

## REMEMBERING A MENTOR

PRESIDENT'S COLUMN



**DAVID GREBEL**

Serving at TCU for 27 years gave me the opportunity to develop meaningful relationships with hundreds of colleagues, many of whom became close friends. One especially comes to mind as I learned of her passing earlier this year. Diane Lovin served TCU for several years as coordinator of community programs in Extended Education. You would see her work in the course offerings available each fall and spring; courses that I know many of us have taken.

She also worked closely with the school of music planning and preparing the Summer Music Institute offerings and with the art department supporting their work with both the summer Art Camp and Art Academies. She also helped edit and produce our twice-yearly magazine, The Learner's Guide.

Diane was an experienced and dedicated continuing educator who gladly took in and mentored a "wet behind the ears" new director in 1997. What I knew then about continuing education would not take up half the space in this article. She taught me the basics, kept me from making "fatal" mistakes, and became a confidant and friend. My 23 years in Extended Education were successful because she took the time to help me "grow up" in the field.

I spoke with her not long before she died and had the chance to tell her what she meant to me. Many of us have had people like her in our lives. I'm grateful for Diane, and for all of you, who have been this kind of friend and colleague to me.

### NOMINATING COMMITTEE UPDATE

The nominating committee is hard at work filling officer and committee positions for this upcoming academic year. Melinda Rubenkoenig is joined in this effort by Rich Enos and Shawn Wagner. They're expanding the size of the executive council to better represent our members and have added a new representative to the University Compensation Advisory Committee to better represent your concerns about retiree benefits. They've also created a new work group to take a longer-term look at retiree benefit issues.

They plan to present their slate to you in May for your approval. One of the critical roles that we need to fill this next year is that of newsletter editor. If you're interested in this role, or know someone who could fill it well, let us know.

## APRIL 16 TCURA MEETING: KIM JOHNSON



Senior Associate Athletics Director Kim Johnson will join us to speak on the current growth of women in sports at TCU as well as the surge in popularity for women's sports in general. Kim came to TCU in 2008. She is the sport supervisor for women's basketball and soccer and men's and women's swimming, diving, tennis and track and field/cross country. She also oversees the Bayard H. Friedman Tennis Center and is the campus deputy Title IX officer.

**TIME/LOCATION/PARKING** - The meeting will begin 11:30 am in the Hays Business Commons, Room 2303. [CLICK HERE TO VIEW A PARKING MAP.](#)

**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 by contacting Lenelda Pennington at [l.pennington@tcu.edu](mailto:l.pennington@tcu.edu).

## TCU TULIP TOUR

BY: COLLEEN WYRICK (TCU STUDENT)

It's that time of year again. The tulips have sprung at TCU! All over campus, beautiful blooms are flourishing, ushering in the spring season. Take it from a tour guide; the floral scenery is even more stunning than usual right now. It's a tradition dating back to 1986, and it's beloved by students, faculty, and staff alike. The bulbs are planted in November and carefully looked after until being placed across campus in stunning

arrays of colorful flowerbeds.

The flowers are funded by the Mary Evans Endowment Fund for Campus Beautification, which allows our campus grounds to stay watered, fresh, and beautiful throughout the year. The effort and attention that goes into our tulips is quite similar to the nurturing support TCU provides for our students to help them blossom into their best selves too!

I love seeing the tulips across

campus. It brings me joy and reminds me every day of the constant care TCU devotes to keeping both campus and students bright and thriving. It's no surprise that my mom always makes her best effort to visit me in the spring. I'm sure she just misses me and doesn't care about the tulips at all...

But the camera hardly does these flowers justice. Book a tour or stop by for a self-guided tour to see TCU for yourself!

**CLICK IMAGE BELOW FOR A VIRTUAL TULIP TOUR**





# USING ESSENTIAL OIL SCENTS TO PERHAPS IMPROVE MEMORY

BY: CAROLYN SPENCE CAGLE PHD, RNC-E

*Who would imagine that pleasant scents inhaled during night time might improve older persons' memory and thinking abilities?*

This treatment seems particularly relevant as research shows memory declines with age. So, I was intrigued by a recent evidence-based article that supported that effect originally in animal studies and extended that to humans. That RCT (randomized control study, a quality type of research) found a sample of 43 older adults (ages 60 to 85 years), exposed to a variety of essential oil scents delivered via a night diffuser, greatly improved their memory as compared to those in a control group. That group only received a single scent during a similar treatment period. Initial assessment of both groups showed them possessing normal cognitive function, no difference in smell (olfactory) status, and overall good health.

