

## TCU RETIREES' MARCH LUNCHEON

# Sharen Wilson, Criminal District Attorney



**SHAREN WILSON**

Tarrant County Criminal District Attorney Sharen Wilson will be the featured speaker for the March 17 TCURA meeting, addressing the group on Elder Fraud. The meeting will be held in the Cox Ballroom of the Dee J. Kelly Alumni & Visitors Center with lunch, which costs \$15, starting at 11:30 followed by the

program at noon. Please RSVP by March 9 online at [TCURA.tcu.edu](http://TCURA.tcu.edu) or by contacting Joan Yates at [j.yates@tcu.edu](mailto:j.yates@tcu.edu) or 817-292-7087.

The first female elected Criminal District Attorney of Tarrant County, Sharen Wilson is leading the statewide charge to ensure accountability, innovation and transparency in the criminal justice system. To meet the changing criminal justice needs of the nation's 15th most populous county, she created Tarrant County's first special teams for the prosecution of Intimate Partner Violence and Elder Financial Fraud and the county's first Conviction Integrity Unit, which has earned a national reputation for its forward-thinking, integrated approach.

Believing in accountability

at all levels of the system, she developed comprehensive Discovery Compliance protocols for law enforcement agencies and crime labs – the first such policies in Texas – which have been adopted by DA's offices around the state and the nation.

Sharen began her career as an Assistant District Attorney in the Tarrant County Criminal District Attorney's office and went on to become the first female unit chief in the office's history. After serving in private practice, she was appointed by then Governor Bill Clements to the bench of Tarrant County's Criminal District Court No. 1, which she served for 23 years. She is a native of the Amarillo area, where she graduated from Amarillo College, Texas Tech University and the Texas Tech University School of Law. She and her husband John reside in Fort Worth and have four adult children, 10 grandchildren and two dogs.

### PLEASE NOTE:

Reservations for the March 17 meeting are due Monday, March 9, so please RSVP as soon as possible online at [tcura.tcu.edu](http://tcura.tcu.edu) or by contacting Joan Yates at [j.yates@tcu.edu](mailto:j.yates@tcu.edu) or 817-292-7087.

**LUNCHEON  
DATES**

**MARCH 17  
APRIL 21**

**MAY 19**

## PRESIDENT'S COLUMN

# Sunshine and Laughter

It's time again for the newsletter! It's a rainy and cold afternoon and I'm wishing for spring and flowers and sunshine. Then I remember it's friends who add sunshine to my life (Frogwarts, this is for you) and realize that we often have to make the sun shine for each other. Happiness is about us making our way often into new arenas or in new ways. Opening up to new ideas or experiences can be part of that; often grandchildren will push you right into them! It can also be the freedom to choose to do what you want to do without the strictures of work. But it also can be an effort that means we have to reach out. It's easier for some than others so it's also important to stay connected to those who don't do it easily. I hope that the options we have for involvement and life-long learning can be a means for you to keep those connections. I also hope we can laugh while we do it all. Even when the skies are cloudy or the times seem difficult, laughter is the light that burns bright. Let's help each other laugh.

TCURA wants to make you happy by bringing interesting speakers to share about issues or events that reflect your interests. In March, Sharen Wilson will join us to discuss scams, particularly those that target seniors. On April 21, Jacque Marquis, CEO of the Cliburn, will share information about the upcoming competition and what is happening inside the process. Also on April 19 at 2:30,



LINDA MOORE

the TCU Theater Department will present Pajama Game. They have reserved a group of tickets with a special price of \$10.00 per ticket for TCURA. Check the note elsewhere in the Newsletter for details on how to reserve your tickets. On April 22 from 3:00-4:30 we will sponsor the 2nd Annual Pathways to Successful Retirement panel for folks who are considering retirement or who have questions after retiring. Tell your friends to join us and you can come as well.

TCURA also wants you to be involved in other ways. Please consider serving as part of the Executive Council. We always need folks to be a part of the decision-making, planning, and pure work of the organization. Those of us on the EC (often called the board despite the bylaws) laugh a lot and enjoy

each other as we discuss and plan for the organization, so consider being a part of it. We also need you to nominate a TCU Treasure so we can honor our peers who have served TCU well.

Since the debate over retirees' health benefits and how TCU would allocate them, the Board remains involved in many things that we hope will benefit members. Our representation on the University Compensation Advisory Committee (UCAC) has kept us in the discussion about benefits and allowed us to advocate for policies that impact retirees as well as current and future employees. We will keep you informed about ongoing discussions in the next newsletter.

