

Editor: Henny van Dijk

www.uthro.org

September, 2023


Two September Events...

Save the date for UTHealth Houston's

AGING TO PERFECTION LECTURE SERIES

in honor of Carmel Bitondo Dyer, MD

The Secrets of Aging,
featuring
Mark Lachs, MD, MPH
WEILL CORNELL MEDICINE



Wednesday, September 13, 2023
5:30 to 7:30 pm

Held at the Briar Club, 2603 Timmons Lane, 77027

Wednesday, September 13



The second Annual "Aging to Perfection" Lecture series honoring Dr Carmel Dyer is scheduled for that day with keynote speaker Mark Lachs, MD

Dr. Lachs's major area of interest is the disenfranchised elderly, and he has published widely in the areas of elder abuse and neglect, adult protective services, the measurement of functional status, ethics, and the financing of health care. Lachs's greatest passion is practicing and teaching geriatric

medicine in the outpatient, hospital, long-term care, and house call setting. He maintains a practice at The Irving Sherwood Wright Center on Aging; a community based ambulatory care practice for older adults, which he founded with Dr. Ronald Adelman in 1998. A unique social experiment intended to provide seamless medical and supportive services for older people.

He and Dr. Adelman also lead a student interest group in Geriatric Medicine at Cornell.

He and his wife Susan have three children and live in Weston, CT.

Kindly register by Friday Sept. 9, by visiting
go.uth.edu/dyerlecture
 Or call **713-500-3040**

On the Same Day...

Save the date!! Be there!! September 13 at OCB.

This is the day that we will award this year's Endowment grant to the investigator with the best proposal. As you all know, the UTHRO Endowment for Healthy Aging is one of our projects, and we work toward fund raising each year to build the Endowment so that we can use the interest generated to award a seed grant for research, education or patient care to a UTHealth faculty member in geriatrics. The request for proposals was sent out by the Institute on Aging with a deadline of August 31. A committee of UTHRO members will review and evaluate the proposals, and the top submissions will be selected. Those top investigators will be invited to give an oral presentation of their projects to our membership who will then vote on the winner of this year's \$5,000 grant. That is where you come in. This is a UTHRO project, and all of the money raised has come from members. You have the opportunity to participate in the selection process by attending the meeting on September 13 to hear the proposals and vote. The meeting will begin at 11:00 a.m. at OCB in the Rio Grande Room. It will last approximately two hours, and a light lunch will be served.

To prepare for the lunch, please notify Janice Thomas of your attendance **by September 8** by email (flyte99@yahoo.com) or phone (832-515-0280).

Please plan to attend!



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A New Building for Public Health



The most prestigious school of public health in the state and fourth-largest in the country, UTHealth Houston School of Public Health will break ground on a 10-story, 350,000-square-foot tower in the Texas Medical Center that underscores the school's mission of health promotion and disease prevention, sustainable access to affordable health care with improved outcomes, and training the next generation of leaders in public health sciences.

"This new, state-of-the-art facility will serve as a platform for our students, faculty and staff – allowing them to transform the lives and health of our communities through public health education and research," said Giuseppe Colasurdo, MD, president at UTHealth Houston. The design of the new building, with an estimated cost of \$299 million, embraces sustainability with plans for rainwater harvesting for irrigation, abundant natural light, access to greenspace, an upper-level terrace, holistic teaching garden, and building automation programming. Located in the Texas Medical Center's Helix Park, it will house state-of-the-art research laboratories and distance-learning technology, an auditorium, teaching kitchen for its dietetic interns, collaborative spaces, and classrooms in support of the school's broad range of disciplines.

"The new building reflects our bold thinking as we pioneer radical solutions for imminent and future public health challenges while giving our students the tools and resources to improve the health of Texas," said Eric Boerwinkle, PhD, dean of UTHealth Houston School of Public Health. Founded in 1967, the school's community engagements and faculty are spread across the state, including Houston, Dallas, Austin, San Antonio, El Paso and Brownsville. The school's enrollment has grown 27% over the last five years, and will be well positioned to continue to grow. Specialized centers concentrate on important health-related issues including underserved border communities, cutting-edge DNA sequence analysis on a population scale, promoting healthy behaviors in schools, and workplace safety on farms and factories. It was the recent recipient of the 2023 Harrison C. Spencer Award for Outstanding Community Service from the Association of Schools and Programs of Public Health. The new building is estimated to open in time for the fall semester of 2026.

Edited from an article written by: Deborah Mann Lake

August Lunch & Learn Report !



Viola Hebert was our speaker this day about a subject few of us retirees know about, so she set out to enlighten us. The Texas Silver Hair Legislature is a non-partisan organization established in 1985 by Governor Mark White. TSHL identifies and writes resolutions aimed at

improving the lives of older Texans. The group is the only one that can be on the floor of the chamber and has space there. Viola (not "silver haired" as you can see and according to her will not give up her hair color) is a dynamo—retired in 2020 from MDACC but active in the organization for years is since recently the Chair of the very influential Health & Human Resources Committee. Not all states in the US have a SHL group, just 26 states do and Missouri is where it all started. TSHL wrote 54 resolutions for the 88th Texas Legislature and 16 of them became law a 30% success rate, with the most impact one Senate Bill 10, a 13th payment by TRS to retirees as well as a COLA (Cost of Living Adjustment) in November if approved by the voters, so you know your job—Vote! In Houston TSHL works closely with the AAA (not the road site assistance insurer) but Area Assistance Agency headed by Paula Johnson.

