



RETIREES ASSOCIATION OFFICERS AND BOARD MEMBERS 2016-17

uthsc.edu/retirees

Bobby Thomas
Past President; Chairman of the Board

Pamala Vaughn
President

Andrea Crisler (2018)
Secretary

Marsha Ewart (2018)
Treasurer

Debbie Jackson (ex officio)
HR Support

Vacant (ex officio)
Administrative Support

Lue Ida Walls-Upchurch (2018)
At Large

Larry Qualls (2018)
At Large

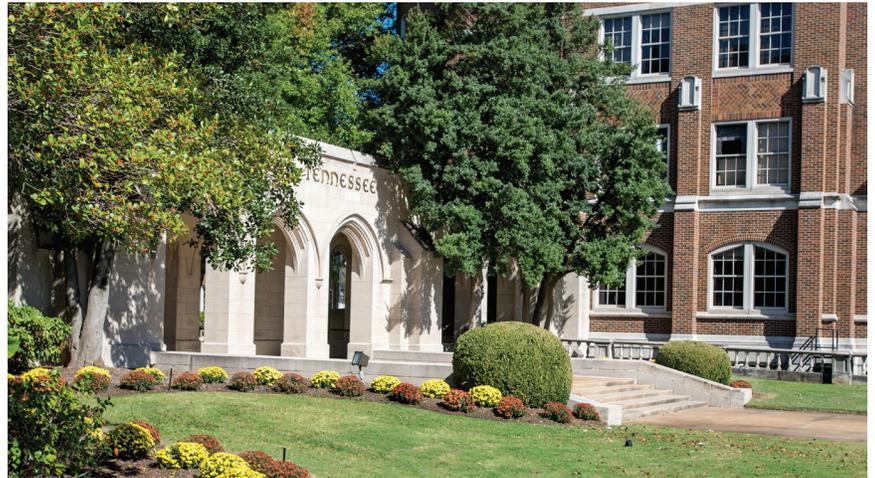
Vic Crutchfield (2018)
At Large

Barbara Culbreath (2018)
At Large

Gerri Bussell (2019)
At Large

John Crisler (2019)
At Large

Andrea Crisler (appointed)
Newsletter Editor



GENERAL MEMBERSHIP MEETING

WHEN: Friday, December 8, 2017

TIME: 11:30 AM – 1:30 PM

WHERE: Room 305, Student-Alumni Center

LUNCH: Reservations Only: Call Andrea Crisler 870.732.4811, or email acrisler@uthsc.edu to make reservations on or before Monday, December 11. Family members and guests are welcome.

COST: \$9 (First time attendees receive free meal.)
Due to rising costs, starting with the March 2018 Luncheon, the quarterly luncheon fee is being raised from \$ 9.00 to \$ 10.00.

PARKING: Free parking in the garage next to SAC. UTHSC ID required to enter garage.

ENTERTAINMENT AND DOOR PRIZES

DO YOU HAVE NEWS? Please send any items of interest for Postscripts to Andrea Crisler, Editor. Email acrisler@uthsc.edu or mail to P.O. Box 254, West Memphis, AR 72303

The University of Tennessee is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA/V institution in the provision of its education and employment programs and services.

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FROM THE PRESIDENT

We had another fun-filled event with our September Luncheon, welcoming new retirees and retirees attending for the first time, Grady Russell, Mary Beth Murphy, and Richard Parkinson, all retired from the College of Medicine, and Debbie Smith, who retired from Research Administration. Our luncheon speaker was Dr. Jim Bailey, UTHSC Professor of Internal Medicine and Preventive Medicine, and also Director of the Center for Health System Improvement. Dr. Bailey spoke about writing his novel, *The End of Healing*, a young healer's journey into the "depths of a modern healthcare hell". He also spoke to us about his outside-the-box five ways to heal the USA's broken health care system. Talk about audience participation, this subject affects all of us as we navigate through healthcare resources to meet the needs of our families and ourselves.

