

MARSP

Newsletter

April 5, 2018

www.midlandretireded.org

April 5, 2018
MARSP
Box 4954, Midland, TX
79704



PLEASE COME TO THE APRIL MEETING

Don't forget to put April 5, 2018 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 will be a book review: *Marlene Dietrich – Legend and Icon*. The presenter is Gretchen Bell.

Call Anita Patton at 432-349-6822 or e-mail her at apatton123@sbcglobal.net by Monday, April 2, 2018

REMEMBER TO BRING YOUR FOUNDATION DONATION!!!

TEXAS RETIRED TEACHERS AT THE CONVENTION



It has been a tradition for MARSP to make a donation at the Foundation Luncheon during the convention each year. The opportunity to collect for this donation will be at the upcoming April meeting.

The Foundation was very involved in assisting active and retired school personnel after Hurricane Harvey. The Foundation advanced a set amount of cash to anyone in the TRS system in need of immediate assistance after the storm. This provided much-needed help. They also addressed long-term needs from the storm. The "Helping Hands" program continues an ongoing program of approving and disbursing grants. Applications for all the programs are on the website. "Beginning Teacher Scholarships" and the "Classroom Assistance Grants" are in the process of being compiled and evaluated at this time. The Endowment Fund is growing so it can become a permanent source stream for the "Helping Hands" program. Requests for assistance with medical bills has increased recently, and that need could continue to grow.

MARSP has always been very generous with their giving for these programs. Your generosity is greatly appreciated. These donations will be presented to the Foundation at the convention luncheon. Hopefully there will continue to be strong support from the Midland Association of Retired School Personnel. Please visit the website at www.trtf.org for further information.

Thank you.

Martha Kallus, TRTF Board Trustee



MEMBERSHIP RENEWAL TIME



Members, it is the time of year to renew your membership to TRTA. You should have received a membership form via email. If not, there will be a blank form sent in the next few days. Please fill out the form and mail it to: MARSP Treasurer, P.O. Box 4954, Midland, Texas, 79704. Or bring it to our April 5th meeting. Your membership to TRTA helps with improved benefits for all education retirees and promotes the wellbeing of its members. If you are having problems printing the form, please contact Michael Landrum (jmlandrum@earthlink.net)



A special note of gratitude to the members who have been elected as officers for the next term. I am pleased to announce the leadership team for 2018-2020:

- | | |
|---------------------------|---|
| President | Deanna Dunn |
| Co-First Vice Presidents | Michelle Harmon-Cobb and Deborah Jordan |
| Co-Second Vice Presidents | Bayta Cullen, Cindy Truitt, and Debbie Neeley |
| Secretary | Nancy Ashley |
| Treasurer | Mary Smith |

Deanna will be naming the committee chairman soon, and the new leaders will be installed at the May meeting. I know that each of you will give your support and assistance to these individuals who have taken these important responsibilities.

Maridell Fryar, Outgoing President



NINE BEST BETS FOR BRAIN HEALTH

1. Exercise your body.
2. Have a “friends and family” plan. Being socially active helps reduce the risk of dementia.
3. Keep a lid on blood pressure. Even moderately elevated blood pressure can harm small blood vessels in the brain, resulting in damage that increases dementia risk. Lowering blood pressure - by diet, exercise, and weight loss or by medication - is good for the heart and brain.
4. Strive to keep diabetes at bay.
5. Watch your weight.
6. Stay mentally stimulated.
7. Treat depression.
8. Take care of your hearing.
9. Quit smoking

healthafter50, University of California, Berkeley School of Public Health, Winter 2017-18

Karron Pearson, Healthcare



U.S. Department of Agriculture Recommendations for Microwaves

The Dept. of Agriculture recommends using only white paper plates without printing on them in the microwave. Also do not microwave yogurt containers, newspapers, foam cups and plates, margarine tubs, or china with metallic paint on them. (“Dear Heloise.” *Amarillo Globe-News*. Oct. 18, 2017. p. A-10.

Ann Parish, Informative and Protective Services



The Four D’s of Reducing Your-Mosquito Exposure

1) Drain. . .and Mow. Drain the water from all containers around your property. Mow all your grass regularly and weed eat against the house foundations and fences because adult mosquitoes prefer to rest on weeds and other vegetation. Also spray insecticides to the lower limbs of shade trees, shrubs, and other vegetation.

