

Retiree Club Minutes for 1/8/2019

The Retiree Club members held their first meeting of the year on January 8, 2019 in the Concho Room of the Hereford Center. Beginning at 10 AM members visited with other members while the luncheon provided by UTA President Kabarhi was prepared. Retiree President Theriot welcomed all members and made several announcements regarding future meetings and updates on Specialty group activities. Members were then reminded to sign the attendance sheet and for any Special Interest Group in which they might wish to participate. Times, dates and places for each group to meet will be decided among each group and the group leaders will contact the members. These groups include:

Travel – Dr. Shirley Theriot

Gardening - Dr. Hancy Hadaway

Tai Chi- Rita Thompson

Knitting – Midge Holiday

Geneology – Dr. Shirley Theriot

Healthy Lifestyles- Drs. O’Quinn/Gault

A time was provided for members to ask questions of upcoming activities and other matters. Lunch was served at 11 AM. During the luncheon, handouts were placed on the tables to provide information about the presentations to be given.

Before Dr. Theriot introduced the speakers, she asked that each member identify a number between one and fifty. The winning number was identified and a door prize was awarded. ? won a \$20 gift card from ?

Mr. Colin Sanor MBA, SPHR/Office of Human Resources was our first speaker. He began by discussing the content in his handout regarding EAP benefits. Many questions were asked and a lively discussion followed. He was knowledgeable and well received.

Members had a chance for the 2nd door prize and each selected a number between one and one hundred. ? won the door prize, a \$20 gift card from ?

Dr. Jim Quick was the second speaker and his presentation related to Stress Management. He is a UTA retiree and researcher and very well informed on Stress and Stress Management. He began his talk by describing Stress as the “The spice of life” or “the kiss of death”. His talk was stimulating, energizing and extremely informative. Many in the audience had questions which led to an extended discussion.

Following his presentation, members were asked to pick another number for the 3rd drawing of the final door prize. ? won the prize which was given by ?, another \$20 gift card.

The members seemed to enjoy the presentations and the door prizes and stayed even after the meeting was concluded to visit and provide input to officers and other attendees about future meetings.

Prepared and submitted

Dr. Josie O’Quinn, Recording Secretary