

## TCU RETIREES' DECEMBER LUNCHEON

# Sunshine Singers to Perform at Holiday Luncheon

With our December holiday luncheon falling during finals week, we were fortunate to secure a community group, the Sunshine Singers, to provide musical entertainment in the spirit of the season.

The Sunshine Singers, all Junior League Sustainers, are in their seventh year of bringing joy through music to senior facilities throughout the west side of Fort Worth. Each Tuesday afternoon from October through April, they sing at

one of about 25 different facilities – including Cityview Broadway Plaza, James L. West, Trinity Terrace, the Stayton, and Stonegate Nursing Center – ranging from memory care to independent living.

Their non-holiday program consists of a variety of well-known Broadway tunes as well as a sing-a-long of old familiar songs. During the Tuesdays following Thanksgiving they perform well-loved and familiar holiday songs. This year they will perform at two different facilities each

Tuesday afternoon in order to reach as many seniors as possible during this special time of year.

Nine of the singers are TCU alumnae with majors as diverse as finance, dance, speech pathology, music education, interior design and journalism. Some of them may have been your students back in the day!

Please join us for a fun and festive performance on December 11 as we welcome the Sunshine Singers.



**SUNSHINE SINGERS**

**PLEASE NOTE:**  
Reservations for the December meeting are due Monday, December 3, so please RSVP as soon as possible online at [tcu.edu](http://tcu.edu) or by contacting Joan Yates at [j.yates@tcu.edu](mailto:j.yates@tcu.edu) or 817-292-7087.

**LUNCHEON  
DATES**

**DEC 11  
JAN 15**

**FEB 19  
MAR 19**

**APR 16  
MAY 21**

PRESIDENT'S COLUMN

# Ideas to Consider in the New Year

I recently read a news story that “a Dutch businessman has launched a legal battle to officially roll back his age 20 years, claiming he is a ‘young god’ and dating apps discriminate against him due to his age. He told a Dutch court that he didn’t feel ‘comfortable’ with his date of birth and wished to have it changed from March 11, 1949, to March 11, 1969.”

If only it were that easy to roll back the clock. While we’ve all had a few “39 – or 59 – and holding” birthdays, this fellow takes it to a whole new level.

Since we can’t drop twenty years off our age, as TCU faculty and staff reach their magic age and consider retiring from the University, how might we, as experienced retirees, help them to make the transition as smooth and easy as possible?

At the national AROHE meeting that Julie Baker and I attended in September, we heard about several colleges and universities including Emory, UC Berkeley and UNC-



**JANET GEORGE HERALD**

Chapel Hill that offer pre-retirement planning and transition programs to faculty and staff. These programs include psychosocial aspects of retirement, not just financial planning and health care choices.

We also need to be proactive in promoting TCURA to the campus community. We need to increase our visibility not only to attract new retirees to our organization but also to keep top administrators aware of what we’re doing and our value to the

University.

Many retiree organizations have a service component – on or off campus – to their organization. These opportunities vary widely and are determined by their specific campus culture and level of interest.

Julie and I raised these ideas at our recent Executive Council meeting and the group thought they were worthy of further consideration. To that end, we will have a Task Force, chaired by Judy Groulx, to study and mull over what we might want to focus on going forward. But we would like input from our membership. If you would be interested in serving on this task force, please contact Judy at [j.groulx@tcu.edu](mailto:j.groulx@tcu.edu) or me at [jgherald@gmail.com](mailto:jgherald@gmail.com) and let us know.

I hope to see you on December 11 to share fellowship and a festive holiday meal with musical entertainment. If we miss you then, all best wishes for a happy holiday and New Year!

## TCU RETIREES' ASSOCIATION EXECUTIVE COUNCIL 2018-2019\*

TERMS OF OFFICE END MAY 2019.

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## TCURA SHARES IN SUCCESS OF TCU GIVES DAY

TCURA members helped the university achieve its TCU Gives Day goal while designating their gifts to the association. Preliminary results show 28 of us made gifts totaling almost \$1,500 to support TCURA's current and future programs and services.

Gift-giving is an important part of the holiday season. As you plan your end of tax year charitable

giving, consider including TCURA. While the university makes a modest contribution to our budget, available funds limit possibilities growing what the association can offer. Our gifts support continued improvements in the website, help moderate the costs of the luncheons, and will make possible new opportunities for expanded programming.

