

ANYTHING IS POSSIBLE WHEN YOU HAVE THE RIGHT PEOPLE THERE TO SUPPORT YOU!

PRESIDENT'S COLUMN



MELINDA RUBENKOENIG

had met. During the welcome, President Linda Moore asked for members to volunteer to serve on the board. My dear friend, Audrey Crist, tapped me on the back and encouraged me to volunteer. My response was NO WAY!!! A few days later, to my surprise, someone else volunteered

I looked forward to attending "Coffee with the Chancellor" in July 2021! It had been a long time since the TCU Retirees Association

me. To say I was daunted by the request to serve as Vice President was frightening, I accepted. There was no time to waste. A meeting place had to be secured, programs planned, and catering ordered. My year serving as VP was fun and rewarding but I knew there was no way that I would accept serving as President. Famous last words! I was encouraged by the other board members that I could do the job. So, I accepted and it has been a term of serving that I could never have imagined.

July 2022 was a very busy month for me and my family. A large family reunion the weekend before the "Coffee with the Chancellor" and

a family trip planned to California that included my family of thirteen. My thoughts were that after my responsibilities were taken care of on July 26 all I had left to do was pack for California and enjoy a wonderful family vacation. The plans did not go as anticipated. I will never forget receiving the phone call from our son, Ryan, on July 30, "Dad, Tiffany (my daughter-in-law) is having a stroke"! The days and months that have followed that phone call have been life changing for many people.

You might be wondering what does this event have to do with TCU. The first example of that involves the

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MARK YOUR CALENDAR

MAY 16: LUNCH WITH KIM JOHNSON

Join us at 11:30 a.m. in the Ed and Rae Schollmaier Arena Courtside Club (CHANGE OF VENUE) for lunch with Kim Johnson. Kim is a senior associate athletics director/senior woman administrator in her 15th year at TCU, having joined the athletics staff in 2008. She has managed and supervised numerous sports at TCU including men's and women's golf and equestrian. She spearheaded the research that led to the addition of beach volleyball and triathlon. Kim leads the department's gender equity goals and initiatives.

REGISTER TO ATTEND - A buffet lunch is provided for \$15. Please register a week in advance on the TCURA website (<https://tcura.tcu.edu>) or email Linda Moore at l.moore@tcu.edu.

PARKING - Parking available in the Kelly Center lot or the adjacent visitors parking garage.

NEWSLETTER TO RETURN IN SEPTEMBER

The newsletter will cease publication in the summer, resuming in September. Any notifications regarding a meeting in July or other important information will be communicated separately. If you have any questions or feedback about the newsletter, please contact Nancy Madsen at 817 938 4341 or n.madsen@tcu.edu

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Annual Fund at TCU. Leo Munson, former Director of Academic Services, called me to his office in Spring 2005. He requested that I promote the Annual Fund. For the next ten years I did just that. During that time, I became acquainted with Janine Kraus. As we sat in the waiting room of Harris Hospital ICU the day after Tiffany's stroke, Janine came to visit me. She now works for Harris Hospital as Vice President of Fund Development. The support that she offered to our family was very helpful.

The second example involves Miller Speech and Hearing Clinic. My experience with the clinic while working in the Registrar's Office was having conversations with Chris Watts trying to find a classroom for their off the grid schedule needs. I knew of many success stories with their expertise in helping their clients with speech and hearing needs. I contacted several of my TCU acquaintances to inquire about the application process for Tiffany to receive therapy. She was accepted into the program! The graduate student that has been her therapist is very knowledgeable, professional and will fulfill the TCU mission statement during her career as a speech therapist.

The third example is the TCU Retirees executive board. Our first meeting this year was on September 6. At that time my husband, dog and I were living in Fort Worth to help with our grandchildren. I vividly remember preparing for the meeting using a computer I had never used before, selecting an outfit that was suitable for a meeting and preparing my mind to be focused. The emotional support I received from the TCURA board and Robin Scruton will always be special to me. Each board member has been very compassionate and understanding.

In closing, it has been a privilege to serve as your president. I thank Pat Miller for challenging and encouraging me. My TCU family have been the right people to support me!

IT ALL BEGAN WITH A BANK ROBBERY

BY: NANCY MADSEN



JOAN YATES

For Joan Yates, a presumably uneventful job at a Fort Worth bank turned into a nightmare reminiscent of Bonnie and Clyde. Joan grew up in Fort Worth and attended Paschal High School. Her first job was in the New Accounts Department at University Bank, which was originally located on Berry Street on a site now part of the TCU campus.

One day, Joan and the secretary to the bank president were kidnapped by four bank robbers. During their escape, they commandeered a police car while nearly 100 policemen helplessly watched. Joan said the episode was a "harrowing and frightful experience" that lasted about three hours before the robbers abandoned the police car and allowed them to return to the bank.

"The police caught up with us and took us to the police station where the FBI interviewed us and had us

view a lineup," Joan said. "We were told we were the first kidnapping in Fort Worth, but I don't know if that was verified. There was a great deal of media coverage, since kidnappings in the US were so rare at that time."

