

## New Hope for the New Year

### PRESIDENT'S COLUMN



**LINDA MOORE**

Happy New Year! It is new but much of the pain of 2020 remains and we can only hope the remedy is swift. I have good news and bad news.

The good news is the vaccine is here and even on the TCU campus. The bad news is only current employees are eligible and retirees are not being considered for vaccination. So make sure you are on the lists at your doctor's office, county health departments and local pharmacies so you can get yours and be safe. We can, however, be tested on campus so if you need it, contact the Health Center.

Classes began on the 19th of January and the expectation is a traditional semester with all the important safety measures in place. It appears that plans for summer and next year assume that all will be well and let's pray that is so. There was a major retirement wave at the end of the year as many folks took advantage of options available to faculty and staff. We will have a big increase in membership in 2021 and I welcome all of them and will encourage them to be involved and active when we come together again. In my heart I see a wonderful celebration after these lonely months.

UCAC meetings continue. The Board of Trustees wants to increase the number of undergraduate students by 1,000 and we have begun to do that already. That means an increase in faculty and staff to accommodate such increase. As we try to cut the budget along with no increase in tuition for next year, this makes it more difficult to provide resources for growth. UCAC has spent a lot of Zoom time on this and is currently planning a vote on options to provide salary increases that will hold the budget in line while providing equity for employees at all levels.

It has been difficult to remain optimistic about retirees' roles in the university. We had to ask the Chancellor to intervene when we were barred from accessing Box accounts as only current employees have access. Yet we are appointed members of UCAC. We would love to use the Health Center for vaccines, the Rickel for health benefits, and serve on committees and task forces regarding the future of TCU yet we seem to be marginalized in this moment of panic. We continue to push but we seem often to be an afterthought. So speak up and speak out is my motto. I so appreciate your notes of support and encouragement. I will keep vocal in this new year! Let's celebrate as best we can and reach out to each other often. I hope to see you soon!

## TCPH URGES COVID-19 VACCINE REGISTRATION

TCU students and employees who work in health care settings, are age 65 and up, as well as those with underlying medical conditions should register for the vaccine through Tarrant County as well as TCU.

Tarrant County Public Health is urging all front-line health care workers, people age 65 and up, as well as those with underlying medical conditions to register for the COVID-19 vaccine now.

**Register now for an appointment at [tarrantcounty.com/covidshot](https://tarrantcounty.com/covidshot)**

You must have an appointment; walk-ups are not allowed. TCU students and employees should register with TCPH and TCU.

All TCU students and employees who work in health care clinical settings, are age 65 and up, as well as those with underlying medical conditions should register for the COVID-19 vaccine through Tarrant County in addition to TCU, and accept the vaccination opportunity that comes first.

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## EXERCISE YOUR BRAIN POWER

Those of us who have been isolating at home most of the time tend to get in ruts, doing the same things every day. Studies show that our brains need a variety of stimulations in order to remain healthy and prevent dementia. Working a crossword puzzle every day, although definitely beneficial, should be supplemented with other activities. Some suggestions:

- Work jigsaw puzzles.
- Play cards.
- Build your vocabulary by reading and/or learning a new word each day.
- Dance!
- Learn a new language and/or take an online class
- Use ALL your senses!
- Learn a new skill.
- Teach a new skill to someone else.
- Listen to or play music.
- Take a new route to the grocery store or places you routinely visit, or just get out and drive around.
- Meditate or pray.
- Practice Tai Chi.
- Focus on others: write a note to a friend or neighbor; call someone you haven't talked to in a while; think of those who might need cheering up.

As the saying goes, "variety is the spice of life," so even during these mundane, scary, depressing days, let's spice it up and keep our brains healthy!

## FROM THE LIGHTER SIDE

1. The dumbest thing I ever bought was a 2020 planner.
2. I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.
3. 2019: Stay away from negative people. 2020: Stay away from positive people.
4. This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house and told my cat. We laughed a lot.
5. Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
6. Does anyone know if we can take showers yet or should we just keep washing our hands?
7. This virus has done what no woman has been able to do. Cancel sports, shut down all bars & keep men at home!
8. I never thought the comment, "I wouldn't touch him/her with a 6-foot pole" would become a national policy, but here we are!
9. I need to practice social-distancing from the refrigerator.
10. I hope the weather is good tomorrow for my trip to the Backyard. I'm getting tired of the Living Room.
11. Appropriate analogy. "The curve is flattening so we can start lifting restrictions now" is like saying "The parachute has slowed our rate of descent, so we can take it off now."
12. Never in a million years could I have imagined I would go up to a bank teller wearing a mask & asking for money.
13. Dear 2021, I want to cancel my subscription. I have used the 2 week trial and frankly, I'm just not interested.



## HEADLINES OF INTEREST

KEY TCU NEWS TO KEEP YOU INFORMED



### TCU LEADERS HONORED FOR THE 2021 MLK STONE OF HOPE AWARD

Chauncey Franks, life & character coach for TCU Fellowship of Christian Athletes; Timeka Gordon, director for the Inclusiveness and Intercultural Services and Community Scholars Program at TCU; and TCU Football Coach Gary Patterson and his wife, Kelsey, were awarded the 2021 MLK Stone of Hope Award at the MLK Day of Service at New Mount Rose Missionary Baptist Church on Jan. 18.

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### JOE ADCOCK FIGHTS FOR CHILDREN

He uses a dentist analogy to illustrate his point. "If your child has a cavity and he or she says, 'Well, I'm not going to go to the dentist,' you're not going to say, 'OK then, you'll be OK,'" he said. "The trauma is kind of like a cavity, an emotional cavity that if it doesn't get fixed, you're going to have problems down the road." Adcock, who has worked in the crimes against children department of the Flower Mound, Texas, police since 2008, said he never expected to investigate criminal cases involving children. He worked as a patrol officer, patrol supervisor and background investigator/recruiter before moving to his current job.

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### NORRELL EDWARDS, PH.D., NAMED CHANCELLOR'S POSTDOCTORAL FELLOW FOR 2021

TCU is pleased to announce interdisciplinary scholar Norrell Edwards, Ph.D., is the recipient of the 2021 Chancellor's Postdoctoral Fellowship, which reflects the university's emphasis on the teacher-scholar model. In her role, which begins January 2021, Dr. Edwards will join the English Department and will engage TCU students and faculty with her academic research on memory, trauma and migration in the 20th and 21st century African American and African diaspora as well as teach a Global Women's Literature undergraduate course.

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### NEW KALEIDOSCOPE ERG OFFERS SPACE TO EXPLORE MULTICULTURAL AND SOCIETAL ISSUES

Called Kaleidoscope, TCU's newest Employee Resource Group provides opportunities for faculty and staff to come together to learn more about multicultural and societal related events, issues and topics. "This came from a lot of what we saw going on in the world in 2020," said David Sommers, coordinator for Fraternity and Sorority Life, who organized the ERG with Stephen Dominy, associate director of Fraternity and Sorority Life; Reece Harty, a hall director in Residential Life; and Kristin Harris-McDonald, Ph.D., assistant director of training at the TCU Counseling & Mental Health Center.

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### 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.

### *In Memoriam*

**Dr. Caron Richard Waits**  
Economics Department Chair  
October 5

## TCU RETIREES' ASSOCIATION EXECUTIVE COUNCIL 2019-2020

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