

MARSP

Newsletter

March 1, 2018

www.midlandretireded.org

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MARSP
Box 4954, Midland, TX
79704



PLEASE COME TO THE MARCH MEETING

Don't forget to put Thursday, March 1, 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 presented by the Honorable Tom Craddick.

Call Anita Patton at 432-349-6822 or e-mail her at
apatton123@sbcglobal.net by Monday, February 26

Please **REMEMBER** to bring your donation for the MARSP scholarship fund.

Knowing How to Vote Is of Primary Importance



Melynn Huntley writes, "Primary elections are like playoff football games. Winning candidates from these playoffs make it to the Super Bowl of elections in November and represent their parties in the final general election." You cannot cross party lines in the primary elections or primary runoff. Then you cannot attend precinct, county or state conventions for any party other than the one you selected in the primary. In the November Super Bowl election, you are free to vote for any candidate on the ballot from any party. You can also see independent and "write-in" candidates.

You will see propositions, which let the candidates know how you feel about certain issues.

Please vote in this upcoming joint primary election for Texas. Early voting begins February 20 and runs through March 2. Election Day is March 6. Most counties have sample ballots on their websites. Look them over as you prepare to select your favorite party's candidates and issues to support. (Huntley, Melynn. "Knowing How to Vote Is of Primary Importance." *Amarillo Globe-News*. Jan. 20, 2018. p. A5.)

Plan to attend forums in your community and study the candidates' profiles and stands on various issues on websites for both your local elections and the state elections. Select candidates who support retirees' defined benefit plans and those who will work for our health care benefits.

Ann Parish, Informative and Protective Services

GOOD TO KNOW



Tax Season Frauds—File your taxes as soon as possible to keep scammers from stealing your refund. After the scammers receive your refund, it is difficult to jump through the hoops to retrieve your money. Your IDs are available for scammers. Establish a 6-digit pin with the IRS. Beware of phone calls from the IRS. They are always fake. File early. (*Nightly News with Lester Holt*. Jan. 29, 2018).

New Kind of Hacking: Typo Squatting—Scammers are cashing in on your typos. They are setting up fake sites based on common typing errors. You go straight to the fake site, order an item, pay for it with your card, and zip, they have your money, and your item, promised for delivery in so many days, never arrives. Proofread every address you type into the server. The hack is appropriately named "Typo Squatting." (*Nightly News with Lester Holt*. Jan. 8, 2018).

Flu Shot Is Worth It!—Health officials state that it is a myth that you get the flu from the vaccine. The aches some people get are from the immune system pumping up. (*Nightly News with Lester Holt*. Jan. 29, 2018). Flu symptoms include body aches that come on quickly, stuffy nose, cough, nausea, vomiting, and fever above 101 degrees. If a person appears to be getting better but gets worse, take that person to the hospital right away. (*Nightly News with Lester Holt*. Jan. 30, 2018).

Ann Parish, Informative and Protective



USE OF MOUTHWASH LINKED TO TYPE 2 DIABETES

(NaturalHealth365) While oral health is important, if you are already at a higher risk for type 2 diabetes – due to genetics or lifestyle decisions – then, using mouthwash could be increasing it significantly. A recent study out of Harvard University has found that persons who use mouthwash twice per day are up to 55 percent more likely to develop full blown type 2 diabetes within 3 years.

The Harvard University scientists were looking to analyze links between standard over-the-counter mouthwash and its link to metabolic disorders due to the antibacterial ingredients it contains. What they discovered is incredible!

Using mouthwash twice per day raises type 2 diabetes risk by 30 percent
For the study, 1,206 overweight persons between the ages of 40 and 65 were examined. All members of this group had been determined to be at high risk for type 2 diabetes. Of those studied, 17 percent developed either type 2 diabetes or prediabetes symptoms.

This number rose to 20 percent in persons who rinsed with mouthwash once per day. While this was just a 3 percent increase, what really got the researchers’ attention was the results for those participants who used mouthwash twice or more per day. These individuals had a 30 percent higher chance of developing either type 2 diabetes or prediabetes.