Remember you can come to luncheons without eating (or bring a lunch) for free. Sometimes it's not the food, it's the fellowship! We're always glad to see you. Laugh out loud!!

## 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.

COLUMNIST SUSAN LAYNE

# Reflections on Retirement: A New Chapter

The light dawned when the hue drum arrived. Upon opening the box, I found a 5-inch steel drum complete with a book of songs and little sticks for drumming out classics like Twinkle Twinkle Little Star. Far from my notion of becoming a calypso aficionado, I now envisioned myself at the front of a pre-school class. Oh well. I added this latest purchase to my collection of Great Courses (sets of DVDs complete with guidebooks about western civ, founding fathers, and how my brain works), jigsaw puzzles, Sudoku books, and a pile of books for my new book club group. I joined the Silver Frogs, the Retired Frogs and the Alumni Frogs. Something about the compilation of activities screams desperate. I have clearly reached a tipping point in the quest to find my new retired self.

My retirement fervor began with a calendar I made, featuring photos taken while in Europe during my career in the Study Abroad Office at TCU. The majesty of Big Ben, the colorful food markets of Madrid, the towering orange dome of the Duomo in Florence, the stately Vatican in Rome – all these iconic scenes are interspersed with intimate pictures of various neighborhood spots that were my private world among the grand and glorious. The photos invoke many wonderful memories, while reminding me that the olive oil section at Central Market is now the closest thing to an international experience in my new routines. The monthly pages of my cherished calendar have begun to look like an attempt at a blackout card in Bingo. Each daily entry has some activity

written in pencil (pending) or pen (attending). It is a thing of beauty, defined by busy - the thing that sustained me during my 32-year professional life.

In addition to the growing stack of things to do, I also embarked on a systematic interview of countless friends and random strangers who had already retired. Some transitioned through part-time employment. Some jumped off the cliff, happily. Some abhorred any thought of a routine. Some craved structure. Well, how helpful is that? There appear to be as many answers as people. But I know that my goal-oriented, linear-thinking self needs more than a hopscotch across a calendar to feel centered again.

A couple of early pieces of advice upon retiring still ring true. First: If you didn't want to do it before, you won't want to do it now. While this information dashes my hopes of buying gourmet cookbooks and learning to knit, it reminds me to reexamine old hobbies and interests. Second: It is time to find a new tribe. The loss of my daily contact with friends at work has left a gaping wound. My need to connect was on full display one day, as I befriended a stranger who was waiting for lab work with me at the doctor's office. Clearly, she was in a rush to get to work, and I had nothing but time. I offered her my place in line, before some later arrival pushed ahead of us both. I tried to intervene, but to no avail. I spent the next several minutes talking her off a ledge of impatience. Before we parted, she gave me a hug and offered me a job in her hospital

lab. Ok. I could still be helpful in a world of strangers.

The first weeks after leaving my career were delightful, filled with travel, museum visits, long walks and sleeping late. I couldn't wait to clean my closets and organize stacks of paperwork that had gone unattended for years. (Seriously. This stuff excites me.) Even my friends called on me to reorganize their clutter and move their furniture, and I was happy to oblige.

And then one day, I began to pace my newly cleaned, organized house as reality sunk in. I had no idea what I was supposed to be doing with myself. Even worse, I had no idea what day it was! Every day was Saturday or Sunday or another day that looked like the last. No colleagues. No paycheck. No routine. The epiphany emerged – I had lost my center. All the habits that sustained me for so long had been left at my office door. My very full calendar was no more than a litany of activities with nothing holding them together.

This may seem a little melodramatic, but for those who operate in the world as I do (and I expect I am not entirely alone) this reality is startling. I not only need to reinvent my daily activities, but I also need to redefine my idea of meaningful. If I cannot return to my old life (and I don't want to anyway), I need to find a way of successfully experiencing my new life.

The Western notion of wasting time must be reckoned with. Time spent gazing at a bird feeder or sitting on the porch swing requires a



COLUMNIST SUSAN LAYNE

# Reflections on Retirement: *Continued*

view through a new lens. Listening to music could be approached as a creative outlet and walking in the park could be appreciated as a life sustaining activity. Letting go of old habits and re-imagining a purposeful life takes time, effort and patience.

So now, I am returning to my favorite old hobbies, as I build a new tribe consisting of old friends and

people who pop-up in unlikely places. As for passions, I am signing up for a senior tap-dancing class with the hope that my feet might be even remotely interested in what my head is up to!

