



PHOTO: Leo Wesson/TCU Magazine

Frog Corps Ensemble to Share Holiday Music

An ensemble from Frog Corps, an all-male glee club that sings with strength, style and substance, will present holiday music for our 11:30 a.m. luncheon Tuesday, Dec. 5.

Retired music educator, Brad White '79, who has guided male voices in spirited song on campus for the past six years, directs the singers. The corps is a non-auditioned group of 60-70 singers with only about 10 music majors in the group.

Frog Corps performs three major concerts a year: in the fall, at Christmas, and in the spring. The singers also perform with some of the university's seven other choirs and ensembles, participate in men's singing festivals and visit high schools.

"We exist to provide music for the university and for community functions," White said. "Through octets, we do 32

national anthems for the Fort Worth Stock Show Rodeo performances every year. The rest is campus and community functions."

Join us for an uplifting holiday program with talented young men sharing the gift of music.

For more information on Frog Corps, go to the TCU Magazine web site and read the article from the Winter 2017 issue at magazine.tcu.edu/winter-2017/frog-corps/.

Luncheon reservations are requested by Wednesday, Nov. 29. A reminder about two changes regarding the monthly luncheon: Reservations go to Joan Yates and the cost of the meal is \$12.

Reservations may be made online at tcura.tcu.edu under the Programs and Events tab or to Joan Yates by email at j.yates@tcu.edu or phone at 817-292-7087.

Retirees who attend the luncheon for the first time are guests of TCURA and are welcomed to eat free.

Making a reservation is important for two reasons. You want a place to sit and food to eat. When making reservations, please indicate if you or a guest have dietary restrictions or preferences such as a vegetarian meal. Even if you indicate you are not eating, please make a reservation, so you will have a place to sit. If you are eating, pay \$12 at the door.

Park in the Kelly Center parking lot or in the parking garage on the west side of the Ranch Management Building. Enter the Kelly Center from the patio near Lot 6. You may want to allow extra time to park because construction or activities near the Kelly Center may require more time to get inside for lunch.

We hope to see you at the Dec. 5 TCURA luncheon.

The image of senior citizens is changing

With changing viewpoints, different names are being used to describe the booming group of people who are often called senior citizens.

No old folks here. The golden oldies surely refer to popular songs of years ago.

Through the years and in different countries and cultures, different terms have been used.

Here are some examples:

Group: Terms Used

Popular Global Usage: Old People

U.S.A. Usage: Seniors and/or

Senior Citizens

Professional Literature: Older Adults

Many Societies: Elderly

Native peoples (or Indigenous peoples):

Elders and/or Wisdom Keepers

We asked some TCURA members what terms they prefer to describe people who are in their retirement years.

Five of our members responded to a request to identify a term and briefly explain why they preferred that term to refer to people their age. Andy Fort, Linda Moore, Richard Sybesma, Bob and Judy Garwell provided these responses:

ANDY FORT, 1982-2016

Emeritus Professor of Religion

Green Emeritus Tutor in Religion, 2017 - 2020

I've spent some time thinking about what I could share that's original. It's true that traditional societies tend to honor elders more than is generally the case today. I'm most familiar with India, of course, so I'll mention that a general honorific for older people (and overall term of respect) is to add -ji as a suffix to a name. So you might be Prof. Thomas-ji, or if we are friendly, Maggie-ji. If you are a particularly respected elder, especially but not only a formal teacher, you might be called pandit-ji or guru-ji.

LINDA MOORE, 1977-2016

Ph.D., ACSW, LMSW-AP

Emeritus Professor of Social Work

I have a sweatshirt that says "Never underestimate an old woman with a social work degree."

I wear it proudly. I don't mind calling myself old in conversation or on my shirts but the term old, in and of itself, seems negative. I prefer senior citizen, probably because when I discuss aging in my classes that's the appropriate term from the professional literature.

Actually when you think about aging, it seems to happen to everyone else except for the arthritis and forgetfulness and inability to run across campus anymore. But do those really mean I'm old? No, I don't think so.

