

MARSP Newsletter

Sept. 2012

www.midlandretireded.org

September 6, 2012
MARSP
Box 4954,
Midland, TX 79704



MARSP/TRTA DIST. XVIII LUNCHEON MEETING — August 16, 2012

MARSP invited all the local units in Region XVIII of TRTA to meet with us on August 16 at a special meeting with Tim Lee, Executive Director of TRTA, to update us on new developments in TRS. There were 130 in attendance including members from all eight local units of the region.

Tim enthusiastically, yet somberly, detailed the provisions of the new TRS-Care Medicare Advantage plan managed by Aetna. All retirees who are at least 65 and eligible for Medicare A & B and who are in TRS Care 2 or 3 will automatically transition into the new plan on January 1, 2013. This change was implemented because of the lack of funding of TRS from the Texas Legislature and is projected to save a quarter of a billion dollars the first quarter. Almost all of the reserves of TRS will be drained by the end of the next biennium if this change is not implemented. Anytime the Legislature hears that money will be "saved," TRS assumes the legislature will consider cutting funding for the program as they did in the last legislative session.

"To sweeten the pot" and entice retirees into the new plan, \$15 lower premiums, lower deductibles, and a one time 16-month rather than a 12-month deductible and out-of-pocket maximum period are offered.

You may have already received your new prescription card from Express Scripts prescription plan that will take over from Caremark on September 1, 2013. You will receive the same level of benefits at a lower cost of the plan. Due to the transition, it might be advantageous to fill your prescriptions before September 1 so that you won't encounter delays due to the change of providers.

January 1, 2013, TRS will introduce a new Medicare Part D prescription drug plan called the Express Scripts Medicare (PDP). TRS-Care 2 or TRS-Care 3 participants who have Medicare Part A and /or Part B will be able to take advantage of this improvement.

Tim anticipates a big "**debate**" with the Texas Legislature this session about increased premiums or reduced benefits to our plans. Bills are being drafted now and must be completed by November. Contact your legislators with your concerns. **WE MUST VOTE!** Our voice as TRTA must once again be feared because of our influence at the ballot box.

Read your current TRTA VOICE for more details and stay informed by receiving Tim Lee's INSIDE LINE emails. Page 2 of this newsletter has information about getting INSIDE LINE.



Please Come to the September Meeting

Don't forget to put Thursday, September 6, on your calendar. This is the date for the next luncheon meeting of MARSP. Meet and greet begins at 11:30 a.m. followed by lunch at 12:00 noon. The program will be Dr. Ryder Warren, Superintendent of Midland Independent School District. The cost is **\$5.00**, and your reservation is your commitment to pay, even if you cannot attend. The program will begin at 12:30 p.m.

Call Anita Patton at 432-697-1602 or e-mail her at apatton123@sbcglobal.net by Monday, September 3

Anita would like to thank each of you for getting your reservation in on time.

She appreciates your promptness.



Good Living Tip of the Month

If you don't know about the Bountiful Baskets Co-op <http://www.bountifulbaskets.org/>, you can order a basket of a variety of fresh fruits and vegetables each week for only \$15.00. You don't pick; the coordinators just order items that are in season and a good buy. Sometimes the items are rather exotic. The last one I had included five large tomatoes, four mangoes, one package of blueberries, one head of romaine lettuce, nine russet potatoes, two cantaloupes, eight bananas, one avocado, and four peaches. You can also order various breads and granolas for an additional fee. We love the Nine-Grain Bread. It's better than homemade.

Just set up an account at the website listed and pick up your basket on Friday evening or Saturday morning at either Hill or Kiwanis Park. Everything seems fresher and more flavorful than found in grocery stores. The RDA recommendation is that we have five to seven servings of fruits and vegetables daily. Bountiful Baskets is an excellent way to accomplish this for less money than you'd usually spend. The amounts are enough that my husband and I don't finish everything in just one week, so you might consider sharing with another family.

