

MARSP

www.midlandretireded.org

Newsletter

March, 2011

March 3, 2011
MARSP
Box 4954, Midland, TX 79704



MARSP LUNCHEON MEETING MINUTES

The MARSP luncheon for February was canceled because of inclement weather. Please look for the minutes of our March meeting in the April newsletter.



MEMBERSHIP:

PLEASE ENROLL NOW FOR NEXT YEAR

YOUR CURRENT MEMBERSHIP TO MARSP EXPIRES JUNE 30, 2011. Now is the time to MAIL YOUR CHECK because you will be eligible for **PRIZES (over 40 last year)** at the May meeting if MARSP receives your form with payment postmarked by May 2, 2011. (YOU DO NOT HAVE TO BE PRESENT TO WIN!)

Please send your dues now to reduce MARSP costs for reminder notices! If you are a regular member, your total dues for TRTA and MARSP are \$40.00. You can recover that amount and more by taking advantage of a few of the TRTA member benefits. Stay at a La Quinta and receive up to 35% off of prevailing room rates. Rent a car and save 25% from Avis. And those are just two of the benefits. Greater membership will help the association increase its influence with state and national legislators when encouraging them to enact measures such as the Social Security Fairness Act and legislation that comes before the Texas Legislature. When we talk to political representatives, they always ask how many retirees are members of our association. If we could each recruit ONE new member each, that would double our membership and send a powerful voice to our state representatives.

PLEASE REMEMBER, NO OTHER ENTITY WORKS SOLELY FOR YOU IN AUSTIN AND SPEAKS FOR YOU IN WASHINGTON. Please join to help us become a stronger voice for retired personnel in Midland, in Texas, and in the USA. Both TRTA and MARSP need your support through your membership.

If you have any questions, please call Mike Landrum at (432) 631-7390.

Honor Society Collects Books



The National Junior Honor Society from Goddard Junior High recently collected children's books for MARSP's book project. Marilyn Winter, sponsor for the group, said that the students were very enthusiastic about doing this service project. All together, the students collected 1077 books. Meghana Reddy collected 110 books, Rachel Rayburn turned in 125, and Vanessa Dela Cruz turned in 60. Several others turned in 35 to 45 each. The group accepted this task as its community service project and said they would be glad to help us again next year. We want to say a big "Thank You!!" for their efforts.

The total number of books collected last year for MARSP was about 1600. With the help from the honor society at Goddard, we should be able to double our book count from last year. Please continue to ask friends and relatives for gently used or new book donations.

Articles for the Newsletter

Please send MARSP Newsletter articles to Joyce Whitley or Carole Miller, 1210 W. Golf Course Road, 79701 or joyce.whitley@gmail.com.



Please Come to the March Meeting

Don't forget to put Thursday, **March 3** on your calendar. This is the date for the next meeting of MARSP. The guest speaker will be Lisa Stanley from Midland Memorial Hospital. She will inform us about the **68Nurse Program** provided by the hospital. Meet and greet begins at 11:30 a.m. followed by lunch at 12:00 noon. 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, February 28.



Alzheimer's Disease

There is probably no disease less understood and more feared than Alzheimer's. Recent studies have come out with some interesting facts and recommendations.

Alzheimer's Risk Factors

If you are over 65, your risk of developing the disease is doubled. After 70 years of age, your risk quadruples.

If you have a family history of Alzheimer's, your risk increases 35-50 percent.

If you have had 3 or more concussions, you are three to four times more likely to develop the disease.

How to Help Protect Your Brain

Develop an intellectual hobby. Use it or lose it. Complete challenging puzzles such as Sudoku, crosswords, chess, bridge, and other activities that make your brain work.

Protect your heart from disease. One way to do this is to keep your blood pressure down.

Watch the fats in your diet to prevent clogging arteries. The brain needs oxygen to function at its best.

Exercise every day!!!

Eat healthy at every meal. This includes eating foods that are low in bad fats, and high in good fats. You should have 9-13 servings of fruits and vegetables a day and eat as many whole grain foods as you can.

Reduce your red meat intake and focus on fish, turkey, eggs and legumes.

Brain Foods Fight Brain Deterioration

Lentils have sugar and fiber which the brain needs. Plant sugars are not processed sugars.

