

TCU RETIREES' MAY LUNCHEON PROGRAM



FWISD SUPERINTENDENT

Kent Parades Scribner, PhD

*The Role Of Public Schools
In Today's Society*

Tuesday, May 23

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, May 17 Reservations also may be made on TCURA's website, www.tcura.tcu.edu. If you have any difficulties doing this, contact DeVonna Tinney at 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 NEED TO KNOW ABOUT...

Kent Parades Scribner

Kent Paredes Scribner, PhD, is superintendent of the Fort Worth Independent School District that includes more than 87,000 students and 11,000 employees.

The Fort Worth ISD Board of Education brought Scribner to the District in October 2015, and he immediately began laying the groundwork for system-wide improvement and for fulfilling their mission. "Preparing all students for success in college, career, and community leadership."

Scribner reduced executive administration and other central office positions to better support teachers and students by redirecting those resources to schools. In the last year four initiatives illustrate his commitment: renewed emphasis on universal pre-kindergarten; new I.M. Terrell Academy for STEM and Visual and Performing Arts; 40 percent increase in college scholarships to more than 50 million dollars; an early literacy goal to have 100 percent of third-grade students reading at grade level by 2025. The literacy goal was set with the inclusion and support of

the mayor, the city's business sector, higher education and non-profit organizations, philanthropic and faith leaders.

FWISD's leader has spent his lifetime in education. The son of college professors, he began his career as a high school Spanish teacher and guidance counselor in Philadelphia. From there he became a principal and district administrator then served as a superintendent in Phoenix for 13 years.

Scribner was born in Los Angeles. His mother, from Veracruz, Mexico, is a retired professor emerita in special education from Texas State University in San Marcos. His father is from Seal Harbor, Maine and is retired professor of Policy and Planning from The University of Texas in Austin.

The Superintendent's degrees are a Bachelor of Arts in Latin American Studies from Carleton College in Minnesota, a Master of Education in Counseling Psychology from Temple University in Pennsylvania and a doctorate in Educational Leadership and Policy Studies from Arizona State University.



SUMMER MEETING ■ COFFEE WITH THE CHANCELLOR

July 31st Monday 10 a.m. at his home.

Please be at the Kelly Center by 9:45 a.m. to board a bus for a shuttle to and from the Chancellor's home.

Reservations are to be made via the TCURA website or by contacting Becky Roach at rroach40@yahoo.com

Spring Into A New Season With Healthy Nutrition Habits

Welcome to a time of renewal with spring-like weather! This time of year offers an opportunity to return to exercise both inside and outside (at least 150 minutes/week) and also a better diet for health promotion. In this month's column, I'll focus on healthy nutrition to support a great start for us in 2017.

Older adults often need a "senior" multivitamin to address identified low diet levels of calcium, vitamin D, vitamin B12, and potassium often related to certain health conditions. A balanced diet improves those deficits and meets current belief to get most daily nutritional needs met through eating healthy foods. Your doctor or nutritionist can help define a diet to meet your unique needs. That diet, along with an exercise program, decreases your cardiovascular (heart-lung) risk by addressing body inflammation known to cause body damage. Evidence shows the Mediterranean diet, practiced by those in that part of the world, decreases inflammation, prevents hunger, and helps many persons lose weight. The diet includes whole grains/pasta, olive oil or olives, nuts, fatty fish (salmon, tuna, and sardines high in omega-3 fatty acids), red wine, few sweets, and many deeply colored fruits and vegetables. You can "goggle" Mediterranean diet and get specific information about that nutritional approach to improve your health.

Some general guidelines to improve your nutritional intake for better health include the following:

- Read food labels to avoid eating food with trans-fats ("partially hydrogenated fats"); these are common in fast food, fried food, and baked goods; there is a movement to elimi-



HEALTH HELP NOW
by Carolyn Spence Cagle

nate trans-fats in many products due to their potential to raise the "bad" type of cholesterol (LDL) and increase the risk of cardiovascular (heart-lung) disease

- Fill at least half of your eating plate with vegetables; salads, roasted vegetables (carrots, squash), green vegetables (broccoli, kale, etc.) and potatoes in moderation are also great choices

- Increase your food fiber to decrease constipation and minimize diabetes or autoimmune disease development; oat, rice bran, beans/lentils, citrus fruits, strawberries, apples, whole grain cereals and most vegetables and fruits add fiber to your diet; prunes or prune juice also add daily fiber; gradually increase your fiber intake to avoid bloating or gas issues

- Make a habit to walk after eating (common in the Mediterranean) to improve digestion, burn calories, and decrease stress and body inflammation

- Drink enough water to meet half your body weight in ounces (if you weigh 120 lbs., that means you need to drink 60 oz. or 7.5 glasses of water per day; you may need more water when exercising or in warm conditions; drink green tea daily to vary water intake and gain health benefits from that drink

