

CHANGING THE AGING MINDSET

BY NANCY MADSEN

A recent article by Scott Burns in The Dallas Morning News suggested that “old age is made up,” based on a review of the book, “The Longevity Economy” by Joseph Coughlin. Coughlin, founder of the MIT Age Lab, contends that old age is a social construct, an artificial creation.

While we continue to age and die, he writes, what older people can do and how they live is massively misrepresented by the prevailing idea of old age. It is still broadly accepted that when you are old, you are also needy, infirm and greedy, limiting corporate imagination of the elderly as needing adult diapers, faster wheelchairs, hearing aids and replacement body parts.

Burns asserts that Coughlin’s book, published in 2017, is even more important today because of the employment and labor force issues that have hit our

economy harder due to the COVID-19 pandemic. Older workers, he suggests, could rejoin the labor force, fill some of the unfilled jobs and possibly help curb inflation. Having some older folks work longer might also increase productivity. Losing older, experienced workers may increase the difficulty of rebuilding our nation’s infrastructure since, Coughlin writes, millennials and Generation Z have avoided the skilled trades. In fact, the percentage of workers over 40 in key trades is astounding, including: 65% of heavy equipment operators, 56% of electricians, 52% of electricity line workers, 52% of welders, 52% of pipefitters/plumbers, 51% of civil engineers, and 49% of structural and ironworkers.

Burns says we have a great future to build, “but you have to wonder how we’re going to get ‘er done.”



**NEXT TCURA MEETING:
TUESDAY, MAY 17 AT 11:30 AM**

**HAYS BANQUET HALL
NEELEY SCHOOL OF BUSINESS**

Fort Worth native and beloved restaurateur Jon Bonnell will be the speaker at the May 17 TCURA meeting. Bonnell owns four restaurants in Fort Worth - Bonnell’s Fine Texas Cuisine, Waters, and two Buffalo Brothers locations - and is in the process of opening another on Berry Street in honor of the former Jon’s Grill. He will be speaking on how Fort Worth restaurants survived (or didn’t) during the COVID pandemic. His experiences in weathering that crisis are detailed in his book, “Carry Out, Carry On, A Year in the Life of a Texas Chef.” Please join us May 17 for what should be a fascinating program!

LUNCH & PARKING

Sack lunches are available for \$15. Please RSVP to Linda Moore, l.moore@tcu.edu or 817.924.5330. Parking is available in the Visitor Lot on Lubbock Avenue across from Hays Hall.

TCURA NEWS AND UPDATES

A NOTE FROM HUMAN RESOURCES

The deadline to transition TCU dental and vision benefits to VIABenefits is edging closer. Current benefits must be transitioned by May 31. You can review your options at my.viabenefits.com/tcu.

Do you prefer to talk to a benefits advisor? You can reach out to ViaBenefits at 1-888-429-8490. Robin Scruton is also available at TCU to answer questions you may have.

COOKBOOKS HERE IN MAY!

Our cookbook is finally published! We will have copies available for sale at our May meeting (nicely timed with the program by chef Jon Bonnell). They cost \$26.95 each. Thank you all for your contributions and patience with the process!

JULY MEETING

The July TCURA meeting will be a Coffee with the Chancellor on Tuesday, July 19, from 10 to 11. Location to be determined.

UPCOMING NEWSLETTERS

The newsletter will not be published in June or August. There will be an issue in July with information about the July meeting. If you have any news or contributions, please contact Nancy Madsen at n.madsen@tcu.edu.



MEET OUR NEW TCURA COMMUNICATIONS CHAIR: LENELDA PENNINGTON

I retired from TCU in September 2020 after 21 years with IT, most recently as IT Security Engineer. I've been married for 48 years and have two amazing daughters, one currently working in IT at TCU, the other as GIS manager for the City of Fort Worth.

My hobbies include Quilting and Knitting. Recently my husband, Bill and I traveled 5,555 miles from Fort Worth to Salem, Oregon, then six months later did it again. During both trips we visited Yosemite NP, Sequoia NP, Bryce Canyon NP, Death Valley NP as well as the California Coast including Big Sur. Yes, we

enjoy road trips. Next month we will travel to Yellowstone NP and Grand Tetons NP, trying to make up time for all those years working inside.