At the end of her lively presentation there was this final visual, summarizing what TSHL does for older Texans and therefor a very important tool to get our voices heard and concerns addressed. Thanks Viola for an excellent job.

Henny van Dijk

What Do We Do?

- Listen to concerns of older Texans
- Identify public policy issues
- Research and become informed
- Inform State Legislators on the concerns of older Texans
- Write resolutions: debate and prioritize the Top 10
- Testify at Senate and House Committee Hearings
- Advocate for adoption of resolutions submitted to the Texas Legislature



Mark Your Calendar ...

UTHRO's 2023 Health Symposium

Thursday October 19 10:00—2:00
OCB. Rio Grande Room

This year's symposium will address a number of health related issues of importance to UTHRO members and their spouses.

From the latest of treatments of women's issues, to diabetes and metabolism to how to stay fit during your senior years—to be better informed about issues that might visit our lives or of those closest to us.

Maybe our motto should be "wear out vs rust out" It seems that as we grow older health has become more and more of an important issue; visits to the doctor's office are more regular and answers more difficult to come by. On Thu. Oct. 19 we have invited two excellent speakers to help you understand and/or ask questions.

There will be "on location" testing for oral cancer screening, and information on several interesting programs important to seniors. Bring your UTCare card or BCBS insurance for the free "quadrivalent" flu vaccination given by the City of Houston Health Department, Immunization Bureau and oh yeah bring some appetite.

A Light Lunch Will Be Served.

Contact Janice Thomas
before Oct. 12 to say you will attend
so we have enough lunches for everyone.
by email (flyte99@yahoo.com) or phone (832-515-0280).

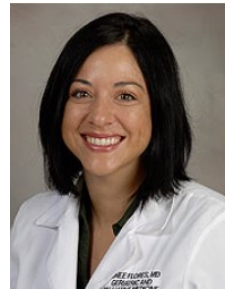
Oral Cancer Testing—The UTHealth School of Dentistry will again this year perform the testing.

Hearing testing—The UT McGovern Medical School's Audiology team in the Dept. of Otolaryngology is looking into coming to the symposium to test the hearing of our UTHRO members.

Finally we will have tables with info about the Texas Silver Hair Legislature as well as a table representing AAA, the Area Assistance on Aging, a City of Houston Health Department agency and Jason Burnett's efforts to recruit volunteers for Dr. Dyer's Second Family Program, pioneering a volunteer program to bring connection and community to isolated older adults.

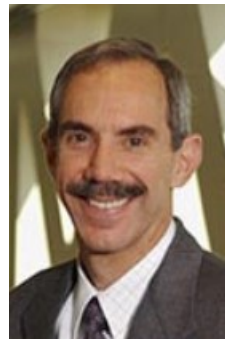
I believe quite a program, so come on out and join us!

About Our Speakers:



Dr. Flores is an associate professor in the Department of Internal Medicine, Division of Geriatric and Palliative Medicine. Dr. Flores received her medical doctorate from Saint Matthew's University School of Medicine in the Grand Cayman Islands. She also completed a Master's in Health Service Administration from Saint Joseph's College of Maine and an

Executive Doctorate in Professional Leadership for Health Science Education from the University of Houston. Dr. Flores is board certified in Internal Medicine, Hospice and Palliative Medicine, and Geriatric Medicine. Her clinical interests include geriatric and palliative care; she has a specialized clinic in sexual health at the UT Physicians Center for Healthy Aging in Bellaire.



Philip Orlander, M.D., was awarded his medical degree from the Free University of Brussels, Belgium. He completed his internship and residency training in Internal Medicine at St. Raphael's Hospital, New Haven, CT. His Endocrinology fellowship training was at St. Raphael's Hospital, New Haven, CT, and at the University of Arizona, Tucson, AZ.

Dr. Orlander is board certified in internal medicine, endocrinology and metabolism. In 1983, he joined the faculty at the McGovern Medical School at UTHealth and is currently Distinguished Teaching Professor of UT System, vice-chairman of Internal Medicine for Education, division director of endocrinology, diabetes, and metabolism.

Received in the (E)Mail :

World Alzheimer's Day

UTHealth Houston Institute on Aging

We invite you to attend our annual educational webinar

Featuring:

Carla M. Perissinotto, MD MHS
University of California, San Francisco

"Loneliness and Cognitive Health"

Thursday, September 21, 2023
2:00 PM – 3:30 PM

Click here to Register

Raising awareness about Alzheimer's related dementia

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... How to make friends and influence people.



I'm trying to make friends while applying the same principles as one of the more popular virtual platforms:
Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I plan to do later and with whom.
I give them pictures of my family, my dog, and of my gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody and everybody does every day. I also listen to their conversations, give them a "thumbs up" and tell them I like them. And it works just like FaceBook!
I already have four people following me: two police officers, a private investigator and a psychiatrist.

UTHRO OFFICERS 2023

President	Barbara Kelly
Vice-Pres	Efren Pena
Secretary	Daun Gray
Treasurer	Margaret Zambrano
Events	Janice Thomas

Pat Grealy & Glenn Schreyer Henry van Dijk, **Web Administrators**

To protect our officers' personal information on our website, UTHRO has instituted a new general purpose email address: uthro@uth.tmc.edu. This is a "forwarding" email that will send copies to both the UTHRO president and Efren Pena who will then forward the email to the appropriate person. Including the recipient's name in your subject will be very helpful; e.g. Subject: For Barry, BBQ lunch. If UTHRO members already know the phone number or personal email address of an officer then by all means continue using that for your communication needs.

Newsletter Editor Henry van Dijk