

TCU RETIREES' SEPTEMBER LUNCHEON

Dr. Stuart D. Flynn, Founding Dean of the TCU and UNTHSC School of Medicine



STUART D. FLYNN, M.D. FOUNDING DEAN

The September luncheon will feature a presentation about the newly established TCU and UNTHSC School of Medicine. The speaker will be Stuart D. Flynn, M.D., who is the founding dean of Fort Worth's new M.D. school established by UNT Health Science Center and Texas Christian University. He most recently served as founding dean of the University of Arizona College of Medicine – Phoenix. Previously,

he was a professor of pathology and surgery at Yale University School of Medicine as well as an accomplished researcher, director of the residency program, a leader in the design and oversight of the school's curriculum, and founding member of The Society of Distinguished Teachers at Yale.

Flynn received his medical degree and residency training from the University of Michigan and completed a fellowship in oncologic

pathology at Stanford University. Flynn has authored more than 100 articles, books and monographs. He has received numerous honors including America's Top Physician's Award from the Consumers' Research Council of America, the Bohmfalk Teacher of the Year Award from Yale University School of Medicine and the Averill A. Liebow Award for excellence in the teaching of residents, also at Yale. He has been a member of the National Board of Medical Examiners Pathology Test Committee and USMLE Step I Test Material Development Committee.

The first class of medical students started this summer.

PLEASE NOTE:

Reservations for the September meeting are due Monday, September 9, so please RSVP as soon as possible online at tcura.tcu.edu or by contacting Joan Yates at j.yates@tcu.edu or 817-292-7087.

LUNCHEON DATES

**SEPTEMBER 17
OCTOBER 15
NOVEMBER 19**

**DECEMBER 10
JANUARY 21
FEBRUARY 18**

**MARCH 17
APRIL 21
MAY 19**

PRESIDENT'S COLUMN

A Productive Summer

As I return from my 4th trip to DFW airport to send friends and family back home, as I hug my granddaughter and send her off to the first day of 3rd grade, and as I drive through the school zones with lights flashing I realize we are beginning a new year. Most of you understand that when you work in an educational institution the year begins in August so it is time to gear up, watch some football, deal with the parking on campus and get together as a group.

It was a productive summer. Most of our board members (and other members) were on the road to both exciting and comfortable places (not mutually exclusive). We had a productive meeting with the Chancellor in July about the state of the university. He was joined by Provost Dahlberg and Vice Chancellor Chambers so we heard about many areas of interest including construction progress - it continues with many buildings ready for fall of 2020 and no new construction for



LINDA MOORE

5 years; admission growth - again the largest first year class in history; the DEI initiative including class offerings, student, staff, and faculty training; new leadership; and changes in retirement plans, salary planning and hiring. We are grateful to all three of them for being so supportive of TCURA.

Now that we are up to date, we are ready for our fall programs. On September 17, we will welcome Dr. Stuart Flynn, the founding Dean of the TCU & UNTHSC Medical School, to our opening luncheon. He will help us learn about the new school and its focus on preparing "empathic scholars." I hope you can join us for this fall kick-off. In October, Mr. Heath Einstein, Dean of Admissions, will join us to discuss the current new class and plans for the future. More programs are in progress so stay connected and read our newsletters. We are planning a great year of information, entertainment and opportunities to join together as colleagues connected to this terrific university and still part of its vibrant future. I'm excited to see you all and enjoy our continued association through TCURA. Go Frogs!

TCU RETIREES' ASSOCIATION EXECUTIVE COUNCIL 2019-2020

TERMS OF OFFICE END MAY 2020.

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

Vice President
Suzanne Huffman
817-481-0228
s.huffman@tcu.edu

Secretary
Donna Johnson
817-927-4620
d.m.johnson@tcu.edu

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

Past President
Janet George Herald
817-360-1061
jgherald@gmail.com

Other Council members
UCAC representative
Arturo Flores
a.flores@tcu.edu

Membership Chair
Richard Sybesma
817-343-1547
r.sybesma@tcu.edu

Communications Chair
Dee Dodson
817-992-5807
d.dodson@tcu.edu

Health and Wellness Chair
Andy Fort
817-821-1041
a.fort@tcu.edu

Representatives-at-Large
Development
Coordinator
Paul Hartman
766-720-5777
paul.hartman@tcu.edu

Membership List Master
Judy Groulx
817-366-5333
j.groulx@tcu.edu

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

TCURA email address:
tcura@tcu.edu

COLUMNIST CAROLYN SPENCE CAGLE PHD, RNC-E

The Role of Vaccines for Health Promotion: Measles and Shingles Vaccines

Recent media reports about high number of measles cases country-wide support this month's column for measles and shingles vaccines. Both protect us older adults from those preventable diseases. When 90% of a population has received a disease vaccination for a disease, a concept called "herd immunity" protects unvaccinated persons for that disease. Measles herd immunity is now less than 80%, leading to more measles cases affecting individuals of all ages. Medicare policies cover both measles and shingles vaccinations often without a co-payment or a limited payment as found on a drug tier. Relevant immunizations for older persons and retirees, with less immune system response due to aging, include Hepatitis B, flu, pneumonia (both PCV13 and PPSV23), Tdap (tetanus/diphtheria/pertussis), shingles, and measles.

