



Holiday Greetings

PRESIDENT'S COLUMN



LINDA MOORE

Happy Holidays to you all! We are making this a double edition as we did last year so the next newsletter will be out in February. This way you can relax and celebrate, as can we, and pray the New Year brings some relief to this tortured year of 2020. Please be safe with family gatherings and travel so when this awful pandemic

is over we can all celebrate together again.

Thanksgiving is almost here as I write this, bringing food and good thoughts to mind but once again in a quarantine time. I hope yours was wonderful. There were great things going on with the Big Good FW, a partnership with the Gary Patterson Foundation, Leon Bridges and Chris Harrison. They worked with the Tarrant Area Food Bank and several other organizations for the largest one day food distribution ever in Tarrant County. It provided over 600,000 lbs of food to more than 10,000 people plus turkeys and food boxes to churches in South Dallas. At this time of struggle and need it is exciting to be a part of something like this.

I told you last month that we had met with the Budget Advisory committee, the Chancellor, and Mark Johnson, Chair of the Board of Trustees. The UCAC committee met again in November to outline our agenda for this fall, a rather late effort. We are looking for long-

term solutions that will not be made on the backs of employees. Most members want to be able to provide merit raises but the fear is that there will not be raises at all given the state of the budget. The Chancellor is asking for a \$65 million reduction in the budget. The committee is in early stages asking for more data to determine how the figure was determined, what overruns are occurring, what the impact of reductions will be on all staff and how to obtain more transparency. We have found some more information but the next meeting will be in early December so there is nothing to report at this time. It is late in the year and there is skepticism about our impact on decision-making at the administration level. I will keep you posted as we move forward.

There is some important news about Covid testing at the TCU Health Center. It is free and open to retirees as well as local residents of Ft. Worth. Keep an eye out on the TCU web site for information about hours of testing if you need it. Tarrant County is in crisis as I write and the numbers are rising. Stay in, stay safe and don't take needless risks. Let's get through this holiday season healthy and ready for the vaccine.

A sad moment for me personally as well as for TCU is the news that Darron Turner is retiring from TCU at the end of this year. We have not gotten word on how that will impact diversity initiatives and who will replace him as Chief Diversity officer. More to come when we have the news. Darron was an undergraduate student, a Frog football player, and has been on staff at TCU for almost 30 years. We will miss him!

COVID-19: A DRIVER FOR INNOVATIVE HEALTH CARE DELIVERY

CAROLYN SPENCE CAGLE PHD, RNC-E

We have all experienced rapid changes due to the COVID-19 pandemic that influence our desire for accessible and quality health care. That said, those changes will likely continue into 2021 and beyond based on a surge in innovative technology, improvements in health care agency infrastructure, and research supporting lower costs for virtual care delivered outside the acute care agency (hospital) since the pandemic began.

TRAVELS DURING THE PANDEMIC

- *Increased consumer home care for non-acute (not life threatening) conditions to avoid costly hospital and long term agency (rehabilitative, nursing home, etc.) care; advances in telemonitoring, telehealth,*

and home medical equipment provided by medical suppliers have become more common due to consumer concern about contacting COVID-19 in traditional care settings; using such technology has allowed hospitals to allocate areas for COVID-19 beds during the pandemic; recent research estimates that virtual platforms (use of computer and video technology) will provide 25% of consumer health care due to technology advances and improved infrastructure of acute care agencies since the pandemic began.

- *Increased Medicare reimbursement for telehealth visits; during the first three months of the pandemic,*

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FROM THE LIGHTER SIDE: AGING IN THE TIME OF COVID

1. When one door closes and another opens, you are probably in prison.
2. To me, drink responsibly means "don't spill it".
3. Age 60 might be the new 30 but 9:00 is the new midnight.
4. It's the start of a new day and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say "the other day" it could be any time between yesterday and 15 years ago.
7. I used to be able to get up without having sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that won't fit any of your containers.
10. When you ask me what I am doing today and I say "nothing" it doesn't mean I am free. It means I am doing nothing.
11. I finally got 8 hours of sleep. It took 3 days but I got it.
12. I run like the winded.
13. When you do squats are your knees supposed to sound like a goat chewing on an aluminum can filled with celery?
14. I don't mean to interrupt people. I just randomly remember things and get really excited.
15. When I ask for directions, please don't use words like 'East'.
16. Don't bother walking a mile in my shoes. It would be boring. Spend 30 seconds in my head. That'll freak you right out.
17. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
18. My luck is like a bald guy who just won a comb.
19. When someone asks, "What did you do over the weekend?" I squint and ask, "Why, what did you hear?"

