

TCU RETIREE'S' APRIL LUNCHEON

Celebrate A TCU Treasure and 50 Years of TCU Athletics



RICHARD SYBESMA

Come to the April 16 meeting to celebrate this year's TCU Treasure (more about this in Janet's column, next page) and learn about five decades of TCU athletics through the eyes of fellow retiree Richard Sybesma. His presentation will cover highlights of TCU sports, mainly football.

Richard will start his story in the 1970's. While he will touch on all sports with current coaches, he focuses mainly on behind-the-scenes football footage. Richard says, "It is pretty cool footage from all decades." He especially likes the Alamo Bowl comeback. So, you may learn things you never knew about TCU football!

Richard Sybesma, a TCU retired swimming coach, is currently the longest tenured head coach at TCU.

He coached here for 38 years, from 1979-2017. He was the 1996 Olympic coach for Nicaragua in Atlanta. At TCU he coached 18 All-American swimmers, and 4 Olympians. His teams won 7 team conference championships and 16 individual league titles. He has five Coach of the Year honors, and was the 2010 CUSA Coach of the Year for all sports. In addition, he was voted 2010 Athletic Department Teammate of the year. His nickname, "Flipper," was given to him by TCU's former track coach, Bubba Thornton, in the 1980s.

Richard received a Masters of Liberal Arts from TCU in 1992. He and his wife Wendy have two children, Katy and Courtney, who are both TCU graduates. They have eight grandchildren.

PLEASE NOTE:

Reservations for the April meeting are due Monday, April 8, so please RSVP as soon as possible online at tcu.ra.tcu.edu or by contacting Joan Yates at j.yates@tcu.edu or 817-292-7087.

**LUNCHEON
DATES**

APR 16

MAY 21

PRESIDENT'S COLUMN

Treasures Abound

At our April 16 luncheon we will honor "A TCU Treasure." This award, inaugurated in 2018, is given to a retired faculty or staff member for exemplary service during his/her career at TCU, and who through that service enhanced the reputation and stature of the University. Our members submit nominations to be considered by the Executive Council. Our first two recipients last year, Manny Reinecke and Emmet Smith, are indeed "TCU Treasures."

One of Webster's definitions of "treasure" is "a person who is greatly loved or valued especially because of being very helpful." I've thought many times this year about the collective impact on TCU that our members had during their combined thousands of years of service. Whether faculty or staff, each retiree made a difference and should take pride in that.

Did you influence a student's passion for your subject? Or help a



JANET GEORGE HERALD

student through a personal crisis or tragedy? Did you mentor a young colleague in your department? Or befriend a homesick student worker in your office?

Did you serve pancakes at midnight to weary students studying for exams? Or help a student find an internship that led to a job after graduation? Did you contribute to meaningful research in your field? Or raise money to support scholarships

for students in need? Or encourage a student who doubted his or her ability to be successful?

Did you plant flowers across the campus to beautify the surroundings for everyone's enjoyment, including our visitors? Or keep the sprinkler system running to keep those flowers alive? Did you encourage a student to attend TCU who went on to do great things in his or her field? Or spend time with students outside of class to promote their love of your discipline?

TCU is the thriving place it is today – in demand and on the move – because of the collective hours, days and years of what was sometimes blood, sweat and tears poured into this special place by all of us and our predecessors.

As we honor our 2019 "TCU Treasure," remember that we are all TCU treasures in our own way, and we have ALL had an impact on this great university that we hold dear. We are all a proud part of the #FROGFAM.

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COLUMNIST PAUL HARTMAN

Meals on Wheels Volunteering

“O good,” the frail, octogenarian lady I know as Frances said as she opened the door. “I was hoping a man would come today. Can you open this bottle for me?” Frances is one of my favorite Meals on Wheels (MOW) clients to whom I deliver meals each Tuesday. As is the case with most of them, Frances lives alone and has limited ability to care for herself. The meals MOW delivers are her primary source of nutrition.

Texas has the fourth highest number of elderly who go to bed hungry each night. The Tarrant County MOW, founded in 1973, depends on volunteers to deliver more than 3,700 meals daily. The median age of our clients is 74.7 and their median income is \$1,000 monthly. Sixty-four percent are female. A 501(c)3 charity, MOW depends on private gifts as well as volunteer staffing.

One day each week I and the

other volunteers meet at designated pick-up depots to pack meals for each of our 12-14 clients. They will have chosen one of four entrees, two of which are regular meals and two based on dietary restrictions. Finding some of the elderly they serve were foregoing their own needs to buy pet food, MOW sometimes provides a meal for a pet.

