

UT Health Science Center - RETIREES ASSOCIATION

POSTSCRIPTS

www.uthsc.edu/retirees

December, 2014



General Membership Meeting

WHEN: Friday, December 5, 2014

TIME: 11:30 AM - 1:30 PM

WHERE: Room 305, Student Alumni Center

LUNCH: Reservations Only: Call **Andrea Crisler** (870) 732-4811, email acrisler@uthsc.edu to **make reservations on or before Monday, December 1.** Family members and guests are welcome.

COST: \$9 (First time attendees receive free meal.)

PARKING: Free parking in the garage next to SAC. UTHSC ID required to enter garage.

PROGRAM: Holiday celebration with door prizes and a musical program by the *Belle Ami* quartet

DO YOU HAVE NEWS?

Please send any items of interest for Postscripts to

Andrea Crisler, Editor. E Mail to acrisler@uthsc.edu or mail to **P O Box 254, West Memphis, AR 72303**

ID BADGES REQUIRED !!

Retirees must have UT ID Badges to enter the SAC and the Parking Garage. Badges are free and maybe procured at the UT Campus Police Office.

From the President

It is with a great deal of humility and honor that I accept the mantle of leading the UTHSC Retirees Association for the 2015 year. Abraham Lincoln once stated, when quoting Euclid Common Notions, "Things which equal the same things also equal one another." I would like for that thought to guide us in our thoughts and actions this year as we embark upon a very exciting time for the Retiree Association.

We welcome the opening of our new office in the SAC and our continued relationship with the campus HR office in assisting them with potential new retirees and other campus activities.

The Executive Committee has other new and innovative ideas that will further thrust our organization forward that will be rolled out during 2015 and I welcome all suggestions from our members.

Finally, as we enter this holiday season, I wish you all a happy and safe holiday season and a prosperous 2015.

Remember, lunch is free for retirees that are first-time attendees (please make a reservation).

Bobby Thomas
President



As President Thomas mentioned, we will be opening the NEW Retirees Office in the SAC, Room 312 B. It will be open twice a month every other Wednesday from 11:30 am to 1:30 pm. The phone number is (901) 448-5069. We are just starting to schedule staff, so we cannot give you dates yet, but hope to start in January. We want to be available to retirees and those considering retiring to answer questions, relate pros/cons from our experiences or to refer people to the person knowledgeable to answer your questions.

More later! Start checking the UT Retirees Webpage.

RECENT RETIREES
CONGRATULATIONS AND WELCOME!!

Thomas Hughes Professor, Medicine,
John Angel Anesthesiologist, Anesthesiology
Annie Smith Admin Servs. Asst., Campus
Recreation
John Zanella, Jr. Chair & Professor,
Anesthesiology
Edwin Thorpe Professor, OBGYN
Dorothy Harper Sr. Admin. Services Asst.,
Anesthesiology
Anthony Tidwell Maintenance Mechanic,
Family Practice - Jackson
Victor Johnson Manager, Printing Services
Jessie Mae Rodgers Food Service Worker,
Dining Services
Mary Askew Business Manager, Campus Police
Susan Patton Professor, Nursing

In Memoriam

Arthur Lawrence Bellott, Jr., MD Nov. 9, 2014
Clinical Associate Professor of Medicine
Emeritus
Robert L. Parrish, Sr. DDS October 10, 2014
UT Dental School faculty; established the
Department of Periodontology
Robert Neal Stiles, PhD September 7, 2014
Department of Physiology

REMINDERS:

* UT Retirees may use the UT Recreation and Fitness Center free of charge. For hours of operation and other information, call 448-5612.
* ID Badges are required to enter the SAC and the UT Parking Garage. Retirees may obtain badges at no charge at the UT Campus Police Office. See Sgt. Avis before any Thursday luncheon meeting to have your free ID Badge made.
* Visit the UT Retirees webpage for current notices and for past issues of PostScripts. Go to:
<http://www.uthsc.edu/retirees>

**2015 Board Meeting
And
Luncheon Schedule**

Mark your calendars

February 19, 2015 Board Meeting
March 19, 2015 Luncheon Meeting
May 21, 2015 Board Meeting
June, 2015 Luncheon Meeting (TBA)
August 20, 2015 Board Meeting
September 17, 2015 Luncheon Meeting
November 19, 2015 Board Meeting
December TBA (to coincide with
Chancellor's Holiday Party)

