



UTHRO

THE UNIVERSITY OF TEXAS
AT HOUSTON

Retiree Organization

The **EVERGREEN** Newsletter**October 14th Event***Annual Benefits Meeting & Health Fair*

Our Annual Health Fair, on October 14th, will have a slightly different format this year. As usual, there will be Interactive Information Tables from 11 AM-2 PM. Tables will be:

- UT Health Benefits Office - Stephanie Jones/Alisa Petteway
- Complimentary chair massages provided by Lynnette Lewis, LMT
- "Skin Care for Seniors" information provided by Pam Butler, Mary Kay representative
- UT Dentists
- Institute on Aging
- Environmental Safety
- UTHHealth Wellness
- University Federal Credit Union
- UTHRO - Membership, Endowment, Travel Opportunity

In addition, we will be adding presentations regarding our upcoming Medical Insurance elections, before the end of the year. There will be presentations from:

- UT System Benefits - Craig Eivens
- BCBS/UT Care - Bryce King
- Silver Sneakers - Kristen Serna

You will want to RSVP as soon as possible, because invitations will be sent to all UT Retirees

and we will be limiting the event to the first 60 responses due to room size limitations.

Please RSVP to Janice Thomas by October 7th by email at uthro@uth.tmc.edu.

A light lunch will be served, and parking will be validated. **If you require handicapped parking, please advise in your reservation email.**

September Event

We had our Endowment Award competition this month. About 20 UTHRO members gathered at OCB and had a light lunch while we listened to

presentations. There were 3 presenters that were selected as best from 13 submissions. From left to right is Danielle Wu, PhD, School of



Dentistry, Jaiming Liang, PhD, School of Public Health, and Yi-Ching Tang, PhD, McWilliams School of Bioinformatics.

The UTHRO members present voted, and selected Jaiming Liang as the winner for this year's grant.



UTHRO Travels: Spain's Classics & Portugal



As we say goodbye to Barcelona, we travel to Valencia with a stop along the way in Peniscola to enjoy free time to explore on our own.

Peniscola, locally known as "The City of the Sea", is a fortified

seaport joined to the mainland by only a narrow strip of land. The name, Peniscola, is the local evolution of the word peninsula. The city is known for the Peniscola Castle which was originally built in 1307 by the Knights Templar. Enjoy a leisurely stroll along the waterfront, take in the small shops or enjoy some refreshment at a small café and people watch!

After our short visit in Peniscola, we arrive in Valencia for a 2-night stay. Valencia is the third largest city in Spain and the birthplace of paella. Paella Valenciana is the original traditional rice dish made with chicken, rabbit, green beans and saffron.

Upon arrival we will enjoy a Panoramic tour of Valencia experiencing the City of Arts and Science. It is a city of ultra-modern educational institutions and a treasure trove of Roman and Arabic architecture. Valencia is an electric city melding historic and modern culture.

Our second day in Valencia starts with a walking tour of the old city with a local guide. Along the walk take in the ornate Serranos Tower which is one of the 12 gates that formed part of the ancient city

walls. It was built at the end of the 14th Century. We will wander through the bustling Central Market to shop side-by-side with the locals.

Our guided tour continues on to Albufera, a fresh water lake that evolved from an ancient marine gulf. It is one of the most important wetlands in Spain and it is also the area where paella originated. We will be treated to paella for lunch!

After lunch we travel back to the city to enjoy free time to explore Valencia on our own. Some of the major attractions to consider are; Valencia Cathedral, the Lonja de la Seta (declared a World Heritage Site in 1996), the Museu de Belles Arts de Valencia which houses a large collection from 14th to 18th Century work of art by Valazquez, El Greco and Goya.

After a long day and a good night's rest, we are off once again! Our next destination is Granada! I hope you are on the bus with us as we continue our adventure

Hasta la Próxima
Barbara Kelly

What's up with You?

Hi! What's up with you? How do you spend your days since your retirement? We would like to know.

Do you participate in any sports? What are your hobbies? Do you like to cook or garden? Do you read or belong to any other organizations?

How about traveling or spending time with family? Do you like something exciting, like skydiving, parasailing, or car racing? Or something relaxing like boating or hanging out on the beach?

I think it might be interesting to have a "Spotlight on ..." article, so we can learn about our members. But that depends on you. If you are interested, send me an email to uthro@uth.tmc.edu with your information, and you may get in *The Evergreen*.

by Glenn Schreyer

UTHRO OFFICERS 2026

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 Greal 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

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To update your address or phone number please contact us at 281-902-9488 or uthro@uth.tmc.edu