I will highlight the last two for this column, although all listed vaccines are critical to your health promotion and peace of mind to avoid these two

diseases:

MEASLES

* A contagious virus causes the disease (one of the reasons we now see so many cases!)

* Disease causes fever and red rash; may lead to pneumonia and brain swelling in untreated older persons

* Centers for Disease Control and Prevention (CDC) recommends all adults born in 1957 or later, without health factors preventing measles vaccination, receive at least 1 dose of MMR (measles/mumps/rubella); if you are unsure if you had the MMR vaccine or have adequate measles immunity, your doctor can order a blood titer to measure your measles antibodies; you may also receive another MMR vaccination to assure disease protection.

* International travelers, college students, and immunosuppressed individuals may need 2 doses of MMR for adequate disease protection (check with your health care provider).

SHINGLES

* Activation of a dormant ("asleep")

chickenpox virus from childhood causes the disease; lowered aging immunity allows virus to resurface in rash or painful skin blisters, particularly on scalp, forehead, eyelids and nose; face tingling and burning pain push an urgent need for you to see a health care provider for assessment and perhaps anti-viral medication; complications may include vision loss, glaucoma, rare hearing loss, brain swelling, and possible pneumonia.

* CDC recommends adults 50 years and older who had chickenpox receive 2 doses of a new vaccine called Shingrix separated by 2-6 months; you can go to the GSK (Glaxo-Smith-Kline) pharmaceutical website to find vaccine availability; vaccine is in short supply due to high demand.

* Your personal history of receiving the previous shingles vaccine (Zostavax) supports getting the 2-dose Shingrix due to its greater effectiveness against the disease.

IN MEMORIAM

Tut Bartzen, head tennis coach

Ned Boehm, Jr., Dean of Admission, Assistant Vice Chancellor for Enrollment Management and Associate Vice Chancellor for Academic Affairs

Luther Clegg, College of Education

Marvin Gearhart, former TCU Trustee

Joey Jeter, Granville and Erline Walker Professor of Homiletics, Brite Divinity School

Marjorie Lewis, Professor of English

Mary Jayne Naff, Financial Aid office

Roger C. Pfaffenberger, Professor of Decision Sciences, Neeley School of Business

COLUMNIST CAROLYN SPENCE CAGLE PHD, RNC-E

Health Promotion: Ideas for a Healthy Blood Pressure

Many persons, including retirees, have high blood pressure (HBP) to increase their risk of stroke, heart attack, kidney disease, and other illnesses if left untreated. As a “silent killer,” HBP may present with vague symptoms that prevent affected persons identifying they have HBP. The American Heart Association (AHA) recommends persons regularly monitor their blood pressure to seek seeing their health care provider and gaining treatment. Currently the AHA advocates persons maintain a pattern of blood pressure readings of 120/80 or less to minimize negative effects of HBP.

One’s genetic history may influence their developing HBP. Knowing your family history can prompt you to control lifestyle factors to delay development of HBP or prevent it. Here are some ideas for you to reach that goal:

- * Do not smoke or quit smoking
- * Maintain a healthy weight by working with your health care provider on a diet and exercise plan; exercise with a friend to have fun and stay on track!
- * Exercise at least 30 minutes a day most days of the week; aim for at least 150 minutes/week of heart increasing exercise (pulse rate increases); include strength training in your exercise routine at least twice/week.
- * Establish a relaxation pattern each day; engage in meditation, mindfulness, walking in nature, slow deep breathing,

and other forms of relaxation for short periods several times the day; available phone apps allow this wherever you are!

* Watch your salt; avoid adding salt to food; eat healthy, fresh and low salt foods to maintain a daily intake of 1.5-2.0 gms of salt; eat at home to avoid high salt content in most restaurants and especially fast food places; avoid cured meats, condiments (ketchup etc.), many breads, deli meats, and frozen entrees and food with high salt; overall, learn to read food labels and try to have around 150 mg or less in each food source (this may mean avoiding soups and other canned food sources – seek low salt options or rinse high salt sources with water if possible); eat the DASH diet, an evidence-based healthy diet for persons with chronic illness, including HBP.