Chia Seeds are healthy omega 3 fatty acids. Add them to your cereal in the mornings, and they are a better antioxidant than blueberries. They may be purchased at a health food store.

Brazil nuts are monounsaturated fats and they have magnesium, which make them excellent brain foods.

Coffee provides caffeine which helps the brain protect its lining and heal areas of damage.

You can download an Alzheimer's Risk Factor Quiz at www.doctoroz.com.

Karron Pearson, Health Care Committee Chairperson



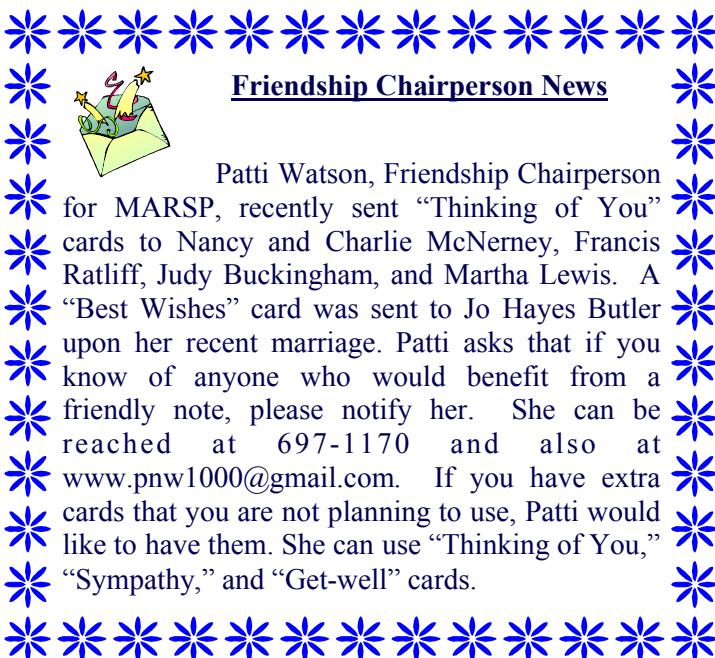
Walking Steps

Patti Watson, District 18 TRTA Health Care Chairman, reports that all steps from all local units have been reported (thank you, thank you!) and tallied. Thanks to increases in steps from Andrews, Crane, Midland, Monahans, and Odessa, we went over our last year's total! This year we had a grand total of (drum roll!) 241,219,676 steps!!! That is an increase of 4,496,825 steps. We are moving in the right direction!!! Every one of you is to be commended for a job well done. You are very much appreciated!



Opportunity for Employment for Retired Teachers

Bynum School is a school for special needs children. The enrollment is approximately 44 students, and they report that they are in desperate need of substitute teachers. The pay is \$75.00 a day, and anyone wishing to work can come to the school and fill out the necessary papers. They are located at 8404 W CR 60. If you would like more information, please call Linda Brown at 520-0075.



Friendship Chairperson News

Patti Watson, Friendship Chairperson for MARSP, recently sent "Thinking of You" cards to Nancy and Charlie McNerney, Francis Ratliff, Judy Buckingham, and Martha Lewis. A "Best Wishes" card was sent to Jo Hayes Butler upon her recent marriage. Patti asks that if you know of anyone who would benefit from a friendly note, please notify her. She can be reached at 697-1170 and also at www.pnw1000@gmail.com. If you have extra cards that you are not planning to use, Patti would like to have them. She can use "Thinking of You," "Sympathy," and "Get-well" cards.



LOOKING FOR PROTECTION? LOOK TO THE SPRAY.

Concerned about someone robbing or attacking you? Law enforcement and self-defense experts suggest an alternative to pepper spray, mace, or even self-defense classes. It is WASP SPRAY.

Wasp spray is inexpensive, easy to find, and typically shoots 20 to 30 feet, while mace or pepper spray isn't effective unless the attacker is in close proximity.

"Spray the culprit in the eyes!" The wasp spray temporarily blinds an attacker until they get to the hospital for an antidote. Be safe by keeping a can at your desk, in your car, or near your door or bed. WASP SPRAY will give you a chance to call the police . . . maybe even save a life.

Sharon Welch
Informative and Protective Services

Volunteer Hours - Jan/Feb 2011

Name: _____

Number of Hours: _____

Walking Steps - Jan/Feb 2011

Name: _____

Number of Steps: _____