COVID-19: A DRIVER FOR INNOVATIVE HEALTH CARE DELIVERY

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9M Medicare beneficiaries received virtual health care visits due to relaxation and temporary suspension of Medicare reimbursement rules; many health care experts hope these will become permanent in 2021.

- *Altered ways to gain preventative health care;* some of us may have had a telehealth visit for our annual physical or wellness assessment; COVID-19 forced some consumer delays in gaining Pat smears, PSA testing, and other preventative assessments, but now it seems health care systems have returned to more office and lab visits for that important care if consumers follow pandemic precautions.
- *Significant increase in use of data provided by sensors and robots ("chatbots") to interact with consumers needing health care assessment;* linking of these data to the best health care provider will provide the best health care decision for persons' health maintenance; I gained insight into this during a recent caregiving event with my 92 year old mother with cardiac issues: She has a monitor in her living area that "calls her" for vital sign assessment at 10 am each day; transmission of those vital signs to her primary care doctor, cardiologist, and visiting nurse allows a team-based care approach so she stays safe.
- *Improved rural area access to home health care or health care monitoring;* this could occur via of Cloud structures and a health care agency's supplying cell phone and broadband-modem technology to connect consumers to distant health care organizations; one agency called "Medically Home" has shown success in this area by contracting with a health care system to individualize consumer healthcare and decrease by 20-25% the cost of caring for a hospitalized consumer; virtual technology could also increase health care access for underserved communities (non-English speaking, disabled, ethnically diverse groups); Italy, England, and Australia have shown costs savings with the use of home health care technology, fewer consumer re-hospitalizations, and improved recovery rates as compared to hospitalized consumers with similar diagnoses.
- *Potential improvements in long-term care resident care;* COVID-19 has deeply hit these facilities with high resident deaths and emotional angst among them due to forced family distancing to keep residents safe; a recent Time article identified the use of roving robots that effectively interact with senior living residents at risk for depression and social isolation due to pandemic challenges; amazingly, residents positively evaluated these "speaking and pleasant faced" robots programmed to engage in seniors' conversation and able to complete simple tasks in the nursing

home environment; however, the potential for using more technology in that environment will demand a societal shift to support that technology cost known to improve other age group health care and outcomes.

- *A need to find the balance between face-to-face care and telehealth to best meet a goal of individualized health care;* telehealth cannot manage some conditions and will mandate a consumer office or health care agency visit for the best care; some consumers may also perceive a more caring and healing health care encounter with a doctor or health care provider visit; Medically Home addresses this balance by placing a "humanistic face" to their technology monitoring that involves routinely sending nurses and other health care providers to a consumer's home during their care process.

Best wishes to stay safe and navigate through the health care challenges ahead for continued health in the coming year!

REFERENCES CITED

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- Terry, K. (2020, September 4). Pandemic-led changes in healthcare delivery will last, say experts. Medscape.

RETIREE SPOTLIGHT: RICHARD SYBESMA

As the longest tenured head coach of any athletic program in TCU's history, Richard Sybesma coached both the TCU men's and women's swimming and diving teams for 38 seasons from 1979 to his retirement in 2017.

Sybesma's long career as a swimming and diving coach started at Texas Tech, where he was on the swimming team during the 1970s. After graduation he began coaching high school and club swimming at Monahans High School. Four years later, he landed the TCU head coach position, making him the youngest Division 1 swimming and diving coach in the country at age 25.

Sybesma's accomplishments included leading TCU to seven team championships and 16 individual league titles while earning five Coach of the Year honors. He considers one of his greatest honors as being named the 1992 CSCA Master Coach Award, which was voted on by fellow coaches at TCU.

Individually, Sybesma produced seven national champions, 18 All-Americans and four Olympians. He coached the Nicaraguan swim team, which was represented by TCU swimmer Walter Soza, at the 1996 Olympics in Atlanta, Georgia.

Not only did Sybesma push his athletes in the pool, he strived for academic excellence as well. The TCU women's swim team was named the scholar All-American squad for 45 straight semesters under him.

Sybesma fostered personal relationships with his swimmers as well, many of whom still stay in touch. For many years, he hosted an annual alumni swim meet for swimmers and divers to return to campus.

Sybesma said the only thing he disliked about coaching was having to miss family functions or school events for his children. Two daughters graduated from TCU, and he now has nine grandchildren, with whom he intends to spend more time in retirement.