* Experiment with spices and herbs to “jazz up” your meals: oregano, basil, cinnamon, ginger, rosemary, etc. can make your food more appetizing; I use Penzeys’ low- and no-salt spices to make food delicious.

* Avoid more than 1 (women) or 2 (men) alcoholic drinks a day to avoid weight gain adversely affecting your blood pressure.

* Take your blood pressure medication daily; get a blood pressure machine and monitor your blood pressure at regular intervals; share your findings with your health care provider at regular intervals.

* Avoid snacks (“wasted calories”) such as potato chips, crackers, nuts, cookies, etc.; seek low sugar fruits and vegetables instead.

* Evaluate your need for multiple coffees each day to keep you “running”; instead, try herbal teas and decaffeinated coffee with some lower fat soy or almond milk.

References:

Aungst, T. (2019, June 13). 10 foods and drinks to avoid if you have hypertension. Retrieved from <http://www.goodrx.com/blog/10-foods-and-drinks-to-avoid-if-you-have-hypertension>.

A tasty cure for sodium overload (2018, September). Consumer Reports, 83(9), 16.

Eat yourself healthy (September, 2018). Consumer Reports, 83(9), 26-35.

COLUMNIST JUDY GROULX

TCURA Volunteers

Last year I headed up a small task force to explore ways that the TCURA might assist members in seeking volunteer opportunities, and we began by finding out how much we are already involved. Our survey on TCURA members' participation in service activities revealed that many of us are very active volunteers. We are engaged in over 80 different areas, including churches, courts and prisons, libraries, gardens, museums, schools, political organizations, environmental agencies, neighborhoods, health agencies and hospices. We are serving the homeless and hungry, veterans, school children and youth, TCU students, victims, refugees, animals, and the elderly. Most frequently mentioned were church-associated activities,

Meals on Wheels, and serving as a board member for non-profits.

Over 75% of survey respondents reported regular volunteering, from several times a month to more than once a week. Even though many of us are already very committed or otherwise occupied, there was moderate or high interest in serving beyond current levels. Nearly 50% indicated that they would participate in one-time service events and others reported that they have time to learn about new volunteering opportunities or would appreciate TCURA support for seeking volunteer and service opportunities.

Given those results, I met with Roseangela Boyd, TCU's Director of Community Engagement, who assists student groups to match them with

volunteering opportunities, and found that she would be happy to notify us of upcoming volunteer opportunities and help interested retirees to connect with agencies in need and meet with community and agency leaders.

All we need now are a few retirees who might be interested in coordinating further with Dr. Boyd and the Community Engagement office. They would help mobilize retirees for one-time service events and publish service opportunities as part of our newsletter and/or website. They might also initiate a forum where retirees can share descriptions of their service activities and invite colleagues to join them. If you're interested, please let us know! Contact Judy Groulx – jud.groulx@gmail.com.

Special Interest Group Announcements

Book Club: Mark your calendars! We plan to meet on Wednesday, September 18, at 10 AM at University Christian Church in room 204, for our Fall meeting. Dr. Kendra Belfi,

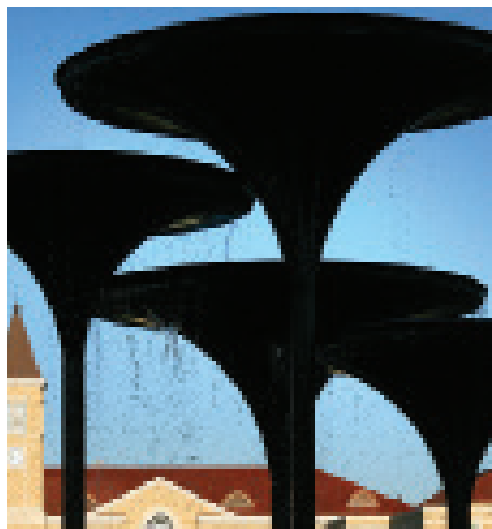
MD will lead the discussion of the book, "Quackery, A History of the Worst Ways to Cure Everything," by Lydia Kang MD and Nate Pedersen, a humorous and helpful insight into

good and bad cures. All retirees are welcome.

Bridge: Bridge will meet Friday, September 13, at Julie Baker's home from 1 to 4p.m.

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.**



Photos from the July TCURA coffee (from top left): 1) The Chancellor gave an update on the University at the TCURA coffee in July 2) Deana Ray and Sharon McAteer 3) Phyllis Allen, Tracy Thompson and Cheryl Wilson 4) Gail and Jack Davis 5) View from the Stuart Family Courtside Club, where the July coffee with the Chancellor was held 6) TCURA President Linda Moore and former President Janet George Herald share a laugh 7) Maggie Thomas, Alice Fry and Jeannie Chaffee 8) Wendy and Richard Sybesma 9) Richard Enos
All photos taken by Deana Ray

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.