

RETIREE PROFILE: JULIE BAKER

NANCY MADSEN



JULIE BAKER

Julie Baker spent nine years as an interior designer before joining academia. Her bachelor's degree is in applied art – interior design from Iowa State University, and her master's is in textiles, clothing and design from the University of Nebraska.

Then she switched gears. She earned a Ph.D. in marketing in 1990 at Texas A&M University and taught 12 years in the Marketing Department at the University of Texas at Arlington. Julie joined TCU as an assistant professor of marketing in January of 2004 and was promoted and tenured in 2005.

Academia seems to have agreed with her, since she received the TCU Undergraduate Teaching Award, Elective or Major, in May of 2006, and, in 2015, both the TCU Undergraduate Teaching Award, Core, and the MBA Favorite Teacher Award.

After retiring in 2016, Julie served the TCU Retirees Association as vice president, and most recently, as chair of the committee that compiled and published the TCURA cookbook, "Mem'ries Sweet, Comrades True."

What does she like best about retirement? "Being able to sleep until I wake up naturally in the morning, having an open and flexible schedule, taking naps and interacting with colleagues at TCURA meetings." Her least favorite things are not having a check at the end of every month and not interacting daily with students and colleagues.

Retirement hasn't slowed Julie down! She enjoys playing golf, bridge and Mah Jongg, taking classes with Silver Frogs, cooking, reading, book club, yoga and taking walks with her dogs. She also volunteers with Kids Hope.

Julie feels that TCU "has come so far since I arrived in 2004, and I believe that progress will continue. I am so proud of having been associated with TCU for all these years."

NEXT TCURA MEETING:



PREVIEW OF UPCOMING TCU MEN'S BASKETBALL SEASON WITH HEAD COACH JAMIE DIXON

A 1987 TCU graduate, Dixon came to TCU as head basketball coach on March 21, 2016. In his first season in Fort Worth, he led the Horned Frogs to their best Big 12 conference record (6-12) since joining the league in 2012-13, their first-ever program win over a #1 ranked team, their first Big 12 Tournament semifinal game and the NIT championship. In 2017-18, the school reached the NCAA Tournament for the first time in 20 years.

TUESDAY, SEPTEMBER 20

11:00 AM

HAYS BANQUET HALL

NEELEY SCHOOL OF BUSINESS

RSVP TO LINDA MOORE

l.moore@tcu.edu

817-924-5330

LUNCH & PARKING

Box lunches are available for \$15. Parking is available in the Visitor Lot on Lubbock Avenue across from Hays Hall.

EVALUATING ASSISTED LIVING FOR A LOVED ONE

CAROLYN SPENCE CAGLE

With an aging society, there is an increasing need for long-term environments that offer care to those persons unable to fully care for themselves but deserve a quality living environment. One option for care is an assisted living facility where 24-7-hour staff help older persons with mobility, toileting, bathing, eating, dressing, medication delivery (the six activities of daily living, ADLs). Generally state health departments or similar agencies regulate at a minimal level privately owned assisted living facilities; federal regulations do not currently exist. Most residents are private pay with no Medicare reimbursement and limited Medicaid payment that varies by state. Long term care insurance may cover costs after a waiting period. Geographical location affects the cost an assisted living facility, but the average yearly cost is around \$54,000. Most assisted living facilities employ CNAs (certified nursing assistants) and only high-cost ones employ doctors and RNs on site. The average age of an assisted living resident is 84 years and has several chronic health issues needing management by diverse discipline staff.

I visited an assisted living facility with my 94-year-old mother earlier this year to evaluate how it might meet her future needs (a good strategy I've heard). At right are some of the questions I asked the facility administrator to help me, my siblings, and my mother in our decision-making:

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DOES THE FACILITY MEET MY LOVED ONE'S PHYSICAL, MENTAL, SPIRITUAL, SOCIAL AND TRANSPORT NEEDS?

- Do new residents undergo a physical exam and assessment of their ADLs within the first month of residency to identify their needed level of care (and cost of their care)?
- What level of staff do you employ? How are they trained and evaluated for competency to meet resident needs? What is your CNA:resident ratio to meet resident needs? How do ratios vary during day and night hours for safe resident care?
- Do residents have access to transportation for medical, church services, and facility outings? What is the cost of that service?
- How do you meet residents' mental, spiritual, and social needs for their overall health (outings, daily programs, etc.)?
- What is your visitor policy to maintain family/friend connections for resident well-being?
- What is your daily activity plan that addresses residents' holistic health? How do residents know and participate in that plan?
- How do you handle some residents' special dietary needs?
- What other services are on-site (PT, occupational therapy, dietary consulting, etc.) to meet resident special needs?

EVALUATING ASSISTED LIVING FOR A LOVED ONE

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In the end, after conferring with my four siblings, we hired a recommended caregiver to help our mother with laundry, bathing, and nutritional issues three times a week. This arrangement makes our mother happy and provides another “set of eyes and ears” to alert us of problems. Occasional sibling visits, and connections to our mother via cell phone, FaceTime, and email allow us comfort with keeping our mother in her home now.

