

MARSP Newsletter

February 2015

www.midlandretireded.org

February 5, 2015
MARSP
Box 4954, Midland, TX 79704



MIDLAND ASSOCIATION OF RETIRED SCHOOL PERSONNEL

January 8, 2015



The regular meeting of the Midland Association of Retired School Personnel was held on January 8, 2015, at 11:30 a.m. at First Baptist Church, President Nancy Young presiding. George Cooper gave the invocation and led members in the pledge. President Young welcomed all members and guests and expressed thanks to the staff of First Baptist for preparing lunch, Orin Wade for his piano music, and Deanna Dunn for providing the table decorations.

Sheila Morrow introduced the guest speaker, Mayor Jerry Morales, mayor of Midland. Mr. Morales presented members with an overview of growth in Midland since 2010 and plans for continued growth in the future. Sheila then presented Mayor Morales with a certificate of appreciation.

President Young reminded members that the current membership campaign continues and the campaign for 2015-2016 will begin March 1, 2015. She also encouraged members to attend the TRTA convention April 6-8 in Austin. Rally day will be the 8th and members are asked to wear red and gather at the capitol to show the Legislature we want their support for issues that are important to us, especially health care. Members who cannot attend the convention are encouraged to come for Rally Day. Ice cream will be served on the capitol grounds after the rally.

The Retirement Education Seminar will be February 7 with the location to be announced. At the February MARSP luncheon there will be a short business meeting after the program with Tumbleweed Smith. Members were asked to check the February newsletter for additional information that may not be announced at the February meeting.

Co-First Vice-Presidents Michele Cobb and Kerry Kay Cook reported 22 new local members bringing the total membership to 366.

Co-Second Vice-Presidents Linda Buzan and Sheila Morrow thanked members for bringing books and reported that 5000 books were collected in 2014. They also reminded members that the cost of the meal for the February meeting will be \$10.00 to help with expenses for the program. Tumbleweed Smith will be the guest speaker.

Copies of the December minutes were on the tables for members to review. There were no additions or corrections to the minutes so they were approved as printed. Copies of the Treasurer's report were also available. There were no questions or corrections, and the report will be filed for audit.

Anita Patton gave a report from the nominating committee. The following nominations were submitted: Co- First Vice-Presidents, Michele Cobb and Kerry Kay Cook; Co-Second Vice-Presidents, Sheila Morrow and Linda Buzan; Secretary, Karen Burden; Treasurer, Mary Smith; Parliamentarian, Deanna Dunn; Chaplain, George Cooper; Historian, Sue Ashwood. The committee is still looking for someone to fill the office of President. Officers will be voted on at the February meeting.

Dorothy Thompson, Scholarship Chairperson, reported that there is a balance of \$1741.14 in the scholarship fund. A scholarship in the amount of \$1500.00 will be given in the spring. Members were encouraged to contribute to keep the fund growing.

Joyce Whitley requested that members with items for the newsletter have them turned in no later than January 16, 2015. Items can be sent to Joyce or Carole Miller.

Friendship Chairperson, Patti Watson, recognized January birthdays. Donna Vaden provided members with a list of places that give a discount to members of TRTA. Nancy Young reported that TRTF has acknowledged the MARSP gift made in memory of Diantha Dawkins.

Health Care Chairperson, Karron Pearson, encouraged members to exercise. The winner of the health care drawing was Deanna Dunn. Jennifer Cooper, Volunteer Hours Chairperson, reminded members to turn in their hours. Hours for 2014 must be turned in to the state by the end of January. The winner for the volunteer drawing was Karen Burden. The meeting was adjourned at 1:30.

Karen Burden, Secretary

Please Come to the February Meeting

Don't forget to put Thursday, **February 5**, on your calendar. This is the date for the next meeting of MARSP. Meet and greet begins at 11:30 a.m. followed by lunch at 11:45 noon and the program at 12:15. The program will be **Tumbleweed Smith**, a local celebrity known for his humorous presentations. The cost is **\$10.00**, and area TRTA groups have been invited. Please be prompt with your reservation and remember that your reservation is your commitment to pay, even if you cannot attend. .

Call Anita Patton at **432-697-1602** or e-mail her at apatton123@sbcglobal.net by Monday, February 2



~Note from the President ~

Our February meeting program presenter is Tumbleweed Smith. District 18 local units have been invited to join us. There will be a very short meeting following the program. Therefore, we do have some February business that needs to be announced:

Remember February 7 is the date for the Retirement Education Seminar, 9:00-12:30.

Location will be at Nimitz Junior High School in Odessa.

Membership drive for 2015-2016 begins March 1.

Plans are to be made for those who will be attending the TRTA convention in Austin, April 6-8.

We have had a great year and will continue to do so. Our luncheons have been well attended and excellent programs have been presented. Let's continue to be supportive members as we welcome new members into MARSP. Thanks for being "super members" as we move on into 2015!!!