Along with the food we bring each morning between 10:30 and noon, we are trained to have a brief conversation. For many of them, this will be the only face-to-face visit they will have that day. Each client has a case worker. When no one answers the door when we ring, we call the office so that the assigned staff member will visit to make sure there's not a problem.

Getting to know some very interesting people is one of the rewards for volunteering. One current client is a gentleman whose wife died

recently. Each week he greets me at the door with a new poem he has written. “Writing about her is the way I remember things,” he told me. I look forward to spring hoping Glenn's tomato crop will yield a few extra for me as it did last summer. In return I've occasionally gone to the Burger Box to get him an order of fried okra. Last week a client who spends most of his time watching old movies told me he had played roles in my favorite childhood mystery, “The Shadow Knows.” One woman on my route saw the bumper sticker on my car and, recognizing a similar political persuasion, gives me her current evaluation of 2020 presidential prospects on each visit.

Meals on Wheels needs more volunteers for meal delivery as well as other potential assignments. You are needed. It is rewarding. I encourage you to enlist by going to mealsonwheels.org/volunteer.

Pathways to a Successful Retirement

Do you have a friend or former colleague at TCU who is approaching retirement? Or perhaps you've retired and are finding this new stage of life to have some unexpected challenges.

If either of these situations resonate with you, please know that you, your friend, or both of you are invited to attend “Pathways to a Successful Retirement,” a workshop being led by a panel of current TCU

retirees at the Dee J. Kelly Alumni & Visitors Center on Wednesday, April 10, at 3:00 pm.

Rather than focusing on the financial aspects of retirement, this workshop will address the social, emotional and practical challenges that often accompany the transition from full-time employment to this new stage of life—a stage that can last for twenty or thirty years or, in

some cases, even longer.

You may register for the event by sending an email to Chuck Lamb at c.lamb@tcu.edu. Even more, take time to encourage those you know who would benefit from this program to join us on April 10 as together we explore ways to make our retirements not only successful, but truly meaningful.

COLUMNIST JUDY GROULX

Volunteering and Service: Member Survey Results

Many of us can probably either quote or closely paraphrase parts of TCU's mission statement: To educate individuals to think and act as ethical leaders and responsible citizens in the global community. Recently we polled our membership to find that many of us are, indeed, acting as responsible citizens in our community.

The purpose of the survey was to ascertain what role, if any, the TCURA might play in supporting or facilitating retirees' service activities. We gathered information from 114 survey participants, representing about 20% of all members who receive email correspondence from the Association, along with several who filled out paper-pencil surveys.

Respondents named agencies and nonprofits where they volunteer and provided descriptions of a wide variety of service activities. We are engaged in over 80 different areas, including churches, courts and prisons, libraries, gardens, museums, schools, political organizations, environmental agencies, neighborhoods, health agencies and hospices. We are serving the homeless and hungry, veterans, school children and youth, victims, refugees, animals, and the elderly. Most frequently mentioned were church-associated activities or responsibilities, Meals on Wheels, and serving as a board member for non-profits.

Over 75% of survey respondents reported that they regularly volunteer, from several times a month (34%) to more than once a week (42%). When asked to indicate their level of interest in serving beyond what they are already doing, about 43% rated themselves as not very interested, while 21% showed moderate or high interest and the remaining 35% were somewhat interested. When asked about their general orientation toward volunteering, many (45%) said they are already very committed, or were otherwise occupied.

Given how dedicated this group of retirees are, already, it is notable that quite a few people (25%) report that they have time to learn about new volunteering opportunities, while nearly 50% indicated that they would participate in one-time service event. A smaller number (12%) would appreciate TCURA support for seeking volunteer and service opportunities.

Interest in seeking professionally-related longer-term service commitments appears to be low, but that may be because the concept was not explained in any detail within the survey. To learn more about what that kind of service entails, you may wish to read Larry's Adams' concept paper which will appear on our website under "Programs" with the subheading "Volunteer Forum."

At the end of the survey, over a

dozen people provided their names to show interest in following up on survey results. Overall, it appears that this sample of TCU retirees collectively donate considerable time and effort to service.

