

MARSP NEWSLETTER

MAY 2016

MARSP, BOX 4594, MIDLAND, TX 79704

Please attend our *next luncheon on Thursday, May 5, at 11:45 A.M. for \$6.00 at the First Baptist Church Fellowship Hall.* The program is the recognition of 2015-16 officers and committee chairs and the installation of new officers. Call Anita Patton at 432/697-1602 or email her at apatton123@sbcglobal.net by Monday May 2nd to make your lunch reservation. No call is needed to only listen to the program.

PRESIDENT'S MESSAGE:

Dear MARSP Colleagues,

I want to thank all the wonderful officers, committee chairs, and worker bees who have made 2015-16 such a great year. It may take a village to raise a child, but it also takes a "village" to run an organization. From the greeters at the door to the elected officers at the microphone, we have all pitched in, each doing his or her own part, to make MARSP an efficient, well-organized group. And we've had fun!

I have enjoyed working with you, and I hope you've enjoyed working with each other as well. We'll say goodbye to some of you on May 5 as you exit your job, but some of you will be back in your places next year to work with Maridell,

our incoming president. And we'll welcome some brand-new folks as well.

I look forward to attending the meetings next year as the immediate past president.

Sincerely,

Ann

MARSP LUNCHEON MEETING MINUTES

Midland Association of Retired School Personnel

April 7, 2016

The regular meeting of the Midland Association of Retired School Personnel was held on April 7, 2016 at 11:30 a.m. at First Baptist Church, President Ann Parish presiding. After lunch, President Parish called the meeting to order at 12:15 p.m. The invocation and pledge were led by Maridell Fryar. President Parish then welcomed all members and guests and expressed her thanks to Patti Alexander and Dorothy Blair for name tags, Anita Patton and Mary Smith for collecting lunch reservations and payments, Dorothy Thompson and Deanna Dunn for table decorations and Mike Landrum for taking pictures and helping with cleanup.

Program

Sheila Morrow introduced the guest speaker, Officer Reico Patrick, a member of the Directed Patrol Team Suppression Unit, which is a part of the Midland Police Department. Other officers who were present were Officer Rick Alonzo, Officer Saul Bernal, and Officer Ben Viney. Officer Patrick's program addressed the issue of gang awareness. He spoke on several topics including what constitutes a gang and why people join them. After a question and answer session, Sheila presented Officer Patrick with a certificate of appreciation.

New Business

President Parish asked members if there were any additions or corrections to the March 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. President Parish then announced that donations for TRTF will be collected today and will be presented at the State Convention. Maridell Fryar moved that this year's donation be made in honor of Ann Parish for her contributions as President of MARSP. Jan Van Eman made the second and the motion passed.

Announcements

- The Board of Directors meeting has been moved to Monday, April 18, 2016 because of the convention.

- Michele Cobb stated that the membership for 2016-2017 now stands at 200. She and Debbie Jordan will continue to collect membership fees.
- Sheila Morrow announced that 2886 books have been donated this year.
- Mary Smith reminded members to donate to the scholarship fund.
- Mike Landrum asked members to please turn in email addresses if they have changed recently.
- Members were asked to make suggestions for program topics for the 2016-2017 luncheons. Forms were on each table for members to fill out their ideas.
- Winners for the free lunches in May were Kathy Landrum and Linda Fisher.
- President Parish gave a brief update on Deanna Dunn's husband, Jerry, who is in the hospital in Lubbock.

With no further business, the meeting was adjourned at 1:20 p.m.

Karen Burden, Secretary

COMMITTEE REPORTS:

Dorothy Thompson, Scholarships Chair:

Important: The Scholarship application form is on the MARSP website. Please notify your family and friends to apply if they meet the qualifications listed on the form.