Blessings,
Nancy



By Tim Lee

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 out health insurance is in jeopardy as we face a huge shortfall in funding.

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



Brussel Sprouts

This cabbage family member is high in potassium, carotenoids, vitamin B6, and folate, all of which contribute to heart health. Brussels sprouts also top the charts for soluble fiber, packing 2 grams per 1/2-cup serving. According to a 19-year survey that examined the effects of fiber intake on heart attacks in about 10,000 adults, those who ate the most soluble fiber had a 12 percent reduction in coronary heart disease events. Soluble fiber also slows digestion and absorption of carbohydrates, giving rise to lower and more stable blood glucose and insulin levels, which is good for your metabolism and your arteries.

Look for bright green sprouts with compact heads. To maximize their nutritional benefits, don't overcook them: opt for a quick sauté, or steam for 5 minutes and toss with lemon juice, olive oil, garlic, salt, and pepper.

Karron Pearson, Healthcare.

Final Numbers for Books



All books for the 2014 book drive have been collected, stamped with the MARSP label, and delivered to the recipients. And the final count for the year is 5,000 plus. That's right. Over 5,000 books have been delivered to various organizations in Midland who work with children. Some of the recipients are Midland Family Care, Fair Havens, Inc., Friends of the Library, Coleman High School Preschool, Family Promise, Safe Place, Blessings from Heaven Learning Center, Breaking Bread, YMCA, Amos, Buckner Family Place, High Sky Children's Home, Rainbow Christian Day Care and Midland Boys and Girls Club.

Thanks to each and every one of you who cleaned closets, went to garage sales, and bugged your friends and neighbors to find books. This is such a worthy cause, and it is truly a satisfying feeling to be able to give books to children who might not otherwise have them.

Now we start again. We need new and gently used children's books. Let's not rest on our laurels.

Thank you very much.

Linda Buzan and Sheila Morrow, Co-2nd VP's

Volunteer Hours - January 2015

Name: _____

Number of Hours: _____

Health and Wellness—January 2015

Name: _____

Yes, I DID Exercise _____



Alert!! Possible Scam

The following was received by Maridell Fryar. Please read it carefully and be alert about possible scams.

Local Presidents & Committee Chairs,

Anita Palmer [TRS Board member] called me this afternoon. She indicated that a member of the Wichita Falls TRTA was contacted by an individual desiring to come to her home and sell her a Diamond Plus TRTA Membership. Anita has alerted Tim Lee and Bill Barnes regarding this issue. They informed her that NO ONE representing TRTA has been authorized to contact any TRTA member regarding Diamond Plus. Anita also indicated that all pertinent information about their local was known by the contacting parties.

Our concern is to alert our local units and inform them that this is not the practice used to promote Diamond Plus. Diamond Plus is promoted from within TRTA with no solicitation from an outside group of individuals. If your local is contacted, please alert Tim Lee at TRTA, Anita Palmer or [your local president].

Thanks for all that you do for TRTA.

Respectfully, Dale Thomas



Retirement Education Seminar District XVIII



Location: Nimitz Junior High School Cafeteria

4900 Maple Ave (across from UTPB)

Odessa, Texas

Date: February 7, 2015

Time: 9:30 am to 12:30 pm (Registration 9:00 – 9:30)

Program: Texas Retirement System Representatives

Plus Other Great Information for Retirement

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Please send the following information if you plan to attend to:

Sara Easley: 1114 W 14th St; Odessa, TX 79763

Or E- Mail: jonvotaw@gmail.com by February 2, 2015

Name: _____

Address: _____

City: _____ Zip Code: _____

Telephone Number: _____

E-Mail: _____

School District: _____

Virginia Conner, Retirement Education

* **Current MARSP membership stands at 366. Twenty-two new members were added to our ranks with the** *
* **Diamond Plus program. Remember that if you joined TRTA through Diamond Plus, you must also send \$15** *
* **to join the MARSP. The new membership campaign for 2015-2016 begins March 1.** *

Cook with These 3 Spices for Optimal Health



Vindaloo pork, made with the world's hottest pepper -- bhut jolokia or ghost pepper -- may thrill the Food Channel's Heat Seekers, Aaron Sanchez and Roger Mooking. But such super-fiery dishes scare scores of North Americans away from Indian cuisine and that's a shame. Spiciness is the heart of Indian cooking, not heat (though that's there too), and those spices deliver incredible flavors and powerful health-enhancing benefits. So, spice up your new year and lower your risk of everything from **Alzheimer's** to **irritable bowel syndrome** with this trio.

Fenugreek: This plant's aromatic seeds are ground into soups, veggies, stews, and curries. Fenugreek has been shown to help control blood glucose levels and is advocated to aid breastfeeding and lower bad LDL cholesterol.

