

MARSP

Newsletter

SEPTEMBER, 2018

www.midlandretireded.org

September 6, 2018
MARSP
Box 4954, Midland, TX 79704



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 cost of the luncheon is \$6, and your reservation is your commitment to pay. The program is entitled "Library Renovation and Coming Exhibits" presented by John Trischitti.

Call Anita Patton at 432-349-6822 or e-mail her at apatton123@sbcglobal.net by Monday September 3.

Please remember to bring your new and/or gently used books to the meeting.

BOOK PROJECT



"There is more treasure in books than in all the pirate's loot on Treasure Island." — Walt Disney

The Children's Book Project has a goal of providing 5000 books this year to children so that they may "live fully . . . with a favorite book." Contributions to this worthwhile project may take the form of a book or monetary donations for the purchase of books. We will accept donations through December. Remember, the books do not have to be new, so if you have some around the house that are in good condition and no longer being loved, please bring them or contact Bayta Cullen 432-559-7797.

Cindi Truitt and Bayta Cullen, Book Co-chairs

MEMBERSHIP FOR MARSP



GET INVOLVED TRTA is the only organization totally dedicated to promoting and supporting the rights and needs of retired school personnel and serving as our legislative voice. Your membership allows you to receive *The Voice*, (the official bulletin of TRTA), makes you aware of pension fund and insurance changes, and offers a friendly luncheon with fellow retired school personnel. If you have not joined MARSP this year, please go to the website to get a form. Our mailbox is P.O. Box 4954, Midland, Texas 79704.

Deborah Jordan, Membership

A NOTE FROM THE PRESIDENT



Welcome to a new year for MARSP. I hope that you're as excited as I am for another year of connecting with dear friends. Our great meetings with programs that cover a wide spectrum of topics will hold something of interest for everyone!! Mark your calendars for the first Thursday of every month and plan to join us for good food, warm fellowship, and current topics.

Your MARSP board has been preparing for you all summer. Thank you for being part of our ongoing efforts to protect our retirement fund, educate our legislators, support our fellow retirees, and engage our active teachers. More than ever, we need membership so that our voice is LOUD!

Keep working to recruit members by bringing friends to the luncheons.

Thank you for being a loyal member of the MARSP TEAM! I look forward to seeing each of you at the September meeting.

Deanna Dunn, President 2018-2019



TRTA MEMBER BENEFITS — SUPER DEALS AND GREAT DISCOUNTS

Travel Benefits=Cruise & Vacation Benefits Provides lowest available pricing on all top cruise brands, worldwide escorted tour companies, and more than 600 resort properties. Receive a 4 percent vacation reward on the base fare of your trip and have access to special bonus offers on a monthly basis.

AMBATravelPerx.com Special offers are available on fantastic cruises, resorts, and escorted tour vacations to the Caribbean, Mexico, Panama Canal, Europe, Alaska, South America and Asia. To learn more, call 1.800.480.4080 or visit www.ambatravelperx.com.

Orlando Employee Discounts Save on your Orlando vacation with exclusive pricing on hotels & vacation homes in or nearby Disney World & Universal Studios, with discounts on tickets for Disney World, Universal Studios Orlando, Sea World, and all Orlando area theme parks and attractions. To learn more, call 1.877.413.3557 or visit www.orlandoemployeediscounts.com.



Road Scholar A world leader in educational travel that offers 5,500 educational tours in all 50 states and 150 countries. First-time travelers with Road Scholar are eligible for either a \$200 gift certificate toward international travel, or a \$75 gift certificate for any North American adventure. To learn more, call 1.800.454.5768 or visit www.roadscholar.org/trta.

TRTA Website For more information on the TRTA member benefits, please visit <https://trta.org/member-benefits>

Hotels La Quinta Inn & Suites (1.800.480.4080) Drury Inn and Suites (1.866.468.3946)



Car Rentals Avis Rent-A-Car (1.800.331.1212)
Budget Rent-A-Car (1.800.527.0700)
Enterprise Rent-A-Car (1.800.736.8227)
MASA-Medical Air Services Association (1.800.258.7041)



HAVE A WONDERFUL & SAFE VACATION

Lyn Fishman, Benefits



Do Homework for Medical Services

Check with your Emergency Room and your anesthetist prior to needing them to see if they accept your insurance. Make sure you know what is in network and what is out of network. The hospital may be in network while the hospitalist is not. (News Channel 10 at 6:00 pm Amarillo. June 19, 2017.)

