

Editor: Henny van Dijk

www.uthro.org

March, 2024

March Event

Thursday March 14
11AM—1 PM



An exciting Lunch (provided) & Learn at OCB's Rio Grande

Liliana Rodriguez will address a topic few are familiar with "*The Use of Medicinal Herbs in PreHispanic and Traditional Mexican Medicine.*"



When the Spaniards arrived in Tenochtitlan in 1519 they encountered a culture vastly different from the one they left behind. The Aztecs viewed reality from a perspective that was almost incomprehensible to the newly arrived. They were extraordinary

astronomers who had developed a yearly calendar accurate to within eleven minutes. They were also advanced mathematicians, spectacular craftsmen, architects, artists—musicians, painters, sculptors, dancers and poets, especially the members of the elite classes.

The Aztecs, males and females were also doctors, and believed in healing not just the body, but also the spirit of sick people. Their knowledge about medicinal plants was extensive, and their practice of medicine, like every other aspect of their lives, was inseparable from the concept of the cosmos and their religious beliefs. In fact, their word for doctor, *tepatl*, was derived from *teo*, sacred, and *patli*, medicine. The great capitols of Europe at that time were full of filth and misery. The rat-infested alleys were covered with garbage and human waste, and clean running water was not even conceived of, and baths were a rarity. So, without a doubt, the Aztecs fortunate freedom from the pestilences of the Old World was due to their epidemiological control and their extreme cleanliness.

RSVP by March 10 to Janice Thomas
832-515-0280 flyte99@yahoo.com

Parking arrangements are being made for those with limited walking issues.

Let Janice know when you register if needed.

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Mark Your 2024 Calendar ...

The UTHRO Executive Committee in concert with the Events Committee has developed an Event Schedule for 2024 and it is quite a varied and interesting schedule with trips, Lunch and Learns, popular get-togethers and in general something for everyone.

We had to cancel our January event due to inclement weather, but that L&L has been rescheduled.

The February event is of course the Valentine Luncheon at Guadalajara on Wed, February 14, now making you aware of the March event—Liliana Rodriguez talk features on the left. All the events include a luncheon so no one will go hungry while enriching one's knowledge or adventures. The next 9 events depend of course on the availability of the Harris County Precinct One bus, but so far we did not have a problem scheduling these.

April on Tue. April 23 we will visit the San Jacinto Monument, the commemorative monument of a battle honoring the defeat of General Santa Anna and his Mexican troops by a relative small Texas army under General Sam Houston.

May

On Thu May 2 we have a UTHRO Classic The Cinco de Mayo celebration at OCB

June

On Thu. June 6, the Historic Harbor Tour and & Dolphin Watch in Galveston

July

On Thu. July 18 we are visiting St. Arnold's Brewery Tour and Luncheon

August

On Thu. Aug. 8 our First UTHRO Bingo & lunch at OCB

September

On Thu. Sep. 12 we will board the Houston Ship Channel tour with lunch tba

October

On Thu. October 17 we have our traditional UTHRO Health Fair at OCB

November

On Thu. Nov. 14 we celebrate our Annual Meeting, Holiday Luncheon and UT Toy Drive at OCB

December

On Thu. Dec. 12 we visit either the Zoo Lights or Houston's Botanic Garden Light Festival.

Notice that all events are scheduled on Thursdays and please cut out this list and post it on your refrigerator.

Faces at the Valentine Luncheon

Twenty some UTHRO members gathered at Guadalajara Mexican Grill to celebrate Valentine's Day and companionship. Janice Thomas had done a great job making the event festive with a rose for everyone and chocolates all over the table. Michael Thompson was running around taking pictures left and right and came up with the idea of a group shot for the back page. He also took all the images you see below. It was a fun event and as you can see from the front page we are organizing one every month, so now it is up to you to participate and come out to those events.



UTHealth Announces ...



UTHealth President Dr Colasurdo announced that Jair C. Soares, MD, PhD—who has led our psychiatry department and clinical programs for 15 years—has been named the founding dean of UTHealth Houston School of Behavioral Health Sciences, effective today, Feb. 1.

As the inaugural dean of UTHealth seventh school, Dr. Soares will build

the school's platform and infrastructure in preparation for its first students, who are expected to begin coursework in the fall of 2025. With a focus on training, understanding the underlying mechanisms and treatments of mental illnesses, and a commitment to providing a continuum of care for patients, his vision for the school is to create an unprecedented pipeline for health care workers in mental health specialties to provide critical services for Texans.

Soares has championed the advancement of behavioral health education, research, and care since 2009 when he became professor and chair of the Louis A. Faillace, MD, Department of Psychiatry and Behavioral Sciences at McGovern Medical School. As executive director of the John S. Dunn Behavioral Sciences Center and Harris County Psychiatric Center, Dr. Soares, leads the largest academic behavioral health complex in the country. In addition, he oversees psychiatry services at Memorial Hermann -Texas Medical Center and Harris Health Lyndon B. Johnson Hospital.

Soares' expertise and drive to develop bold solutions to the behavioral health challenges in our communities made him the ideal candidate to launch the new school. Among Dr. Soares' first responsibilities will be to institute its founding programs, recruit faculty, and begin building the school's reputation as a leader in behavioral health sciences. The school plans to concentrate on degrees not currently offered at the university, such as advanced clinical psychology degrees, and certificate programs for psychiatry technicians, community health workers, and licensed chemical dependency counselors. Hybrid and online-only learning options will expand education opportunities for students.