You can make your contribution

by sending a check to the address below. Please note TCU Retirees' Association in the memo line.

Texas Christian University  
Office of Loyalty Giving  
TCU Box 297440  
Fort Worth, TX 76129

Your gifts can make TCURA a more effective organization for its members and for the university.

## COLUMNIST CAROLYN SPENCE CAGLE

# Mister Rogers: Life Lessons for Retiree Well-Being

Fred Rogers, a PBS television actor who mentored children in life skill development, has some valuable "life lessons" that may help us move forward in our emotional well-being in the coming year:

**Make responsibility and routine part of each day:** Mister Rogers' regular routine of entering the TV studio, adding a sweater to his shirt, and singing a supportive song while feeding the fish engaged children/parents to establish a supportive and trusting relationship between actor and TV viewers. Routines comfort us all, particularly when our actions show responsibility for caring for others.

**Look for the land of "make believe":** We know meditation and mindfulness allow us to grow

spiritually, decrease stress, and use our imagination to improve the world around us.

**Make something even if you are not good at it:** My husband, a retired engineer, has recently begun drawing in retirement. For some time he denied he could produce adequate drawings. I encouraged him to meet with a local sketch artist and how he "wows" me with his sketches. He notes it feels good to make something of value to himself and others.

**Put on your sneakers at the end of the day:** Put on your "play clothes" after a work day to signal you to relax, put the day to rest and look forward to the coming day of possibilities.

**Look for the helpers:** In this world of challenges and often

uncertainty, each of us needs to identify the helpers who exist in our lives to listen to our stories, meet our needs and savor our friendship. Identifying ways we can become "helpers" to others allows us to feel good by using our wisdom and skills to create good in our world.

**Act like a good neighbor:** Work to clarify misunderstandings and hurt feelings of others to improve the quality of your life. Mister Rogers noted showing empathy and grace are the most important aspects of being a good neighbor.

**Reference:** Stern, S.T. (2018, June 28). PBS Press Room: What can we still learn from Mister Rogers as an adult? Retrieved July 12, 2018 from <http://www.nextavenue.org/learn-from-mister-rogers-as-adults>.

## NOTE

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



## FIND US ON FACEBOOK

Search "TCU Retirees' Association" in the search line, and filter by groups. Click the "Join" button.

### ARTS AND ANTIQUES

The Arts and Antiques Interest Group held its inaugural meeting on October 23 with 8 in attendance. The group decided that they would meet twice each Spring and twice each Fall and discussed some possible programs

that the group might like to pursue. Programs ranged from visiting private art collections, visiting artist's studios, visiting antique shops, visiting galleries to presentations on conservation, appraisals, estate

sales, and historic Fort Worth, and public art in Fort Worth. As soon as the Spring dates are set, we will post them on the TCURA Calendar and Website.

### MAH-JONGG

Mah-jongg is a game played with tiles with Chinese characters on them. Players have to match the tiles that they draw to a specific hand on a

card. In many cases it's a lot of luck but it's a lot of fun. I'm interested in starting a daytime mah-jongg group for beginners or any level of players.

I would be glad to host it at my house to start. If you're interested please send an email to Jane Mackay at [j.Mackay@tcu.edu](mailto:j.Mackay@tcu.edu).

### COFFEE, BOOKS AND CONVERSATION

Coffee, Books & Conversation will meet next on Wednesday, December 5, at 10 AM, in the library at University Christian Church to discuss "A Bite-Sized History of France," by Stephan and Jeni Henaut, a well-written and researched

gastronomic history of the evolution of French cooking, as well as the changes in the history of France that affected their culinary development.

We will discuss "Grant," by Ron Chernow at our January meeting (date to be decided) in the new year.

All retirees are invited to come to our meetings whether you have read the book or not, the conversation is always interesting.

Please call me if you have questions. Judy Smith 817-921-4798

### FROG CALLS

If you live out of town and would like to be mailed a 2018-19 Frog

Calls, please contact Dr. Manny Reinecke at [m.reinecke@tcu.edu](mailto:m.reinecke@tcu.edu) or

817-257-6204. Please provide your mailing address.

### 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.



**IF YOU ARE  
INTERESTED IN  
STARTING A SPECIAL  
INTEREST GROUP,  
CONTACT CHUCK  
LAMB AT  
[C.LAMB@TCU.EDU](mailto:C.LAMB@TCU.EDU).**