My Facebook friends post wonderful and hilarious jokes and comments about aging, all of which have meaning (and validity). But for me, it's about how old you feel. I know old people who are just past 30 and people like Paul Boller who never aged. I want to be the one who never ages and as long as my sense of humor remains intact, to quote BonJovi, I'm not old, just older.

(Editor's Note: Paul Boller joined TCU in 1976 as the Lyndon Baines Johnson Chair of United States History and retired in 1983. During his retirement years, Boller stayed involved with the university, often visiting with students. The well-known presidential historian and author died at age 97 in 2014, according to his obituary March 22, 2014, in the Fort Worth Star-Telegram.)

RICHARD SYBESMA, 1979-2017

TCU retired Head Swimming Coach of 38 years

and the longest tenured Head Coach in TCU history

My definition of seniors or retirees is "Experienced with Variety." Everyone I know who is my age or older carries with them a variety of experience which I love.

One of my favorite phrases I used in designing my practices is "Variety is the spice of life." I used that trying to keep the athletes on their toes and not expecting what will be done next in practice. That also goes for life with my colleagues who have all had a variety of situations occur in the classroom and personal life.

I love hearing different retirees and seniors talk about their experiences. I find especially interesting hearing about Veterans of WW II and Vietnam and professors at TCU of whom I know many.

JUDY GARWELL, 1989-2013

Paralegal for corporations in Fort Worth

BOB GARWELL, 1989 TO 1999

Dean of College of Fine Arts and Communication, 2001-2012

Professor Emeritus of Music

Created and taught course, Rock to Bach, often to 145 students, and music composition

Bob and Judy Garwell were asked to suggest a song or song lyrics that describes this age group. Judy thought of one.

How about the Doris Day song "Que sera, sera;" "Whatever will be, will be." So embrace it, enjoy it, cherish it, love it, be thankful for it and live it to the max...the senior life that is!

If your favored term to describe people in your age group is missing, send it to m.b.thomas@tcu.edu and we will continue this conversation. Please write a brief explanation why you prefer the term you mention.

For more ideas about this topic, you may read the results of a survey conducted to gauge the opinions and preferences from a network of 900 journalists in various media outlets who cover issues in aging at least part time.

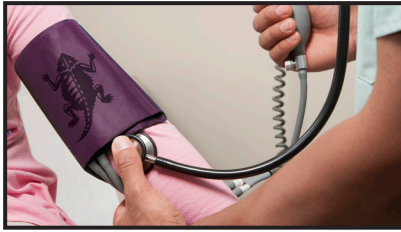
Click on <http://bit.ly/2mFZoEj> to read the story, The names we use for people over 50.

Sleep: The Lost Practice of Rest

Recent reports note people get two hours less daily sleep than 30 years ago due to life worries, aging and health issues, e-device connection, and medications. Sufficient quantity and quality of sleep resets the body for good memory, clear thinking, prevention of disease, and safe mobility. Evidence shows that inadequate sleep contributes to heart disease, diabetes, Alzheimer's disease, and other chronic illnesses.

Here are some evidence-based suggestions for better sleep:

- Sleep in a dark cool room with fresh linens; an eye mask may block early morning light to snooze longer.
 - Leave e-devices outside the bedroom and avoid use for two-three hours before bed to increase relaxation.
 - Set a regular daily schedule to "go to and get out" of bed; don't use weekends or holidays to "catch up" from lost sleep.
 - Use a yoga trick: inhale for four seconds, hold for seven seconds, and then forcefully exhale more than eight seconds; do three times
- to find sleep.
 - Engage in deep breathing to relax and some light reading with minimal lights to find sleep again during the night.
 - Avoid alcohol and stimulant drugs at least three hours before bedtime.
 - Visit your doctor for snoring - potentially related to sleep apnea - affecting good sleep.
 - Seek your doctor's advice to re-adjust medications and help with chronic illnesses influencing your sleep.
 - Exercise each day, but not less than three hours before bedtime to relax.
 - Eat a healthy diet to decrease body inflammation preventing good sleep.



