

## TCU RETIREES' MARCH LUNCHEON PROGRAM



Tim Madigan author of  
"I'm Proud of You: My Friendship With Fred Rogers"

## *Life Lessons I Learned from Mr. Rogers*

**Tuesday, March 28, 11:30 a.m. to 1 p.m.**

Dee J. Kelly Alumni and Visitor's Center

Park in the Visitor's Center, Lot 6, unless it is full. Alternate parking in the parking garage between the Kelly Center and Ranch Management buildings is available, courtesy of TCU Police.

For luncheon reservations, contact Becky Roach: rroach40@yahoo.com or 817/926-8824, by Wednesday, March 22nd. Reservations also may be made on TCURA's website, [www.tcura.tcu.edu](http://www.tcura.tcu.edu). If you have any difficulties doing this, contact DeVonna Tinney at [d.tinney@tcu.edu](mailto:d.tinney@tcu.edu).

In making your reservations, please indicate dietary restrictions needed for you or anyone attending with you. Even if you are not eating, please make a reservation but a meal will not be ordered for you. If you are eating, pay \$11 at the door.

## WHAT YOU SHOULD KNOW ABOUT...

## Tim Madigan

Madigan began his career early. He wrote his first book in 1968 when he was eleven years old. Every week in the autumn of that year he scribbled down his account of the latest University of Minnesota football game in a notebook. Sales were modest.

But a love of books, words and writing never left released him, leading from his small-town Minnesota upbringing to a career writing newspaper stories and eventually books that were more formally published and found slightly larger audiences.

After college at the University of North Dakota, Madigan worked as a sportswriter at a small paper in that state. Then came the police beat in Odessa, Texas, and feature writing at the *Fort Worth Star-Telegram*. By the mid-1990s, Madigan had become one of the best known and recognized newspaper reporters in recent Texas history—named the state's top reporter three times for his writing about everything from sick children, to serial killers, to cowboy poets, to his own experiences as a husband and father.

His first book, *See No Evil: Blind Devotion and Bloodshed in David Koresh's Holy War* was published in 1993, followed eight years later by *The Burning: Massacre, Destruction and the Tulsa Race Riot of 1921*. In its review, the *New York Times* called *The Burning*, published by St. Martins in New York, "A powerful book, a harrowing case study made all

the more so by Madigan's skillful, clear-eyed telling of it."

Madigan's 2006 book, *I'm Proud of You: My Friendship With Fred Rogers*, (Gotham/Penguin) reveals his life-altering friendship with Fred Rogers, which began in 1995 when he profiled the children's icon for the *Fort Worth Star-Telegram*. In 2012, Madigan published a second edition of *I'm Proud of You* under his own imprint, Ubuntu Books. The book continues to sell steadily, and inspire readers around the world. Madigan also tells the story of his friendship with Mister Rogers in lectures around the country.

Fred Rogers was one of the first readers of Madigan's first novel, *Every Common Sight*, which was published by Ubuntu in February. It is the story of Wendell Smith, a hero of the Battle of the Bulge who came home to Texas with horrible memories of the battlefield, debilitating emotional trauma, and a secret, the one thing about the war he could not confide to the love of his life who had a secret of her own. After a chance meeting, the two developed an unusual friendship of haunted survivors. The book has resonated deeply with early readers.

When not writing books or newspaper stories, Madigan says he enjoys spending time with his wife, Catherine, being a dad, playing the guitar, coaching and playing ice hockey, and backpacking in the Canadian Rockies.

# Coping with Pain: Strategies Beyond the Pill

**B**y the time you read this, springtime flowers and temperatures will be in “full throttle” after some “roller coaster” winter weather. Hopefully this year’s “Health Help Now” columns by Dr. Kendra Belfi and myself have provided useful information for informing your well-being despite the uncertainty of weather these past months.

I’ve recently encountered numerous persons with painful conditions and thought it might be useful to explore evidence-based options (research shows their effectiveness) to medications for pain management. Over 125 million (!) people in the U.S. deal with pain and its negative influence on their lives. Chronic pain (that lasts for more than 3 months) causes particular angst; depression, sleep problems, lost productivity at work and with life goals, and loss of control over one’s life frequently result from long-lasting pain (Consumer Reports, 2016). Pain means something is wrong with your body and demands you seek health care provider attention to prevent long-term negative results. Untreated pain can increase your risk of falls, a particular concern among older persons. Overall, like many health concerns, each of us must listen to our bodies and partner with our health care providers to find pain relief to allow “living again.”

Although you may find over-the-counter (OTC) pain medications (Tylenol, Advil, Aleve and generic options to those) provide effective pain relief if used appropriately for sporadic episodes of pain, others with chronic pain struggle to find relief. Doctors no longer can prescribe opioids (e.g., narcotics such as Vicodin, Percocet) to persons with chronic pain



**HEALTH HELP NOW**  
by Carolyn Spence Cagle

due to current societal concerns about drug addiction and evidence that other drugs are more effective for managing chronic pain (e.g., Lyrica). However, opioids remain the standard of care for persons at end-of-life, those with cancer pain, and when benefits of prescribing outweigh the risks of so doing for a person’s unique needs.