Deanna Dunn

Articles for the newsletter may be sent to Joyce Whitley or Carole Miller at 1210 W. Golf Course Road, 79701, or e-mailed to joyce.whitley@gmail.com. We are interested in topics that interest you, and your suggestions are always welcome.



Helpful Health Tips

If you are age 65 or older or have a weakened immune system, you're at greater risk of developing pneumonia. Having a chronic illness - such as heart disease, asthma, emphysema or other lung diseases - also can make you more vulnerable to the infection. Pneumonia can be a serious, even life-threatening illness, so let your doctor know if you suddenly feel worse after a cold or the flu. Having a persistent cough, shortness of breath, chest pain, and fever is of special concern.

Karron Pearson
Health Care Chairperson

Mayo Clinic Health Letter, Volume 30, Number 1,
January 2012

MARSP SENDS CARDS



Throughout the summer, cards were sent to some of our members. Thinking-of-you cards were sent to Pat Southerland, Patricia Hopkins, Karron Pearson, and David Kleinbeck. Sympathy cards were sent to Patricia Hopkins upon the death of her mother, Cindy Bond on the death of her husband John, Brune Torres at the loss of her brother, Mike Landrum upon the death of his mother Zo, Linda Braden upon the loss of her father Edward Kleine, and Jim and JoAnn Collett upon the death of their grandson. A card was recently sent to Karan Young on the loss of her husband Jimmy. A get-well card was sent to Mike Landrum.

Cards of congratulations were sent to Trudie Thomason after her son was married. Maridell Fryar and George Cooper were also sent congratulatory cards for being chosen to be a part of the Lee High School's Legacy Wall of Fame.

A thank-you card was sent to Jarvis Salmon. She has donated original hand made cards of her own creation to MARSP. If you have been a recipient of one of those cards, you know they are truly works of art.

If you know of a MARSP member who would appreciate a card, please notify

Patti Watson. You may call her at (432) 697-1170 or e-mail her at pnw1000@gmail.com.



Cards are sent out as needed, and if you have any cards around your house that you do not need, please give them to Patti.

Patti Watson, Friendship Chairperson



By Tim Lee

Stay Informed

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

Volunteer Hours - (May-August 2012)

Name: _____

Number of Hours: _____

Walking Steps - (May-August 2012)

Name: _____

Number of Steps: _____



Prevent Night Leg Cramps

Although night leg cramps can take you by surprise, prevention is possible. These steps can help:

- *Staying hydrated
- *Stretching before bed
- *Doing light exercise
- *Choosing the right shoes
- *Untucking the covers

Karron Pearson

Mayo Clinic Health Letter, Volume 30, Number1, January 2012



ATTENTION!!!

TRS TEXAS is NOT in crisis!!! TRS is a fiscally healthy fund and is NOT in crisis like other plans across the country. TRS is well-funded at \$112 billion. Over the last 25 years, through serious economic downturns, the fund's overall rate of return is 9.2%. The TRS fund now outperforms 75% of other investment funds around the country. TRS is both effective and efficient.



MEMBERSHIP

Come and join our group. MARSP memberships are due **NOW** for those not already enrolled for 2012-13. We currently have 335 members, and that number includes 17 new members. We are still short of our total last year while our voices are needed in Austin more than ever.

Remember Your Membership = (Added Influence) + (Updates on Educational Related Matters that Affect You) + (Association with School Friends) + (Informative Programs at Monthly Luncheons) + (Access To Insurance Programs Specialized For You) + (Opportunities to Participate in Service Projects and Personal Health Programs)

Dues of \$40.00 for both state and local membership should be mailed to:

MARSP, Box 4954, Midland, TX 79704.

Thank you, in advance, for your continued work in promoting the ONLY organization dedicated to the welfare of retired education personnel. Call Mike or Kathy Landrum, 631-7390, with questions and with names of prospective members.

OUR UNITED STRONG VOICE WILL BE DEFINITELY IMPORTANT THIS LEGISLATIVE SESSION!