- Insure you get sufficient calcium and vitamin D to meet your needs with aging, increased risk of falls and

osteoporosis affecting both men and women; men need around 1000-1200 mg of calcium and 600-800 IU of vitamin D; women need around 1200 mg of calcium and 600 IU of vitamin D; check with your doctor about whether you need even more calcium and vitamin D based on your particular health condition or age; good sources of calcium and often vitamin D include low-fat milk, yogurt, fortified cereals, orange juice, dark green leafy vegetables, almonds, and canned fish with small bones; sunshine helps make vitamin D, a reason to take a short daily walk

- Watch your salt intake; use herbs to flavor foods and avoid adding salt to food without tasting it first; persons with high blood pressure may react negatively to too much salt in many foods; get in the habit of reading food labels for salt content ("sodium") and use low salt foods or natural foods for better health

- Instead of frying foods, sauté foods in healthy olive or canola oils; the best oils are 'cold pressed or expel-pressed" or "extra virgin olive oil"

- Avoid corn oil or corn oil based products (contain high fructose corn syrups); these add calories and simple sugar to your diet that cause rapid increases in blood sugar, risk of diabetes, and body inflammation related to cardiovascular disease

- Eat fresh and natural foods (those that spoil quickly) instead of processed foods with additives that have longer shelf lives but are less healthy

- If possible, use dairy products from grass-eating cows, rather than grain-eating cows; a recent Time

HEALTH from P2

publication using evidence-based studies (100 Healthiest Foods to Satisfy Your Hunger, listing available at time.com/100-healthy) notes higher fat milk may actually be healthy (this surprises me after a long history of drinking low fat milk and now almond milk!)

■ Eat sufficient protein throughout each day to build muscle (e.g. 44 gms/day for a 120 lb. woman; about 58 gms/day for 179 lb. man)); eggs, low fat cheese, Greek low sugar yogurt, lean meats, smoothies with protein powder/chia seeds/pea or soy protein, and peanut butter are good sources of protein; generally a serving of meat (3-4 oz.) fits a deck of cards size; try to get 25% of your daily protein intake with breakfast; eat fresh fish at least twice a week to increase omega 3 intake for overall health (examples are bluefish, herring, mackerel, striped bass, salmon, albacore tuna)

■ Aim for healthy snacks throughout the day; a variety of fresh vegetables and fruits, unsalted sunflower

seeds, handful of nuts, low fat or unsweetened yogurt will allow you to nibble and still maintain a healthy weight important for health and disease prevention

I'll be back with another column in late summer as the TCURA resumes activity for the 2017-2018 year. Meanwhile, my best wishes for spring and great health in the coming months!

References:

Diet beats inflammation game (2015, August). *Arthritis Advisor*, pp. 4-5.

The new osteoporosis patient (2015, August). *Arthritis Advisor*, p. 3.

Chronic low-grade inflammation damages the heart (2017, January). *UCLA Health: Healthy Years*, 14(1), 4.

Breakfast foods that help protect bones and joints (2016, October). *UCLA Health: Healthy Years*, 13(10), 5.

Watch your weight and protect your brain. *Health & Nutrition Letter* (Tufts University), 13G, 1.

The new food rules (2015, December 28 – 2016, January 4). *Time*. pp, 145-149.



Keep Moving! Exercise To Be Healthy

TCU Retirees who are committed to a healthy lifestyle now have two exceptional options when choosing a venue for exercise.

The first is the TCU Recreation Center, which is open to all of our members at no charge. This includes access to all of the exercise equipment plus the opportunity to participate in the Wellness Gold program that takes a holistic approach to maintaining one's physical, emotional, and spiritual well-being.

The other option is CERA (Corporate Employees Recreation Center), which is located on the site of the former Lockheed-Martin facility at 3300 Bryant Irvin Rd. Although the TCURA does not qualify for a corporate membership, all members of our organization are welcome to participate as guests. Membership for those over sixty is \$160.00 a year and a weekday rate of \$42.00 for those who wish to play the Squaw Creek Golf Course. When you visit either venue, simply introduce yourself as a member of TCURA and the staff will take it from there.

REEL AGING FILM

May 16 at 10 a.m. in the Justin Board Room of the Kelly Alumni Center there will be a showing of the movie "Away From Her."

Following will be a discussion of what the film reveals about effects the onset of Alzheimer's in the woman of the couple married for 40 years has on their marriage and the grieving husband's efforts to handle his loss.



ANOTHER TCURA SEMINAR



As one of several seminars during the year, TCURA members attended an informative seminar on Advance Care Planning by elder law attorney Karen Teleschow Johnson prior to April 25th luncheon.

TCU NUMBERS

TCU has **2,152** employees. Of these, **630** are full-time faculty members.

Vote For New Leadership

When you come to the luncheon Tuesday, May 23, you will be given a ballot to choose TCURA's new leaders.

Here is the proposal from the nominating committee, but at the meeting write-ins will be accepted from those attending.