My goal as Communications Chair is to work with our web designer to give all the TCU Retirees an easily navigable website with current information. I will include updated information with helpful links to articles and features especially for the TCU Retiree community. I look forward to meeting you at our monthly Retiree meetings. Please feel free to seek me out and introduce yourself so I can put names and faces together.

PHOTOS FROM APRIL LUNCHEON



1. Bob Vann and Susan Hanratty



2. Brian Kincannon and David Grebel



3. Sharon Campbell and Mary Kincannon

TCURA 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.

REFLECTIONS ON RETIRED LIFE

JUDY GROULX



JUDY GROULX

Having grown up a Midwesterner and attending college in Massachusetts, I have to admit it was a culture shock to move to Texas. My children were starting kinder and second grade. I applied at TCU for a Ph.D. in Cognitive Psychology, with Don Dansereau as my mentor professor and inspiring leader of our graduate research team. What a providential coincidence that the School (now College) of Education had an opening for a tenure-track position teaching Educational Psychology, shortly after I completed my degree in 1986.

I retired in 2014 having enjoyed the immense privilege of working with terrific, dedicated students and talented, collegial faculty. During my career decades I watched a steady and remarkable transformation, both in the COE and across campus, both physically and academically. And it continues non-stop.

It took me a while to figure out how to transition away from professional interests toward new goals, so I was glad to be able to serve on a few more graduate thesis and dissertation committees and to act as consultant evaluator for some of my colleague's grant projects. I joined the TCURA just as it initiated the creation of our membership database online in order to distribute newsletters by email; thus I acquired the oh-so important title of List Master, ha-ha. It has been a pleasure to become a more TCU-connected retiree than I might have been otherwise, as I have gotten to know so many friendly and interesting folks whose names I knew but whose paths I didn't cross often on campus.

I lead a double life, as a Texan enjoying Fort Worth in winter and then migrating to our summer home in Frankfort, Michigan, May to October. Our family has anchored there since my grandfather purchased cherry farmland and lake property back in the 1920's. It's located

in the northwest corner of the lower peninsula, a place of exceptional beauty and peace, with sparkling clear waters (Crystal Lake and Lake Michigan), forests of birch and maple trees, hayfields, orchards and rolling sand dunes. It has been a lifelong joy to pass along a love of boating and sailboat racing, hiking, birdwatching, and camping to my children and grandchildren. By marrying my second husband, from Quebec, in 1993 I learned how glad I was to have learned sufficient French long ago, and we expanded our family to a total of 4 children and now 9 grandchildren. We also added scuba diving and fly fishing to our recreational fun list.

Retirement afforded some wonderful travel opportunities, taking our camper-trailer coast-to-coast and border-to-border. We spent one summer driving and camping all the way to/around Alaska and back, by way of Vancouver, and had another adventurous trip through Quebec and all around Nova Scotia. Our biggest journey was a Road Scholar expedition that combined Machu Picchu and the Galapagos Islands. We look forward to a second Road Scholar voyage to the Adriatic Coast and Greece, fingers crossed that the pandemic will not reignite and that peacetime will return to Europe.

Lifelong learning is not just a buzz word for me in retirement. I've learned enough water-color to want a lot more instruction and time to practice. I'm a member of our church bell choir, a great book group and two writing circles. My current writing project is a historical fiction story based on several 19th-century abandoned homestead and logging sites that we discovered on our Michigan property, which have intrigued me and haunted me, wondering who those settlers might have been. There's a top-rated little historical museum in the area there. I am a member of their publishing committee, and I've learned I might have enjoyed a whole different career as a historian. Rookie that I am, I am loving digging into local history enough to write a credible story about who might have lived on the land there before we did.

