TCU RETIREE'S OCTOBER PROGRAM

Creation of the New Medical School

Phil Hartman, Dean, College of Science and Engineering

11:30 a.m. Tuesday, October 20
D.J. Kelly Alumni & Visitor’s Center
Parking in the Center’s Lot Arranged With TCU Police.
Reservations Required.

Since this meeting is earlier than usual, the reservation deadline for this luncheon is mid-afternoon, Thursday, October 15. Send an email to Stan Hagadone at j.hagadone@tcu.edu or call 972.393.8688 and leave your message on the answering machine.

Pay $11 per meal at the door. Please honor your reservation to avoid being billed. If you or your guest have dietary restrictions, please specify these in making your reservations. Attendees who do not want to eat still need to make reservations, but please designate that you will not be eating so that a meal will not be ordered for you.

WHAT YOU SHOULD KNOW ABOUT...

Dean Phil Hartman

Geneticist Phil Hartman joined the TCU faculty as assistant professor of biology in 1981. He directed TCU’s pre-health professions program for 22 years before becoming Dean of the College of Science and Engineering in 2012.

His bachelor’s degree is from Iowa State University, his doctorate from the University of Missouri at Columbia and he completed a post-doctoral fellowship at the University of Minnesota.

Dean Hartman has more than 80 publications in peer-reviewed journals and been cited more than 2,220 times.

UPCOMING RETIREE’S LUNCHEON MEETINGS

Thursday, November 19
(since the fourth Thursday is Thanksgiving)

Wednesday, December 9
Holiday Party

Look for Carolyn Cagle’s column, Health Help Now, on Evaluating Credible Health Resources on Page Two.
Evaluating Credible, Safe, and Timely Health Resources

N uances of cooler weather have appeared and fall may well be on its way! After a hot and busy summer, I’m glad to continue our health promotion journey, perhaps including more outdoor exercise in cooler temps, to prosper in retirement!

This month’s column focuses on ways to evaluate credible (“believable”), safe, and timely resources to make wise decisions about your health. Multiple and daily informational sources bombard us through our reading, Internet surfing, talking to friends, and getting information from health care providers. I hope presentation of ideas here will help sort out relevant information to increase your knowledge and actions for better health in coming months.

First of all, “credible” health information generally comes from trusted resources: government, books authored by experts in a field, universities with research programs, hospitals, and medical or health care journals. These informational resources are usually evidence-based (supported by well-defined research studies that guide high quality clinical practice meeting certain standards). If you surf the Internet, you’ll find governmental resources with a web address ending in “gov” (e.g., www.nih.gov). University health information appears in web sites ending in “edu” (e.g., www.tcu.edu). Hospitals often have websites ending in “org” (e.g., www.jpshealthnetwork.org) and often provide multiple learning options for that facility.

How does one evaluate a website as credible? Here are some ideas to guide you to meet that goal:

- Identify the group responsible for the website, their focus, and general organization of the website to meet your needs. Is displayed content understandable and balanced to offer various opinions relevant to the issue you explore? Note that information that seems “too good to be true” probably is. Looking at various site links will give you information about ways the site may help you and also be trustworthy. The responsible group for the site often appears in a link at the top of the site (“About Us”) or on the website homepage if it is credible.

- Carefully check the website home page for the group responsible for posting and managing site information. Who composes the information and what are their credentials (doctors, patients, business persons, etc.)? Where do those persons get their information and do references appear on the site to convey this information? This information should be easy to find on a credible website.

- Use your resources to evaluate the dependability of the website. (Does it have a history of being respected by health care providers and other experts on your health care issue?). For example, the American Cancer Society (www.acs.org) has a long history of dependability for current, evidence-based practice, showing sensitivity to literacy issues and separate sections for patients, caregivers, and health care providers for easy site navigation.

- When evidence appears for a health care treatment, does the website show information about project funding that produced the evidence? Is evidence current; do dates of evidence discovery appear? Be cautious of evidence funded by businesses that may have a vested interest in research outcomes such as drug companies that may profit when their drug deemed best in a study.

