

UT Health Science Center - RETIREES ASSOCIATION

POSTSCRIPTS

www.uthsc.edu/retirees

June, 2014

From the President

I want to personally thank two of our members for their faithful service to our association – Carolyn Gibson and Morris Robbins. Carolyn has served many years as editor of our newsletter, *PostScripts*, and Morris has served as treasurer for the past few years. Carolyn and Morris, thank you!

Board member Andrea Crisler has agreed to assume editorship of *PostScripts* and Marsha Ewart has agreed to serve as treasurer. Thanks Andrea and Marsha for stepping up to serve.

If you haven't been to campus in a while, you will be surprised at how rapidly change is taking place at UTHSC. A friend recently sent me pictures during the various stages of the demolition of the Beale Building and this prompted me to reflect on the evolution of our campus since I submitted my employment application to the Personnel Department in the old Goodman Dormitory (located on Manassas St.) in 1976. At present, construction is taking place on the Translational Science Research Building located adjacent to the Cancer Research Building and plans are underway to demolish the Feurt Pharmacy Research Building, the Goodman Family Residence Hall, and Randolph Hall. Other new construction and renovation projects are scheduled for the near future. For additional information about construction projects and plans, go to <http://news.uthsc.edu> and click on the article entitled "Construction on the Campus of UT Health Science Center in High Gear".

I hope to see you at our luncheon meeting on June 19. Information about lunch reservations is contained in this newsletter. Spouses and guests are also welcome. Remember, lunch is free for retirees that are first-time attendees.

Steve Rowland
President

General Membership Meeting

WHEN: Thursday, June 19, 2014

TIME: 11:30 AM - 1:30 PM

WHERE: Room 305, Student Alumni Center

LUNCH: Reservations Only: Call **Ida Mosby** (901) 315-0549, email idamosby@yahoo.com) to **make reservations on or before Thursday, June 12**. 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: Mr. Melvin Burgess, Shelby County Commissioner

DO YOU HAVE NEWS?

Please send any items of interest for Postscripts to

the New Editor

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



Entrance to SAC Building Information

As of this writing: Due to demolition, the front entrance of the SAC has been fenced off. Entrance from the west side behind the kitchen area is open, or if you want a little more exercise, you can enter behind the SAC using the stairs between it and the pool area.

RECENT RETIREES

CONGRATULATIONS AND WELCOME!!

Cassender Green Accounting Supervisor
Microbiology, Immunology
Dealores Smith Clinical Receptionist. Dentistry
Hattie Wooten Operatory. Receptionist
Vickie Antwine Accounting Supervisor. Pharmacy
Alpert Whitley Security Guard Campus Police
Pauline Willis Extension Program Asst
UT Extension
Eva Bryant Principal Secretary Dermatology
Constance Lake Sergeant Campus Police

In Memoriam

Allen Street Boyd, Jr., M.D. March 27, 2014
Neurosurgery (named Outstanding Alumni in 2011)
Jack Willard Buchanan, M.D. April 13, 2014
Biomedical Engineering
Mary Louis Cooperwood April 16, 2014
Dentistry
Daniel Ray Hankins January 12, 2014 Superintendent,
Physical Plant
Jay Edward Mattingly, MD May 5, 2014 Anesthesiology
and Ophthalmology
Milton Price Meek, M.D. April 16, 2014
Medicine

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>

Call for Volunteers for Employee Appreciation Day!

Human Resources is asking for **Retiree Volunteers** to assist on **Friday, September 12, 2014**, for the Employee Appreciation Day. Your lunch will be provided!

If you are interested, please call Andrea Crisler at (870) 732-4811 (should not have to dial 1 if you have a Memphis or surrounding area number) and leave your name & a contact number or e-mail at acrisler@uthsc.edu.

More information will be furnished closer to the event.

2014 Board Meeting And Luncheon Schedule Mark your calendars

June 19, 2014 Luncheon Meeting
August 21, 2014 Board Meeting
September 18, 2014 Luncheon Meeting
November 13, 2014 Board Meeting
December TBA (to coincide with
Chancellor's Holiday Party)

County Commissioner Melvin Burgess Is Featured Speaker at June Retirees Luncheon

Commissioner Burgess was elected to the Shelby County Board of Commissioners in the August 2010 general election to represent District 2.

Melvin Burgess currently serves as director of internal audit for Memphis City Schools, with 26 years of experience in the field of accountancy as well as a member of the superintendent's executive cabinet. He is responsible for providing independent, evidence-based measures, evaluations, and reports on adequacy, effectiveness, and efficiency of accounting and operational controls for the school system and the general compliance with local and state rules and regulations. Mr. Burgess is also president of the Midtown / Downtown Democratic Club, Block Captain of the Evergreen Historic District Association, and a Deacon at the Metropolitan Baptist Church. He has also served on the Industrial Development Board of Memphis and Shelby County and the Board of Directors for the Tennessee Association of School Business Officials (West TN).

Commissioner Burgess is a product of Memphis City Schools and graduated with a Bachelor of Science in accounting from Grambling State University. He is a member of Kappa Alpha Psi Fraternity Inc., treasurer of the PTSA at Central High School, as well as a member Snowden School PTA.