We live within walking distance of TCU so I often go just to wander the campus. I am struck by how beautiful the campus is and how many new buildings and facilities

Continued on Page 6

HEADLINES OF INTEREST

KEY TCU NEWS TO KEEP YOU INFORMED



EARTH DAY 2022: A LOOK AT EFFORTS ACROSS CAMPUS

In multiple disciplines across campus, TCU is involved in conservation and preservation efforts. This Earth Day, we look back at stories on how TCU is making an impact, both locally and globally. -- Grant Awarded to Improve Animal Welfare -- Associate Professor of Biology Marlo Jeffries and co-PI Dalton Allen M.S. '21 were awarded a \$10,164 grant from the American Association of Laboratory Animal Sciences to study whether toxicological tests that feature marine fish embryos or [CLICK FOR MORE...](#)



CHRIS WATTS HIGHLIGHTED FOR PARKINSON'S RESEARCH PROJECT

WFAA recently featured Chris Watts, the Marilyn & Morgan Davies Dean of the Harris College of Nursing & Health Sciences, and his ongoing research to fight Parkinson's disease. In 'TCU decoding the 'sweet science' of boxing and its benefit to Parkinson's patients,' Watts explained his partnership with former professional boxer Paulie Ayala who conducts boxing classes called Punching out Parkinson's. Participants report improved symptoms, and Watts is out to see if he can take the anecdotal results and prove them. [CLICK FOR MORE...](#)



IN DESIGN SERVICE LEARNING, THE WORDS ARE EQUAL

Jan Ballard emphasizes both words in service learning. The design instructor wants to see students serving the community, but also puts emphasis on them learning about the community. Service learning engages students not only in their respective disciplines, but in the examination of their roles as future leaders. TCU faculty across disciplines partner with local leaders to design service projects that enhance learning and meet the needs of our community. In other words, it is truly a win-win. Ballard shares about their unique service-learning endeavor. [CLICK FOR MORE...](#)



RON PITCOCK NAMED DEAN OF THE JOHN V. ROACH HONORS COLLEGE

TCU announced Ron Pitcock, Ph.D., has been named Dean and Wassenich Family Endowed Chair of the John V. Roach Honors College following a nationwide search. Pitcock joined TCU in 2001 and has spent the past 15 years in the Roach Honors College. "Dr. Pitcock is dedicated to enabling Honors students to reach their highest potential," said Provost Teresa Abi-Nader Dahlberg. "Over the past two years, he has excelled in leading the Roach Honors College as an interim dean. Dean Pitcock has the skills and commitment to lead faculty, staff and students in envisioning and realizing the aspirations of this diverse and dynamic intellectual community." [CLICK FOR MORE...](#)

REFLECTIONS ON RETIRED LIFE*Continued from Page 4*

there are now. We love being able to attend lectures, programs, music and theatre events, and sports of course, and look forward to a true finality to the pandemic so we may return to all that. In a way, CoVid made it so I could

become less dependent on TCU for feeling connected in the community. It feels strange going back to the Palko building and not knowing any students walking around, and there are many new faculty members as well. I am blessed to be among a group of faculty friends who stay in close touch, and I hope that the TCU feeling of “family” can be sustained.

MEETING YOUR PROTEIN NEEDS FOR HEALTH

BY CAROLYN SPENCE CAGLE



Over the past few months, I’ve spoken with older neighbors, their caregivers, and several family members who asked me to define their protein needs. These persons, ranging in age from 71 to 94 years, had limited muscle mass that made me think they probably lacked sufficient diet protein. Although I had a fairly good idea of older persons’ daily protein requirements, further research gave me valuable information to share with family and friends to promote their health. It seemed relevant to share my learning with you here.

WHY IS SUFFICIENT PROTEIN INTAKE IMPORTANT FOR ME?

Approximately half of older persons lack sufficient intake of daily protein to meet body needs. A daily balance of protein, carbohydrates, and healthy (olive oil) fats allows energy and bone and muscle building/maintenance for healthy aging. Eating sufficient amounts of protein

allows maintenance and addition of muscle that decrease your risk of falls and efficient production of hormones, enzymes, and neurotransmitters for good body functioning. Unfortunately, between the ages of 40 and 80 years, people lose 30-50% of their muscle mass to affect their overall health and fall risk. Maintaining muscle mass and building more during your older years via good nutrition and exercise remain essential for health.

SO HOW MUCH PROTEIN SHOULD I EAT EACH DAY?