Cumin: Often used to ease gassiness, it's most potent as black cumin seed oil. It's said to be an immune system modulator and cancer fighter. Sprinkle the ground seeds in chili, b-b-q sauce, and on veggies. Along with turmeric, it helps boost memory-enhancing proteins that nurture your brain's neurons.

Turmeric: A dried root used in yellow mustard (Dr. Mike loves it in a marinade for grilled salmon), **turmeric** eases inflammation of osteoarthritis and ulcerative colitis (when used with conventional medications). Curcumin -- not to be confused with cumin -- is the active ingredient in the turmeric root. Try 1/4 teaspoon several times a day sprinkled in food.

Curry powder: Grind those three spices together with coriander seeds, bay leaf, mustard seed, cinnamon, and cloves; use in place of salt and pepper. Wow!

By Michael Roizen, MD, and Mehmet Oz, MD

Karron Pearson, Healthcare



Plantar Fasciitis

Plantar fasciitis is inflammation of the thick tissue on the bottom of the foot. This tissue is called the plantar fascia. It connects the heel bone to the toes and creates the arch of the foot.

Causes, incidence, and risk factors

Plantar fasciitis occurs when the thick band of tissue on the bottom of the foot is overstretched or overused. This can be painful and make walking more difficult.

You are more likely to get plantar fasciitis if you have:

Foot arch problems (both flat feet and high arches)

- Long-distance running, especially running downhill or on uneven surfaces
- Sudden weight gain or obesity
- Tight Achilles tendon (the tendon connects the calf muscles to heel)
- Shoes with poor arch support or soft soles

Plantar fasciitis is seen in both men and women. However, it most often affects active men ages 40 - 70. It is one of the most common orthopedic complaints relating to the foot. Plantar fasciitis is commonly thought of as being caused by a heel spur, but research has found that this is not the case. On x-ray, heel spurs are seen in people with and without plantar fasciitis.

Symptoms

The most common complaint is pain and stiffness in the bottom of the heel. The heel pain may be dull or sharp. The bottom of the foot may also ache or burn. The pain may develop slowly over time, or suddenly after intense activity.

Treatment

Your health care provider will usually first recommend:

acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) to reduce pain & inflammation

- Heel and foot stretching exercises
- Night splints to wear while sleeping to stretch the foot
- Resting as much as possible for at least a week
- Wearing shoes with good support and cushions

Other steps to relieve pain include:

- Apply ice to the painful area. Do this at least twice a day for 10 - 15 minutes, more often in the first couple of days.
- Try wearing a heel cup, felt pads in the heel area, or shoe inserts.
- Use night splints to stretch the injured fascia and allow it to heal.

If these treatments do not work, your health care provider may recommend:

- Wearing a boot cast, which looks like a ski boot, for 3-6 weeks. Remove for bathing.
- Custom-made shoe inserts (orthotics)
- Steroid shots or injections into the heel

Sometimes, foot surgery is needed.

Expectations (prognosis)

Nonsurgical treatments almost always improve the pain. Treatment can last from several months to 2 years before symptoms get better. Most patients feel better in 9 months. Some people need surgery to relieve the pain.

Calling your health care provider Contact your health care provider if you have symptoms of plantar fasciitis.

Prevention Making sure your ankle, Achilles tendon, and calf muscles are flexible can help prevent plantar fasciitis.

Kaaron Pearson, Healthcare

U.S. National Library of Medicine: www.ncbi.nlm.nih.gov/pubmedhealth/PMH0004438/



Slate of Officers for 2015

The nominating committee met recently under the leadership of Nancy Doss and chose the slate of officers for MARSP for the coming year. Those nominated were:

Vice President: Michelle Harmon Cobb and Kerry K. Cook

2nd Vice President: Sheila Morrow and Linda Buzan

Secretary: Karen Burden

Treasurer: Mary Smith

Parliamentarian: Deanna Dunn

Chaplain: George Cooper

Historian: Sue Ashwood

As of the printing of this newsletter, a candidate for president had not been found. If you would like to be the president of MARSP, please contact Nancy Young. You will have competent people to support and help you, and Nancy will see that you have everything you need to lead the group in 2015.



Cards Sent to Members

Cards are sent to members and their families on an as-needed basis. We have been a healthy group since the last newsletter with just a few cards being sent.

Marilyn Higgins and Nancy Young received get-well cards. A sympathy card was sent to Nancy Doss upon the death of her mother. Betty Moore also received a sympathy card upon the death of her husband, and Virginia Pollard's family received a sympathy card upon her death. Roland Rose received a thinking-of-you card.

If you know of a member who would appreciate a card, please let Patti Watson know. She can be reached at pnw1000@gmail.com or you may call her at 697-1170.

Patti Watson, Friendship