TCURA OFFICERS FOR 2017-18

MEMBERS OF THE EXECUTIVE COUNCIL:

President
Larry Adams

Vice President
Janet George Herald

Secretary
Donna Johnson

Treasurer
Wendy Crowley

Immediate Past President
Stan Hagadone

OTHER MEMBERS OF THE EXECUTIVE COUNCIL:

Chair, Membership Committee
Julie Baker

Chair, Communications Committee
Charles Lamb

Chair, Health & Wellness Committee
Kirk Downey

UCAC Representative
Linda Moore

REPRESENTATIVES-AT-LARGE:

Newsletter Editor
Maggie Thomas

Membership List Master
Judy Grouix

Development Coordinator
DeVonna Tinney

Columnist
Carolyn Cagle

Archivist
Phyllis Allen

Note: The Advisory Council includes all Members of the Executive Council and all Representatives-at-Large.

APRIL LUNCHEON SNAPSHOTS



Words Of Farewell And Thanks To Those Who Make A Difference



PRESIDENT'S COLUMN
Stan Hagadone

My term of office ends May 31, but I would not want to leave without saying how honored I am to have served as your president for the past twelve months. Together we have made significant advances on a number of fronts, and in the process we have laid the foundation for an even brighter future for the TCU Retirees' Association.

I will continue to serve on our executive council as past-president, but there are three others who will be rotating off after giving years of service to our organization. We owe each of them a debt of gratitude for all that they have done on our behalf. In alphabetical order, they are:

VICTOR BELFI, who as our treasurer, has made sure that we operate within our budget and always maintain a position of fiscal responsibility. Even more, he is usually the first person to greet those who walk through the doors of the Kelly Alumni Center for our monthly luncheons and then always makes sure that our receipts correspond with the number of meals served. And let's not forget the wonderful movies that he and Kendra have presented through our "Reel Aging" program.

DOUG NEWSOM, who as editor of our monthly newsletter, has always made sure that we are aware of upcoming programs, knowledgeable about current medical and insurance issues, and kept informed about accomplishments and transitions taking place in the lives of our members. During her tenure, she has enabled us to make the transition into the digital age and, as a result, the majority of those on our mailing list now receive their newsletter on-line. In a very real sense, the history of the TCURA corresponds with Doug's years as editor, and for all these accomplishments we owe her a debt of gratitude.

MANNY REINECKE has contributed to our good work in so many ways that it is a challenge to know where to begin. He has served as president, vice president, and past president on our executive council as well as chair of our Health and Wellness Committee. His contributions are too numerous to mention, but chief among them is his leadership following the announcement of the termination of our health insurance program. Thanks to his initiative, conversations were begun that led to the establishment of the Bridge Program that provides each of us with funds to help purchase Medicare supplements, Plan D insurance, and, in some cases, cover the cost of other medical expenses.

I invite you to share your own words of appreciation with each of these remarkable individuals. They have helped make us who we are and, in the process, set a standard of service for each one of us to follow.



Edward Janes Adcock

Mar. 30, 2017

Physical plant employee Ed Adcock worked at TCU from January 1998 until his retirement Mar. 31, 2016. Memorial Service in thanksgiving for his life was May 6 at All Saints Episcopal Church where he was a member of the church choir.

Don Sawicki

Jan. 3, 1930 - April 18, 2017

A native of Ashton, Neb., Sawicki spent 20 years of active duty in the U.S. Air Force then flew for Braniff Airlines before going to General Dynamics. He took some time off to complete his college education also attending several accredited aircraft and aviation schools. He was a certified pilot and aircraft mechanic.

His 23-year career at TCU was in the Physical Plant where he brought experience learned from going on jobs with his contractor father with whom he assisted building a house when he was 16-years-old. He was an accomplished designer and builder of homes having used his talent and skills to build his first home for his own family, a lake house at Granbury.

Sawicki was a member of the Aircraft Owners and Pilots Association, the American Legion Post 626, the Polish Heritage Center and St. George Catholic Church.

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.

Thanks For Your Gifts

We are grateful for those who made contributions to the TCU Retirees' Association during the month of March.

They are:

Wayne Barcellona, Sanoa Hensley, Annice Ipser, Sandra Mackey, Hal and Becky Roach, Howard and Karen Stone, and Jean Walbridge.

If you have not yet made a contribution, you still have time to do so before the end of our program year on May 31. So far we have raised \$3255 towards our goal of \$5000.

All you have to do is send your check to: Texas Christian University; Attention Office of Loyalty Giving; TCU Box 297440; Fort Worth, TX 76129. Be sure and note that the gift is for the TCURA.

All donations are tax-deductible.

NEW TCURA MEMBERS

Please look for our new members at the May luncheon to give them a personal welcome to our organization.

Warner Bailey

Betty Nance

Nancy Grieser

Doug Simpson

Peg Meroney

ACADEMICS



Aug 21 First day of classes for the fall semester.

TCU Retirees' Association Board of Directors 2016-2017*

* Terms of officers end May 31, 2017. July Newsletter will have names and contact information for all new officers.

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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