

MARSP Newsletter

April 2014

www.midlandretireded.org

April 3, 2014
MARSP
Box 4954, Midland, TX 79704



MARSP LUNCHEON MEETING MINUTES

March 6, 2014



The regular meeting of the Midland Association of Retired School Personnel was held on March 6, 2014, at 11:30 a.m., at the First Baptist Church, President Nancy Young presiding. George Cooper gave the invocation and led members in the pledge. Nancy Young welcomed members and guests and expressed thanks to Valerie and her staff for the lunch preparations and to Karen Burden and Nancy Stewart for table decorations.

Diantha Dawkins introduced the luncheon speaker, Leslie Slaughter, a local artist. Leslie gave members information about ArtiZen, a local art studio that sells local art and gifts and offers various art classes and workshops. Leslie teaches classes in the Midland College Continuing Education program. She also talked about the process and the glass she uses to create her art and displayed several pieces that she has created. President Nancy Young presented Leslie with a certificate of appreciation.

Nancy reported that nine MARSP members met at the Midland County Annex on February 20, to vote in the primary election. She also said that thank-you letters have been sent to the Scharbauer and Henry Foundations for their "giving spirit" in their generous contributions to MISD. These contributions went to help teachers and support staff with housing expense.

Nancy announced that Joe Willis, MARSP member and professor at Midland College has published a book, *Teaching Lessons*. He will have a book signing March 19 at the MC Book Store, 12:00-12:30 and 4:30-6:30. On March 29 he will be at Hastings on Cuthbert from 12:00-2:00.

Six members have signed up to go to the TRTA Convention in Dallas, April 13-15. If there are others who are interested, members were asked to contact Nancy Young.

Nancy Doss from the nominating committee announced the following slate of officers. President, Nancy Young; Co-First Vice Presidents, Michele Harmon and Kerry Kay Cook; Co-Second Vice Presidents, Sheila Morrow and Linda Buzan; Secretary, Karen Burden; Co-Treasurers, Mary Smith and Donna Byerlotzer. Jennifer Cooper made a motion that these officers be elected by acclamation. Diantha Dawkins seconded that motion. Members voted and the motion carried. Nancy Doss thanked the members of the nominating committee for their hard work.

First Vice-President Jean Alvey announced the kick-off of the membership campaign. There were 124 renewals and 2 new members at this time. Maridell Fryar encouraged members to take advantage of the Diamond Plus payroll deduction for membership. This saves the expense of mailouts at the state level. Members receive a permanent plastic membership card.

Maridell also talked about the shortfall in the healthcare fund. This fund is not guaranteed like the annuity, but is taken care of through legislation. Legislators have 4 options: do away with the fund, raise premiums, reduce the benefits, or find an additional source of funding. Members are encouraged to start talking to legislators now.

Second Vice-President Pat Adams asked for the donation of books and box tops. She also announced that Michael Price from the I-20 nature preserve will present the program in April.

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Please Come to the April Meeting

Please mark your calendar for Thursday, April 3. This is the date for the next MARSP meeting. The program for this meeting will be **Michael Price, Executive Director of I-20 Wildlife Preserve. His topic will be "Where We Have Come and Where We Are Going."** We will meet at First Baptist Church Fellowship Hall. Meet and greet begins at 11:30, lunch is at 12:00, and the program begins at 12:30. The cost is \$5, and your reservation is your commitment to pay. Please call or e-mail Anita Patton by Monday, March 31. If you would like to join us just for the program, a reservation is not necessary.

[Call Anita Patton at 432-697-1602](tel:432-697-1602) or e-mail her at apatton123@sbcglobal.net by Monday, March 31.

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There were no additions or corrections for the February minutes so they were approved as printed in the newsletter. Copies of the treasurer's report were on the tables for members to review. There were no questions, so the report will be filed for audit.

Foundation Liaison Martha Kallus asked members to dig deep for next month's contribution to the Foundation Fund. It will be presented at the state convention in honor of Maridell Fryar.

Patti Watson, Friendship Chairperson, recognized March birthdays. She announced that Betty Bagwell had surgery on March 5th.