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RESPONDING TO COVID-19: IDEAS TO IMPROVE SENIOR CARE FACILITIES

CAROLYN SPENCE CAGLE PHD, RNC-E

The high number of COVID-19 cases and deaths in senior care facilities this year (70,000 thus far) mandate societal response on ways to improve those settings and provide equitable care for residents' quality of life. Recent recommendations from the International Council on Active Aging (ICAA) offer insight into creative setting changes to avoid the catastrophic events of the current pandemic. Groups and organizations, focused on changing our country's perception of senior care facilities and supporting the right of seniors to receive quality living and health care, could fund and implement many of these suggestions. These include:

- Use technology to connect residents to family and staff for efficient and quality living; educate these persons on technology; provide high-speed internet and use telehealth in daily operations; provide resident computers/tablets to support communication with health care teams and setting members; use capable residents as tech mentors, and teach residents how to use smartphones to track their health.
- Redesign inside and outside building structures and window

panes to provide open spaces allowing socialization between residents and families; create open spaces for humanistic isolation to prevent depression and negative health effects; install air filtration systems to prevent viral and infection spread; install voice-activated lighting and automatic entry/exit door features to minimize touch with infection transmission; build small cottages to minimize disease transmission and build communities of support.

- Organizationally support staff to provide quality resident care; hire universal workers (cross-trained for multiple jobs); encourage staff job "buy-in" by hiring full-time workers with equitable wages and benefits and providing child care and other perks (e.g., on-site laundry, dinner meals, etc.).
- Work with policy makers to change society's perception to one of positive aging with a wellness focus; employ management teams focused on residents' wellness and involve them in living settings based on their passions, capabilities, and talents.
- Change senior living environments to quickly respond

to emergencies (e.g. COVID-19) by efficient communication systems (email, Facebook, etc.) between staff, families, and residents; use management teams to stock needed supplies in advance and train/monitor staff for compliance with infection control procedures.

- Address affordability of senior living environments (cost of \$300,000 for 3 years per nursing home resident), particularly for middle class Americans unable to use Medicaid or private funds to pay for those environments.
- Many experts think the senior care environment industry is ripe for change. These suggestions can support seniors' right to quality health and living environments in their last years.

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Nursing homes must test for COVID-19. (2020, October). AARP Bulletin, 61(8), p. 4.

MISSION STATEMENT

The TCU 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.



HEADLINES OF INTEREST

KEY TCU NEWS TO KEEP YOU INFORMED

SAVE THE DATE: VIRTUAL CAROLS BY CANDLELIGHT SET FOR DEC. 7

A TCU tradition for over 40 years, Carols by Candlelight continues on Monday, Dec. 7 with a virtual sharing of songs and scriptures, bringing holiday spirit to the TCU community.

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TCU MAGAZINE WINTER ISSUE IS LIVE

Now available online, the latest issue of TCU Magazine is packed with timely, engaging stories that illustrate the knowledge, spirit and compassion of the Horned Frog community. The winter issue showcases TCU research, people and programs, including advances in research coming from the TCU and UNTHSC School of Medicine, a heartwarming story on an alumna's journey to bestselling author, a heart-pounding tale of an alumnus' high-risk adventures as a venture capitalist and a cover story on pandemic-spurred disruptions in global supply chains.

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FALL 2020 BOARD OF TRUSTEES MEETING RECAP

The Board and the university continue to lead significant strategies that ensure TCU delivers its educational mission with an ongoing focus on the Vision in Action: Lead On strategic plan.

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FIVE SAFETY TIPS FOR HOLIDAY CELEBRATIONS

The holidays are upon us, and many Horned Frogs are looking forward to a mix of decompressing, feasting and celebrating with family and friends.

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LYNNÉ CRAVENS CHATS WITH CBS 11 ABOUT TCU FACE MASK EXHIBIT

Lynné Cravens, gallery manager at The Art Galleries at TCU, was featured on CBS 11's morning newscast Nov. 11 in a segment to discuss TCU's art exhibit, CREATE + PROTECT: Fashioning Safety in Times of Pandemic.

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In Memorium

Billy Tubbs
Head Basketball Coach
(1994-2002)
November 1

Louis H. Barnett
Emeritus Trustee
(1999-2020)
November 16

DEC. 3 LIVE STREAM WITH THE SCHOOL OF MUSIC

The TCU School of Music has been staying active by hosting live streaming events, including nine in November alone. The final event of the semester will be the TCU Wind Symphony and Symphonic Band, conducted by Bobby Francis and Brian Youngblood, at 7 p.m. Thursday, December 3. **If you are interested in participating in live streaming, contact Sarah Walters of the School of Music at 817-257-7232.**