

Editor: Henny van Dijk

www.uthro.org

February, 2020

UTHRO's Valentine Luncheon

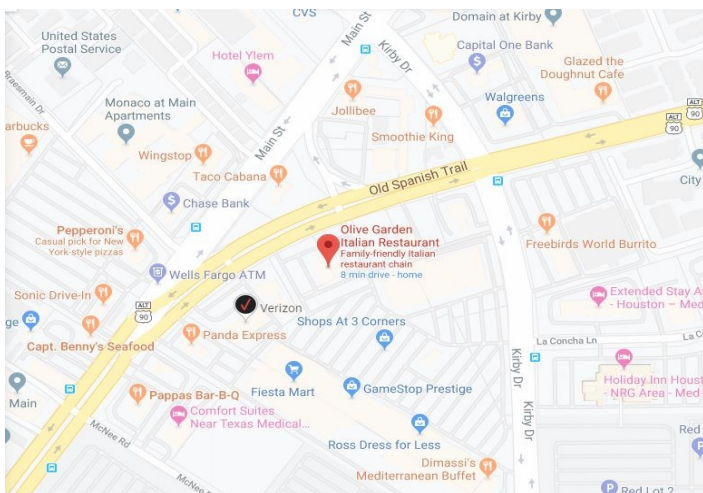


Thursday February 13—Noon

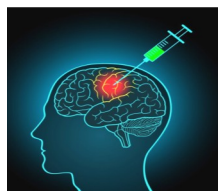
Our February Event is of course the always well attended Valentine Luncheon held this time at Noon at the Olive Garden on Old Spanish Trail. The prices for a luncheon "a la carte" are all less than \$10 and the menu features some mighty healthy lunches with low calories. I have shown some of the choices for your viewing pleasure. Of course for those who also like an appetizer or dessert—go for it! Everyone is responsible for paying for their own luncheon as the waiting staff will take individual orders.

 <p>NEW Chicken Alfredo Pizza Bowl \$8.99</p>	 <p>NEW Shrimp Scampi \$9.99 480 cal.</p>	 <p>NEW Grilled Chicken Margherita \$9.99 380 cal.</p>
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Now for the important part: make sure you RSVP to Barry Rittman and call or email Barry by February 6 at barryrittman@gmail.com or 713-542-8108



A Glimmer of Hope ...



A newly published study has described the successful results in mice of a novel vaccine designed to prevent neurodegeneration associated with Alzheimer's disease. The researchers suggest this "dementia vaccine" is now ready for human trials, and if successful could be-

come the "breakthrough of the next decade." The new study, led by the Institute for Molecular Medicine and University of California, Irvine, describes the effect of a vaccine designed to generate antibodies that both prevent, and remove, the aggregation of amyloid and tau proteins in the brain. The accumulation of these two proteins is thought to be the primary pathological cause of neurodegeneration associated with Alzheimer's disease. The vaccine is formulated in a novel adjuvant called Advax, Advax has been developed by Nikolai Petrovsky, a scientist from Australia's Flinders University who states that "In the animal models, we can both use it to prevent the development of memory loss by giving it before the animal starts to get these build-ups of proteins, but we can also show that even when we give it after the animals have proteins, we can actually get rid of the abnormal proteins". Vaccines are currently in development aiming to do just that, catching neurodegenerative disease at its earliest stages in middle age. Petrovsky suggests this particular dementia vaccine is on track to move into human trials within the next two years. "It's an exciting time to be starting the new decade – hopefully this is the breakthrough of the next decade if we can get it to work in the human trials."

image by ValeryBrozhinsky/Depositphotos

UTHRO likes to welcome four new members

Marilyn & Robin Wells

Janett & Bill Brown

Cathy & Joseph Findley

Janice & Charles Thomas

Marilyn & Cathy retired from HSC-G

Janet retired from SPH,

While Janice retired from SOD



In this Issue

Page 1 Valentine Luncheon ;
 Page 2 Visit to Holocaust Museum; The Smart Home
 Page 3 French Culinary Trip;
 Page 4 ...and now for something completely different...

Holocaust Museum Visit ...

Jan 27—International Holocaust Remembrance Day



Twenty UTHRO members visited the newly opened, greatly expanded Holocaust Museum and got an expert guidance by our own Anna Steinberger. The changes to the museum are almost immediately recognizable. From the previous one-story building, there are now three stories and the emphasis is somewhat adjusted from the original focus on the Holocaust to now the dedication to all persecuted minorities around the globe. The famous butterfly exhibit has a soaring space in the open glass enclosed atrium while the second floor even features a coffee shop. The top floor is primarily administration space. The two very large items that used to be displayed out side, are now brought inside—the boxcar that transported the Jews to the death camps and the Danish fishing boat who smuggled hundreds of Danish Jews to neutral Sweden. The



story of the Holocaust is also dramatically changed with a path that climbs with switch-backs to more dramatically display the large mural maps. I liked the time line of the German offensive starting in 1939 and of course ending in 1945 but just looking at the immense territory the Nazis claimed at one point is mind boggling. The one drawback this time is the fact that the museum has become so popular that touring groups were waiting for long intervals to move on, not unlike foursomes on a golf course waiting to play through. However I am very happy that that is their only problem because awareness especially by the group ahead of us of high school kids is really the only way to change attitudes about hatred and racism—from the bottom up. Anna asked me to “please express my profound thanks for their interest in visiting the new HMH.”