The retirement education committee reported that a thank-you note was received from Carol Horton, District Chairperson, Retirement Education for MARSF's \$200.00 donation to the seminar.

Scholarship Chairperson Diantha Dawkins announced that application forms for the scholarship can be found on the internet.

Karron Pearson and Jennifer Cooper drew names for health/exercise and volunteer hours. The winners were Pat Adams and Karen Burden.

Nancy Young thanked Orin Wade for the luncheon music and adjourned the meeting at 1:30 p.m.

Karen Burden, Secretary

~President's Note ~



We had good attendance at our March meeting. There were some new faces, and it is always nice to see them. I hope your Spring Break was enjoyable if you traveled or just stayed around Midland.

*Our membership campaign is in gear. We hope to have **all** our members renew. Remember to contact retired personnel who have not become members as membership is important with our health care in crisis. A large membership equals "power in numbers" as we face the legislators for support. Contact Jean Alvey for membership information.*

Five members will be attending the TRTA convention in April. Valuable information will be received for 2014-15. A convention report will be given at the May meeting.

Book Donations – Members can donate books or can make a monetary donation to Pat Adams in order to purchase books at Helping Hands. Those books are ten cents (.10) each.

May 5, 1:30 p.m., Midland ISD Central Office, Room 101 - There will be a meeting of outgoing/ incoming officers and chairpersons. This meeting is to introduce new officers and committee chairpersons with their MARSF duties for 2014-15.

May 9, 9:00 – 2:00 p.m., ESC Region 18 - District Spring Leadership Training. I hope new officers and chairpersons will attend as this will also be an introduction to their duties. It is an opportunity to meet members in the Local Units in District XVIII. Lunch is served and paid, as well as mileage, but you must car pool. Watch for more information.

I welcome our new 2014-15 officers and chairpersons. Installation will be conducted by Ann Parish at our scheduled May 1st luncheon. I am looking forward to a successful 2014-15.

*Blessings,
Nancy Young*

A hug for you, my friend



Thinking Of Our Members

Cards for all occasions are sent to our members every month. Recently, thinking of you cards were sent to Linda Hall, Judia Foreman, Nelda Cranfield, Jeri Evans, and Sandy Hammontree. Get well cards were sent to Faye Daugherty and Betty Blackwell. A sympathy card was sent to the family of Juanita Marshall upon her death. If you know of someone who would appreciate a card, please let Patti Watson know. She may be reached at 697-1170 or e-mail her at pnw1000@gmail.com.

Patti Watson, Friendship Chair



Seven Ways to Remove Stress in Less Than An Hour

- 10 Minutes: Chew a stick of gum.
- 12 Minutes: Brew some black tea, relax, and drink it.
- 15 Minutes: Try a DIY massage with a tennis ball by rubbing over it your muscles.
- 20 Minutes: Put pen to paper and write down how you feel.
- 30 Minutes: Put on music you love, stop, and listen.
- 45 Minutes: Take a tech break and don't check e-mails.
- 60 Minutes: Clean house and concentrate on your tasks rather than your stress.

From the December 2013 issue of [O, The Oprah Magazine](#)

Volunteer Hours—March 2014

Name: _____

Number of Hours: _____

Exercise Hours—March 2014

Name: _____

Number of Hours _____



Good Thing To Know! From The Mayo Clinic

Drinking water at a certain time maximizes its effectiveness on the body:
Two glasses of water after waking up help activate internal organs.

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

Heart Attack and Water - Drinking 1 glass of water before going to bed avoids stroke or heart attack! I never knew all of this! Interesting. . . .

Something else I didn't know ... I asked my doctor why people need to urinate so much at night time. The answer from my cardiac doctor was this:

Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs, etc) seeks a level with the kidneys, it is then that the kidneys remove the water because it is easier. I know you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important. From A Cardiac Specialist!

1 glass of water 30 minutes before a meal helps digestion.

1 glass of water before taking a bath helps lower blood pressure.

1 glass of water before going to bed avoids stroke or heart attack.

I can also add to this. My physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a charlie horse.