Finding effective ways to manage pain means understanding that we experience pain differently related to gender, culture, and other factors. Often discovery of an effective pain relief method involves getting our feedback to the following questions: where is the pain; how would you describe it (“throbbing,” “intense” [a 10 on a scale of 1 to 10]; where does the pain exist (pain traveling to the left arm from the chest may indicate a heart attack); what remedies have you tried to decrease the pain; and, what happened to cause the pain?

Beyond over-the-counter medications and muscle pain creams/pain patches that may prove effective, or stronger pain pills prescribed by your doctor, other evidence-based (research-based) options may provide pain control. These include:

**Acupuncture:** insertion of small needles into specific body parts by a licensed practitioner; particularly helpful for lower back, neck, and knee pain, and migraine headaches

**Biofeedback:** use of deep breathing

and muscle relaxation for headaches and body pains related to stress; a mental health professional helps you with learning this option for effective pain management

**Massage:** used by a licensed and certified massage therapist, this option is particularly useful for muscle and joint pain of back, neck, hip and knees if approved by your doctor; I find massage very useful for tight muscles in my shoulders and neck, a side-effect of so much computer work!

**Physical therapy:** provided by often PhD specialists, this involves muscle massage and addressing range of motion of joints to gain more strength and flexibility in painful areas; Medicare provides benefits for this therapy.

**Chiropractic care:** provided by a licensed provider, this involves hands-on therapy to manipulate painful body parts, promoting healing and realigning the spine and joints for less pain; this option works well for joint, neck, shoulder pain and tension headaches; Medicare benefits exist for this care.

**Cognitive behavioral therapy:** used in psychological counseling and with relevant behavioral changes, this therapy helps lessen pain via teaching coping and relaxation skills and minimizing negative thoughts and emotions (anxiety and fear that stimulate the brain to perceive pain).

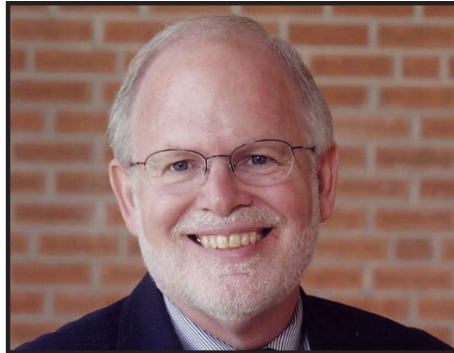
**Meditation/Mindfulness:** often self-taught with a guide, both involve a daily focus on deep breathing and on the present moment rather than the past or future time or one’s pain; increasing number of resources on meditation and mindfulness exist provide evidence of this treatment’s

# Why Become Involved In The TCU Retirees' Association?

In last month's column I wrote about the benefits that come from being involved in the life of the TCU Retirees' Association. This month I want to mention three ways that we are reaching out to let others become more aware of our organization and how they too might become a part of all that we do.

The first is that we are seeking to include the names of recent retirees in our newsletter. Provided we get this information from Human Resources, we will print these names each month so that you can see if any of your friends have joined our ranks. If you see someone you know, give them a call and invite them to join you for our next luncheon. As always, the first meal is free, and who doesn't like a free meal?

Secondly, we want to let spouses



**PRESIDENT'S COLUMN**  
*Stan Hagadone*

of retirees know that they are always welcome to participate in any of our programs. Many of them are, of course, already very much involved, but others may not be aware of the welcome we extend to them. If you know of a spouse who may like to join us for lunch or any other event, a call is always in order.

Finally, I will be attending the

annual TCU Retiree and Services Awards program scheduled for 3:00 in the BLUU auditorium on Thursday, April 20. The Chancellor has graciously allotted time for us to make a brief announcement about the TCU-RA and to distribute our brochure following the program. If any of you would like to attend the program, I'm sure you will see some of your friends and colleagues to whom you would want to extend a welcome to retirement and an invitation to become a part of our good work.

You may have other ideas about how we can add to our already growing participation. If so, please do not hesitate to pass them on to Janet George Herald, who chairs our membership committee. Together we can make it happen.

## GIFTS AND CONTRIBUTIONS

The TCU Retirees' Organization is covered by the TCU 501(c)3 umbrella. Consequently, all gift and contributions to the TCURA are tax deductible.

These contributions will be used to further the activities and reach of the TCURA. The contributions should be sent or taken to the TCU Office of the Vice Chancellor for University Advancement.

Office of University Advancement  
TCU Box 297044  
Fort Worth, TX 76129  
817-257-7800 877-TCU-GIVE (toll-free)  
campaign@tcu.edu

You can designate the gifts as "greatest need" for the TCURA or for a specific use such supporting TCURA programs, etc. Currently, we are not set-up to accept gifts of merchandise. If you wish to donate property, please contact the President of the TCURA and you and the TCURA president can jointly meet with the appropriate person in the VC University Advancement Office.

