

TIAA TIA Alumni News

www.tialumni.org

TIAA Education Events

February Education Recap: More than 60 TI and UT Dallas retirees joined together for a Brain Health Seminar at the Eugene McDermott Library on the UT Dallas campus to hear the results of the research being done by Dr. Denise Park and her associates at the Center for Vital Longevity. For the



past four years in a major research project, they have tracked more than 500 healthy people to see what effect Amyloids have on brain activity. The research to date shows that individuals with the highest levels of Amyloids go on to have the steepest declines in brain activity. Dr. Park reported on another area of major research under way at the center, the

Synapse Project. In this study, they have enlisted 259 volunteers to perform a range of different things for 14 weeks to measure the effect on brain performance. The activities include quilting, digital photography, social groups, a placebo group, and a “doing nothing” group. The research has shown the more difficult activities result in the highest changes in brain activity. She also commented on how technology can help seniors in brain stimulation, and cited one such program, where seniors were taught iPad Apps, with positive results. Following the meeting, a number of TI retirees and guests toured the Special Collections Section of the library to view an exhibit on the TI Founders.

April 26, Financial Seminar – 1:00 to 3:00 pm, Wednesday, Plano Center. Lisa Calloway, TIAA Vice President, Education, who is with the firm of HD Vest Financial Services, will open the seminar with an overview on the Economy and Investment Opportunities. This will be followed by a presentation by the firm of Chasewood Wealth Management, giving an update on recent changes in IRA regulations. After a break for refreshments, the program will conclude with an update by Attorney Tod Almquist, on changes affecting Estate Planning. Please call the TIAA office at 214-567-8444 to register for this event.



TIAA Travel Events

February Travel Recap: Twenty-three TIAA members had a great time riding a bus to tour the Witherspoon Distillery on February 10, 2017, first stopping at On the Border to keep our tradition of eating-our-way-across-Texas intact and to socialize a little longer. After eating a tasty lunch, it was a short journey to the distillery in the heart of historic Old Town Lewisville arriving 30 minutes before our scheduled tour. This gave us enough time to look around their tasting room/gift shop/outdoor whiskey

garden before "Spirit Guide Emma" called us to attention. She told us about the history of distilling, the Witherspoon history and the processes they use to produce whiskey and rum. (The company was started by two ex-Marines in 2011 who considered it a labor of love.) We looked inside the large, stainless steel cooking vats in which cracked grain is heated with hot water to release the sugars and form the wort (pronounced "wert"). The remaining "draff" goes to a Lewisville farmer who has the happiest pigs in town. Yeast is added to the wort to start the fermentation



which then produces alcohol and a few by-products. We had tasted a 130-proof, clear liquid from their copper still – very potent. (The coloring and taste in their spirits come from the barrels in which they are stored along with various infusion flavorings.) Emma said that Texas is a perfect whiskey state due to the wide fluctuation in temperatures which forces the liquor in the barrels into and out of the wood for several years to pick up flavoring and color. After the 60-minute tour we had a "tasting" of six different spirits, which they make, plus a bite of rum cake – all of which tasted much better than the first sample! In fact, quite a few bottles and cakes went with us as we hopped on the bus to return to TI. An unexpected treat was a neat view of the new "Snow" moon and the partial lunar eclipse occurring as we rode home. All in all, it was a very neat adventure, so please join us on one of our excursions.

March 14, Dallas Blooms/Cherry Blossom Festival – 9:30 am to 2:00 pm, Tuesday, Dallas Arboretum. While the displays in North Texas are not as grand in scale as the 3,000 Yoshino cherry



trees on Washington, D.C.'s National Mall, they are a lot closer! Each North Texas spring they foam with awe-inspiring pink and white blooms at the Dallas Arboretum, which is ranked one of the top ten best botanical gardens in the United States by *USA Today*. Cherry trees are one of the most beautiful flowering trees covered with puffs of pinkish cotton candy, but their blossoms only last about 10 days. (That's assuming we do not get a torrential, hail storm, a sudden freeze or a heat wave.) There are over 150 cherry trees here, reaching up to 30 feet tall, and they bloom profusely. We can walk the garden trails (or catch one of their shuttle

carts) to enjoy other stunning landscapes. We'll leave at 9:30 am, tour the beautiful grounds, eat at Smoky Rose Restaurant (on our own) and return about 2:00 pm. Prices are \$15 for members and \$17 for nonmembers. Please call the TIAA office at 214-567-8444 to register for this event.

