

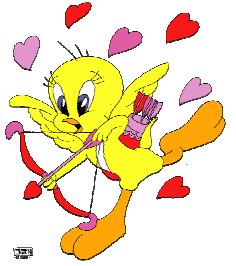
# MARSP

## Newsletter

### February, 2018

[www.midlandretireded.org](http://www.midlandretireded.org)

February 1, 2018  
MARSP  
Box 4954  
Midland, TX 79704



#### PLEASE COME TO THE FEBRUARY MEETING

Don't forget to mark Thursday, February 1, on your calendar. This is the meeting for MARSP. The program will be by Lisa Jebson. She is connected to the YMCA and will present an overview of the Y's program "Silver Sneakers." This is an exercise program directed at seniors. Please meet at 11:30 for meet and greet, followed by the program at 12:15. The cost is \$6 and your reservation is your commitment to pay.

Call Anita Patton at 432-349-6822 or e-mail her at [apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net) by Monday, January 29, 2018

#### Is Retirement in Your Friends' Future?

**THEN THIS IS FOR YOUR FRIENDS!! Please post on Facebook!**

Sponsored by Texas Retired Teachers Association, District 18

A retirement seminar for teachers, bus drivers, secretaries, cafeteria staff, administrators, supervisors, maintenance crew

Saturday, February 3, 2018 Registration and Breakfast Snacks at 8:30 am

Seminar 9:00 am - 12:00 pm

Bonham Middle School, 2201 E 21st St., Odessa TX 79761

Pre-registration required

To register, please send your name and contact information to: [lfarber@sbcglobal.net](mailto:lfarber@sbcglobal.net) or call 432-425-2524

Virginia Conner, Retirement Liaison



#### Why You Should Avoid Sugar

There are many reasons why you should avoid sugar.

It provides fuel for cancer cells

It impairs the function of white blood cells

It promotes weight gain

It makes the body produce less leptin (needed for appetite regulation)

It disrupts how amino acids transfer to muscles

It induces oxidative stress

It spurs insulin resistance, which can lead to Type II diabetes

Karron Pearson, Healthcare



#### MEMBERSHIP FOR MARSP

Our current local membership stands at approximately 325. There are so many more retired teachers in our area who are NOT members of our organization. If you know a retired teacher who is not a member, please encourage him or her to come to one of our Thursday meetings. Nowhere else can they get as good a meal as they will get with us for \$6. Dues are still being accepted for the 2017-2018 year. If each member brought a potential member, we would certainly have a house full.

Michele Harmon Cobb, Membership

## Common Sense Until a Cure Is Found for Alzheimer's Disease

### What Is Alzheimer's Disease (AD)?

Alzheimer's disease (AD) is the most common form of dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities. Dementia is the umbrella over AD, which begins slowly. By the time you are exhibiting symptoms, AD is quite advanced. It first involves the parts of the brain that control **thought, memory and language**. People with AD may have trouble remembering things that happened recently or names of people they know.

A related problem, mild cognitive impairment (MCI), causes more memory problems than normal for people of the same age. Many, but not all, people with MCI will develop AD.

In AD, over time, symptoms get worse. People may not recognize family members. They may have trouble speaking, reading, or writing. They may forget how to brush their teeth or comb their hair. Later, they may become anxious or feel anxious about going away from home. Eventually, they need total care. AD usually begins after age 60. There is no cure for the disease, but some drugs may help symptoms.

Although AD symptoms begin with memory loss and confusion, the disease progresses to personality and cognitive changes, and ultimately to a severe loss of mental function.

### How is AD Diagnosed?

Alzheimer's Disease is diagnosed with uncomfortable and expensive tests like a spinal tap or a positron emission tomography (PET) scan. A simpler diagnosis is to try the peanut butter smell test. Close your eyes while someone holds a jar of peanut butter first at your right nostril and then at your left nostril. In the early stages of AD, University of Florida researchers needed to move the peanut butter jar an average of ten centimeters closer to the left nostril before the patient could smell it. Losing the sense of smell is often one of the first signs of cognitive up as you get older and if a family member has had the disease. AD related brain shrinkage begins on the left side of the brain (Wint).

### What Can We Do To Prevent the Disease?

Researchers note that the umbrella dementia is linked to birthplace— “a robust risk factor.” Nine states, mostly in the south, lead the rest in risk for dementia: Alabama, Alaska, Arkansas, Louisiana, Mississippi, Oklahoma, Tennessee, South Carolina, and West Virginia. Texas is incredibly close to Oklahoma and Louisiana (“Dementia”). We cannot be complacent.