**UTHSC RETIREES ASSOCIATION
OFFICERS AND BOARD MEMBERS
2014 - 2015**

*Past President and
Chairman of the Board* Steve Rowland
President Bobby Thomas
Vice President Earl Terrell
Secretary Andrea Crisler (2016)
Treasurer Marsha Ewart (2016)
HR Support Debbie Jackson (ex officio)
Administrative Support Liz Roemer (ex officio)

AT LARGE BOARD MEMBERS

Terms expire in 2015
Marsha Chorice
Marilyn Minor
Peter Jones

Terms expire in 2016
Roni Engle
John Crisler (to complete Andrea's term)

Term expires in 2017
Pam Vaughn

Newsletter Editor
Andrea Crisler (appointed)



Highlights from September Retirees Luncheon

Maria Sun, RD, MS, Assistant Professor Southwest Community College presented health concerns of older adults and gave some suggestions to improve them.

These include: **Physiologic changes associated with aging** - body composition, GI tract, decline in immune system, dental problems and sensory losses. **Other issues** – eating alone, changes in support system and/or environment and polypharmacy. **Nutrients of concern for older adults** – fluid, calories, protein, fat, fiber, folate, B12, calcium, Vitamin D and zinc. **Energy and Nutrient needs** – water, energy, protein, whole grains and fiber-rich foods, fat and vitamins and minerals. **Nutrition-related diseases common in older adults-vision problems** (cataracts; macular degeneration). Antioxidants in foods may be protective against vision loss. **Arthritis**-being overweight can affect arthritis. **Alzheimer's**-use foods rather than vitamin supplements; foods that may help prevent Alzheimer's are Vitamin E, Omega-3 fatty acids and unhydrogenated unsaturated fats. **Osteoporosis**-calcium sources include milk, yogurt, cottage cheese, calcium-fortified juices and cereals, kale, broccoli, Bok choy, fortified soy beverage and canned fish with bones. **Promoting bone formation (all ages)**-participate in weight bearing activities, avoid smoking, consume calcium-rich foods or supplements and consume adequate Vitamin D. **Calcium requirements**-50+ years need 1,200 mg/day. **Vitamin D requirements**-51-70 years need 400 IU/day; >70 years need 600 IU/day. Vitamin D foods include fish with small bones, fat-free & low-fat milk is typically fortified with Vitamin D, Vitamin D fortified yogurt, some calcium-fortified juices and soy beverages also have Vitamin D added and Vitamin D ready-to-eat breakfast cereals. **Older Adults should participate in regular physical activity to reduce functional declines associated with aging**-engage in at least 30 minutes of moderate-intensity physical activity most days of the week; more exercise is recommended for weight loss. **Food groups to encourage**-sufficient fruits & vegetables while meeting energy needs (2000 calories: 2 cups fruit, 2 ½ cups vegetables), choose a variety of fruits & vegetables, eat 3 oz. equivalents of whole grains daily-at least half whole grains (rest enriched), 3 cups/day of fat-free or low-fat milk or equivalent. **Eating patterns recommended for retiree-adults**-for disease prevention and management of chronic diseases, there are several similar dietary recommendations: *Dietary Guidelines for Americans, Food Guide Pyramid and DASH Eating pattern*. **Adequate nutrients within calorie needs**-consume nutrient-dense foods and beverages within the basic food groups while choosing foods that limit saturated and *trans* fat, cholesterol, added sugars, salt and alcohol; DASH healthy eating pattern (high in fruits and vegetables, low in saturated fat and sodium, high in potassium and fiber) and MyPlate.gov.

DIETARY GUIDELINES 2010 SELECTED CONSUMER MESSAGE:

**MAKE THE CHANGES IN THE THREE AREAS OF THE DIET GUIDELINES
CHOOSE FROM THE SEVEN STEPS THAT WORK FOR YOU**

BALANCE CALORIES

Enjoy Food Eat Less

Avoid oversized portions

FOOD TO INCREASE:

Male Half your plate Fruits and Vegetables

Make at least ½ grains/whole grains

Switch to Fat Free or Low Fat 1% Milk

FOOD TO REDUCE

Compare sodium in soups, bread, frozen food

Drink water vs sugary drinks

We are updating the UTHSC Retirees Association member information. If you have not filled out the form, please do so and bring it with you to the next Luncheon or mail it to

Andrea Crisler
PO Box 254
West Memphis, AR 72303

Thank you for assisting us with this effort.

UTHSC RETIREES ASSOCIATION
MEMBERSHIP INFORMATION UPDATE

Name: _____

Address: _____

Primary Phone: _____

Add'l Phone: _____

Primary Email Address: _____

Additional Email Address: _____

_____ Check here if you are a paid Lifetime member