*Editors Note: The Reflections on Retirement column will be published occasionally to highlight retirees' unique experiences with retirement, including activities they enjoy, places*

*they travel, suggestions for Fort Worth restaurants, volunteer pastimes, and general reflections on this stage of life. It will not publish controversial subjects, such as politics and/or religion. If you are interested in submitting a column for future issues, send it to Nancy Madsen, n.madsen@tcu.edu or call or text her at 817-938-4341 with questions.*

## Diversity, Equity and Inclusion

At the February meeting of TCURA, Sharon Gooding of TCU's Office of Diversity & Inclusion and Dr. Claire Sanders, Provost's Faculty Fellow and Diversity, Equity and Inclusion (DEI) advocate for the Provost's office, presented on TCU's initiative to promote greater diversity, equity and inclusion at the University.

Gooding and Sanders said the DEI effort is focusing on four specific areas: ATTRACT a more diverse campus population by enhancing recruiting and retention of under-represented students, faculty and staff; TEACH DEI by bolstering curriculum, training and other

academic initiatives that promote an understanding of diversity, equity and inclusion; REACH by increasing outreach and engagement with external communities and schools with large proportions of under-represented groups; and EMBRACE DEI by promoting a campus environment that is welcoming for all and free of bias.

Currently there are 349 DEI initiatives being implemented across campus, but Sanders said there is much more work to be done. She said that the biggest challenge she faces is the fear of change, but that TCU is ripe for change and she is encouraged

by the amount of goodwill toward DEI efforts that has been exhibited at the University.

Upcoming DEI workshops include "Exploring Blind Spots to Build Understanding" March 4 from 2 to 4 p.m. in the Dee J. Kelly Visitors & Alumni Center and "Intercultural Conflict in the Classroom" April 17 from 10 a.m. to noon, also in the Kelly Center. Those interested in attending may register by calling the TCU Office of Diversity & Inclusion at 817-257-4803, or visit the website at [inclusion@tcu.edu](mailto:inclusion@tcu.edu).



**IN MEMORAM**  
Anne Marion,  
Honorary Trustee

### SPECIAL NOTICE

A memorial service for Eugenia Luker Trinkle, who died Oct. 20, 2019 in Durham, North Carolina, will be held in Fort Worth on March 23, 2020, which would have been her 90th birthday. The service will be held at 4 p.m. at Robert Carr Chapel where she and her late husband, Jim Trinkle, married 65 years ago in May.

According to her daughter, Alison, TCU was "so important to Mom and to our family and I thought there may still be a few of her contemporaries involved with TCURA who might be interested in knowing about the service."

**HEALTH HELP NOW**

COLUMNIST KENDRA BELFI, MD, FACP

# Improving your Health In 2020: Suggestions from the American Medical Association

The first of the year is a time when we tend to recognize we have overeaten, not gotten enough exercise, and we need to make changes. The American Medical Association recommends the following as part of your 2020 resolutions to help:

1. Learn your risk for type 2 diabetes. Go to the following website to find your risk:

<https://doihaveprediabetes.org/take-the-risk-test/#/>

2. Be more physically active. Current recommendations are that adults should participate in at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each week to reduce the risk for many chronic diseases. If you have NOT been active, check with your physician before starting an exercise program.

3. Know your blood pressure numbers. Keeping your blood pressure under control reduces your risk for heart attacks and strokes. Go to the following American Heart Association to learn more: <https://www.heart.org/en/health-topics/high-blood-pressure/commit-to-a-plan-to-lower-your-bloodpressure>

4. Reduce intake of processed foods, sodium, and sugar; aim for herb flavored and whole foods instead.

5. Take antibiotics exactly as prescribed: Antibiotic resistance has become a major problem leading

to infections that are not curable by current antibiotics. If your physician does not think you need an antibiotic, it may be because it will not help you feel better if you have a virus (e/g., cold or flu).

6. If consuming alcohol, do so in moderation. Women should only drink up to one drink per day and men two drinks per day (U.S. Dietary Guidelines for Americans).

7. Talk to your doctor about tobacco and e-cigarette use (or vaping) and how to quit.

8. Pain medication is personal. When taking prescription opioids or other medications, follow your doctor's instructions, store drugs safely to prevent misuse, and properly

dispose of any leftover medication.

9. Remain up to date on vaccines and preventative care. This includes your yearly flu shot but also tetanus and whooping cough (pertussis) boosters as indicated. The pertussis vaccine is very important if you are around very young children. Get your Medicare covered wellness physical each year, including a hearing assessment (see online column in this issue).