March 18, "9-to-5, The Musical" – 10:00 am to 5:00 pm, Saturday, Granbury. This musical is based on the 1980 movie of the same name which was derived from a book by Patricia Resnick. It has received multiple awards and follows a hilarious turn of events as Violet, Judy and Doralee live out their wildest dream – giving their boss the boot! While he remains "otherwise engaged," the women give their workplace a makeover, taking control of the



company that had always kept them down. We will leave on a bus at 10:00 am, eat lunch in Granbury (on our own) in one of the restaurants on the square, shop a little and then attend the matinee at 2:00 pm. We should be back about 5:30 pm. Cost is \$25 for members and \$28 for nonmembers. Please call the TIAA office at 214-567-8444 to register for this event as soon as tickets are limited.

April 8, Ennis Bluebonnet Festival – 9:00 am to 4:00 pm, Saturday. Grab your camera or smartphone and join together to go east to the "Official Bluebonnet City of Texas". There are 40 miles



of mapped Bluebonnet Trails and our office will call the city to learn where the best flowers are on the trails this day. We can stop and take pictures whenever we see a spectacular wildflower show (and not just Bluebonnets, either). We will leave at 9:00 am, drive the trails, take pictures and then visit the Bluebonnet Festival in historic downtown Ennis to enjoy arts, crafts, food, souvenir booths, and live entertainment. We will eat lunch on our own in Ennis and return about 4:00 pm. Cost is \$15 for members and \$17 for nonmembers. Please call the TIAA office at 214-567-8444 to register for this

event.

Community Involvement Events

February Community Involvement Recap: TIAA volunteers boarded a Senior Source van on February 13 heading to the Crossroads Community Services facility located in downtown Dallas. We have volunteered for CCS over the past several years and always have been received warmly by the CCS staff. We served over 50 clients helping them to select gently used clothing as well as nutritious canned, boxed, frozen, and fresh fruits & vegetables for their families' monthly needs. Everyone enjoyed making a difference in the lives of the CCS clients and watching as they left CCS thanking us for all that we did for them. Crossroads' primary goal is to ensure that all people in Dallas County have ready access to nourishing foods. A secondary goal is to provide life-skills education that can help clients accomplish goals that are important to them. Crossroads provides clothing to in-house pantry clients as well as clients from The Stewpot. Crossroads partners with educational and medical institutions in Dallas County to seek more holistic solutions to deeply entrenched social and economic problems. CCS is always looking for volunteers during the weekdays.



March 20, Family Place – 8:30 am to 1:30 pm, Monday. (Location will be assigned on day of event.) The Family Place empowers victims of family violence by providing safe housing, counseling and skills that create independence while building community engagement and advocating for social change to stop family violence. The Family Place is a nonprofit agency that helps families hurt by domestic violence. All services are provided free of charge, with exception of Supervised Child Visitation and the Battering Intervention and Prevention Program (BIPP). Please join us at the Texins

Activity Center to board a Senior Source bus at 8:30 am. Volunteers assist in merchandising and retail sales, as well as sorting incoming donations of clothing, personal and household items or other duties needed on the day of the event. Afterwards, we will have lunch at a local restaurant (at our own expense) and arrive back to the Texins Activity Center about 1:30 pm. Please call the TIAA office at 214-567-8444 to register for this event.

TIAA Breakfast Meeting

March **17, Friday, 9:30 am.** All TI retirees, TIAA members and their spouses are invited to this informal get-together for breakfast at the Southern Recipes Grill, 621 W. Plano Pkwy. We meet to enjoy a cozy breakfast with old and new friends. You will find fresh food, great service, reasonable prices, and good conversation. Registration is not needed as we can always pull up another table, so just show up and bring a friend if you like. From North Central Expy, turn west on Plano Pkwy, cross the bridge and turn north into The Village at Collin Creek. The restaurant will be to your left. If you have any questions, contact Jon Campbell at 214-507-1500.



Next TIAA Breakfast: April 21, Friday, 9:30 am.

New and Renewing Members

Daniel Brown, Susan Carrington, Jim Deuster, Tim Ferrel, William Fox, Linda Frank, Audrey Jahn, Norman Laperche, Shirley Lima, Veriato Lima, Rod Pearson, Fabienne Ramon, Jose Ramon, John Stich, Jewell Taylor, Laura Carroll Walton and Jack Woodham renewed their membership. Welcome.

TI Alumni News

Published monthly by the TI Alumni Association to help inform the TI alumni community about news and activities of interest to TIAA alumni. Editorial Staff: Marilyn Adams, Editor, Jon Campbell, Managing Editor; Jerry Brandenburg, Ronnie Brandenburg, Larry James, Max Post, Jessica Stewart and Linda Stopani, Contributors. Alumni with general inquiries about TIAA should contact the TIAA Office by; mailing to TIAA, PO Box 740181, Dallas, TX 75374; or by calling 214-567-8444.