate to our endowment that it is to the UTHRO Endowment for Healthy Aging. You will receive the appropriate donation form with the letter.

Our goal for this coming year is \$150,000. Please be a part of UTHRO's project by donating whatever you can. It is greatly appreciated!!

Remembering Beverly Head



Long time UTHRO member, Beverly Head, passed away on September 6, 2025. If you would like to learn more about her, you can read her obituary at: <https://www.dignitymemorial.com/obituaries/houston-tx/beverly-head-12512497>

On the Road to Ephesus, Turkey

Way back in 1993, when we were much younger, my husband Randy Tibbits & I flew to Istanbul, Turkey (now spelled Türkiye). After a few days touring that vibrant and historic city bridging Europe and Asia, we flew south to Antalya on the Mediterranean coast. We then rented a car and drove along the Mediterranean and Aegean coasts for a week. We explored sites such as Kas, Patara, Xanthos, Bodrum, Kusadasi, and Izmir. In Kas, we had a delicious seafood dinner at a patio restaurant. There seemed to be cats everywhere in Turkey (even in the zoo), and several were climbing overhead on the grape arbor, hoping for a fish dinner.



The people everywhere were friendly and helpful; the food was delicious, and there were many appealing souvenirs to see or purchase. We had resisted buying

souvenirs until we came across a corner shop, open to the sea air—and the tourists. The charming shopkeeper, Genghis, welcomed us in and served us a small glass of the ubiquitous sweet hot tea. At that moment, a cat with four of the cutest kittens ambled across the pile of handmade kilim rugs. Suffice it to say, we bought three rugs, all folded up for us to take home in our very heavy carry-on luggage!

During our brief stop in Kusadasi, Turkey, we had the opportunity to explore the nearby excavations of

Ephesus, a site steeped in Greek, Roman, and Byzantine history. One of the most stunning structures we encountered was the Library of Celsus. Originally built in the early 2nd century AD, this grand library was designed to hold thousands of scrolls and served as a



monumental tomb for its patron, C. Julius Celsus.

Next, we visited the Basilica of St. John, an



important early Christian site. According to tradition, St. John the Apostle was buried here, making this basilica a significant pilgrimage destination. Finally, we made our way to the Temple of Artemis, one of the Seven Wonders of the Ancient World. Although only a few columns remain today, the sheer scale of the

temple is still impressive. As our time in Ephesus

came to a close, we felt grateful for the chance to see the rich history this area offers.



Richard Bebermeyer

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. 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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Web Admin	Pat Grealy Glenn Schreyer	
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UTHRO

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To update your address or phone number please contact us at 713 906 0437