10. Manage stress. Eat a healthy diet, get at least 7.5 hours of sleep each night, exercise daily, and engage in a relaxing practice (yoga, meditation, faith, time with friends, etc.) for well-being.



# TCU Production of The Pajama Game

TCU retirees have the opportunity to see TCU Theatre's production of Pajama Game at the 2:30 p.m. performance Sunday, April 19 in the Jerita Foley Buschman Theatre on campus. Thirty tickets at the senior rate of \$10 have been reserved for

our group. If you are interested in attending, sign up by calling or emailing Joan Yates at [j.yates@tcu.edu](mailto:j.yates@tcu.edu) or 817-292-7087.

Pajama Game is a musical based on the 1953 novel, 7-1/2 Cents, by Richard Bissell. The story deals with

labor troubles in a pajama factory. Originally produced on Broadway in 1954, the musical won numerous awards both for its original version as well as subsequent revivals.

## Special Interest Groups Announcements

**Book Club:** "The Club" by Leo Damrosch was chosen for our next meeting on Wednesday, March 11, at 10 AM in room 202 at University Christian Church. The book is the story of an extraordinary group of writers, artists, and thinkers in London along with Johnson and Boswell who shaped an age. It was named one of the ten best books of 2019 by the New York Times Book Review. Joseph Epstein of the "Wall Street Journal" called it "Impeccable scholarship at the service of absolute

lucidity. . . . Learned, penetrating, a pleasure to read. . . . A splendid book."

Also a book dealing with medical issues, "Diagnosis: Solving Baffling Medical Mysteries" by Lisa Sanders, M.D., will be covered in October by Dr. Kendra Belfi, whom we schedule annually in the fall for her professional expertise.

All retirees are welcome to our lively discussions on the second Wednesday of each month! We encourage new members for the

new year. Please call me with any questions. Judy Smith, Chair 817-921-4798 [j.o.smith@tcu.edu](mailto:j.o.smith@tcu.edu)

**Bridge Club:** The bridge group will not meet in March. The next meeting will be Friday, April 10 at 1 p.m. at Nancy Madsen's home, 3936 Stonehenge Road, Fort Worth 76109. Please let Nancy know if you would like to participate. 817-938-4341

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

### TCU RETIREES' ASSOCIATION EXECUTIVE COUNCIL 2019-2020

TERMS OF OFFICE END MAY 2020.

<b>Officers</b> <b>President</b> Linda Moore 817-924-5330 <a href="mailto:l.moore@tcu.edu">l.moore@tcu.edu</a>  <b>Vice President</b> Suzanne Huffman 817-481-0228 <a href="mailto:s.huffman@tcu.edu">s.huffman@tcu.edu</a>	<b>Secretary</b> Donna Johnson 817-927-4620 <a href="mailto:d.m.johnson@tcu.edu">d.m.johnson@tcu.edu</a>  <b>Treasurer</b> Wendy Crowley 817-657-6687 <a href="mailto:wencro@aol.com">wencro@aol.com</a>  <b>Past President</b> Janet George Herald 817-360-1061 <a href="mailto:jgherald@gmail.com">jgherald@gmail.com</a>	<b>Other Council members</b> <b>UCAC representative</b> Arturo Flores <a href="mailto:a.flores@tcu.edu">a.flores@tcu.edu</a>  <b>Membership Chair</b> Richard Sybesma 817-343-1547 <a href="mailto:r.sybesma@tcu.edu">r.sybesma@tcu.edu</a>  <b>Communications Chair</b> Dee Dodson 817-992-5807 <a href="mailto:d.dodson@tcu.edu">d.dodson@tcu.edu</a>	<b>Health and Wellness Chair</b> Andy Fort 817-821-1041 <a href="mailto:a.fort@tcu.edu">a.fort@tcu.edu</a>  <b>Representatives-at-Large</b> <b>Development Coordinator</b> Paul Hartman 766-720-5777 <a href="mailto:paul.hartman@tcu.edu">paul.hartman@tcu.edu</a>	<b>Membership List Master</b> Judy Groulx 817-366-5333 <a href="mailto:j.groulx@tcu.edu">j.groulx@tcu.edu</a>  <b>Newsletter</b> Nancy Madsen, Editor 817-938-4341 <a href="mailto:n.madsen@tcu.edu">n.madsen@tcu.edu</a>  TCURA email address: <a href="mailto:tcura@tcu.edu">tcura@tcu.edu</a>
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