Karron Pearson, Healthcare



Book Collection Is In Progress

The collecting of children's books is an ongoing project and so far we have only collected 141 books this year. Please be mindful that there are lots of organizations that cater to children who depend on our donations. We received the following notes from previous donations:

Dear Faithful Supporters,

Thank you for the 18 books you brought us. We have actually added another bookcase by the treatment rooms that was looking a little bare. The children and their families enjoy "shopping" for books when they come in. Thank you again.

Annette Stacy

Community Children's Clinic

And this one:

Dear MARSP,

I wanted to thank you again for your gift of books for our children. I appreciate you always remembering us. We gave the books as awsw33333 Valentine gift for the kids.

With many thanks,

Pattie Stewart, Director, Coleman Child Care.

In addition, we have received thank you notes from Midland Need to Read, Safe Place, Midland Fair Havens, Coleman Family Clinic, and others.

Also, please remember that we are collecting Box Tops for Education and Campbell Soup labels. We recently presented 108 labels and 422 box tops to Sam Houston Elementary to use for playground equipment.

Pat Adams, Programs and Public Relations



EXERCISE REPORT

Every member needs to turn your exercise report in at least by the May meeting.

Name _____ I did exercise this year. Any exercise counts: walking, swimming, yoga, biking, gym class, gardening, house cleaning, Anything that makes you move your body

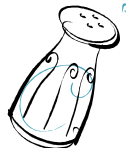
counts as exercise. Turn in anytime but by the May 1st meeting to Karron Pearson, 2803 Maxwell Dr.

Midland, Texas. 79705, email karronpearson@sbcglobal.net or drop your note in the exercise sack at the April or May meeting. The report goes to state by June 1 to District Health Chair.

Karron Pearson, District Health Care



How Much Salt is in Restaurant Food?



As I continue to do reading and research on the sodium issue, I am amazed by the information and how much salt is used in the food production industry. Trust me, you would never make food with that much salt!

Of course, you can get plenty of sodium at home, but the average American eats 3400 mg of sodium each day and most of it is not from the salt shaker. The current recommendation is for no more than 2300mg per day and no more than 1500mg if you are over 50 years old, African American or have kidney disease, high blood pressure or diabetes.

Check out the sodium content of these restaurant items:

Olive Garden Garden Fresh salad - just one serving = 1930mg

Arby's medium Homestyle Fries = 1360mg

Wendy's Sweet & Spicy Asian Boneless Wings = 2490mg

Quizno's Baja Chicken Signature Sub, regular size = 2090mg

Steak 'N Shake Chili Deluxe, bowl = 2560mg

KFC - 1 biscuit = 530mg

Subway 6" Turkey Sub w/American cheese and light mayo = 1220mg

Applebee's Sizzling Skillet Fajitas (choose from chicken, steak, or shrimp) = 6040-6800mg

Burger King BK Veggie Burger = 1030mg

Chili's Brownie Sundae = 930mg

Chipotle fully loaded Burrito with Carnitas = 2410mg

McDonald's Premium Southwest Salad w/grilled chicken and 1 pkg Newman's Own Low Fat salad dressings = 1690mg

Red Lobster Grilled Lobster, Shrimp & Scallops = 3220mg

Panera's bowl Low-Fat Vegetarian Black Bean soup = 1590mg

Taco Bell Grilled Stuft Burrito, chicken = 1980mg

For even more lists of sodium in restaurant foods, check out the list from Center for Science in the Public Interest: <http://www.cspinet.org/salt/hsrestaurant.html>

Kaaron Pearson, Healthcare

Bragging Rights



Tanya Eustace, daughter of Natalie and Tommy Eustace, is in Chicago and will complete her Ph. D on June 6th. She has been employed by the Governing Body of Discipleship of the Methodist Church. She will serve as Director of Children and Intergenerational Methodist Ministry Worldwide with national headquarters in Nashville, Tennessee. A big congratulations to Tanya and to Natalie and Tommy.

Lynn Fishman also claims bragging rights because her son Seth Fishman has just published his first novel. It is entitled *The Well's End*. Starred Booklist describes the book like this:

The possibilities of bio-warfare with a new twist on the life-healing properties of water make the contemporary implications of the story ring unerringly true. A fast-paced, thrilling adventure story that begs for a sequel.—Booklist,

The book can be found at Barnes and Nobles as well as on Amazon. Congratulations to Seth and his family.