After working at the bank for several years, Joan became a stay-at-home mom to her four children. She volunteered at their schools and was a Camp Fire leader.

"My goal in life was to give our children the opportunity to get a college degree," she said. They eventually each graduated from different universities.

Joan started working at TCU in December 1998 in the International Admissions Department. She retired June 16, 2016.

"I loved working at TCU," she said. "The campus is beautiful and welcoming, and I really enjoyed working with the international students. I appreciated TCU providing me the opportunity to study Spanish a couple of weeks in Antigua, Guatemala."

Joan also worked at Frog Camp and assisted students

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IT ALL BEGAN WITH A BANK ROBBERY

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moving into their dorms. The thing she likes best about retirement is “not having to work around work schedules for daily living and travel.” The thing she likes least is “not accomplishing as much as I thought I would.”

She has participated in Silver Frogs and currently is in a Bible study, a retirees’ bridge group and a Pokeno group that has met for 27 years. She and her husband travel whenever they get the opportunity. This summer she is excited about traveling to Europe with two of her daughters to visit one of her four grandsons.

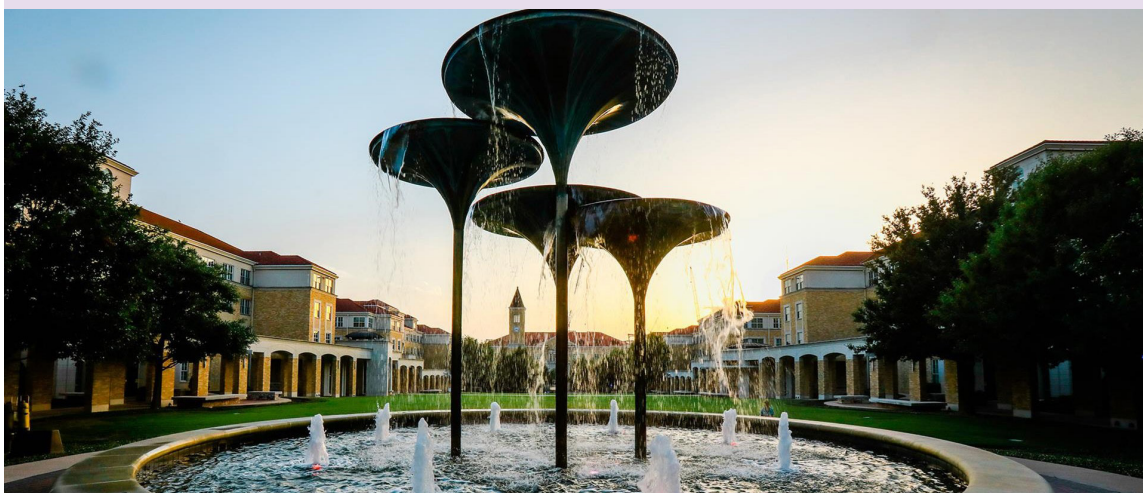
In Memoriam

Don Jackson

Emeritus Herman Brown
Professor of Political Science
and Cecil H. And Ida Green
Distinguished Emeritus Tutor
April 13

James G. Holcomb

Associate Professor of
Professional Practice, School
of Nurse Anesthesia,
April 17



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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.

APRIL LUNCHEON PHOTOS



1. Charlene and Kent Smith



2. TCU retirees reconnect at April luncheon.



3. Terri and Frank Cain

DENTAL CARE: AN ESSENTIAL SERVICE FOR YOUR OVERALL HEALTH

BY: CAROLYN SPENCE CAGLE PHD, RNC-E

Research supports the importance of quality dental care to prevent health issues. Poor dental care increases the risk of infection that contributes to one's risk of heart attack, stroke, autoimmune disease, kidney disease, and preterm birth. So why is it challenging in retirement to find reasonably priced dental care? Traditional Medicare policies do not cover dental care. Medicare Advantage plans may provide limited coverage depending on the company. Our current Advantage plan covers \$1500.00 for "non-Medicare covered

preventive and comprehensive dental services" but too few dollars for major restorative care (e.g., a root canal as we found out this spring!).

Overall, most dental plans simply cut your share of the cost of dental care but lack richer benefits often found in your health care plans. To add to your decision challenges, many dental procedures lack scientific evidence or clinical practice guidelines for treatment of common health conditions. So, it is good to choose dental care "with both eyes open" to explore options for possible

expensive care with the realization that our teeth do not last forever.

HERE ARE SOME IDEAS TO GAIN SOME CONTROL OVER DENTAL EXPENSES AND ACCESS TO QUALITY DENTAL CARE:

- Prioritize time and energy to care for your teeth: eat healthy, see a dentist twice a year for preventive oral care, brush and floss at least twice daily, rinse throughout the day with water to cleanse teeth,

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DENTAL CARE: AN ESSENTIAL SERVICE FOR YOUR OVERALL HEALTH

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and use recommended mouthwash for fewer bacteria and stronger teeth and gums!