Coming up ... one of our favorite programs of the whole year ... our Holiday Luncheon. We're planning another special event, complete with turkey and dressing and all the trimmings! We're lining up musical entertainment and our annual door prize extravaganza, which will include several generous gift cards, table centerpieces, and our annual Retiree's Association novelty gifts.

We always schedule our Holiday Luncheon for the same day as the Campus Holiday Party so everyone can attend it too, and enjoy connecting with friends who haven't retired yet. So keep in mind that our luncheon will be on the third Friday of December instead of our usual Thursday timeslot.

Your Board of Directors is already working on ideas to provide popular programs for the upcoming year, such as bringing back the "Master Gardner's". We'd love to hear from you about your favorite speakers.

As we close another year for the Retiree's Association, I'd like to express thanks to the UTHSC Human Resources Department, for providing luncheon support, and the Communications and Marketing Department and Printing Services for their invaluable assistance with our newsletter. But we wouldn't be able to carry on without the hard work of our dedicated Board of Directors!

Pam Vaughn
President



CAMPUS HOLIDAY PARTY

DECEMBER 8, 2017

1:00 - 3:00 PM

PLAZA BUILDINGS
LOBBY

THE RETIREES ASSOCIATION OF UTHSC

Established in 1911, The University of Tennessee Health Science Center aims to improve human health through education, research, clinical care and public service.

An office has been established on-campus for the Association in the SAC building for assistance to those considering retirement or more information about the Retirees Association. Call 901.448.5069 for an appointment.

MEMBERSHIP DUES

- Annually: \$5.00
- Lifetime Membership: \$50.00

Dues may be mailed to:

Marsha Ewart
1072 Island Mist Circle
Memphis, TN 38103

Make checks payable to:

"UTHSC Retirees Association"
or pay in cash or money order.

If you have a change of address, please mail it to:

Andrea Crisler
P.O. Box 254
West Memphis, AR 72303

A FEW HIGHLIGHTS FROM THE SEPTEMBER LUNCHEON

JAMES E. BAILEY, MD, MPH, Director, Center for Health System Improvement & Professor of Medicine and Preventive Medicine, University of Tennessee Health Science Center in Memphis

Dr. Bailey spoke about his novel, **The End of Healing: A Journey through the Underworld of American Medicine**, which was recently awarded a Benjamin Franklin Book Award for Popular Fiction.

Dr. Jim Bailey has dedicated his career to empowering others to take charge of their health through his work as a physician, teacher of doctors in training, and health care researcher. As Chair of the Clinical Practice Committee for the Society of General Internal Medicine, Bailey is a leading expert in the field of primary and preventive care for adults. His novel distills his decades of experience as a physician teacher and a health care quality expert and offers a way for everyday people to understand the real forces behind both Obamacare and Trumpcare and to demand and get health care that truly heals for themselves, their families, and their neighbors.

“Getting health care that truly heals,” Bailey said, “is far easier if you know the ways health care industry middlemen trade Americans’ health for profit and take advantage of people at their most vulnerable – when they are sick. Savvy consumers who understand the true forces driving both Obamacare and Trumpcare will be able to look beyond the rhetoric of politicians to discover where their true common interests lie, and how they can get much better health care at much lower costs than they are paying now ... if they demand it.”

1. Stop Paying for So-called “Care” that Doesn’t Heal. Few people realize that nearly a third of “care” recommended by doctors, surgeons, hospitals, and pharmaceutical companies is unproven, and may do more harm than good. Get better care for yourself and your family by asking questions before you agree to major tests, procedures, and surgeries.

“Ask your doctor or surgeon to give you clear information about the number of people benefited and harmed by each procedure or test,” advised Bailey. “Ask about radiation exposure, side effects, and rates of complications. Get a reliable second opinion before major tests, procedures, or surgeries. And when you aren’t confident that a procedure will benefit you, just say, ‘No!’”

2. Get a Dedicated “Concierge” Primary Care Provider – for Everyone! Demand concierge care. Get a dedicated primary care team (aka a “patient-centered medical home”) to help you and your family get the primary and preventive care you need most, when and where you need it.