Aging-in-Place, The Smart Home



Constance Johnson, PhD and Joanne Hickey, PhD communicate with Denise Rios, RN on the display screen

There are 46 million Americans age 65 years or older and that number is expected to climb to 78 million by 2035. With commercials for life-alerts or stair lifts aplenty the general idea is for seniors to keep living in the home they have known (and paid for most of the time) longer. The usual reason not to is the fact that those same homeowners are having trouble to keep up with the maintenance of their abode or that health problems might interfere with that desire. So the Cizik School of Nursing at UTHealth in Houston's Constance Johnson, PhD and Joanne Hickey, PhD have teamed with the Medical School's Dustan Brennan to find a solution. Age-friendly technology could help them do just that. To test these technologies, the Cizik School of Nursing Department of Research recently built a fully furnished one-bedroom home, called a Smart Apartment, in its main building.

“This is a living laboratory to pilot test technology,” said Johnson, director of the program. “We want to see how well it works on its own and when combined with other technologies. We have an aging population and a shortage of health care providers. We’re going to have to provide more services in the homes of seniors and make it easier for them to stay there.” The new wave of technologies being developed to help seniors live independently includes voice-activated switches for lights and television sets, sensors that can detect if someone has been in bed or on a sofa too long, and two-way video services that seniors can use to talk to their caregivers.

Sensors, monitors, robots, and wearable technology are among the tools that could help seniors.

Hickey said falls are a big problem for seniors and researchers are addressing contributing factors. Other issues affecting seniors include malnourishment, dehydration, difficulty regulating body temperature, urinary tract infections, and social isolation.

Brennan, assistant director of Medical School Information Technology for Innovation, Projects and Research at McGovern Medical School, is coordinating the technology and sensor interface for the Smart Apartment. Johnson and her colleagues plan to award seed grants to promote innovative ideas to improve the lives of seniors, such as the use of virtual reality to cure loneliness.

Edited Story by Rob Cahill—Photo by Maricruz Kwon

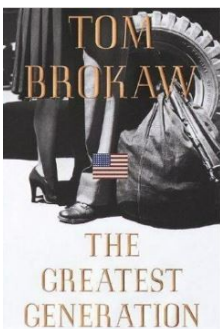
UTHRO's French Culinary Tour



Day 7 of our France Culinary Delights: Paris to Normandy will find us on the Beaches of Normandy. We will be spending the whole day with our Vantage tour guide. We will be driven to the coastal village of Colleville-sur-Mer and the American Cemetery and Memorial, burial site of nearly 100,000 soldiers. Then, it's on to the Pointe du Hoc, site of the German battery that was destroyed by U.S. Rangers who scaled the sea cliff in a daring attack. We will continue on to Omaha Beach where U.S. Army infantry prevailed in the face of fierce resistance. After a wonderful lunch in a local French restaurant, we have our choice of tours.



You may go to the town of Bayeux for an English-language audit tour of the remarkable Bayeux Tapestry which is a 230-foot embroidered cloth depicting events leading up to the 1066 Norman Conquest of England. Or, take an excursion to the thought-provoking Caen Peace Memorial which is a site dedicated to lasting peace that has what many consider the best World War II museum in France. All is included in your Vantage tour package.



After our long day of remembrance, Vantage will treat us to a tasting of local vintages with our maître d' during a wine hour preceding dinner. I look forward to our enlightened dinner conversation following a day filled with the sorrows and triumphs of "The Greatest Generation."

Barbara

Some Words of Wisdom

GREAT TRUTHS ABOUT GROWING OLD

Growing old is mandatory; growing up is optional. Forget the health food. I need all the preservatives I can get.

When you fall down, you wonder what else you can do while you're down there.

You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster. It's frustrating when you know all the answers but nobody bothers to ask you the questions.

Time may be a great healer, but it's a lousy beautician. Wisdom comes with age, but sometimes age comes alone.

THE FOUR STAGES OF LIFE

First You believe in Santa Claus.

Then You don't believe in Santa Claus.

You are Santa Claus.

And Finally You look like Santa Claus.

SUCCESS

At age 4 success is Not piddling in your pants.

At age 12 success is . . . Having friends.

At age 17 success is . . Having a driver's license.

At age 35 success is Having money.

At age 50 success is . . . Having money.

At age 70 success is . . . Having a driver's license.

At age 75 success is Having friends.

At age 80 success is Not piddling in your pants.



DON'T FORGET NOW, YOU HEAR!!!



Have you renewed your UTHRO membership?

The form can be found at our website

www.uthro.org The cost of renewal is \$15.

Please mail your information and a check made out to UTHRO and send to

Margaret Zambrano

20903 Imperial Ridge Ln., Spring, TX, 77379

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 281-655-1983*

And Now For Something Completely Different...

Medical Afflictions OF THE Cartoon World



Parkinson's Disease



Anorexia



Amphetamine Addiction



A.D.D.



Gigantism



Senile Agitation



Narcolepsy



Sexual Addiction



Violent Mood Swings



Napoleon Complex



Severe Lisp

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