REFERENCES CITED

American Health Care Association/ National Center for Assisted Living. <https://www.ahcancal.org/assisted-living/Policy/Page/state-regulations.aspx>.

Assisted living regulations. <https://www.hhs.texas.gov/providers-long-term-care-providers/residential-care>.

Gurnon, E. & SCAN Foundation). questions to ask before moving your parents to assisted living. <https://www.nextavenue.org/assisted-living-facilities-future>.

HOW GOOD AND SAFE IS THE CARE?

- Do you have a doctor on call or physically present here? If not, who handles medical emergencies often occurring a night? How do residents get quick and appropriate care with current number and preparation of staff?
- What practices do you have for safe resident medication administration?
- What policies and practices do you have to prevent resident falls?
- What is your COVID employee and resident vaccination and booster rate? Do you have an infection control professional on staff to respond to infectious disease outbreaks?
- Do you have a resident council to respond to resident needs and concerns?
- Do you have residents that we could speak to about their experience here?
- How do you ensure and evaluate delivery of resident quality care?
- Are you licensed or regulated by the state or other quality assessment entity to provide residential care services?

WHAT WILL BE THE COST OF CARE?

- How do you price various resident rooms? What provided services are part of that cost (utilities, tv, laundry, housekeeping, internet, etc.)?
- Do fees change mid-year or when a resident returns from hospitalization or acute care or after a fall?
- What is your entrance fee? Is that refundable if one decides to enter your facility?
- Can we have a copy of the resident contract to more fully understand legal ramifications of placing a loved one here for care?





FOOD FOR THOUGHT:

THE CURRENT HOUSING MARKET - EVALUATING OPTIONS
Hear from Tami Ellis, Seniors' Real Estate Specialist with Berkshire Hathaway HomeServices Alexander Chandler Realty, who will discuss what is currently going on in the local housing market, help determine the value of your home, as well as share tips on downsizing. Complimentary lunch will graciously be provided by Brookdale Senior Living. You won't want to miss this!

THURSDAY, SEPTEMBER 15
11:30 A.M. - 1:00 P.M.
DEE J. KELLY ALUMNI CENTER

REGISTER HERE BY SEPTEMBER 8.

In Memoriam

James C. Suggs

Served on the TCU Board of Trustees as regional minister of the Christian Church in the Southwest
July 6

Doris Baird

Residential Life
July 8

MEM'RIES SWEET, COMRADES TRUE

FAVORITE RECIPES FROM MEMBERS OF

THE TCU RETIREES' ASSOCIATION

GET YOUR COPY TODAY!

CLICK BELOW TO ORDER:

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HEALTH REIMBURSEMENT ACCOUNT ELIGIBILITY FOR VETERANS ON TRICARE

TCU HUMAN RESOURCES

For retirees to be eligible for the Health Reimbursement Account (HRA) when becoming Medicare eligible, they must have met the Rule of 75 and have been covered under TCU medical insurance for at least three months prior to their retirement. They must also utilize Via Benefits to enroll in a Medicare supplemental plan.

For our veterans who are covered for life by TRICARE, this meant they were required to elect

a supplemental plan which they may never use as TRICARE is a supplemental plan to Medicare.

Effective 08/01/2022, TCU will be honoring our veterans by no longer requiring them to elect an additional Medicare supplemental plan to be eligible for the HRA funding. Veterans retiring from TCU must still meet the Rule of 75 and must still be covered under TCU medical insurance for at least three months prior to their retirement to be

eligible for the HRA funding.

If you are currently a veteran on TRICARE and previously qualified and are receiving the HRA funding, Via Benefits at 1-888-429-8490 will be able to assist you with eliminating the Medicare supplemental plan that you are currently carrying.

If you have any questions or may not be sure if you qualify for this veteran exception, please feel free to reach out to Robin Scruton at 817-257-5017 or r.scruton@tcu.edu.

TCU MAKES PRINCETON REVIEW TOP 10 IN 11 CATEGORIES

TCU NEWS



TCU is once again being recognized as a top-tier institution committed to delivering an outstanding college experience to students.

The Princeton Review's 2023 list of the best 388 colleges ranked TCU No. 3 on its list of both Best-Run Colleges and Best Quality of Life. TCU again was recognized for Best College Dorms, coming in at No. 2. The rankings were among more than 20 designations, 11 of them in the top 10.

"These data reveal that TCU excels in some of the most important criteria prospective students use in evaluating colleges," Heath Einstein, dean of Admission, said. "TCU's ability to create a community

in which students meaningfully connect and effectively prepare for a lifetime of personal and professional success aids in the recruitment of future Horned Frogs."

Mike Caldwell, executive director of the BNSF Center for Career & Professional Development, emphasized the importance of graduate success as well.

