



JOIN US FOR THE FEBRUARY MEETING.

George Washington's Expense Account

Sandra Wegner will present a book review. She is retired from the Midland County Library and has previously presented enjoyable and humorous reviews at our meetings.

Come Hear Her Review.

- ▶ Thursday, February 5, 2009—First Baptist Church
- ▶ Fellowship Hall—11:30 a.m. Meet and Greet
- ▶ 12:00 noon—Lunch, 12:30—Program and Business

Be sure to give an accurate and prompt reservation for you and your guests by email or telephone. A reservation for a meal is a commitment to make payment of \$5.00, even if you cannot attend.

ALERT! ALERT! ALERT!

Call Yvonne Black at her new phone number 689-8184 or email her at yblack@sbcglobal.net by Monday, February 2, for reservations.



Scholarship Contributions

Remember to donate your \$5.00 for this semester to the Scholarship Fund if you have not already done so.

A donation to the scholarship fund is a loving way to honor a special person or to honor the memory of an individual.

Books, Books

Children's books are especially needed. Bring them to the MARSP luncheon and donate them.

RETIREMENT SEMINAR

Saturday, February 7, 2009
9:30 am -2:00 pm
Abell Junior High—Midland

A Retirement Seminar for teachers, principals, secretaries, aides, bus drivers, and maintenance. Information will be provided related to all areas of retirement.

IN MEMORY

Kateva Annette Doerfer
Barbara Ann Burnside
Ruth Elizabeth Bush

LUNCH PROBLEMS

Help! We are having problems with our reservations for lunch.



Each month we have 8 or 10 people who make reservations and then are unable to come. But we count them in when we tell Valerie how many people are eating lunch, and we have to pay for their lunches. Ten people equals \$50, and \$50 times 9 meetings equals \$450 that is not in our budget.

On the other hand, we often have people who don't make reservations and just show up. We didn't count

them in the numbers we tell Valerie because we didn't know they were coming. Sometimes the numbers who don't show and the numbers who show unexpectedly sort of even out. But not always. And it's hard to cook for 63 people—plus or minus 10.

So please make a reservation if you're coming for lunch, and please come if you've made a reservation.

MARSP has a unique opportunity for someone to create and assemble the scrapbook for our organization next year. Contact Ann Parish at 694-8330, if interested.



MARSP LUNCHEON MEETING MINUTES

November 6, 2008

The Midland Association of Retired School Personnel met on Thursday, November 6, 2008 at the Fellowship Hall of First Baptist Church. President Ann Parish called the meeting to order at 12:37.

President Parish asked Karan Young to give the invocation. Leonard Boyd then led the members in the pledges to the American and Texas flags. Two new members were welcomed and introduced. They were Deannie Burt and Stacia Clark.

Jo Ann Collett was thanked for providing patriotic piano music during lunch. Pat Adams then introduced the program, "Thanksgiving Blessings," presented by Nancy Doss, Jann Boyd, George Koehl, David Johnson and Doris McSparron.

NEW BUSINESS:

Leonard Boyd moved that we approve the minutes of the October luncheon meeting. Sharon Welch seconded. Motion passed. Karron Pearson moved to accept the Treasurer's report as printed on the back of the agenda. No questions being asked, the report will be filed for audit.

ANNOUNCEMENTS:

President Parish announced that the membership had received thank-you notes from Storybook Christmas and Celebrations of Light for the \$100 given to each organization. Two tickets to Celebrations of Light will be given away at the December meeting.

Members were reminded that the December meeting will be held at Memorial Christian Church, December 4, 2008, from 12:30-2:00. It will be a come and go party with carol singing. Members were encouraged to bring finger food type refreshments.

It was announced by Pat Adams that MARSP has donated 418+ books to Casa de Amigos and other clinics in town. This does not include the books going to Storybook Christmas.

President Parish announced that directories have been mailed, and members were asked to see Mike Landrum if they had not yet received theirs.

Two free holiday happenings were announced:

November 9- Scarborough Linebery House Open House, 2-4 p.m.

December 17- Christmas Readings and Warm Cookies at the Library, 11:30-1:00 p.m.

Congratulations were extended to Yvonne Black on her engagement to Bobby Hughes. Janelle Dozier was chosen as the winner in the drawing for volunteer hours and Mary Jo Boyd was chosen for the steps drawing. The meeting was adjourned at 1:29 p.m.

Nancy Doss, Secretary



Benefit of the Month

AARP Driver Safety Program—888-227-7669

All drivers age 50 or more, pay \$10 for 8 hours of classroom instruction and can receive up to a 10% discount on automobile insurance.

