

The End and the Beginning

PRESIDENT'S COLUMN



LINDA MOORE

This is my last column as we begin to transition to a new leadership group and plan our next moves to public meetings and interaction. I want to thank all of you for your support over the past 2 years and all the kind and helpful emails and calls. You kept me on track and gave me the motivation to keep on trucking during difficult times. I also want to thank the great board members who supported our work. Thanks to Janet Herald, Past President, for all her wonderful work on the board over the past several years and for her work on the

Nomination Committee. Donna Johnson also served for several years as Secretary and contributed in so many ways to the running of the organization over many years. She was often the voice of history and a catalyst for the future. Thanks to Suzanne Huffman who worked so hard to set up our luncheons and speakers, often a thankless job. Andy Fort, who skipped town to get to Colorado, was a voice of knowledge and reason on the board and always happy to contribute. Arturo Flores shared the work of UCAC with me and was a great partner in the negotiations and the frustration of that committee. Paul Hartman helped us realize that we did not need a development officer so

Continued on Page 2

JULY 23 COFFEE WITH THE CHANCELLOR



Nancy Petruso and Alice Carter



Sharon McAteer, Mary Nell Kirk and Karin Black

MEET ROBIN SCRUTON

RETIREES' LIAISON, TCU HUMAN RESOURCES

I have been in the business of Human Resources since 1991, serving industry sectors that include legal, manufacturing, and government, spanning disciplines such as benefits, labor relations, policy administration, recruitment, and training. I am familiar with the critical areas employees need to do their jobs, including assisting employees to through the benefit maze

I have spent the past 18 years at Givens Pursley LLP, one of the largest law firms in Boise, ID. Prior to my time in Idaho, the majority of my professional years were spent in a chocolate manufacturing facility for Nestle USA in Wisconsin. Yep, CHOCOLATE! When asked to compare my experience at a law firm to a chocolate manufacturing facility to an Air Force base, I would say they are all the same — they all need people.

For many years my time out of the office was spent on the sidelines of the lacrosse field watching my son, whose team won back to back state championships in high school. Sports and anything outdoors are my

favorite pastimes. I am ready to take the dog on long walks on the trails around Fort Worth.

I learned what a special place TCU is when I became a Horn Frog Mom and could not have been prouder when Jake graduated this past May. He begins graduate school next week.

I am thrilled to be a Horn Frog in my own right and serve the TCU retirees. I believe it is the retirees who have shaped TCU for the future. I look forward to meeting each of you and assisting in whatever way I can.

Go FROGS!



THE END AND THE BEGINNING

Continued from Page 1

the position will be eliminated but we thank him for all his work on the board. All of these folks will be missed! The rest of the group remains and I am so grateful for all their work!

We have a new slate of officers who have agreed to serve. Pat Miller will be President and Melinda Rubenkoenig will be Vice President. Rich Enos will Chair the Membership Committee. We have two other slots to fill but that is in process. Welcome to these folks who I believe will be wonderful additions to the Executive Committee and will take us forward with enthusiasm and competence.

There is news. We have board meetings set up for the year and luncheons scheduled with actual rooms

available. This was difficult because of the quick rush to schedule the Kelly Center and the BLUU once the campus opened. Thanks to Melinda Rubenkoenig for digging deep and using her room finding skills that often saved my life as a faculty member.

Our Coffee with the Chancellor in July had good attendance and it was so nice to see so many folks again. Representatives from HR (Yohna Chambers, Michelle Whitely, and Matt Milln) shared news about the search for a replacement for Tracy Thompson (see the column above announcing Robin Scruton as our new representative), as well as how HR is handling issues for retirees who by the way make up more than one-third of all employees of TCU. Robin will attend TCURA Executive Committee meetings and be a part of the ongoing

discussion about the organization's work. We are excited to have her as part of the TCU family! The Chancellor announced that the Medical School has been granted transitional accreditation which is the next exciting step toward full accreditation once the first class of students graduates. He also announced that the Medical School has received 10,000 applications for 60 slots for next year's class. In terms of overall students, we have 10,500 undergraduates. The Board of Trustees set a cap of 12,000 overall. We are 363 students over that with the number of first-year students who accepted our invitation to attend. Resources will remain the same and there will be no salary increases for this academic year.