"TCU remains or returns to highly ranked positions in multiple career-related categories. We are ensuring access to excellent internship, job search, networking and career advising programs and resources to prepare our students for success after graduation," Caldwell said. "Our employer partners also value the skills

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TCU MAKES PRINCETON REVIEW TOP 10 IN 11 CATEGORIES

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and experiences that TCU alumni bring to their organizations. Faculty and staff across campus are invested in preparing TCU students for the workplace – which brings outstanding employers to campus to recruit our graduates.”

The Best-Run ranking is an increase from its No. 5 ranking in 2021. The Princeton Review described TCU as having a, “small school atmosphere with the resources of a large university,” which allows the school to offer world class resources while fostering a tight-

knit community.

TCU’s No. 3 in Best Quality of Life is closely tied to its No. 5 ranking for Happiest Students.

“The vibe on Texas Christian University’s campus can be summed up with the phrase ‘southern hospitality,’” reads the website.

“Our selection of the colleges in this book is based on our opinion of their academic offerings,” said Rob Franek, editor-in-chief of The Princeton Review. “We recommend each one as an academically outstanding choice for an applicant. Our ranking lists, however, are not based on our opinions of the colleges. They’re entirely based on what the schools’ own students have told us about their experiences at them.”

TCU RANKING HIGHLIGHTS

- Best College Dorms #2
- Best-Run #3
- Best Quality of Life #3
- Happiest Students #4
- Best Schools for Internships (Private Schools) #4
- Best Student Support and Counseling Services #4
- Best Alumni Networks (Private Schools) #5
- Best College Library #7
- Best Athletic Facilities #7
- Most Active Student Government #8
- Top Entrepreneurship (Under 10, 000 students/ undergraduate): #9
- Best Career Services #12
- Most Beautiful Campus: #13
- Best Health Services #17



PHOTOS FROM JULY COFFEE WITH THE CHANCELLOR



1. Kay Higgins buys a cookbook at the July coffee.



2. Mary Kincannon and friends at the July coffee



3. Chancellor Boschini with Pat Miller



4. Outgoing TCURA President Pat Miller passes the gavel to Melinda Rubenkoenig, 2022-2023 President.



5. Don Mills and Stan Hagadone visit at the July coffee.

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.

HEADLINES OF INTEREST

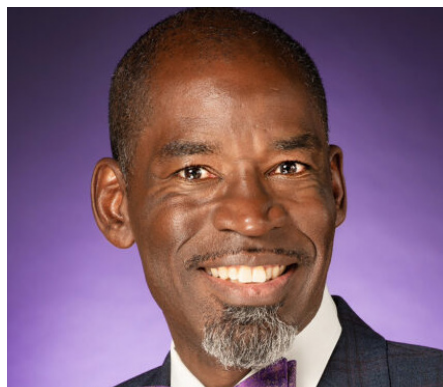
KEY TCU NEWS TO KEEP YOU INFORMED



DANICA KNIGHT NAMED REES-JONES DIRECTOR OF TCU'S KARYN PURVIS INSTITUTE OF CHILD DEVELOPMENT

David Cross, Rees-Jones Director of TCU's Karyn Purvis Institute of Child Development (KPID), will retire at the end of this year. Cross and Karyn Purvis cofounded KPID as a result of the Hope Connection, a research and intervention project they developed in 1999. The results of the Hope Connection summer camp led to development of Trust-based Relational Intervention® (TBRI®), an attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children.

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DR. REGINALD A. WILBURN APPOINTED ASSOCIATE PROVOST OF UNDERGRADUATE AFFAIRS

Provost Teresa Abi-Nader Dahlberg has appointed Reginald A. Wilburn, PhD, as Associate Provost of Undergraduate Affairs beginning August 1, 2022, to lead TCU's mission to support the continuous enhancement of undergraduate student education and experience. He will collaborate with deans, chairs, faculty senate, faculty members, undergraduate council and the provost's council to support high-quality, innovative undergraduate programs, especially in providing equity in education and experience to students across demographics.

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ZORANNA JONES NAMED ASSISTANT DEAN FOR THE COLLEGE OF SCIENCE & ENGINEERING

Dean Michael Kruger announces that Dr. Zoranna Jones has joined the College of Science & Engineering as assistant dean as of August 1, 2022. Jones will oversee student support in the College of Science & Engineering by leading success initiatives such as the testing center and peer-mentoring program. Jones will continue to develop curriculum for and lead the Introduction to University Life course, a student success seminar for incoming TCU students that helps them cultivate habits of learning and academic achievement. Designed to impart knowledge, skills and strategies to flourish and positively transition into academic life at TCU, the course provides students with mentoring by an instructor and student peer guide.

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WE LOVE OUR NEIGHBORS

Do you live or work near campus? Or maybe just bleed purple? TCU is launching a regular newsletter geared to our friends and neighbors, with the goal of keeping them informed and included in our campus community. Need to reach us? Want to receive Neighborhood News? Contact us at today@tcu.edu.

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