

MARSP NEWSLETTER

April 2016

MARSP, Box 4594, Midland, TX 79704

Please come to the April 7th Luncheon, 11:45 A.M. at the First Baptist Church. Our program will be presented by Mike Nichols, Midland Police Department: "Crimes and Gangs in Midland."

A \$6 fee for lunch is required. Call Anita Patton at 432/697-1602 or at apatton123@sbcfllobal.net by Monday, April 4th to make your lunch reservation. No necessary call is needed to listen only to the program.

President's Message

Dear Colleagues,

It's membership renewal time. As I write this, nearly a third of our members have already renewed their dues for 2016-17. Congratulations to you!

The dues amount for everybody is \$50. Some of that goes to TRTA and some to MARSP. You can't be a member of just the local unit. Both MARSP and TRTA bylaws specify that

a "member" belongs to both TRTA and the local unit. However, if \$50 seems like a big chunk to pay at once, you can be a "Diamond Plus" member and have TRS deduct \$2.92 from your annuity each month. That's what I do, and I don't even notice it. Then you need to pay only \$15 once a year to MARSP for the local part of the dues.

Either way, it's important to renew or join now. And it's important to get a friend to renew or join now.

The hearings on our insurance start on March 30. In order for our voice to be heard loud and clear, we need to have a strong organization. Less than a third of the TRS annuitants state-wide belong to TRTA. I don't think it's because they don't care. I think they haven't joined because they haven't been asked or because they don't think membership is important. So ask 'em. Membership IS important!

Sincerely,

Ann

**MARSP LUNCHEON MEETING
MINUTES:
MIDLAND ASSOCIATION OF RETIRED
SCHOOL PERSONNEL
MARCH 3, 2016**

The regular meeting of the Midland Association of Retired School Personnel was held on March 3, 2016, at 11:30 a.m. at First Baptist Church, President Ann Parish presiding. After lunch, President Parish called the meeting to order at 12:10 p.m. The invocation and pledge were led by Martha Kallus. President Parish then welcomed all members and introduced new members. She also expressed her thanks to Deanna Dunn for table decorations, Orin Wade for the piano music, Mike Landrum for taking pictures, and Anita Patton for taking lunch reservations.

PROGRAM

Linda Buzan introduced the guest speaker, Morris Burns, a local businessman. Mr. Burns presented his program, "Boy, nobody saw this comin'." Mr. Burns spoke about the nature of the oil business, the various factors that drive oil prices up or down, and the market reactions to the price of oil. After a short question and answer session, Linda presented Mr. Burns with a certificate of appreciation.

NEW BUSINESS

President Parish asked members if there were any additions or corrections to the February minutes as printed in the Newsletter. The minutes were approved as printed. Members were also asked to review copies of the Treasurer's report that were on the tables. There were no corrections so the report will be filed for audit. It was noted that \$500 checks will be given to the five TRS convention delegates in April. This money will be used to help with travel expenses.

ANNOUNCEMENTS

- The Board of Directors meeting on Monday, March 7, 2016, has been cancelled.
- Newly elected officers for next year will meet with Maridell Fryar at her home on Monday, March 7, 2016, at 1:30 p.m. Maridell also asked all members to make suggestions for next year's programs. These suggestions can be emailed to her or one of the other new officers. It is also time to be thinking about committees for next year. If members would like to request a specific committee appointment, they can contact Maridell by email at mfryar4950@ATT.net.
- President Parish read a thank you note from Pam Buckley, District 18

chairperson for the Retirement Education Seminar.

-Martha Kallus asked members to give generously to the TRTF. Donations will be collected at the April MARSP lunch meeting and presented at the state convention in April.

-Dorothy Thompson reminded members to give to the scholarship fund. Bags were on each table for these donations.

-Sheila Morrow announced that 1,147 books have been donated this year.

-President Parish read members a letter from Casa de Amigos asking for volunteer teachers in their GED classes. Those interested are to contact Ida Fletcher, their program director.

-Maridell Fryar informed members that Martha Preston, a former MARSP member, has passed away.

-Drawings for free lunches in April were won by Patti Watson and Genevieve Gallegos.

With no further business, the meeting was adjourned at 12:50 p.m.