MARSP Foundation Report



RING YOUR BELL FOR MARIDELL! ...Maridell's campaign slogan!



So again, let's "ring our bell" in support of Maridell by generously contributing to this fund in her honor. She will be conducting her last convention as the President of TRTA. Contributing to the Foundation at convention in her honor is an opportunity to openly show our local unit support for this incredible leader.

Make your checks payable to MARSP and bring it to the meeting on April 3rd. For tax purposes, please indicate in the lower left corner that it is TRT Foundation. If you aren't able to attend or send it with a friend, mail by April 4th to: **MARSP P. O. Box 4954, Midland, TX 79704-4954.**

Convention activities start up the very next weekend so be timely with your checks. These funds will go into the general fund and not be specifically designated for a particular program.

We want this to be a great tribute to Maridell. Please be generous.

Thank you for your faithful and generous support to the projects of the Texas Retired Teachers Foundation.

Martha Kallus, Foundation Liaison



TEST YOUR FRAUD IQ:

Online, have you ever:

1. Clicked on a pop-up ad?
2. Played solitaire or other games?
3. Opened an email from someone you don't know?
4. Read a newspaper?
5. Signed up for a free offer?
6. Kept in touch with family on Facebook or Twitter?
7. Sold some merchandise in an auction?
8. Checked the weather report?
9. Sent funds through an internet money transfer service?
10. Watched a TV show?
11. Posted your home address, phone number, vacation plans, names of children or grandkids on media?

If you checked only even-numbered activities, congratulations! You are among Internet users who are least likely to be duped by a fraudster who's after your money. If you check any of the odd-numbered choices, "You might be putting yourself in the scammer's sights," said Doug Shadel, AARP Washington state director and author of *Outsmarting the Scam Artists*.

Shadel directed an AARP Fraud Watch Network survey of nearly 12,000 Internet users to figure out the differences between online fraud victims and those least likely to become victims.

One surprising discovery: Age doesn't matter. What does? People least likely to be victims rarely engage in certain on-line behaviors (such as the odd-numbered examples above). Victims often have recently experienced a stressful event, such as job loss, illness or relationship problems.

"Scammers target people who are emotionally vulnerable because it's easier to force them into a bad decision," Shadel said.

AARP Bulletin, March 2014

Sharon Welch, Informative and Protective Services



MEMBERSHIP NEWS

A huge thank you to all the wonderful people who have already joined or renewed their membership for 2014-2015. So far 163 people have done so. But we still have many more people who have not yet renewed. We need to pass that 400 mark! For those who haven't gotten around to it, you can still mail it in or bring it to the next meeting. If you have misplaced your form just send in your check and any changes you need made in your record. The address is: Box 4954, Midland, TX, 79704. I will also have more forms available at the next meeting.

Diamond Plus: If you would like to join Maridell, Ann, and me as well as others in becoming Diamond Plus members, you can get the form at www.trta.org. Choose Membership, join TRTA, where you will find three easy ways to pay. Or I will have those forms available at the next meeting as they have been the last two months. Remember that this results in a great savings to the state and is easy on the participants since you pay only \$2.92 a month by monthly payroll deduction or monthly bank draft. If you choose this, please join our local as well for only fifteen dollars!

If you need a reason to renew, besides our wonderful fellowship and delicious meals, remember the looming crisis. Our TRS-Care is greatly underfunded! According to Tim Lee, our executive director, ". . . without your involvement we risk drastic changes to this vital health care program. Without more retirees engaging in this fight, we may LOSE a vital part of our TRS retirement benefits." The \$1 billion crisis needs the legislature to fix it. How they fix it can be greatly influenced by each of you. Look at the passing of SB 1458 for proof.

The health care crisis will be fixed with or without us, but we will like the method much better if we involve ourselves in joining other TRTA members across the state. There is power in numbers and WE NEED YOU!