- The website should clearly show evidence of a medical or health care advisory board that evaluates and assumes responsibility for site information before its posting. Credentials and employment places of those members should appear on the site.

- Compare information from an Internet site with other sources of credible information. Content from books, doctors, and other sources should be relatively consistent if it is credible.

- One last caveat: When looking for information for a health care issue, be cautious about posting personal health information online that may identify you in the future.

- Second last caveat: anyone can post information online so watch for groups that may want to sell you products for your health care issues. These groups, commercial operations, often end in “com” and may not be credible (e.g., www.webmd.com).

How does one evaluate books on a health care topic as credible? Here are some ideas to help:

- Books should be relatively current. Evidence changes rapidly in health care today so books published recently (last 2-3 years) reflect the best evidence. Books authored by several
authors offer a broader perspective to health issue management and may be more valuable. Ask your doctor for the names of books authored by experts in your area of health care concern to add to your doctor’s perspectives on a health issue.

• You may wish to search authors on the Internet to evaluate their credentials, history of practice, and expertise to write on a health care topic.

• Check for a glossary of references and evidence to support book content much like you would inspect a website for similar information. These references can lead you to more and a range of information valuable to your health care decision.

• Ask a health services librarian. How lucky we are to have TCU and UNT persons in this role! Or ask knowledgeable bookstore workers to recommend credible books. Barnes and Noble and other online bookstores post readers’ diverse book comments to help you evaluate books’ credibility and relevancy to your needs.

• Some credible organizations (Arthritis Foundation, e.g.) publish books used by health care facilities that offer chronic pain management classes. I recently learned of a book called “Walk with Ease” that many elder care facilities now use for arthritis management (available at www.afstore.org). Another evidence-based book, based on research at Stanford University, provides a broad health promotion focus for many chronic illnesses (available at www.bullpub.com). I recently completed a certification program to teach classes using the Stanford University book.

How does one evaluate journals and magazines for credibility on health care topics? Again, you can engage in many of the same actions as stated before, including:

• Search online medical and health care journal databases for your health care issue. Ask a TCU Librarian for help to do this. In my work, two helpful data bases are CINAHL (Cumulative Index to Nursing and Allied Health Literature) and PubMed (Publications in Medicine). Articles found in these databases are refereed. The published articles have undergone review by health care experts to support each article’s rigorous research methodology, accuracy, and balance of information. Journals listed in databases often have extensive reference lists that support a cited study to expand your learning on a health care issue.

• Consider the many popular magazines may lack expert authors, magazine advisory member pre-publication review, and article listing of references for content found in magazine articles. Companies supporting costs of magazine publication may support an undesired one-sided content in an article.

On the other hand, author teams with a commitment to a health care topic may offer a range of opinions helpful for your understanding of an issue. For example, I was impressed with a recent issue of Time that provided a multi-perspective overview of legalization of medical marijuana. Caveat here is read widely from a variety of resources and speak to your health care provider to find consistency in evidence to make the best health care decision for you!

As a qualitative health researcher, I have found personal experiences of illnesses and health care management very helpful in guiding others toward better health. Support groups led by an informed professional can offer insight into ways to cope with illness for a higher quality of life. In essence, personal stories, with informational resources listed in this column, offer opportunities to locate relevant and credible information for effective decision-making. Overall, the following actions make sense in the health information journey toward better health: speaking with the experts (these may include persons with your health care issue), asking many questions, reading widely and critically to understand your health care issue to find relevant information, and working with your health care provider to establish a partnership that maximizes your health.