(2) Deet: Apply insect repellent on exposed skin and clothing when you go outdoors. **(3) Dress** in long-sleeved shirts and long pants and socks while outdoors. **(4) Dusk and Dawn:** those pesky mosquitoes spreading West Nile Virus bite most frequently between dusk and dawn, but they are available for slurping at almost any time. (Young, Adam. *Avalanche Journal*. Rpt. in *Amarillo Globe-News*. Oct. 20, 2017. pp. 1, 9.

Ann Parish, Informative and Protective Services



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 - March 2018

Name: _____
Number of Hours: _____

Exercise for March 2018

Name: _____
YES I EXERCISED _____



TRTA MEMBER BENEFITS MARCH, 2018

Protection and Emergency Assistance **MASA** (Medical Air Services Association) is dedicated to providing life-saving emergency assistance from home or while traveling domestic or international. The coverage is designed to protect members against catastrophic financial loss when emergencies arise. To learn more, call 1.800.258.7041 or visit www.myambabenefits.info/trta.

ACADIAN ON CALL provides medical alert systems to over 19,000 subscribers nationwide and ranks in the top U.S. 10 medical alarm companies. Use code "TRTA" for free shipping! To learn more, visit www.acadianmedicalalertsytems.com/trta.htm/ or call 1.800.259.1234.

CSID Start to protect your identity from one of the fastest growing crimes in America. CSID provides noncredit loan activity, public records and criminal records monitoring, restoration services, and \$25,000 of identity theft insurance. Contact Jeanie Coffey, National Director of Association Relations at AMBA at 1.800.258.7041 ext. 332 to learn more or visit www.myambabenefits.info/trta.

Always ask for senior discounts and visit <https://trta.org/membership/member-benefits/> for all TRTA benefits.

Lyn Fishman, Benefits

MIDLAND ASSOCIATION OF RETIRED SCHOOL PERSONNEL

MARCH 1, 2018

MARSP met at First Baptist Church on Thursday, March 1, 2018. Following lunch, President Maridell Fryar called the meeting to order at 12:15 p.m. Chaplain Nancy Doss led the invocation and the pledges. President Fryar also introduced Joy Maraio, who provided information about the Bush Childhood Home.

PROGRAM

President Fryar introduced Texas State Senator Kel Seliger, who made brief remarks about the upcoming election. Cindy Truitt then introduced Texas State Representative Tom Craddick, who was our primary speaker. Both elected officials responded to questions from the audience. Cindy then presented them with certificates showing a donation to our scholarship fund in their names.

- a. Minutes of the February 1 meeting were approved as distributed and will be filed.
- b. The financial report for December 31, 2017 was accepted for audit. However, Mary Smith, Treasurer, reminded us that we need to make reservations ahead of time, so the kitchen staff knows how much food to prepare. Also, some people came in today, greeted friends, and forgot to come back and pay. They were asked to pay at the end of the meeting. We were also reminded to donate to the scholarship bags.
- c. It is membership renewal time, and Michele Cobb reported that we got 81 renewals today. We had no new members or guests.
- d. Michele Cobb, a member of the State Volunteer Committee, gave a report from the state. Cluster 1 (which includes District 16, 17, 18, and 19) had 6.2% growth—the most in the state. District 18 dropped a bit, but Midland and the state went up. Michele congratulated Nancy Young, local volunteer chairman, for Midland's success.
- e. Debbie Neeley reported that they are starting the 2018 collection for the Children's Book Project.
- f. Martha Kallus, chair of the Nominating Committee, recognized her committee members, Anita Patton and Deanna Dunn.

She then presented a slate of officers for 2018-2020, as follows:

President – Deanna Dunn

First Vice-Presidents – Michele Harmon-Cobb and Debbie Jordan

Second Vice-Presidents – Debbie Neeley, Bayta Cullen, and Cindy Truitt

Secretary – Nancy Ashley

Treasurer – Mary Smith.

g. President Fryar called for nominations from the floor. Hearing none, she asked for a show of hands to approve the slate as presented. The slate was approved.

h. President Fryar reminded us that there are many volunteer opportunities available in Midland in addition to those at the Bush Childhood Home, and she encouraged all members to volunteer with the organization of their choice.

i. The Retirement Education Seminar Report was given by Virginia Conner. She thanked everyone who helped. She reported a total of 72 attendees, with 20 from Midland. We had a communication problem getting the information out from principals to Midland teachers.

j. The proposed TRTA Bylaws Amendments were briefly reviewed by Ann Parish, member of the state Organizational Affairs Committee. These six amendments and the position and rationale of both the OAC and the TRTA Board have been printed in *The Voice*. They will also be printed in the program at the state convention.