Given these findings, members of the task force on volunteering and service are taking the following steps:

1. Coordinating with Dr. Roseangela Boyd's work as Director of Community Engagement. As she assists student groups to match them with volunteering opportunities, she can include TCU retirees by notifying us of upcoming events and helping us connect with agencies in need and their leaders;
2. Publishing Dr. Boyd's suggestions and opportunities as part of our newsletter and/or website;
3. Creating a forum where retirees can share descriptions of their service activities and invite colleagues to join them;
4. Explaining in more detail ways that corporations and other universities match volunteers' professional skills with non-profit agency needs, to initiate consulting projects that may entail pro-bono work, or part time employment in some cases (see TCURA website);
5. Seeking individuals interested in coordinating further with Dr. Boyd's office, and/or helping mobilize retirees for one-time events.

COLUMNIST CAROLYN SPENCE CAGLE PHD, RNC-E

Time to Maybe “Move On”: A New Doctor-Patient Relationship?

Most of us rely on a strong doctor-patient relationship to meet our overall health needs that may increase with aging. The current complexity of health care supports our need and patient right for a doctor who advocates for us, shows clinical competency, and shows good communication skills with us and health care team members. Overall, we want a doctor who effectively partners with us to manage our care experience and earns our trust to manage that care.

How do we know when it is time to find a new doctor? Here are some ‘hints’ to answer that question:

- You feel “unheard.” A good doctor listens to our personal experience of illness to work with us to define responsive actions to that experience. Computerized charting, implemented to better assess quality of care, diverts some doctors to “the machine” and not you. Good doctors use the computer as a tool, along with listening skills to understand your illness experience, to deliver effective patient care.
- You find it difficult to be honest with your doctor: Openness with your doctor and health care team is essential to develop a plan for your health care needs.

- Your doctor’s recommendations have not helped you: Good doctors will not be threatened by your seeking another doctor’s advice (a second opinion) on an issue but will work toward coordinating your care with others. Remember, just because a doctor wears a white coat, does not guarantee he/she understands your needs, illness or health experience, or has information relevant for a referral to another health care practitioner.

- Your doctor does not have time for you or does not communicate with you in a timely manner: Lengthy waits to get an appointment or return of clinic phone calls/emails or limited provider information addressing your questions all minimize the quality of health care. In my rural community, I often wait some time to see my doctor (PCP), but recent hiring of a nurse practitioner who provides patient “walk-in” care during a 10-hour day has been a “gold gem” to me! Of course, I try to see my PCP, when available, to insure my continuity of health care.

- You and your doctors have different values or approaches to managing your care: These foundational factors affect needed trust between you and your doctor to

influence the quality of your care. You also deserve a caring and competent doctor who “connects with you” and knows your name during each health visit.

- Your doctor is too aggressive: If your doctor proposes care that seems too extreme, you do not understand, or shows an unwillingness to consider other approaches, you may want to change doctors. In this case, the doctor does not know “what is best.”

- Your doctor does not communicate with specialists managing your care: Quality health care means all your health care providers work as a team focused on your welfare.

References:

Schwartz, E. (2015). Don’t let your doctor kill you: How to beat physician arrogance, corporate greed, and a broken system. New York: Post Hill Press.

Thompson, H. (2018, June 19). 9 signs you should fire your doctor. [Nextavenue.org/fire-your-doctor](https://nextavenue.org/fire-your-doctor).

COLUMNIST KENDRA J BELFI, MD, FACP, CMD-R

National Healthcare Decisions Day

It's Always Too Early Until It's Too Late

Have you reviewed your Healthcare Directives recently?

National Healthcare Decisions Day (NHDD) occurs on April 16 every year. It is a day designated to remind us to create or revisit our healthcare directives.

NHDD was started by Nathan Kottkamp, an attorney in Virginia, in 2006. Mr. Kottkamp had served on a number of hospital ethics committees which dealt with situations in which patients had failed to make their wishes known. Originally entitled Virginia Advance Directives Day, within two years it had become so successful that Nathan Kottkamp and his colleagues decided to try to expand the movement to a national initiative. NHDD has grown every year since and has now partnered with The Conversation Project which is another national initiative

whose goal is to help people have the needed conversations related to their goals and values so that family and caregivers of patients will know what is really important to the patient when the patient is seriously ill and no longer able to speak for himself.

The Institute of Medicine has also weighed in on this subject actually recommending what it calls "life cycle" advance care planning—beginning when a person is old enough to complete directives (usually at age 18) with review with life changes such as marriage, the birth of children, moves with job changes, and the development of changes in health conditions. Many of these are the same milestones for which attorneys recommend we review our financial wills and powers of attorney.

As a hospital physician ethics consultant for seven years, it became clear to me that most ethics consults

arose when there had been no clear direction from the patient about what was important if he became seriously ill. This often led to family conflict over the decisions that needed to be made. The families who did best in these difficult scenarios were those who had had conversations with the patient about beliefs, goals and values and who knew they were honoring previously expressed wishes.