- Talk with trusted colleagues to get a dentist recommendation: their satisfaction helps guide your decision; once you decide, evaluate dentist quality (educational preparation, continuing education practice, certification, office access, emergency care availability, information about fees, treatment estimates and payments, etc.) to evaluate a “fit” with you; be cautious about choosing a dentist employed by a private equity firm that encourages dental treatments for corporate profits.
- Carefully assess the best dental plan for your history, current and expected dental needs: with TCU jettisoning retirees off the university group dental plan last June, Via Benefits helps to identify plans in your local area; read the fine print to understand each plan; we have found individual dental plans may not provide as many benefits as the TCU group dental plan; choose a plan in-network dentist to save money on your care.
- Always ask about benefits, risks, and options to proposed treatments (e.g., do nothing): get a second opinion about suggested treatment to make a decision (only 27% of Americans do).
- Get a written quote from your dentist about planned

dental work and compare it to an explanation of benefits (EOB) document received post-care: with concerns, call the dentist and insurance company to clarify the issue; use the insurance company process to appeal a decision as needed; persist with your complaint informed by evidence; if needed, file a complaint with the state insurance watchdog agency (states usually take concerns about fraud seriously).

- Pay dental costs with a credit card: this allows involvement of the issuing card company with appropriate dentist payment.
- Plan treatment wisely: have two procedures in different calendar years to use maximal benefits in those years.
- Explore other less expensive options for dental care: state Medicaid programs, employer-based dental coverage, dental savings plans (DentalPlans.com), care at a dental school (coda.ada.org/en/find-a-program), or community health centers (findahealthcenter.hrsa.gov) may cover your needs.

REFERENCES CITED

Gurvis, S. (2022, August 4). Paying twice for dental care. Retrieved from <https://www.nextavenue.org/paying-twice-for-dental-care>.

Roberts, C. (2022, September). Do you really need that root canal, crown, or implant? Consumer Reports, 87(9), 35-39.



HEADLINES OF INTEREST

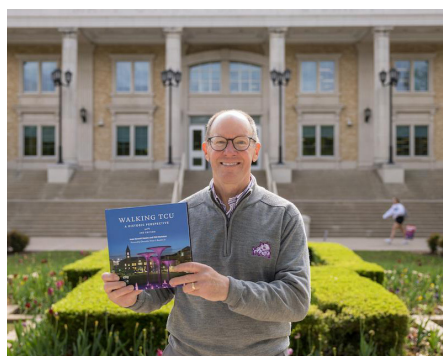
KEY TCU NEWS TO KEEP YOU INFORMED



THREE TCU GRADUATE PROGRAMS RECEIVE TOP 100 RANKINGS FROM U.S. NEWS & WORLD REPORT

U.S. News & World Report released its Best Graduate Schools rankings for 2023-24. The rankings include three Texas Christian University programs in the top 100, climbing multiple spots from last year. The Doctor of Nursing Practice in Harris College of Nursing & Health Sciences was ranked No. 43 in the country. The Full-time MBA program in the TCU Neeley School of Business is ranked among the top 50, up 17 spots from last year.

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‘A VERY DIFFERENT WALK’: WALKING TCU CELEBRATES TCU’S 150TH

With campus in its prettiest of palettes, spring is the ideal time to take a walk around TCU. Phil Hartman can be your guide, thanks to the recent publication of *Walking TCU: A Historic Perspective*, the second edition, in honor of TCU’s Sesquicentennial. The original *Walking TCU* by Joan Hewatt Swaim, former TCU reference librarian with family ties to the university, was published in 1992 and gives an account of the university’s history and the people who shaped it. The book’s focus was on the buildings and other campus structures – and one of Hartman’s favorites.

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FORT WORTH MEDICAL SCHOOL CELEBRATES ‘TOPPING OUT’ OF NEW MEDICAL EDUCATION BUILDING

Construction of the new medical education building for the Anne Burnett Marion School of Medicine at Texas Christian University in Fort Worth’s Near Southside reached a key milestone with the building’s frame and roof now in place. More than 200 donors, key stakeholders, faculty, staff and students at the Burnett School of Medicine at TCU, construction crew members from Linbeck, designers from CO Architects and Hoefer Welker gathered in Fort Worth’s medical district for a “Topping Out” celebration.

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STCO NSAC TEAM WINS FIRST PLACE AT DISTRICT, ADVANCES TO SEMIFINALS

The Schieffer College team won first place in the American Advertising Federation’s District 10 National Student Advertising Competition #1. They now advance to the semi-finals, where they will compete for one of eight spots at the finals. This is Schieffer College’s second first-place win at the district level. Team members Rafaela Alban, Hugh Londrey, Alice Mansour, Marianne Sikaffy and Micaela Viacava were led by first-time advisor Instructor Duke Greenhill with support from Instructor II Steve Levering. “We’re so proud of the students, who earned this honor entirely on their own with the boldness and fearlessness of their winning big idea,” Greenhill and Levering said in an e-mail.

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