Photo by Rogelio Castro

UTHRO OFFICERS 2024

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Newsletter Editor	Henny van Dijk
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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.

The 2023 STAR Awards...



STARS WITH 25 YEARS OF SERVICE

JOSEPH ALCORN
MICHAEL ALLEN
NORMA ALONSO
GAIL BLAIR
PEGGY BLEICHROTH
NATALIA BOGDANOVA
KAMAL BUSAIDY
PHILLIP CARPENTER
ALEXIS COUVILLON
CARMEN DESSAUER
PETER DOYLE
ERIN FOX
RHONDA GHORBANI
BENJAMIN GRAHAM
JANET GUTIERREZ
CUNG HA
FAELL HAWKINS
HAROLD HENSON
MELINDA HINOJOSA
ANGEL HOOPER
CYNTHIA HUEHLEFELD
DEEPA IYENGAR
YASIN JABIR
ALISHA JAMES
AMANDA JAROLIMEK
SUSAN JOHN
LIZBETH JONES
AMIR KHAN
SHEELA LAHOTI
MARGARET LEE
ALAN LUCAS
EMIL MARTIN
MIRIAM MARTINEZ
KERRI MATHIS
ONYEKACHI OKWERE
KRISTIN OWNBY
BELA PATEL
DANIEL RODRIGUEZ
PAULA SEMIEN
MARK SHAW
SIMI SIKAND
JIMMY SOTO
ERIC THOMAS
JON TYSON
GABRIELA VILLANUEVATRICHINIA
WESLEY MEDERICK WOODS
MOHAMMAD ZARE
JIAJIE ZHANG

STARS WITH 40 YEARS OF SERVICE

PERRY BALL
DEBORAH FRANKLIN
PHILIP ORLANDER
NEAL WAXHAM

STARS WITH 50 YEARS OF SERVICE

KARIM MARANI

STARS WITH 55 YEARS OF SERVICE

FRED GARRETT

I happened to have worked with Karim for more than 30 years—I retired, the stayed and of course I send all those whom I knew my congratulations for being able to hold their breath that long. If you recognize a name of a colleague, please contact them and congratulate them.

Henny van Dijk

STARS WITH 30 YEARS OF SERVICE

OLASUNKANMI ADEYINKA
CATHERINE AMBROSE
PAMELA BERENS
WEIZHEN BI
ELIZABETH CADENA
JASMIN CAMEL
SONYA DAVIS
TRACI HARRIS
STACI HINOJOSA
TRAVIS JOHNSON
STEPHEN JONES
WILLIAM LINDSEY
GERARD MARCHAND
WILLIAM MARGOLIN
REBECCA MAZZOLA
MADELENE OTTOSEN
CHARLES PARDUE
EVAN PIVALIZZA
MICHAEL REDWINE
EDWIN ROBERTS
MARLA SAIS
CHEVONNE THORNTON
ANA TOUCHSTONE
YAO-WEI WANG
HASSEN XUE
HAN ZHANG
XIURONG ZHAO

STARS WITH 35 YEARS OF SERVICE

CHARLES DAVIS
MARK FARNIE
DANIEL FELLEMAN
JOSE GARCIA
HARRY GILBERT
RHONDA HAMBY
DOROTHY HARRIS
ROBERT JENKINS
RACHEL MCBRIDE
NANCY MCNIEL
MARY ROSS
JOY SCHMITZ
MICHELLE THOMAS

STARS WITH 45 YEARS OF SERVICE

FRANCISCO FUENTES
ARTHUR JESKE
BEVERLYN SANDERS
CHERYL SPITZENBERGER

They Call Us The Elderly...?



We were born in the 40-50-60's.
We grew up in the 50-60-70's.
We studied in the 60-70-80's.
We were dating in the 70-80-90's.
We got married and discovered the world in the 70-80-90's.
We venture into the 80-90's.
We stabilize in the 2000's.
We got wiser in the 2010's.
And we are going firmly through and beyond 2020.
Turns out we've lived through EIGHT different decades...
TWO different centuries...
TWO different millennia...
We have gone from the telephone with an operator for long distance calls to video calls to anywhere in the world.
We have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and WhatsApp.
From live matches on the radio, to black and white TV, colour TV and then to 3D HD TV.
We went to the Video store and now we watch Netflix.
We got to know the first computers, punch cards, floppy disks and now we have gigabytes and megabytes on our smartphones.
We wore shorts throughout our childhood and then long trousers, Oxfords, flares, shell suits & blue jeans.
We dodged infantile paralysis, meningitis, polio, tuberculosis, swine flu and now COVID-19.
We rode skates, tricycles, bicycles, mopeds, petrol or diesel cars and now we drive hybrids or electric.
Yes, we've been through a lot but what a great life we've had!
They could describe us as "exennials," people who were born in that world of the fifties, who had an analog childhood and a digital adulthood.
We're kind of "Seen-It-All!"
Our generation has literally lived through and witnessed more than any other in every dimension of life.
It is our generation that has literally adapted to "CHANGE."
A big round of applause to all the members of a very special generation, which will be UNIQUE!

Class dismissed!

Tammy Amburgey Murdock

UTHRO

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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... The Valentine Luncheon Crowd at Guadalajara



Photo by Michael Thompson