The TCU Retirees' Association gratefully acknowledges the following who have made a financial contribution in support of the good work of our organization:

Larry and Susan Adams	Joanne Karges
Becky Britton	Joan Rogers
Carolyn Cagle	Alpha Shirey
Jeannie Chaffee	Emmet and Judy Smith
Gail and Jack Davis	Marian Smith
Janna Ferguson	William E. Tucker
Robert Garwell	Robert Vann
Stan and Kay Hagadone	Bill and Audrey Vanderhoof
Donna Johnson	

Our goal is to have thirty contributions before the end of our program year on May 31. You can help us reach that goal by sending a check designated for the TCURA to Texas Christian University, Attention: Office of Loyalty Giving, TCU Box 297440, Fort Worth, TX 76129.

Please keep in mind that your gift is tax-deductable and will be added to any other contribution you may make to the university during the calendar year.



**COPING from P2**

success to manage pain and stressful situations.

**Program of regular exercise:** as we age and may become less active, our muscles get tight and joints may become less limber. A consistent program of stretching, relaxation (yoga helps here!), strength training, pool exercise, and walking provides oxygen and food to body parts for prevent of pain. The Silver Sneakers program, supported by many Medicare plans, helps us stay healthy. I have found several aging newsletters to provide valuable information on exercise and stretching that also meet that goal and help manage pain (names are: "Healthy Years; Arthritis Advisor"; and "Focus on Healthy Aging")

Although you may need a referral from your doctor to pursue one of these pain relief options, you may reap many benefits from using some of the options. I find a combination of massage, meditation/mindfulness, regular exercise, and yoga help me with some age-related aches and pains. I wish you well in your journey to find an effective option for you!

**References:**

Bernhard, T. (2015). *How to live well with chronic illness pain and illness: A mindful guide*. Somerville, MA: Wisdom Publications.  
 "Pain relief now!" (2016). *Consumer Reports*, 81(6), 26-36.

**TCURA MEETINGS & EVENTS**

**Mar. 14 Reel Aging Movie** 10 a.m. in the Justin Board Room. "The Best Exotic Marigold Hotel."

**Mar. 28 Luncheon**

Tim Madigan, author of "I'm Proud of You: My Friendship With Fred Rogers."

**April 25 Pre-Luncheon Event 10 a.m.**

A speaker on elder and probate law to clarify issues concerning guardianship and how to protect yourself and your assets.

**April 25 Luncheon**

John Giordano, former conductor of the Fort Worth Symphony Orchestra and Jury Chair of the Van Cliburn International Piano Competition.

**ACADEMIC CALENDAR****Spring Recess**

Mar. 10, 10 p.m. to Mar. 20 8 a.m.

**Good Friday Holiday**

April 13, 10 p.m. to April 17 8 a.m.

**Commencement**

Saturday, May 17

Times of Colleges' ceremonies differ.

**TCU Retirees' Association Board of Directors 2016-2017****Officers****President**

Stan Hagadone  
 972-393-8688  
 214-893-7551 cell  
 j.hagadone@tcu.edu

**Vice President**

Larry Adams  
 817-926-7314  
 l.adams@tcu.edu

**Secretary**

Donna Johnson  
 817-927-4620  
 d.m.johnson@tcu.edu

**Treasurer**

Victor Belfi  
 817-923-2450  
 v.belfi@tcu.edu

**Past President**

Kirk Downey  
 972-863-3628 or  
 214-632-0317  
 k.downey@tcu.edu

**Other members of  
 the Executive Council  
 UCAC representative**

Linda Moore  
 817-924-5330  
 l.moore@tcu.edu

**Membership Chair**

Janet George Herald  
 817-924-1331  
 jgherald@gmail.com

**Communications Chair**

DeVonna Tinney  
 817-294-5044  
 d.tinney@tcu.edu

**Health and  
 Wellness Chair**

Manfred Reinecke  
 817-257-6204  
 m.reinecke@tcu.edu

**Representatives  
 -at-Large**

**Archivist**  
 Phyllis Allen  
 817-423-3719  
 p.allen@tcu.edu

**Columnist**

Carolyn Cagle  
 682-552-2130.  
 c.cagle@tcu.edu

**Membership List  
 Master**

Judy Groulx  
 817-366-5333  
 j.groulx@tcu.edu

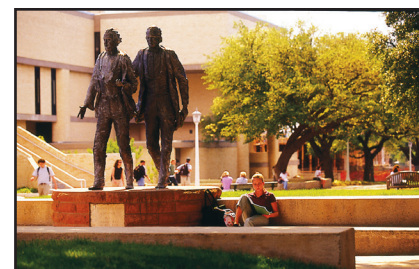
Will Stallworth  
 817-346-8485  
 w.stallworth@tcu.edu

TCURA email address:  
 TCURA@tcu.edu

**Newsletter**

Doug Newsom, Editor  
 817.732.2901  
 d.newsom@tcu.edu

Broc Sears, Designer  
 Dept. of Strategic  
 Communication  
 Bob Schieffer College  
 of Communication  
 817.257.5052  
 b.sears@tcu.edu

**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*