Melvin Burgess has been married to Sandra for 20 years and they have two children, Lindsey and Lauren.

Highlights from March Retiree’s Luncheon

J. Lee Taylor, Director of Campus Recreation at UTHSC spoke to us about fitness and wellness, explaining how important it is for a better quality of life at all ages.

The title of his presentation was “Exercise, Why Don’t I Do It?” He explained that regular physical activity *improves your health* because it:

1. Decreases blood sugar and blood pressure
2. Improves cholesterol and heart health
3. Increases blood flow

Regular physical activity *helps you feel better* because it:

1. Boosts energy
2. Helps you cope with stress, helps you relax and feel less tense and helps you fall asleep and sleep well
3. Improves how you feel about yourself
4. Provides an easy way to share time with friends and a way to meet new friends

Three main questions asked often are:

1. What’s the hidden secret to exercise?
2. What’s the quick, easy way to exercise?
3. What type of exercise equipment works without effort?

Answer? There is not one!

Things to remember when getting started:

1. Check with your doctor before starting any exercise routine
2. **START SLOW** – as little as 10 minutes 2-3 times a day and build up slowly

Common barriers to exercise include but are not limited to:

1. Too much too soon
2. Burn out
3. Injury/Illness
4. Fear
5. Lack of time, motivation, support, energy, facility/program
6. Excessive costs

Don’t stop seeking solutions to be more active! **Remember the starting “Prescription”**, it can be either **“Get out of bed in the morning”** or **“Just take one step”**.

But as UT retirees, two of these barriers can be overcome very easily! The Campus Recreation area is open to us **FREE** of cost, and there are several classes available, as well as the exercise equipment.

Classes offered **Campus Recreation Fitness Schedule 2014**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00p - 12:50p	Hydro-Tone Pool-Sarah Total Body Sculpt Studio 1 - Gene	Hip- Hop Gym-Mario Yoga Studio 2-Jackie	Cardio Kickboxing Studio 1-Chanel Hydro-Tone Pool-Sarah	Tone N' Tighten Studio 2-Chanel Tai Chi Studio 1- Roni/Bill	Hip-Hop Gym - Mario
5:30p - 6:30p	Yoga Studio 2	Spin Studio 1- Marsha Karate Studio 2 - Mel		Spin Studio 1 - Marsha Karate Studio 2 - Mel	
5:45p - 6:45p			Pilates Studio 2 - Peggy		

Explore the many options and get information for hours and days of operation at

<https://www.uthsc.edu/campusrec/fitwellness.php>

or call the Campus Recreation Front Desk Phone: 901-448-5973.

Spotlight on UTHSC Retiree Veronica “Roni” Engle, PhD, RN, FGSA, FAAN



Ms. Engle retired in June, 2012. She was a professor in the College of Nursing (primary Care Department) and in the College of Medicine (Preventive Medicine Department). She is currently Professor Emeritus and an **Instructor at the UTHSC Fitness Center**. So this is the connection for focusing on our March Guest Speaker and one of our retirees!

Roni teaches Tai Chi classes at the fitness center. She started practicing Tai Chi in 1994 and then teaching it as part of her faculty practice in the College of Nursing in 2003. She states, “As a board certified Holistic Nurse, I used many evidence-based Complementary and Alternative Medicine interventions in my nursing practice with older

adults. Tai Chi was particularly important because of its many health benefits such as improving balance and muscle strength, decreasing joint pain, preventing falls, helping sleep, strengthening the immune system, and improving overall health.” Ms. Engle and other staff developed a Sitting Tai Chi Wellness Program in nursing homes that was funded by the State of Mississippi, and conducted research on sitting Tai Chi in Memphis Assisted Living settings that was funded by the H.W. Durham Foundation.

The Tai Chi class meets on Thursdays at noon to 12:50 pm in Studio 1, in the SAC basement. There is no limit on the number of participants. Remember, ALL Fitness Center classes are free for UT Retirees. If the UTHSC Fitness Center is not convenient, many Senior Citizen Centers, Churches and YMCA’s offer Tai Chi classes.

Ms. Engle was featured on the cover and in the article *Tai Chi: Meditation in Motion* in the December 2013 Commercial Appeal **goodhealth** magazine. Several years ago, Roni made a presentation on Tai Chi at one of the retiree’s luncheons.



Do you know about the TN Yellow DOT Program?

You put your medical information on a form in your glove box, and put a yellow dot on your car window. This alerts emergency responders to look at your medical information.

The forms may be downloaded from the TN department of Transportation website <http://www.tdot.state.tn.us/yellowdot/>

You have to turn in the completed form at a Yellow Dot location. You will need to bring a photo.

Yellow Dot Locations

Region 4	Shelby	Memphis AAA	Memphis AAA	990 N. Germantown Pkwy., STE.	Memphis		901-751-4577	
Region 4	Shelby	West Memphis AAA	West Memphis AAA	110 Capital Drive	Memphis		615-637-1910	
Region 4	Shelby	Lt. W. Cary Hopkins	THP	6348 Summer Ave.	Memphis	38134	901-543-6255	William.Hopkins@tn.gov