So, this April please review your healthcare directives (Directive to Physician Family and Surrogates—sometimes called a living will) and your choice of a surrogate decision maker (Medical Power of Attorney document). Then have a conversation with your family and the person you have appointed to be your surrogate so that if you DO become seriously ill, those people can honor your wishes instead of being in the difficult moral position of having to make life and death decisions for you.

Special Interest Group Announcements

Bridge will meet Friday, April 12, at 1 p.m. at Julie Baker's home, 6324 Arrowhead Road, Fort Worth 76132. All are welcome!

If you are interested in joining the **Mah-jongg** group, contact Jane Mackay at j.mackay@tcu.edu.

TCU This Week is now available on our website at tcu.ra.tcu.edu. Click on the link in the lower right corner of the home page.

Coffee, Books & Conversation plans to meet again on Wednesday, April 24, at 10 a.m. at the home of Judy and Emmet Smith, 3635 Hilltop Road. They are located two blocks south of the TCU baseball diamond, off Simondale.

We will be covering the book, "Madame Fourcade's Secret War, The Daring Young Woman Who Led France's Largest Spy Network

Against Hitler," by Lynne Olson.

We will meet in May on Wednesday, May 22, at 10 a.m. again at Judy and Emmet Smith's home, and will discuss the novel, "Where the Crawdads Sing," by Delia Owens.

Mark your calendars for these two final meetings of the school year.

Happy reading! Judy Smith (817-921-4798).

Join Us Sunday, April 28 for *42nd Street*

42nd Street is a musical that has won 2 Tony Awards (one for the original, and one for a revival), and the Olivier Award for best musical. It tells the story of Peggy Sawyer, a talented young performer from Pennsylvania. Peggy arrives in New York City from her hometown armed with her tap shoes and big dreams. Her talent draws the attention of legendary Broadway director Julian Marsh, who gives her a spot in the chorus of his newest show, *Pretty Lady*. *Pretty Lady* stars Dorothy Brock, the classic Broadway diva, who instantly dislikes the new girl in the cast. When Dorothy is injured during the show's previews, *Pretty*

Lady looks like it will have to close, unless a new girl talented enough to lead the show can be found — someone like Peggy Sawyer!

Peggy's rise from showgirl to star is the stuff of show business dreams. *42nd Street* is full of crowd-pleasing tap dances, popular musical theatre standards, and show-stopping ensemble production numbers.

Jennifer Engler, director and choreographer of *42nd Street*, will join us at an optional luncheon before the show. She will give us the inside scoop on the specific rehearsal and production process of the musical.

We have 50 tickets available for the show at \$10 a piece. The show is

at 2:30 pm at the W.E. Scott Theatre at the Fort Worth Community Arts Center (1300 Gendy Street, Fort Worth, TX, 76107) on Sunday, April 28. There will be an optional lunch beforehand in the Kelly Center starting at 12:00 pm., costing \$13.50. It costs \$23.50 for both the show and lunch.

Please contact Julie Baker to make your reservations: by email at j.baker@tcu.edu, or by phone (817-938-6318). Please leave a voice mail if I miss your call. Also, please let me know if you want tickets for the show only, or for both the lunch and the show. Reservations need to be made by April 18.

TCU Human Resources Has Moved

The TCU Human Resources team moved to their new location during the week of Jan. 22, 2019. Human Resources is now located at 2701 West Berry Street (corner of Merida Avenue and West Berry,

across Merida from CVS Pharmacy). Visitor parking is on Merida Avenue. The entrance to the building faces West Berry. The move was necessitated by construction of the new administration building. Once

the new building is completed, Sadler Hall will become dedicated academic space in keeping with the *Vision in Action*: Lead On strategic plan.

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.



Kay Westendorf, worked in the Vice Chancellor for Finance and Administration office

**IF YOU ARE
INTERESTED IN
STARTING A SPECIAL
INTEREST GROUP,
CONTACT CHUCK
LAMB AT
C.LAMB@TCU.EDU.**



Photos from the March TCURA luncheon (from top left): 1) Sandy Record and Susan Oakley 2) Sign-in table, 3) Jeannie Chaffee and Linda Smith, 4) Gail and Jack Davis, 5) March luncheon speaker Alissa Cunningham of Dickies Arena, 6) Cynthia and George Chapa, Cecilia Silva and Sharon Fairchild, 7) Liz and Bob Greer. *All photos taken by Deana Ray*

NOTE

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



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