

## Retiree Club Minutes for 5/14/2019

The Retiree Club members held their fifth meeting of the spring semester on May 14, 2019 at the Maverick Stadium in Room 106. Refreshments were provided by UTA President and time was set aside for visiting with other retirees from 10 to 10:30 AM. Over thirty retirees were in attendance and, as always, enjoyed visiting with others. Retirees were asked to sign up on the attendance sheet and provide other information relative to interest in any aspect of the Retirees Club. We also discussed the importance of chatting with other retirees regarding future Retiree meetings.

Prior to the business meeting, several handouts were placed at each chair for retirees to review and keep. A short business meeting was conducted by Dr. Theriot prior to the introduction of our speaker.

Topics included:

- 1) The Selection of next year's officers were chosen by acclamation.
- 2) The tentative schedule of programs for next year was given by the president.
- 3) Two awards given by the Retirees club to members were discussed.
- 4) The death of Roseanne Minyard, a former officer in the club and very active and loved member, was shared with retirees.
- 5) The Annual Retirees Yearly banquet will be held on June 1. Information to follow.

Our speaker for the meeting was Dr. Brian Hitt, UTSW, MD and PhD. His focus for the meeting related to the condition of Alzheimer's; characteristics, symptoms, and the journey involved in having the disease. Among his many talks regarding the condition, he gave several predictive factors against getting Alzheimer's disease. These included: 1) increased social life; 2) physical activity; 3) social connections with others; 4) mental active life style; 5) good cardiovascular habits; 6) blood pressure management; 7) low cholesterol values; and 8) Mediterranean diet high in fruit.

After a very informative morning, the retirees thanked the officers and presenter for a most enlightening and comprehensive discussion re the topic of Alzheimers. Many questions were addressed and members left the meeting well informed of many aspects of this challenging condition.

Prepared and Submitted by,

Dr. Josie O'Quinn, Secretary