HEALTH HELP NOW
by Carolyn Cagle

Health Help Now... Online!

Carolyn Spence Cagle's "Health Help Now" column appears periodically in the print newsletter. Other health issues she believes are important to TCURA members will appear in her online column.

Check out Cagle's first column about volunteering at tcu.tcu.edu. Look at the right side of the purple menu bar at the top of the page to find the **Health Columns** link.

If you have questions or a suggestions about a health issue send an email to c.cagle@tcu.edu.

Monthly Luncheons

December 5, 2017 (first Tuesday)

January 16, 2018 (third Tuesday)

February 13, 2018

March 13, 2018

April 17, 2018 (third Tuesday)

May 15, 2018 (third Tuesday)

Please make reservation(s) by Wednesday, Nov. 29, before the Dec. 5 luncheon.

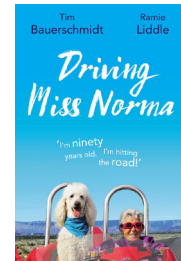
Reservations for the luncheon may be made online at tcu.tcu.edu under the Programs and Events tab or to Joan Yates by email at j.yates@tcu.edu or phone at 817-292-7087.

COFFEE, BOOKS & CONVERSATION

No December meeting

Mark your 2018 calendar for 10 a.m.

Wednesday, Jan. 10, at University Christian



Church. Begin the new year by attending Coffee, Books, & Conversation.

Judy Oelfke Smith said the group chose the entertaining book, "Driving Miss Norma: One Family's Journey Saying 'Yes'"

to Living," by Tim Bauerschmidt and Ramie Liddle. Alpha Shirey, who suggested the book, will lead the discussion.

All are welcome to come share a cup of coffee and the book conversation.

For more information, send an email to Smith at j.o.smith@tcu.edu or call 817-921-4798.



Julie Baker and Jeannie Chaffee enjoy the intermission at Fiddler on the Roof, a special event attended by 40 TCURA members Nov. 19, produced by the TCU Theatre Department on campus. Director Krista Scott presented a luncheon preview of the development of scenery, music, lighting, costumes, choreography, and sounds for the production.

Thankful for friends, colleagues, long life and purpose

We are fortunate that each calendar of our lives ends with a time of Thanksgiving and a holiday season. Although some friends have difficulty “getting into the season,” and others find the season to be somewhat stressful, it’s an uplifting and upbeat time of the year, characterized by spiritual reflections, family and friends, giving, music and cheer, and more. I think we need this season now more than in past years.

As I reflect back on both a recent experience and the approaching holidays, I realize that I have come to appreciate most of the qualities of older age -- except for my body. Yes, my body; it’s becoming less firm in both form and function. As with many of you, I am recovering from knee surgery, and thankfully I have a good prognosis. Of course,



PRESIDENT'S COLUMN
Larry Adams

I anticipate more physical maladies with aging, and, needless to say, I am now much more empathetic with others who experience pain and disabilities.

Fortunately, for me the positive qualities of aging far outweigh the negative aspects. I increasingly appreciate the good things in my life: family

and friends, new ventures, wisdom, increased perspectives and meaning, and much more.

Both research and popular consensus support a key point: Living a life characterized by purpose, engagement, a sense of well-being, and social connections is more important than simply living a long life. Do continue to make TCURA one of your connections.

During this Thanksgiving and holiday season I am grateful to each of you as a friend and colleague, and I appreciate your contribution now and during past years to the lives of others.

I look forward to seeing you at our monthly luncheon on December 5 that will feature holiday music performed by TCU students -- always an enjoyable program.

Best Regards, Larry

TCU Retirees' Association Executive Council 2017-2018*

* Terms of officers end May 31, 2018.

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MISSION STATEMENT

The Texas Christian University Retirees' Association exists to provide opportunities for fellowship, to promote lifelong learning, to advocate for fair benefits, to recognize the accomplishments of its members, and to strengthen the relationship between the retirees and the University.

NOTE

If you do not wish to continue receiving this newsletter notify the newsletter editor or any of the others listed as contacts here. *Thank you.*