- Begin a regimen of no quarter given in **eating a healthy diet**. When you read that dark chocolate is healthy, forget it. It is sweet, and when you eat sweets, it only encourages you—drags you into craving more sweets. Avoid processed foods. They have been linked to 300 percent increase in food allergies for adults in the last ten years (*Nightly News*). Study for yourself what diets are best for your health issue.
- Begin a regimen of no quarter given for **exercise**. If you are not walking and are able to walk, shame on you. Integrate cardiac exercises into the package too.
- If you are a type 2 diabetic, do not rely solely on the drugs. Take charge of your own health with diet, exercise, and good sleep patterns. Drugs become an excuse to think you can eat whatever you want. Remember that diabetes is one known cause of dementia.
- Engage in an activity that adds quality to your life, like gardening.
- Support financially the Alzheimer's Association's Walk for the Cure. Walk and give.
- Pick up an art form that you let go of earlier: quilting, painting, taking piano lessons, learning a new language like Greek or Italian.

These activities cannot prevent AD. We cannot cure AD, but we can improve our lives by living with a little common sense. **If these activities help those with AD, imagine what they can do for you without AD.**

#### Works Cited

Another Failure in Search for Treatment to Slow Alzheimer's." AP Indianapolis. rpt. in *Borger News-Herald*. Nov. 2, 2016. p. 4.

"Dementia Linked to Birthplace." *AARP Bulletin*. Nov. 2017. p. 4.

Freeman, Ty. "Congress Needs to Act in Fight against Alzheimer's." *Amarillo Globe-News*. Dec. 21, 2017. p. 6.

Hatton, Bob. "Plants Add to Environment, Quality of Life." *Amarillo Globe-News*. Aug. 6, 2017. p. C5.

*Nightly News with Lester Holt*. Sept. 28, 2017.

NINDS: National Institute of Neurological Disorders and Stroke. <<https://www.ninds.nih.gov/Disorders>

Ann Parish, Informative and Protective Services

### Volunteer Hours - January 2018

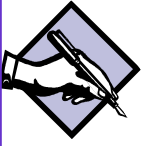
Name: \_\_\_\_\_

Number of Hours: \_\_\_\_\_

### Exercise - January 2018

Name: \_\_\_\_\_

Yes! I DID EXERCISE \_\_\_\_\_



## MIDLAND ASSOCIATION OF RETIRED SCHOOL PERSONNEL

JANUARY 4, 2018

MARSP met at First Baptist Church on Thursday, January 4, 2018. Following lunch, in the absence of President Maridell Fryar, Michele Harmon Cobb called the meeting to order at 12:10 p.m. Anita Patton led the invocation, and the pledge was led by Karron Pearson.

### PROGRAM

Michele introduced Texas State Senator Kel Seliger, who then introduced his campaign manager, Lauren Bradford. Mr. Seliger talked about his concerns for state money and accountability for how it's being spent on public school education. There was a brief question and answer session after his presentation.

Stephanie Rivas, Assistant General Manager for Wagner Noel Performing Arts Center, was introduced by Cindy Truitt. Her topic was, *Behind the Scenes at Wagner Noel Performing Arts Center*. Mrs. Rivas shared video scenes of the facility, and informed us of performances that are upcoming for 2018. She was presented a certificate from MARSP, and a donation to the scholarship fund will be given in her name.

### BUSINESS MEETING

- a. Minutes of the December 7 meeting were approved and will be filed.
- b. The financial report for December 31, 2017 was accepted for audit.
- c. Debbie Jordan reported the current membership as 325.

Michele Cobb welcomed new MARSP member, Liz Lehrer, and a guest, Barbara Kneisley.

- d. Debbie Neeley and Cindy Truitt reported a collection of 2100 books for the Children's Book Project.
- e. Nancy Young requested that volunteer hours for the year 2017 be turned in to her by January 10<sup>th</sup>.

### ANNOUNCEMENTS

- a. No MARSP Board meeting in January and no newsletter.
- b. Next MARSP meeting is February 1, 2018
- c. Drawings for volunteer hours and wellness were won by Betty Bagwell and Deanna Dunn, respectively.
- d. Michele reported she had forms to be filled out by individuals who brought someone to a meeting and that person (s) then joined the organization. She explained that those forms would be taken to the TRTA State Convention and entered into a drawing.

The meeting was adjourned at 1:15 p.m.

Lois Hillary, Secretary



By Tim Lee

**If you want to keep up with the goings-on in Austin go to <http://www.trta.org> and click the Inside Line icon like the one above. Then follow the directions. This is a very important time for retired teachers to stay up with happenings concerning us.**

**The TRTA Call Your Legislator Hotline:**

**1-888-674-3788**

**TRTA Legislative Hotline:**

**1-877-880-1651**



### CARDS OF LOVE AND CONCERN

A Thinking of you card has been sent to Marsha Boykin and a sympathy card to Jan Van Eman upon the loss of her mother. If you know of anyone who would appreciate a card, please contact Patti Watson at 697-1170 or e-mail her at [pnw1000@gmail.com](mailto:pnw1000@gmail.com). If you have extra cards that you will not use, you may bring them to Patti at the February meeting.

Patti Watson, Friendship