

MAKING A DIFFERENCE IN RETIREMENT

PRESIDENT'S COLUMN



DAVID GREBEL

I'm not sure what I expected when I retired.

For some of us we know exactly what we intend to do. We'll do all the traveling we put off. We'll spend time with family. We'll turn our hobbies into second careers.

I didn't intend to retire. I recall several years ago sitting in a retirement seminar presented by Human Resources thinking that I'll just keep working. But Covid, and retirement incentives, invited me to make a choice I hadn't anticipated. I assumed that retirement would become an extended vacation with time on my bike and time with my books.

That's not exactly how it worked out. I did get some bike time and I am reading as much as ever. But I'm still working. Sometimes formally, like last year when I spent six months as interim pastor of a local congregation, and often informally as an association treasurer, a grant reviewer, an advisory committee member for the city of Arlington, and as co-chair of an anti-racism effort at my

church. Additionally, I've maintained my connection with you and TCU as an officer of the retiree's association.

All of these have something in common; they are all generative activities. Through them I continue to grow and learn and experience new challenges. And, I hope, continue to make a small difference in the world around me. Retirement has brought home for me the truth of Bonaro Overstreet's poem:

*You say the little efforts that I make
will do no good: they never will prevail
to tip the hovering scale
where Justice hangs in balance.
I don't think I ever thought they would.
But I am prejudiced beyond debate
in favor of my right to choose which side
shall feel the stubborn ounces of my weight.*

I hope retirement for you has provided opportunities to exercise your "stubborn ounces" with the things that matter to you.

UPDATE FROM HUMAN RESOURCES

NEW DENTAL OPTION FOR TCU RETIREES

In 2022 the TCU Medicare eligible retirees transitioned off the TCU group dental plan and have had the option of signing up for dental plans through Via Benefits. These plans are Advantage dental plans. If your dentist accepts these plans

as "in network", you will pay little to nothing at the dentist. However, if you were not interested in changing dentists or your dentist does not accept the Advantage plan, you may have discovered that there is little coverage even for routine exams and cleanings. You told us your concerns, and we heard you. We are presenting a new

option for our retirees. A new group plan is being established through Delta Dental. As a group plan, the dentists' restrictions found with the Advantage plans do not exist. As soon as Delta Dental is ready to take enrollments, we are set to go this year. Watch for the enrollment information...

MARK YOUR CALENDAR

FEBRUARY 20: DR. MAGNUS 'MAGS' RITTBY



The February 20 TCURA meeting will feature Dr. Magnus 'Mags' Rittby speaking on "Hammarah, Lebanon (Where I found a brother I never knew I had)." Mags, who came to TCU in 1990, is a professor of physics and astronomy. He grew up in Sweden, where he earned a bachelor's degree in physics and mathematics and a Ph.D. in physics from the University of Stockholm. He has served two terms as department chair and 15 years as associate dean in the College of Science and Engineering. Regarding his talk, Mags said that in his SciCom science communication workshops, storytelling is an important component where he challenges students to bring their own life experiences to bear. Through stories, science can be made more relevant to a lay audience which otherwise might be difficult to reach. In his talk, he will give some examples of the inspiration for some of his recent stories, focusing on a narrative revolving around Cold War events in global politics.

FEBRUARY 20 MEETING DETAILS

All meetings begin at 11:30 am in the Courtside Club of Schollmaier Arena. Parking is available in the Kelly Center lot or the adjacent visitors' parking garage.

REGISTER BY FEBRUARY 13

A buffet lunch is provided for \$15. Please register by February 13 on the TCURA website (<https://tcura.tcu.edu>) or by contacting Lenelda Pennington at l.pennington@tcu.edu.

MARCH 22: TOUR OF KEITH HOUSE



In March, TCURA members will have the unique opportunity to experience Keith House, recently constructed at the Trailhead at Clearfork, 4814 Edwards Ranch Road near The Press Café. Keith House is a modern-day meeting house, a nonsectarian space where visitors can gather to

contemplate, meditate and celebrate. The art installation inside the facility, known as the Keith House Sky Space, is by James Turrell, whose mediums are light and space. An 8-foot by 8-foot aperture in the ceiling allows interaction of the changing light in the sky. TCURA Board member Fred Oberkircher visited the first Turrell meeting house in Houston, and had this observation on the experience:

"The experience was unlike any art installation I had ever attended. The manner in which what appeared to be a skylight was constructed removed the visual sense of separation between the ceiling and the sky, resulting in the amazing visual sense that the sky was really flat paper glued to the ceiling – paper that subtly changed color through the evening as the sun set."