To identify the positive scent effect, the treatment group used seven different essential oil scents over a six-month period and over a two-hour period each

night. Oil scents were lavender, orange, lemon, rose, rosemary, eucalyptus, and peppermint delivered by diffuser commonly available in many current stores. Oils were rotated over the six-month period. To assess the treatment effect, both sample groups took several cognitive tests pre-treatment and then at study completion. MRIs assessed size and functioning of brain areas known to directly connect to the sense of smell both pre- and post-treatment.

*Amazingly, the treatment group's memory improved 226% by the end of the treatment as compared to the non-treatment (control) group.*

Although the study sample was small, it offers initial ideas about a possible treatment for persons with neurological and psychiatric illnesses. For those persons, a loss of the sense of smell seems to be a first symptom (Alzheimer's, autism, epilepsy, ADHD, etc.). More exploration with larger sample sizes might determine

*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.

**USING ESSENTIAL OILS TO PERHAPS IMPROVE MEMORY**

*Continued from Page 3*

whether these persons lose their sense of smell and then develop the illness or vice-versa (a bidirectional effect). One doctor states that, by the middle of life, one’s overall all-cause mortality can be predicted by an intact sense of smell. Further evidence of the influence of scents delivered during sleep may also help those with sleep issues that affect health.

Although I have not used essential oils delivered via diffuser during the night, I do while working, particularly if I seem to have allergy issues. Eucalyptus, peppermint,

and rosemary are my favorites. Most health food stores stock scents used in the study to potentially benefit from using those scents for health.

**REFERENCES CITED**

Moss, M., Cook, J., Wesnes, K., & Duckett, P. (2003). Aromas of rosemary and lavender essential oils differentially affect cognition and mood in healthy adults. *International Journal of Neuroscience*, 113(1), 15-38. doi:10.1080/00207450390161903

Yasgur, B. S. (2023, August 8). Inhaling pleasant scents during sleep tied to dramatic boost in cognition. Retrieved from: <https://www.medscape.com/article/995285>.



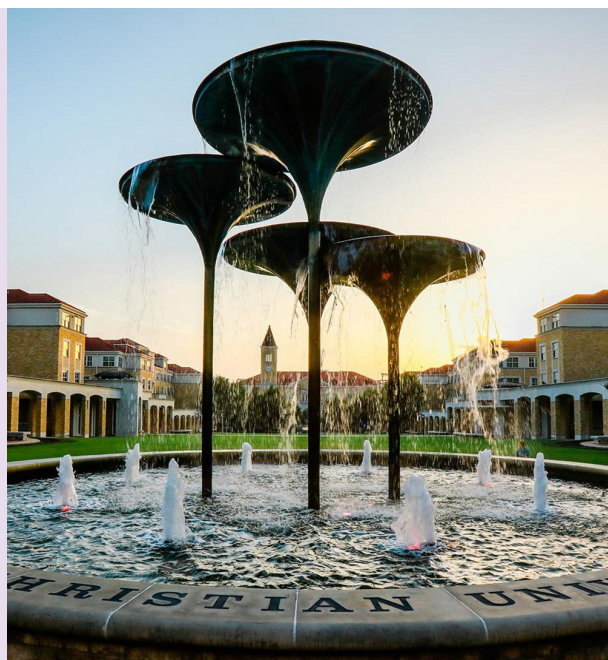
*In Memoriam*

**Marjorie Stanley**  
Finance  
December 30

**Gerald Grotta**  
Journalism  
March 2

**Margie Jo Hatcher West (Adkins)**  
School of Art  
February 20

**Frank Windegger**  
Athletics  
March 8



## HELPFUL HINTS FOR TAX SEASON

FACULTY Q&A WITH PATRICK HOPKINS

One of life's certainties is taxes. Patrick Hopkins, assistant professor of accounting in the Neeley School of Business, spoke with TCU News to provide insight on successful tax preparation.

### **WHAT IS NEW THIS YEAR – OR SOMETHING PEOPLE MIGHT WANT TO BE AWARE OF – WHEN PREPARING THEIR 2023 TAX RETURN?**

The Internal Revenue Service is launching its cloud-based software program, Direct File, to file federal income tax returns. Texas is one of 12 states participating in this software launch. However, the software can only handle simpler returns at this point. So, if you don't itemize and your income only consists of W-2 forms, Social Security, unemployment or interest income, then I definitely recommend checking it out. The IRS website has more information on Direct File. If you do not live in one of the 12 states participating in this software launch, you can still prepare and file your return for free at several online tax preparation websites. However, to qualify for this option, your income (technically, your adjusted gross income) must be less than \$79,000 in 2023.