READ ‘EM AND WEEP, OR LAUGH, OR YAWN

TCU Retirees’ Book Group Announcement from Judy Smith

Book Discussion for TCU Retirees and Friends Is Nov. 4
Coffee, Books & Conversation will meet 10 a.m.
Wednesday, Nov.4 in the library of University Christian Church.
Dr. Kendra Belfi will lead the discussion of Being Mortal: Medicine and What Matters in the End, by Atul Gawande.
All are welcome. Bring friends and book suggestions.
Please call Judy Smith if you have any questions:
817.921.4798.
TCU’s Human Resources Offers More Through the Bridge Program

By Tracy Thompson

TCU Human Resources is pleased to announce that the additional allocation of the prorated 2015 funds through the TCU Retiree Bridge Program is now reflected in the Health Reimbursement Accounts (HRA) of participating retirees.

While the amount of the TCU Retiree Bridge Program allocation is based on the standard Medicare Part B premium and certainly can be used to reimburse that expense, the funds are not designated for that use solely. The allocation provides additional funds that can be used to reimburse any eligible medical expense allowed under the HRA guidelines. Eligible expenses include:

- Health insurance premiums (including dental and vision premiums)
- Medicare Part B premiums
- Co-pays
- Deductibles
- Prescription drugs
- Other expenses allowed under IRS Code 213 (d)

For information regarding your HRA contact OneExchange at 1-888-429-8490 or to check your account online login at https://medicare.oneexchange.com/tcu

### ACADEMIC CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Nov. 24, Tues.,</td>
<td>Thanksgiving Holiday</td>
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<td>Nov. 30, Mon.,</td>
<td>Classes resume at 8 a.m.</td>
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<tr>
<td>Dec. 09, Wed.,</td>
<td>Last Day of Classes for Fall</td>
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<tr>
<td>Dec. 19, Sat.,</td>
<td>Baccalaureate and Commencement</td>
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<tr>
<td>Dec. 01, Thu.,</td>
<td>Graduation</td>
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<tr>
<td>Dec. 02, Fri.,</td>
<td>Graduation</td>
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- Sanoa Hensley
- Doug Newsom
- Manfred Reinecke
- Judith Smith, Archivist
- Will Stallworth

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### MISSION STATEMENT

The Texas Christian University 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.

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### HOME GAME ATHLETIC SCHEDULES

**Football**

- **Oct. 3, Sat.** vs. UT-Austin, Homecoming
- **Oct. 29, Sat.** vs. West Virginia 6:30 p.m.
- **Nov. 14, Sat.** vs. Kansas TBA
- **Nov. 27, Fri.** vs. Baylor 6:30 p.m.

**Men’s Basketball**

- **Nov. 11, Wed.** vs. Southeastern Louisiana
- **Nov. 19, Thu.** vs. Houston Baptist
- **Nov. 21, Sat.** vs. South Dakota State
- **Dec. 02, Wed.** vs. SMU
- **Dec. 05, Sat.** vs. Colgate
- **Dec. 11, Fri.** vs. Prairie View A&M
- **Dec. 20, Sun.** vs. A&M-Corpus Christi
- **Dec. 28, Mon.** vs. Delaware State

**Women’s Basketball**

- **Nov. 08, Sun.** vs. Texas Wesleyan (Exhibition)
- **Nov. 13, Fri.** vs. Sam Houston State
- **Nov. 15, Sun.** vs New Orleans, 2 p.m.
- **Nov. 18, Wed.** vs. SMU at Dallas, 7 p.m.
- **Nov. 24, Tues.** vs. SMU at Dallas, 7 p.m.
- **Nov. 28, Sat.** vs. UTRGV
- **Dec. 05, Sat.** vs. Louisiana at Monroe
- **Dec. 09, Wed.** vs. Stephen F. Austin
- **Dec. 12, Sat.** vs. Notre Dame at 11 a.m.
- **Dec. 20, Sun.** vs. Southern Utah

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### ACADEMIC CALENDAR

- **Nov. 24, Tue.**, Thanksgiving Holiday
- **Nov. 30, Mon.**, Classes resume at 8 a.m.
- **Dec. 09, Wed.**, Last Day of Classes for Fall
- **Dec. 19, Sat.**, Baccalaureate and Commencement

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### TCU Retirees’ Association Board of Directors 2015-2016

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