President Fryar announced that the four delegates from MARSP to the state convention will be Ann Parish, Virginia Conner, Debbie Jordan, and Nancy Ashley. As a past state TRTA President, Maridell is an automatic delegate.

k. Drawings for door prizes (free lunches) were won by Barbara Young and Ramona Williams.

ANNOUNCEMENTS

a. The MARSP Board meeting will be Monday, March 5, at Centennial Branch Library.

b. Next MARSP meeting is April 5, 2018.

c. President Fryar made an announcement concerning taxes for those who retired and then were rehired.

d. Both Mr. Craddick and Mr. Seliger offered to donate Texas flags to MARSP.

The meeting was adjourned at 1:22 p.m.

Ann Parish, Substitute Secretary



MEMBERSHIP DRIVE

The membership drive for the 2018-2019 school year has begun. Please be mindful that we will be emailing and/or mailing your dues form out soon. Your renewal form, personalized just for you, will be EMAILED soon so that you can:

download the form,
print it out,
review the information,
make corrections,
write a check, and mail (OR bring) the check and form back to MARSP.

If your email is also your spouse's, you will receive **two** membership emails.

Please stop by our table at the next luncheon and renew early.

Michele and Debbie, Membership Chairs



13 WAYS TO BUST THE DUST

Easy habits to reduce indoor air pollution

Open a Window: When it is not too cold outside, this is a good way to exchange indoor air with outdoor air.

Ban Smoking: Discourage smokers and eliminate second-hand smoke.

Give Fido a Bath: Wash the pet and bedding frequently to reduce allergy-causing dander.

Use Exhaust Fans: Use a kitchen vent, make sure dryers are well-vented, and run the air conditioner on fan if necessary.

Use a Doormat: Wipe shoes to reduce pollutants carried into the house. Or, establish a shoes-off policy.

Change Filters: Record dates on filters so you know when it is time for a change.

Skip Fires: Fireplaces are nice to look at but they produce soot and smoke into the air.

Don't Cover Up Odors: Avoid scented candles, air fresheners, and other odor-masking fragrances, some of which can trigger asthma.

Vacuum Often: Do this especially if you have a pet. Brooms usually stir up dust!

Use a Microfiber Dusting Cloth: It captures more dust than a cotton rag.

Minimize Carpet: Choose hard surface flooring. Carpets can trap pollutants.

Try to Stay Dry: Reduce mold by keeping moisture down with a dehumidifier and cleaning filters regularly.

Store Chemicals Safely: Use homemade products when possible.

(Excerpted from *Consumer Reports*, November 2017, p. 11).

Ann Parish, Informative and Protective Services



GOT INSOMNIA???

Insomnia (trouble getting more than three days of restful sleep a week for three out of four weeks) drove Michael Jackson to desperate measures. If it's driving you there too, you're not alone. Sixty-six million North Americans a year have frequent or extended bouts of sleeplessness. We're here to help—and not in a drug sort of way. Find out what causes insomnia.

Exercise regularly. Walking 30 minutes a day relieves stress and helps you sleep. But not too close to bedtime! We aim for 10,000 steps, so buy a pedometer and get walking—early in the day. Here's why exercise earlier in the day helps you sleep better.

Make bedtime comfy. We know some things in life are worth the expense. Two of those things are good pillows and mattresses.

Slow down to help your body relax. Set aside 30 minutes before bed to finish the day's must-do tasks (10 minutes). Do the hygiene things (10 minutes). Create calm-down time; try deep breathing and/or meditation (10 minutes). Use these tips if you're not sure how to meditate.

Ban bedside digital devices, including TV. Have nothing in your bedroom except the bed, which should be used for only two things. Sleep may come in an easy second. Discover how electronics intrude on your sleep.

Still sleepless? Medications, a medical condition or stress could be to blame. Try to identify the problem yourself and work through it. If not a complete success, meet with a sleep specialist or try cognitive behavioral therapy. One-on-one sessions and telephone and group therapy can be very effective.

Karron Pearson, Healthcare