Karen Burden, Secretary

Committee Reports:

Patti Watson, Friendship Chair:

Thinking of you sent to Deanna Dunn after hearing that Jerry Dunn is undergoing chemo in Lubbock for a recent diagnosis of Leukemia.
pnw1000@gmail.com

Michele Harmon Cobb, Membership Chair:

To join TSTA and MARSP pay \$50 to your local MARSP in June and this will cover both state and local dues.
micheleharmon1@gmail.com

Dorothy Thompson, Scholarships Chair:

Deadline for Scholarship Applications is June 6, 2016. The MARSP website contains the scholarship application. Please notify interested family and friends to apply if they meet the qualifications listed on the form.

Karron Pearson, Health Chair:

7 TIPS TO GET THE MOST ACCURATE BLOOD PRESSURE READINGS

By Mehmet C. Oz, MD and Michael F. Roizen, MD

You know the 4-1-1 for great blood pressure: Eat a diet that tastes great but is devoid of the five food felons (saturated fats, trans fats, simple sugars, added syrups, and any grains that aren't 100% whole grains), walk 10,000 steps a day, and relax regularly with meditation, some cuddling, and/or yoga. But there are six common goof-ups when your healthcare provider checks your blood

pressure -- and they throw off the readings 93% of the time!

If you're not tested using "gold standard" blood pressure procedures, the top number (your heart's pumping pressure, known as systolic blood pressure) is probably off by at least 5 points and the bottom number (your resting pressure, known as diastolic blood pressure) by 2 points. That's enough to change the prescribed medical treatments of 45% of patients, and make it seem like you have **high blood pressure (hypertension)**.

Here are 7 tips to make sure you get the most accurate blood pressure readings possible. If you check your blood pressure at home, you can follow these for spot-on DIY results.

1. **Don't get "cuffed" too fast.** Waiting 5 minutes after you come into the exam room erases the effects of whatever you did to get to the doc's office on time. Walking fast boosts your reading by 5 to 14 points, and driving in traffic raises it 9 to 14 points. Don't be shy about insisting you have time to rest before your blood pressure test.
2. **Keep quiet.** Talking or listening to the practitioner during your check can raise both your blood pressure numbers by 10 points. We know there is little enough time to spend talking with the doc, but you'll have to do it after the test!
3. **Be sure your body is well-supported.** An "off" position -- sitting to one side, for example -- can increase your blood pressure. Sit with your back/lumbar supported, feet flat on the floor, legs uncrossed. Your blood pressure cuff should be at heart level (at-home testers who use a wrist cuff, keep your arm and wrist at heart level, too). These steps can prevent a 2- to 11-point increase in blood pressure readings.
4. **Get the right size blood pressure cuff.** If you're extra-large or petite, match the cuff to your arm size. One that's too tiny can raise your numbers by 10 points. One that's too big makes your reading lower than reality.
5. **Ask for a blood pressure check on each arm.** Checking right and left arms can catch problems you might miss if the only blood pressure measurement taken happens to be on your "low pressure" side, and differences between your two arms of 15 points or more can also be an early-warning sign of a clogged aorta or blockage in another major blood

vessel. Neither you nor your doctor want to miss that!

6. **Be smart about white-coat hypertension.** The blood pressure of 1 in 4 adults spikes the minute a doctor, nurse, or physician's assistant appears. That spike may signal how you normally live. We ask our patients with this problem to wear a 24- to 48-hour blood pressure monitor that tracks the shifts that occur around the clock. If that's not possible -- and blood pressure problems are an ongoing concern for you and your doctor -- here's the best way to find out your true blood pressure: At your doc appointment, ask to sit quietly, solo, in an exam room for 30 minutes while wearing a monitor that automatically checks your pressure every 5 minutes.
7. **Skip the coffee break, but take a bathroom break.** Sipping tea, coffee, cola, or other caffeinated drinks within 30 minutes beforehand raises blood pressure. And a full bladder's not just uncomfortable; it can boost your blood pressure by 20 points, too.

- **Hypertension**

Clinically known as hypertension, high blood pressure can cause a host of problems if left untreated. The most common type of cardiovascular disease, high blood pressure causes our hearts to work harder by forcing blood to push against the walls of our arteries at an elevated level. Hypertension is the leading cause of strokes and heart attack. It also increases your risk of having heart and kidney failure and hardening of the arteries, a condition called atherosclerosis