Continued on Page 3

THE END AND THE BEGINNING

Continued from Page 2

UCAC has been changed to a smaller committee based on recommendations by the Faculty Senate Committee on Committees. We now have one representative instead of two. It will be the Past President which seems the best way to maintain continuity in membership on the committee and represent TCURA best over the long term. While we agree that the committee had become unwieldy, we preferred to have been a part of the discussion about the changes. Several UCAC

members were vocal about the lack of transparency in the process but we will motor on and represent retirees to the best of our ability.

We are still waiting to hear about the future of the Big 12 and what will happen to TCU. No one is projecting anything concrete but the internet has a lot of ideas for us and the other schools remaining in the Big 12. I for one, am hopeful that we will land well and believe that all efforts to that effect are in process.

TCU is not mandating vaccinations for students and staff but masks will be required for all people indoors and vaccinations are recommended. There

will be social distancing in classrooms and other indoor spaces particularly for unvaccinated folks. Faculty will have a 6' space between teaching areas and students. We will pray the delta variant does not hit us hard.

That's the news and again, I want to thank all of you for hanging in there and supporting us as we continue to keep TCURA relevant and involved in the life of the campus. Onward and upward with the new Executive Council. Can't wait to see all of you at our luncheon on September 21. More information on that will be forthcoming. It has been a joy!

Linda

In Memoriam

Stan Block

Emeritus Professor of
Finance
July 11

Jim Chaffee

Spouse of Retiree
Jeannie Chaffee
July 23

Ron Flowers

Religion and
TCURA Treasurer
June 27

Doug Newsom

Schieffer College of
Communication
May 24

Jack Scott

Former Director
of the Counseling
Center
May 20

Jim Shofner

Former Football
Head Coach
July 17

Harriet Woldt

Fine Arts
May 19

*A memorial service
for Harriet will be
held on Sept. 26
at 3 p.m. at Trinity
Episcopal Church.*



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



CLASSROOM PROTOCOLS FOR FALL 2021 FROM THE OFFICE OF THE PROVOST

This message (sent August 11, 2021) details safety protocols established in 2020 for classrooms and faculty office hours, now modified for fall 2021 due to the availability of the vaccine. Our goal remains to be on campus and in person, learning and teaching together in the classroom, as much as possible and as safely as possible. Please refer to the TCU Protect the Purple website and Academic Affairs FAQs for further details and to monitor changes that may evolve as the pandemic evolves.

[CLICK FOR MORE...](#)



APPLICATIONS FOR TCU R.I.S.E. CERTIFICATE PROGRAM NOW OPEN

The partnership between Human Resources and the Office of Diversity & Inclusion provides participants tools and learning opportunities to advance development in diversity, equity and inclusion. Selected participants will be challenged to: improve their intercultural development through personal assessment; strengthen skills in advocacy and social change activism; and develop strategies to interrupt structural and systemic issues of power, privilege and oppression. Graduates of the TCU R.I.S.E Certificate program will be empowered to move concepts into concrete action.

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FORT WORTH MEDICAL STUDENTS SHARE JOYOUS AND EMOTIONAL WHITE COAT CELEBRATION

After a year of mostly virtual learning during a pandemic, second-year medical students at the TCU and UNTHSC School of Medicine were able to embrace loved ones during a belated White Coat Celebration. The joyous and emotional celebration came to fruition inside the TCU Legends Club at Amon G. Carter Stadium, on Saturday, August 7.

[CLICK FOR MORE...](#)



MEET SGA PRESIDENT LAU'RENT HONEYCUTT

TCU Chancellor Victor Boschini has done an admirable job of building the university's national profile in his 18 years of service. But in his interview with the Star-Telegram last week, he didn't paint the full picture about budget cuts and changes to the university's academic enterprise. As members of TCU chapter of the American Association of University Professors, we want to set the record straight.

[CLICK FOR MORE...](#)

BOOSTING YOUR BRAIN FOR BETTER MEMORY

CAROLYN SPENCE CAGLE PHD, RNC-E

With age, the ability to recall information may be more difficult and frustrate us to affect our quality of life. Short-term memory loss declines first. For example, you cannot recall the name of the person today that you met last month. When memory problems become more frequent or affect your important matters, you may worry you have worrisome cognitive decline, dementia, or Alzheimer's disease. Studies indicate that most people with mild cognitive decline do not progress to those more problematic diseases. In fact, 70% of people's risk of developing those more serious diseases rests in their lifestyle choices that de-stimulate the brain.