Mike and Kathy Landrum
Membership Chairpersons

NOTE: For former members who have not rejoined by October 1, MARSP cannot guarantee inclusion in the 2012-13 yearbook.



TRS FACT- THE VALUE TRS BRINGS TO TEXAS

Retirement benefits generated an estimated \$690 million in state revenues and \$280 million in local government revenues in 2011. Pension benefit payments made by TRS helped create and sustain over 98,900 TEXAS jobs! These jobs are in all sectors of the economy from health care and research, to finance and investment, and the service industry.

TRS pensioners are a major force in the state's economic engine. In 2011, TRS paid \$7.2 billion in retirement benefits. Nearly 95% of these payments (over \$6.7 billion) were paid to retirees who live in and spend these dollars in Texas. TRS invests in 96% of the 100 largest publicly traded employers in Texas. The TRS defined benefit plan recruits and retains high quality educators and helps reduce teacher turnover.



Still Collecting Children's Books

MARSP is still collecting children's books to be distributed throughout Midland to different businesses which serve children. The Goddard Junior High School National Junior Honor Society, in conjunction with the Student Council, collected 910 books last year before school was out. Those books were added to the other books that had been donated for a total of 2,307 books. The book drive will continue until December, so please ask your friends, neighbors, and relatives for books they wish to donate to a very worthy cause.

If you do not have any books but would like to help, Pat Adams will gladly accept your donation of money, and she will purchase books to add to our total. Last year, books were distributed to over a dozen different businesses in Midland who cater to children. The free children's clinic gave books to their patients, and in some instances, it was the first book the child had ever owned. What a wonderful feeling to know that you have had a hand in giving children the opportunity to enjoy new adventures through reading.

This year, we are also collecting Box Tops for Education and Campbell's Soup labels. You may bring your box tops and soup labels to Pat, and she will process them for you.

Pat Adams

Book Project Chairperson



MARSP LUNCHEON MEETING MINUTES — May 3, 2012

The Midland Association of Retired School Personnel met on Thursday, May 3, 2012, at the Fellowship Hall of First Baptist Church. President Dorothy Thompson called the meeting to order at 12:35.

President Thompson called on Leonard Boyd to give the invocation and lead the pledges to the Texas and American flags. After welcoming those present, President Thompson thanked Mary Jo Boyd for always arranging table decorations. Thanks were also extended to Valerie Watkins, church hostess, for providing our meals each month.

Maridell Fryar, newly-elected State President of TRTA, installed the local MARSP officers who will serve for the next two years. The following is a list of those officers:

President	Deanna Dunn	deannaldunn@suddenlink.net
First Vice-Presidents	Kathy & Mike Landrum	jmland0162@yahoo.com
Secretary	Dorothy Baird	baird-4446@sbcglobal.net dorbaird@suddenlink.net
Treasurer	Betty Merritt	bmerritt432@yahoo.com
Parliamentarian	Dorothy Thompson	dns59.thompson@hotmail.com
Chaplain	George Cooper	j.cooper@suddenlink.net
Historian	Ann Dixon	adixon200@suddenlink.net

Following the installation of officers, door prizes were awarded to many MARSP members who had paid their dues. The winners did not have to be present in order to receive their prizes. There were over 50 prizes awarded. Everything from live plants to knick-knacks to gift certificates were awarded.

President Thompson adjourned the meeting and told everyone to mark August 16 on their calendars because that would be our next meeting, and Tim Lee would be the guest speaker.

Thank You From Out-going President

The following note was received from Dorothy Thompson.

Dear MARSP,

I appreciate immensely the beautiful engraved acrylic tray you gave me at our May meeting. It is beautiful, and I'll treasure it greatly! Thank you, also, for affording me the opportunity to serve as MARSP president for two years. It was a truly wonderful experience, even though at times very demanding. It was worth it all.

*My best to all of you,
Dorothy Thompson*



"There are better golfers, there are better drivers, there are better swimmers, and there are better cooks. The one thing that no one can ever be better than you at is... being you. Just be you. There's no one more qualified for the job."-- Doe Zantamata