### **WITH SEVERAL NUMBERS BEING BUMPED UP THIS YEAR TO ADJUST FOR INFLATION, IS THERE ANYTHING PEOPLE MIGHT CONSIDER DOING DIFFERENTLY?**

The standard deduction is increasing to \$27,700 for married taxpayers and \$13,850 for singles. Therefore, it is harder to benefit from itemizing allowable deductions (reducing your taxable income for medical expenses, property taxes, mortgage interest, charitable contributions, etc.). So, before spending too much time gathering information to calculate an itemized deduction, ask yourself if you have allowable deductions that exceed the standard deduction. If not, take the standard deduction and enjoy a simpler tax filing process.

### **WHAT ADVICE DO YOU GIVE PEOPLE WHO ARE DEBATING BETWEEN PREPARING THEIR OWN TAXES, USING A TAX PREP SERVICE OR USING A CPA?**

If you own a business or are considered an independent contractor (you received a 1099-MISC or

1099-NEC), I advise seeking a qualified professional to help you file your tax return. However, if you only have W-2 income, I would suggest preparing the return on your own.

### **WHAT IS THE MOST COMMON TAX PREP MISTAKE YOU HEAR OF?**

The most common mistake or misunderstanding I saw in practice is the belief that everything is deductible if it relates to your business or job. The Internal Revenue Code contains numerous statutes that limit the ability to deduct various expenses arising in the course of business. One statute that may be of interest to the average person is that unreimbursed employee expenses are no longer deductible in the United States. So, if you pay for something out of your pocket for your employer, make sure they reimburse you. The reimbursement is not taxable.

### **ARE THERE ANY OTHER TIPS YOU HAVE FOR OUR READERS?**

The average American has annual medical expenses (doctor visits, prescriptions, etc.). However, the average American will not receive any tax benefit from having these expenses. This occurs for numerous reasons, such as not meeting the threshold for unreimbursed medical expenses or not having enough deductions to itemize. So, if you pay someone to prepare your taxes, and they charge for their time, giving them your medical receipts is likely not worth your effort or money unless the medical expenses are unreimbursed and exceed 10% of your income.

## MARK YOUR CALENDAR

### **MAY 21 TCURA MEETING**

The May 21 TCURA meeting will feature Karen Cone from Brookdale leading a panel of experts to discuss home healthcare, full- and part-time senior independent living, assisted living and nursing home care. Details will be published in the May newsletter or may be viewed online.



## HEADLINES OF INTEREST

KEY TCU NEWS TO KEEP YOU INFORMED



### HEATH EINSTEIN NAMED VICE PROVOST FOR ENROLLMENT MANAGEMENT

Heath Einstein, currently dean of admission, has been named vice provost for enrollment management following a nationwide search. A nationally recognized leader in the field of college admission, Einstein joined TCU in 2012 and has held increasing leadership roles in admission. As vice provost for enrollment management, Einstein will build upon a record of success and commitment to enrolling students who excel in the classroom and their communities. He will lead undergraduate enrollment and retention strategies and provide guidance and oversight for the offices of registrar, financial aid and enrollment systems and analytics.

[CLICK FOR MORE...](#)



### WORK IT OUT: INSIDE TCU'S EXCEPTIONAL RECREATION CENTER

The University Recreation Center is where fitness meets fun. With three floors and more than 200,000 square feet of space to run, lift, swim, climb, cycle and more, you'll never be bored at the rec. Pump iron in the spacious weight room that houses resistance training equipment ranging from dumbbells to strength machines. Treadmills, ellipticals and stationary bikes populate the upstairs cardio deck, which is just next to the racquetball courts where you can play a few matches with friends. Jog around the one-eighth mile track that circles the cardio deck and overlooks the weight room and three basketball courts.

[CLICK FOR MORE...](#)



### CRAIG CROSSLAND JOINS TCU AS THE JOHN V. ROACH DEAN OF THE NEELEY SCHOOL OF BUSINESS

Interim Provost Floyd L. Wormley, Jr., announced that Craig Crossland has been named the John V. Roach Dean of the Neeley School of Business following an international search. Crossland will join TCU June 30 after serving as senior associate dean for academic programs for the Mendoza College of Business at the University of Notre Dame. As dean, Crossland will provide creative vision and leadership for TCU Neeley while serving as a leader across the university, the region and globally.

[CLICK FOR MORE...](#)



### TCU PRESIDENT'S BLOG: THE GIFT OF TULIP SEASON

Dear Horned Frogs, The TCU campus is a treasure in itself. Meticulously cared for year-round by our outstanding landscaping and grounds crew, there is always something new to discover and appreciate. The enduring oak trees, colorful flower beds, and manicured lawns are just some of the elements that create the welcoming campus we all enjoy. Springtime reveals the true magnificence of the TCU campus: tulip season. The bright shades of purple, white, pink, yellow and red, all reaching toward the sky, seem to demand that every person walking by take notice and appreciate their beauty.

[CLICK FOR MORE...](#)