Various factors affect your ability to remember things. These include lack of attention, stress, anxiety, uncontrolled high blood pressure or diabetes that affect the remembering part of the brain, and an inability to concentrate on the issue at hand. Memory involves initially capturing information by your five senses (hearing, seeing, touching, and smelling and tasting if relevant), a process labeled encoding. Two additional processes of storing of that experience happens when you talk about it to others and form emotional memories about it. Retrieving the experience later (many years later, a function of good long-term memory!) allows you to feel like the experience was just yesterday! If you learned the event well the first time, you will later recall it much easier.

References Cited:

Boost your Brain & Memory (2021). University of MO Extension/matherlifeways, Institute on Aging (8 week course).

Memory as a creative act (2021). UCLA Health: Healthy Years, 18(5), pp, 1, 7.

Pajer, N. (2021, May 60 Ways to live longer, stronger, better). AARP Bulletin, 62(4), 12-13, 16, 18.

STRATEGIES TO HELP BOOST YOUR MEMORY

Here are some helpful suggestions from the experts, including things my husband and I learned in a University of Missouri Extension course during the pandemic:

- **FOCUS ON THINGS YOU WISH TO REMEMBER** – concentrate where you parked your car, people's names, etc.
- **COMBINE BETTER FOCUS WITH CREATIVITY** – the brain “perks up” when something is new or dramatic. Research shows people remember events connected to theatre, music, drama, and participatory arts due to their creative nature.
- **USE YOUR FIVE SENSES TO NOTICE INFORMATION AND LAY DOWN MEMORY TRACKS IN THE BRAIN** – Make sure all your senses work their best to fully notice the world and people around you. Science shows growth of memory brain cells with sensory stimulation involved in most life events. Remember from your teaching days: people remember 10% of what they read, 20% of what they hear, and 70% of what they see and hear!
- **AVOID DISTRACTIONS AND MULTITASKING THAT ARE ENEMIES OF MEMORY** – Turn off background noise or cell phone and avoid involvement in other activities to focus on events and people around you.
- **TELL YOURSELF YOU REALLY WANT TO REMEMBER SOMETHING WHEN IT HAPPENS.**
- **PRACTICE PATIENCE AND SIMPLICITY IN YOUR LIFE** – a calm nervous system helps memory. Use slow deep belly breaths to calm the part of the brain involved in memory.
- **USE CREATIVE MEMORY STRATEGIES IN YOUR LIFE** – look (actively focus), snap (form a visual image), and connect (create an image with something else). For example, to remember where you parked your car, imagine a colorful sign next to your car before you leave it.

Continued on Page 6

STRATEGIES TO HELP BOOSTER YOUR MEMORY

Continued from Page 5

- **ASSOCIATE IMAGES AND DETAILS TO REMEMBER** – to recall Angela's name, imagine halos around her head when you initially and repetitively meet with her.
- **WRITE DOWN INFORMATION** – The active connection of your hands and eyes to write a message allows you to later recall important matters. Outlines of things you wish to recall help you organize them in your mind for later recall. I still maintain a written calendar of "to dos" to structure my life and remember important things.
- **TRY A NEW ACTIVITY** – (Listening to different music, learning a new language, e.g.) Try one each week to stimulate the memory tracks and develop new memory cells for brain health.
- **REMAIN OR GET PHYSICALLY ACTIVE** – to increase oxygen to your brain, socially engage for stimulation, get adequate sleep, and investigate the MIND diet that has been shown to enhance brain health. Eat a salad, eat dark-colored berries, and try a cup of green tea each day to slow cognitive decline.
- **JOIN A BOOK CLUB** – To read different types of books to stimulate your thinking and discussion with other club members (I belong the Idyll Tyme Book Club here and gain different perspectives to truly appreciate each book).
- **MAKE CHOICES FOR AND ENGAGE IN ACTIVITIES TO STIMULATE YOUR BRAIN** – Here are a few:

Shoe Box - Put a few items in a shoe box, close the lid, and try to recall those items. As you get better, increase the number of items.

Self-Navigation - Get in the car but do not use your GPS. Use streets and landmarks to get where you are going.

Dial It - Put your cell phone away and dial a phone number without looking it up.

Chunk It - To remember phone numbers, SSNs, names or other categories, group similar things together (e.g., all the items needed for salad go in the same category).

Organize - Find a consistent place for your car keys once home, keep calendar to remind you of important events/appointments, and use a pill box to organize weekly medications.

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