Jean Alvey, Membership

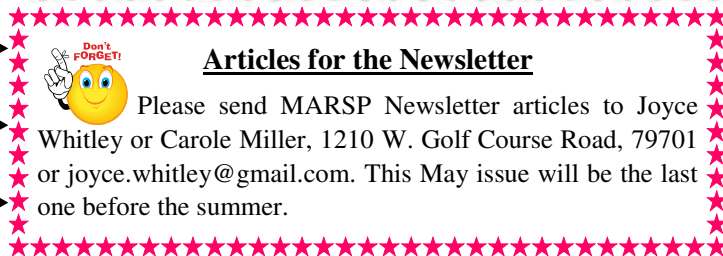


MARSP SCHOLARSHIP

Thank you for your support of the MARSP Scholarship. Teachers change the world one class at a time. Your donations to the MARSP Scholarship continue that change. Guidelines and forms for the scholarship can be found on the MARSP website at www.midlandretireded.org. The deadline for the scholarship, which is open to relatives and mentees of members, is Friday, June 6, 2014. Please encourage your family members to apply.

Diantha Dawkins, Scholarship Chair

The mediocre teacher tells.
The good teacher explains.
The superior teacher demonstrates.
The great teacher inspires. -
~William Arthur Ward



Articles for the Newsletter



Please send MARSP Newsletter articles to Joyce Whitley or Carole Miller, 1210 W. Golf Course Road, 79701 or joyce.whitley@gmail.com. This May issue will be the last one before the summer.



Being a TRTA Member Has Many Benefits

When you join TRTA, you automatically have access to a number of outstanding benefits. The following four are featured this month:

Association Member Benefits Advisors *800.258.7041* Group Long-Term Care/Home Health Insurance; Medicare Supplement Insurance; First Diagnosis Cancer Insurance ; Cancer and Dread Disease Insurance; Single Premium Tax Deferred Annuity; Final Expense Life Insurance. (AMBA)

Vision Service Plan (VSP) *800.258.7041* www.trtabenefits.com When visiting a VSP network optometrist or ophthalmologist, you will receive 20% off an eye exam and lenses once every 12 months and frames provided once every 24 months after a minimal co-pay. To locate a VSP provider, visit www.vsp.com/go/trta or call 800-877-7195.

Ameritas Group Dental Insurance*800.258.7041* www.trtabenefits.com* This plan has very generous benefits plus a two-year rate guarantee. Through the plan, you and your family will receive comprehensive and flexible dental coverage. The plan provides you the freedom to visit any dentist or specialist when you need care.

Hearing Aid Express*866.478.8782 www.hearingaidexpress.com* Statewide network of hearing health care professionals. Member benefits include free hearing tests and a 10% off hearing aid prices.

Virginia Conner, Member Benefits



News from Austin

TRTA/MARSP members interested in email updates on issues pertaining to pension, health insurance, Social Security, and other hot topics should sign up for *Inside Line*. This email update is written by Tim Lee, TRTA Executive Director, and offers fact and opinion on the issues facing current and future education retirees. Currently, we know that our insurance is in near crisis.

Go to <http://www.trta.org> and click the Inside Line icon like the one above. Then follow the directions.

The TRTA Call Your Legislator Hotline:
1-888-674-3788
TRTA Legislative Hotline:
1-877-880-1651

There is power in numbers. Be informed.



Connection Between Heartburn and Heart Attack?

Is there a connection between frequent heartburn or GERD and having a heart attack. According to Dr. Memet Oz, the answer is NO. Heartburn involves the digestive system, not the cardiovascular system. It's the sensation caused by acid reflux, a condition in which gastric acid rises up from the stomach into the esophagus. But chronic heartburn *can* be a risk factor for a precancerous disorder called Barrett's esophagus. Over time gastric acid damages the lining of the esophagus, and in about 1 percent of cases, this damaged tissue will become cancerous. The problem is that Barrett's esophagus does not cause symptoms, so people with persistent reflux should be monitored closely, typically with endoscopy exams once a year. If found, Barrett's esophagus can be reversed with radiofrequency ablation, an endoscopic procedure involving targeted thermal energy.

<http://www.oprah.com/health/Dr-Oz-Answers-Your-Questions-Health-Advice-Column#ixzz2wXOFUk00>