MARCH 22 MEETING DETAILS

Due to the unique nature of this presentation, it will be held Friday, March 22, at 6:30 p.m. instead of our usual monthly luncheon meeting. The event will include a tour and discussion of the architecture, artist and art installation, followed by time to experience the Keith Sky Space as the sun sets, weather permitting.

REGISTER BY MARCH 15

A buffet lunch is provided for \$15. Please register by March 15 on the TCURA website (<https://tcura.tcu.edu>) or by contacting Lenelda Pennington at l.pennington@tcu.edu.

WEIGHT LOSS FOR THE NEW YEAR: WAYS TO SLIM DOWN SAFELY

BY: CAROLYN SPENCE CAGLE PHD, RNC-E

Our country faces an epidemic with an estimated over 70% of obese or overweight Americans facing health challenge due to their weight. With a new year, there is an opportunity to re-examine our diet and work toward a healthy weight or maintain a current one. The colder weather and holiday season may have you carry some extra pounds that affect your comfort and well-being. For you and most people, losing weight requires lifestyle changes for a slow and steady approach to lose 1-2 lbs/week to reach a healthy weight loss. Dieticians and health care providers recommend the following to meet those goals:

- Eat more fiber and whole, nutrient dense foods: evidence supports that approach is one of the best ways to lose weight and decrease intake of saturated fats for improved health; foods meeting that guideline include avocados, nuts/seeds, beans/legumes, and lentils; 50% of your plate filled with vegetables meets that guideline.

- Eat protein at every meal to stay satisfied and maintain muscle mass; experts recommend 0,7 gms of protein/lb of body weight for adequate protein intake; lean meats, fish, Greek yogurt, lentils/beans, nuts/seeds, and tofu like-products meet that guideline.
- Eat lightly before bed; if you must, eat healthy foods (cheese, air-popped popcorn, fruit, etc.) before retiring.
- Eat hot soup before a meal; hot foods will slow eating and fill your stomach before the rest of the meal.
- Eat slowly and mindfully; chew each mouthful at least 8 times (“slow and steady”); avoid distractions and fully focus on your eating.
- Aim for calorie intake of 1200-1500/day (women) or 1500-1800/day (men) of unprocessed foods; fill your plate with a palm-size meat portion and two palm-sized portions of vegetables and whole grain products.

Continued on Page 4

TCURA 2023-2024 EXECUTIVE COUNCIL: CONTACT INFORMATION

Officers

President

David Grebel
817-564-6803
d.grebel@tcu.edu

Past President

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

Vice President

Rich Enos
r.enos@tcu.edu

Secretary

Bo Soderbergh
817-996-2534
bo.soderbergh@outlook.com

Treasurer

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

Other Council Members

Membership Chair
Shawn Wagner
s.wagner@tcu.edu

Communications Chair

Lenelda Pennington
l.pennington@tcu.edu

Educational

Programming Chair
Fred Oberkircher
817-690-9957
f.oberkircher@tcu.edu

Representatives-at-Large

TCU HR Representative
Robin Scruton
817-257-5017
r.scruton@tcu.edu

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

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.

WEIGHT LOSS FOR THE NEW YEAR

Continued from Page 3

- Seek 7-9 hours of sleep every night to maintain healthy responses to stress and meet weight loss goals.
- Manage stress that increases belly fat and affects sleep; yoga, meditation, social support, and exercise will help relax you.
- Regularly exercise with varied moves, including strength training, to boost metabolism and work all muscle groups.
- Stay hydrated; start the day with water and drink it all day; seek to drink at least 64 ounces each day.
- Try some chili spices in appetizers to decrease your appetite so you eat less at a meal.

I wish you well with your meeting your weight loss or maintenance goals with the promise of better overall health in 2024!