The deadline is **June 6, 2016.**

Patti Watson, Friendship Chair:

“Thinking of You” cards sent to

- Deanna Dunn
- Wayne Smith, President of TRTA Region 18
- Dan Kallus

Please notify Patti of anyone who needs a card: pnw1000@gmail.com

Michele Harmon Cobb, Membership Chair:

“We have 219 members as of 4-17-2016, but we need to reach our goal of 500 members and we can only do that with everyone’s efforts. Debbie is busy inputting our information into the TRTA database. MISD is sending us monthly updates on new retirees and we are working to get more at-large members to join. So far, we can report our mailing has gotten the attention of some, and we have added about five at-large members to our list as of this writing. We will begin calling members soon to remind them how important their membership is to the organization.”

GO MARSP!

Virginia Conner, Retirement Education Chair:

Due to my parent’s health, I left for Dallas after the Retirement Education Seminar and didn’t have a chance to acknowledge our members from Midland who assisted us with the seminar. I would like to thank Ann Parish, Nancy Young, and Michele Harmon who supported us on

February 6th. Liz Gossett, MISD Communication Specialist, gave us excellent publicity in notifying MISD employees about the retirement seminar. Appreciation is also extended to Midland College for allowing us to host the seminar at their campus. Midland had the largest representation within District 18.

Karron Pearson, Health Chair:

How Healthy Is Your Bathroom?

A few simple steps can also save you from allergies, sickness, and falls. Follow the plan for a clean, safe & happy space

1. Keep fresh towels--

Hang towels to dry, the longer they sit around wet the more germs from your skin have a chance to multiply. If your towels smell musty, did you know it's grown enough mold to cause an allergic reaction? Wash in hot water to kill those mold spores.

2. Shine Up Your Sink--

If you have cleaned your sink, it's probably safe and healthy.

The faucet handles need special attention. Research found that they may have twice the amount of coliform bacteria (which could include fecal germs) as your toilet seat. A weekly 5-10-second cleaning with a disinfectant wipe will stave off bacteria.

3. Stay On Your Feet--

Women of all ages suffer from 72% more bathroom falls than men do, per research

from the CDC. The biggest risk is getting out of the shower. Make sure you have a nonslip rug. The CDC also recommends everyone install a grab bar inside & outside the shower for more stability--no, they're not just for old folks.

4. Degerm The Curtain--

Your pretty fabric curtain will last for years as long as you wash it every six months to rinse off the dust. It's the inner liner curtain that needs more attention. Kelly Reynolds, Ph. D

The Environmental & Occupational Health Director at the University of Arizona says over time a biofilm builds up a grimy coating of bacteria, mold, and yeast that can become air borne with shower steam and trigger allergies, respiratory or skin infections and even stomach bugs if inhaled. Reynolds says spray the plastic liner down with a bleach product once a week to clear off invisible bio-films. If black spots show up and won't budge, get a new one.

5. Let Some Air In--

Crack a window or flip on the vent while you shower to bring down the humidity and boost air quality. Moisture grows mold, fungi, and bacteria -- and studies show that dampness alone can aggravate breathing issues like asthma, allergies, and respiratory diseases. You kill 90% of mold and bacteria just by drying out the room. (And hey, less humidity means less frizzy hair).

-- American Lung Association.

6. Go For Mood Lighting--

Make your bath a Zen zone during the AM rush by installing energy-efficient bulbs LED or CFL bulbs. "Bright white" bulbs provide more energy.

7. Soap Up Your Soap--

Whether it's bar or liquid, keep your soap germ-free. Swipe liquid pumps with a sanitizing wipe every week. Let bars air-dry in a dish where bugs won't fester.

8. Treat Your Toothbrushes Right—

Rinse well, tap out water, and store in an upright position to speed drying. American Dental Association recommends replacing your toothbrushes every few months.

FORGET the toothbrush cover (dark+damp=germs!)