Bailey stated, “Research shows that primary care teams centered on you and your family’s needs can deliver truly lifesaving preventive and primary care at far lower cost than Emergency Rooms and hospitals can.”

3. Avoid Dangerous Tests, Procedures, EDs, and Hospitals Whenever You Can. U.S. citizens foot the bill for costly emergency room care through skyrocketing insurance premiums and taxes.

“Demand that your clinic, health group, or health plan offer low-cost care when and where you need it,” said Bailey. “Ask your clinic, care team, and health plans for home visits and after-hours care. Find high quality doctors and clinics in your community who offer after-hours care and home visits and spread the word.”

4. Get the Medicines You Need for Half the Cost ... and Let Food Be Your Medicine. Bailey advocates that people should take charge of their own health care dollars. He is trying to shine light on the U.S. pharmaceutical industry that is reaping exorbitant profits at your expense.

“Know where your money goes,” said Bailey. “Demand that your government be allowed to bargain with drug companies for the best price they can get (just as WalMart does) rather than paying “what is usual and customary” (i.e. whatever the pharmaceutical company wants). And ask Congress to outlaw direct to consumer advertising of prescription medications and to promote real competition by allowing U.S. citizens to buy medications online from other countries.”

Bailey also champions getting less costly generic medicines whenever you can – generics are required to be chemically identical, so they generally work just as well.

5. Cut Out the Insurance, Pharmacy, Hospital, and Testing Middlemen Profiting at Your Expense. The US spends some 800 billion dollars – nearly one-third of health care spending – on bureaucracy and administration, a percentage that far exceeds any other nation in the world. Demand price transparency.

“The giant insurance, pharmacy, hospital, and testing industry middlemen are getting rich through bureaucratic rules designed to protect their monopolies and profits rather than your health,” explained Dr. Bailey. “Demand that Congress focus on cutting bureaucratic waste instead of cutting people off from insurance.”

Bailey continued, “Demand that your insurance company and hospital tell you exactly what every health care service will cost and who is getting paid for what. Start asking what things cost, and demand a better deal.”

Dr. Bailey is available to speak to your groups, church groups, book clubs, etc. He may be contacted at jim@thehealthycity.org



THE UNIVERSITY OF
TENNESSEE
 HEALTH SCIENCE CENTER.

UTHSC Retirees Association
 P. O. Box 63077
 Memphis, TN 38163

REMINDERS

- 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 Lawanda Mallett before any Thursday luncheon meeting to have your free ID Badge made.
- UT Retirees may use the UT Recreation and Fitness Center free of charge. For hours of operation and other information, call 448.5612.
- Visit the UT Retirees webpage for current notices and for past issues of PostScripts. Go to: uthsc.edu/retirees.

RECENT RETIREES CONGRATULATIONS AND WELCOME!

Dennis Stokes
 Professor, Pediatrics

William Morris
 Professor, Ophthalmology

Bettie Stornes
 Graduate Dental
 Assistant, Dental School

Gail Perry
 Admin. Secretary. IT

Evelyn Conley
 Patient Acct Specialist,
 Dentistry

Eddie Ball
 Custodian, Facilities

Thurman Hobson
 Media Coordinator,
 Marketing and
 Communication

Charles Kendricks
 Foreman, Facilities

Santiago Vera
 Professor, Surgery General

Gloria Williams-McGhee
 Accounting Specialist,
 Pediatrics

Barbara Frederick
 Business Manager. Admin
 Core AMP

2018 BOARD MEETING AND LUNCHEON SCHEDULE

MARK YOUR CALENDARS

February 15, 2018 – Board Meeting

March 15, 2018 – Luncheon Meeting

May 17, 2018 – Board Meeting

June 21, 2018 – Luncheon Meeting

August 16, 2018 – Board Meeting

September 20, 2018 – Luncheon Meeting

November 8, 2018 – Board Meeting

December – TBA
 (to coincide with Campus Holiday Party)

For more information, please contact:

Andrea Crisler | P.O. Box 254 | West Memphis, AR 72303
 phone 870.732.4811 | email acrisler@uthsc.edu

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