REFERENCES CITED

Caceres, V., & Howley, E. K. (2023, September 13). How to lose weight fast and safely: Strategies from dieticians. U.S. News and World Report. Retrieved from <https://health.usnews.com/wellness/articles/how-fast-is-it-ok-to-lose-weight>.

(2023, August). Five ways to prepare better meals. Healthy Years, 20(8), pp. 4-5.

(2023, March). Overcoming the challenges of weight loss. Healthy Years, 20(3), pp. 1, 7.

DECEMBER LUNCHEON



1

1. The Texas Boys Choir performed at the December TCURA luncheon.



2

2. Mary and Brian Kincannon



3

3. TCU retirees enjoyed music by the Texas Boys Choir.

DECEMBER LUNCHEON



4. TCU retirees enjoyed music by the Texas Boys Choir.



5. Lenelda and Bill Pennington



6. Fred Oberkircher

HEADLINES OF INTEREST

KEY TCU NEWS TO KEEP YOU INFORMED



RANCH MANAGEMENT DIRECTOR SHARES THE LOWDOWN ON THE FORT WORTH STOCK SHOW & RODEO

It's Stock Show time in Fort Worth. Matthew Garcia, director and Southwestern Exposition and Livestock Show Professor in Ranch Management, explained to TCU News why this legendary event has such staying power and why it is essential to the field of agriculture. The Fort Worth Stock Show & Rodeo has been around since 1896. In an ever-changing society, what keeps this event so alive and well? The Fort Worth Stock Show is well respected and steeped in tradition.

[CLICK FOR MORE...](#)



TERESA ABI-NADER DAHLBERG NAMED PRESIDENT AT UNIVERSITY OF TAMPA; FLOYD WORMLEY TO SERVE AS INTERIM PROVOST

Provost and Vice Chancellor for Academic Affairs Teresa Abi-Nader Dahlberg has been named president of the University of Tampa, in Tampa, Florida. She will transition to her new role effective June 1, 2024 where she will advance her leadership career in higher education. Dahlberg notably became TCU's first female provost in March 2019 and steered significant improvements in academic excellence, operational sustainability and campus culture, including the development and diversification of a dean's team and leadership council that has brought about significant outcomes for the university.

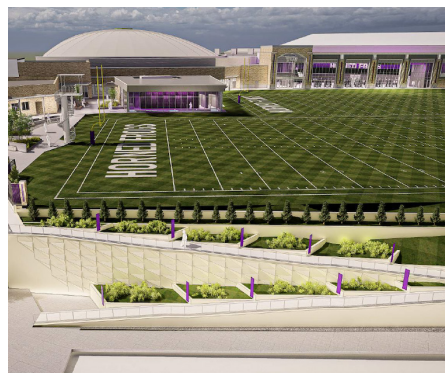
[CLICK FOR MORE...](#)



ENDEAVORS 2024 EXPLORES RESEARCH ON HEALTH DISPARITIES, MORE

The 2024 edition of Endeavors, TCU's research magazine, is live, giving a glimpse into the array of critical research underway on campus. "The idea list for each year's Endeavors keeps getting longer, which speaks to the exponential evolution of research culture at TCU," said editor Caroline Collier. "As always, all of this work has a uniquely TCU feel, no matter the home discipline." The cover story is about a research cluster in the Harris College of Nursing & Health Sciences. "This cluster was formed to address all manner of health care disparities, from how Somali mothers experience childbirth in the U.S. to the racial inequities in kidney disease," Collier said.

[CLICK FOR MORE...](#)



TCU ATHLETICS FACILITY EXPANSION SET TO BEGIN

Work on TCU's Athletics Human Performance Center Renovation and Expansion is set to begin at the end of the month. Announced at the end of 2022 with a lead gift of \$10 million from the Jane & John Justin Foundation, the donor-funded project includes several components: renovation of the existing Bob Lilly Performance Center; construction of a new state-of-the-art Football Performance Center; and development of a Restoration and Wellness Center for all TCU student-athletes. The project is taking place near the existing indoor and outdoor practice fields for TCU football.

[CLICK FOR MORE...](#)