The recommended daily allowance (RDA) is 0.36 gms of protein/lb. of body weight. BUT you may need more than that due to chronic illness, inflammation, other medical problems, and medications that cause older persons to use protein less efficiently than younger adults. Nutritionists recommend that individuals over age 65 years

Continued on Page 7

MEETING YOUR PROTEIN NEEDS FOR HEALTH*Continued from Page 6*

eat 0.45-0.55 gms of protein/lb. of body weight to meet their body needs (68-83 gms for a 150# person). Even larger amounts may be needed for you if you want to lose weight, exercise regularly, or engage in strength training. Spreading your protein intake across the day is best for overall health. You may have access to a dietician via your health plan to make an appropriate daily plan for your protein and other food intake.

WHAT FOODS HAVE GOOD AMOUNTS TO PROMOTE MY HEALTH?

Meats, seafood, poultry, many dairy products, beans, lentils, nuts, legumes, soy, seeds, and whole grains contain protein. Animal sources provide complete proteins (have all essential acids, building blocks for protein). Other sources are incomplete proteins (grains and legumes) but, when added to other foods, become complete proteins. An example of that would be rice and beans. High protein sources with a least 10 gms/serving are high protein sources. Overall, you want a variety of diet protein sources for optimal health.

CAN PROTEIN SHAKES AND MEAL REPLACEMENT PRODUCTS MEET SOME OF MY PROTEIN NEEDS?

There are many products on the market that provide large amounts of protein (18 -22 gms) for a meal. For some time, my husband and I have consumed spinach smoothies made with either whey protein or pea protein and other healthy ingredients three times a week. On a busy day, the drinks quickly get us out of the door with little cleanup. However, some dieticians recommend getting most of your protein from food sources and not powders. Like many things in life, do things in moderation and eat a variety of foods for optimal health.

REFERENCES

Baum, J. L., Kim, Il-Young, & Wolfe, R. R. (2016, June 8). Protein consumption and the elderly: What is the optimal level of intake? *Nutrients*, 8(6), 359. Retrieved from <https://doi.org/10.3390/nn8060359>.

Lee, J. (2022, January 15). How older adults can meet their protein needs. *Consumer Reports*. Retrieved from <https://www.consumerreports.org/healthy-eating-how-older-adults-can-meet-their-protein-needs-a8954254493/1/15/22>.

CAN I EAT SOME OF MY USUAL FOODS TO GET GOOD AMOUNTS OF PROTEIN?

Below is a look at some food sources and amounts (3 oz = deck of cards) to meet your protein needs:

| | |
|-------------------------------------|---------|
| Grilled beef (3 oz) | 24 gms |
| Chicken breast (3 oz) | 24 gms |
| Tuna (3.5 oz) | 19 gms |
| Halibut (3 oz) | 23 gms |
| Pork chop (3 oz) | 26 gms |
| Turkey breast (3 oz) | 24 gms |
| Tofu (1/2 cup) (soy product) | 10 gms |
| Cooked salmon (3 oz) | 23 gms |
| Plain non-fat Greek yogurt (5.5 oz) | 16 gms |
| 2% milk (8 oz – 1 cup)) | 8 gms |
| Canned white beans (1/2 cup) | 9.5 gms |
| Egg (1) | 6 gms |
| Almonds (raw) (1 oz) | 6 gms |
| Cooked quinoa (1 cup) | 8 gms |

In Memoriam

Shirley Heard

Student Development Services Leadership and Involvement
April 4



TCU RETIREES ASSOCIATION EXECUTIVE COUNCIL 2021-2022

Officers

President

Pat Miller
p.miller@tcu.edu

Vice President

Melinda Rubenkoenig
817-266-8710
m.rubenkoenig@tcu.edu

Secretary

TBD

Treasurer

Wendy Crowley
817-657-6687
wencro@aol.com

Past President and UCAC Representative

Linda Moore
817-924-5330
l.moore@tcu.edu

Other Council members

Membership Chair
Rich Enos
r.enos@tcu.edu

Communications Chair

Lenelda Pennington

Educational Programming Chair

David Grebel

Representatives-at-Large Membership List Master

Judy Groulx
817-366-5333
jud.groulx@gmail.com

Newsletter

Nancy Madsen, Editor
817-938-4341
n.madsen@tcu.edu

Ashley Sutton, Designer
817-637-0215
ashley.j.sutton@gmail.com

TCURA email address:
tcura@tcu.edu