FALLS LEADING CAUSE OF INJURY FOR OLDER PEOPLE

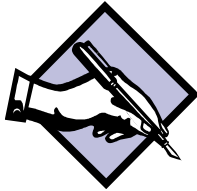
That's right. Falls are the leading cause of both fatal and nonfatal injuries among older folks. That means common, everyday types of falls. All it takes is a slip on a patch of ice or a rug, a stumble on the stairs, or a brief loss of balance to cause tremendous pain and even death. Each year one of every three Americans 65 and older falls—and almost a third require medical treatment—according to a study from the Centers for Disease Control and Prevention (CDC). Broken bones and cuts aren't the only injuries suffered when an older person loses his or her footing. Half of the deaths cited in the study were caused by traumatic brain injury (TBI) which happens when victims hit their heads.

Since prevention of falls begins with you, please note these four things that you can do right now to reduce your risk of a fall:

- Exercise to maintain your flexibility, strength and balance.
- Make your home and surroundings as safe as possible by installing safety features, such as shower grab bars. Eliminate hazards like throw rugs and electrical cords or wires that can cause you to trip.
- Take your medications as directed so you don't become dizzy or disoriented. If your medicines do make you dizzy, tell your health care provider.
- Have your vision checked to ensure that your eyeglasses prescription is adequate and that you don't have any other problems that would affect your ability to see.

By taking these simple steps, your home environment can be made safer in the effort to prevent falls.

Submitted by Sharon Welch, Committee Chairman, Informative and Protective Services, MARSP



MARSP Luncheon Meeting Minutes.

January 8, 2009

The Midland Association of Retired School Personnel met Thursday, January 8, 2009 at First Baptist Church Fellowship Hall. President Ann Parish called the meeting to order at 12:30 p.m. President Parish called on Bob Watkins to give the invocation and Leonard Boyd to lead the members in the pledges to the American and Texas flags.

President Parish thanked Dorothy Blair and Lois Hagins for being greeters, Orin Wade for providing piano music during lunch, and Nancy Doss for providing the centerpieces. She introduced new member Marilyn Mathis and guests Larry Alvey and Mary Mathis. Second Vice-President, Pat Adams, introduced Maria Boyle who presented the program, "Traveling to Dubais."

NEW BUSINESS:

The minutes for the November and January meetings will both be printed in the February newsletter and approved at the February meeting since we did not have a regular meeting in December. Karron Pearson moved to accept the treasurer's report as printed on the back of the agenda. Leonard Boyd seconded. The motion passed.

Janet Haney announced that the Retirement Education Seminar will be held at Abell Junior High on Saturday, February 7, 2009. She encouraged members to inform upcoming retirees to pre-register. Also, she displayed a sample announcement poster going to all Midland schools that would include registration forms/

David Kleinbeck gave a brief summary of what will be going on in the legislature concerning TRS. He explained that it is best to "keep what we have" in terms of our "defined benefit" as opposed to moving to "defined contribution." He encouraged members to read *The Voice* and *Inside Line* for updates on all the activities going on with the legislature.

ANNOUNCEMENTS:

Ann Parish encouraged members to donate to the scholarship and memorials bags on the table with their \$5 contribution for this semester.

Members were reminded about the box available at each meeting for the collection of adult and children's books to be donated to CASA and children's clinics.

President Parish announced that anyone wishing to attend the TRTA State Convention in Dallas March 29-31 needs to see her about reservations. MARSP can take five delegates.

It was announced that the state deadline for walking steps and volunteer hours is February 2. Drawings were held for both. Margaret Saunders was chosen for the volunteer hours and Jane Samples for steps. Both received certificates for a free MARSP lunch.

The meeting was adjourned at 1:25 p.m.
Nancy Doss, Secretary

Reduce your Risk of Heart Attack by Taking Steps to Prevent Or Control Risk Factors!!

- **High Blood Pressure** - Have a doctor check your blood pressure. Aim for a healthy weight, follow a healthy eating plan, and limit alcoholic beverages. Take medications as prescribed and never quit taking them without a doctor's approval.
- **High Blood Cholesterol** - Have your cholesterol checked every 5 years or more often, if elevated. Learn what the numbers mean, and follow a low-saturated fat, low cholesterol eating plan. Exercise, maintain healthy weight, and take meds.
- **Cigarette Smoking** - **STOP, STOP, STOP**, or cut back gradually. Attend a cessation class. Keep trying if you can't quit the first time.
- **Overweight** - If overweight try and lose 1/2 to 1 pound a week.
- **Diabetes** - Find out if you have diabetes by having your blood sugar checked by your doctor.
- **Physical Inactivity** - If you have a chronic condition or physically inactive, check with your doctor or health provider before you begin exercise. **DO** 30 minutes of moderate exercise, such as brisk walking, on most days of the week.

For more information - go to the American Heart Association website www.americanheart.org or contact AHA office @3205 W. Cuthbert Ave. Suite #5 70701 432-640-5090.

Volunteer Hours ▪ January '09

Name: _____

Number of Hours: _____

Walking Steps ▪ January '09

Name: _____

Number of Steps: _____