Ann Parish, Informative and Protective Services

CARDS SENT TO MEMBERS



MARSP likes for members to know that they are being remembered in difficult times. Cards of sympathy, as well as thinking of you and get wells cards are sent as requested. Since the last newsletter, cards of sympathy were sent to the family of Carolina Salazar upon her death, to Judia Foreman upon the death of her husband, to Ann Parish upon the death of her sister, and to Nancy Ashley upon the death of her nephew.

If you know of anyone who would appreciate a card, you may contact Patti Watson at pnw1000@gmail.com or call her at 432-697-1170. If you have any sympathy cards or get well cards that you are not going to use, you may give them to Patti for her to use.

Patti Watson, Friendship Chairperson



By Tim Lee **Keep up with the happenings in Austin for Retired Educators.**

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 - June -July -August

Name: _____
Number of Hours: _____

Exercise for June-July-August-

Name: _____
YES I EXERCISED _____



UPON AGING

Nine of the ten 2017 Nobel honorees in science and economics were over 70 years of age. The tenth honoree was 68. John Goodenough (95), team leader and researcher at UT in Austin, developed a cheap, fast-charging battery that could revolutionize electric vehicles. (“For Nobel Winners, Age Is Just a Number.” *AARP Bulletin*. Nov. 2017, p. 6.) Pioneering brain scientist Brenda Milner, 99, offered groundbreaking research that unlocked the mysteries of memory. She continues to explore links between brain function and behavior. She is a neuroscientist and professor at Canada’s prestigious McGill University. She claims to be curious and interested in human quirks. In the 1950s, she discovered that the hippocampus is the seat of memories. The hippocampus is getting attention now for its role in memory loss and dementia. (“Play to Your Strengths—Something That Challenges You a Bit!” *AARP Bulletin*. Oct. 2017, p. 34.) It’s a shame that our minds are so easily duped by Facebook users’ prompts and targeted ads which used tools and words to divide people and influence their thinking, by insurance sharks that put out false information to confuse minds, and by our own laxity in using and developing our minds. We cannot all be geniuses, but we must not let our minds deteriorate for lack of challenge. Earl Nightingale (one of 15 survivors on the *USS Arizona*, a radio and motivational speaker) wrote, “When we set an important goal for ourselves, we present to our minds a problem to be solved, a challenge to be successfully fulfilled.” What new challenge is expanding your brain?

Ann Parish, Informative and Protective Services

MIDLAND ASSOCIATION OF RETIRED SCHOOL PERSONNEL

August 16, 2018

TRTA District 18 Luncheon was held on August 16, 2018, at First Baptist Church. President Deanna Dunn called the meeting to order at 12:35p.m. Following the meal, President Deanna Dunn welcomed all in attendance. President Dunn recognized each district, as well as TRTA President Rick Chandler and his wife by asking them to stand.

President Dunn introduced the guest speaker, Tim Lee, TRTA Executive Director. Mr. Lee spoke on the *Inside Line* that was emailed early this morning. He presented us with the updates on the Legislature and Senate concerns on retirees' healthcare. He also emphasized the pensions of retired educators and the rising cost of health care.

Mr. Tim Lee reminded the group that a general election is coming up, and we need to vote in people that can make a difference.

After a question and answer session, President Dunn presented Mr. Tim Lee with a certificate of appreciation.

The meeting was adjourned at 1:30p.m.

Nancy Ashley, Secretary

WEBSITE FOR ALL THINGS MARSP

The first update to the website has been done. Please go to http://www.midlandretireded.org/index_2.html to see the list of programs for 2018-19. They look to be most interesting.

Also, our leadership page has been updated at http://www.midlandretireded.org/index_1.html. Find out who the go-to people are for whatever you need.

THANK YOU FOR YOUR SUPPORT AND YOUR MEMBERSHIP.

Mike and Kathy Landrum



BAD POSTURE’S EFFECT

Doctors are proclaiming that bad posture creates serious health problems overtime. In fact, it can kill you. Sit up straight. Place a rolled up towel in your back if you must sit for a lengthy time. The medical profession is recommending computers be placed at your eye level. Prefer a computer desk that will raise or lower so that you can stand for a time, but bring the computer to your eye level. (*Inside Edition*, Deborah Norville. Jan 2018)

Ann Parish, Informative and Protective Services