- May is Arthritis Awareness Month
Arthritis Foundation,
800.283.7800
www.arthritis.org
- Melanoma/Skin Cancer Detection Prevention Month.
American Academy of Dermatology
888.462.3376
www.spotskincancer.org
- National Stroke Awareness Month
800.232.4636
www.cdc.gov/stroke/stroke_awareness_month.htm

Sharon Welch, Informative and Protective Services:

When Every Second Counts

Over half of the 55,000 daily 911 calls are from Americans 55 or older. Here are 7 tips to help EMTs save you

By Peg Rosen, [AARP Bulletin](#), December 2015



Tip 1: Clear the Way

Snow and untrimmed greenery can impede [Emergency Medical Services](#) (EMS) access. If you live in a single-family home, have someone plow or shovel as soon as possible after it snows. Trim bushes and low-hanging trees by your driveway; keep stairways in good repair. If you live in a condo or apartment complex, alert your super or front desk that EMS will need access to you.

If you have physical disabilities that might hinder a rescue, let your local 911 dispatcher know.

Tip 2: Make Your House a Beacon

[Emergency medical technicians](#) (EMTs) have detailed maps and GPS devices to help

them get to you quickly. But bad signage and lighting can cause big delays. If you live in a condo or apartment, ask management for abundant lighting. With a house, consider using reflective numbers, or mark the curb front with reflective paint.

Tip 3: Don't Lock Out EMTs

EMTs and firefighters will break down a door to reach you, but that takes time that patients in crisis may not have. Make a key available. Stow a spare in a small lockbox outside the house. You can yell out to EMTs where to find it. Or better: Call the local EMS and ask it to note the lockbox location and combination in its database.

Tip 4: Declutter Your Home

As people get older, they [may not tidy up their homes as much as they used to](#). The resulting clutter can keep EMS from getting a stretcher into the room where it's needed — and delay lifesaving CPR. Clear a path to all rooms where people spend time, and provide an open space around a bedbound person to allow EMTs to do their work.

Tip 5: Keep Your Records Handy

If EMTs find you alone and unconscious, they have no choice but to rattle through night tables and pockets in search of meds, monitors and records. Keep health cheat sheets on the fridge, including an up-to-

date list of your physicians, medications and surgeries, plus copies of your most recent EKG and advance directives.

Tip 6: Swap Out Confusing Jewelry

Standard **medical-alert jewelry** sends its message loud and clear. Charms designed to be fashionable, however, can easily be mistaken for ornamental baubles. Replace them: The red Star of Life symbol incorporating a medical staff is instantly recognizable. Also, include an 800 number for an emergency medical information service.

Tip 7: Alert EMS to Special Needs

An ambulance crew of two is often incapable of safely lifting someone weighing over 300 pounds: Special equipment must be called in. Phone your local 911 dispatcher and ask for a note to be added to your home-address file about a person of size on the premises, or about any other physical disabilities that might hinder a rescue.

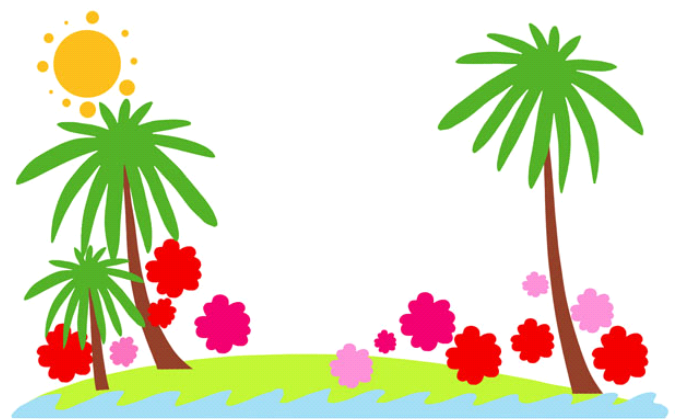


After You've Dialed 911

Whether you or a family member or caregiver calls ...

Stay on the phone; answer the dispatcher's questions and follow directions. Lock pets away if you're home. Have someone walk the dog away if you're on the street. Don't move the patient if she has fallen or been injured — unless she is in harm's way. Don't give the patient anything to eat or drink unless otherwise instructed by 911.

Gather your personal effects so you'll be ready to leave when the ambulance arrives. If possible, send someone to the front of your house or building to wave EMS in. Open the front door; make sure the front light is on.



Have a wonderful summer!
See you on August 18
for our first meeting
with speaker Tim Lee,
Executive Director of TRTA!