Mouthwash, like antibiotics, kills bad and good bacteria
Why would this be? The researchers speculated it is due to the fact that the antibacterial agents in mouthwash are not selective. Instead of just targeting the harmful bacteria in the mouth, these products target a broad range of bacteria – including the beneficial strains.

When positive bacteria are killed in the mouth through the use of mouthwash, the body is inhibited in its ability to prevent and protect against type 2 diabetes. People who overuse mouthwash are also more prone to obesity due to killing off assistive microbes that assist the body in producing nitric oxide – which helps to regulate the insulin levels in the bloodstream.

Mouthwash seems like a ‘harmless’ enough product that can bring benefits to oral health. So, for many people, it’s hard to believe that using mouthwash could actually be harmful to any aspect of our health. But recent revelations related to the destruction of ‘good’ bacteria and the negative effects of overusing antibiotics substantiate this kind of information.

Consider healthier alternatives to mouthwash to support oral health.
The mechanisms of type 2 diabetes also share common pathways with blood pressure issues. While these results do not mean that mouthwash causes diabetes, they seem to be compelling evidence that its overuse could impair the body’s protective mechanisms.

Add to this the fact that most conventional mouthwashes are loaded with toxic ingredients including artificial colors, sweeteners, and fluoride. Anyone who currently uses mouthwash should be looking for healthier alternatives.

For example, there are a few good quality herbal rinses like, Nature’s Answer PerioBrite or you can try brushing with some essential oils like neem, clove or peppermint oil. You’ll be left with a fresh, clean and happy mouth – without the toxic ingredients.

Diabetes.co.uk , ScienceDirect.com

Karron Pearson, Healthcare



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



VOLUNTEERS DO IT AGAIN
CONGRATULATIONS

to MARSP Members! Our volunteer hours for 2017 are **60,028!!** These hours multiplied by \$25.15 per hour are equal to **\$1,509,704.00!!!** Great job members , and now we start counting for 2018.

Nancy Young, Volunteer Chairperson

Volunteer Hours - February 2018

Name: _____
Number of Hours: _____

Exercise for February 2018

Name: _____
YES I EXERCISED _____



SCHOLARSHIP NEWS

. We just have a few months left to reach our Scholarship Goal of \$1500. If you have not had an opportunity to give this year, please consider contributing so that we can reach our goal. This scholarship goes to a college student who is planning to go into the profession of education, and who is a relative or mentee of one of our MARSP members. The recipient must be in the field of education and live in the state of Texas.

Please make your checks payable to MARSP Scholarship and send them to Kathy Favor, 2512 Castleford Rd., Midland, TX. 79705. Or, if you would like, you may bring your donation to the next luncheon. You may designate that your donation be in honor of or in memory of someone special to you, and that information will be published in the newsletter if you so desire.

We hope you will be a part of this worthwhile endeavor. Thank you for your kind consideration.

Kathy Favor, Scholarship Chairperson



MIDLAND ASSOCIATION OF RETIRED SCHOOL PERSONNEL

February 1, 2018

Midland Association of Retired School Personnel met at First Baptist Church February 1, 2018. The meeting was called to order at 12:18 p.m. President Fryar welcomed everyone in attendance. The invocation and pledge to the flag were led by Chaplain Nancy Doss. President Fryar thanked Orin Wade for the music.

Maridell briefly expressed her concerns for low attendance at today's meeting. She encouraged everyone to make every effort to attend our monthly meetings and to pass the word on to members not in regular attendance.

PROGRAM

Today's program, *YMCA, "Silver Sneakers,"* was presented by Lisa Jebson, the Group Exercise Coordinator at Midland YMCA. Ms. Jebson promoted exercise among seniors and explained the free membership MARSP members enrolled in Humana Medicare Advantage Health Plan can take advantage of. In addition to that, Ms. Jebson offered a free guest pass to the YMCA for those who sign up at today's meeting. She engaged us in an exercise activity, followed by questions and answers. President Maridell Fryar encouraged membership in the Silver Sneakers program. Cindy Truitt presented Ms. Jebson with a certificate for her presentation. A donation to our scholarship fund will be given in her name.

BUSINESS MEETING

- a. January 4 minutes were approved and will be filed.
- b. In the absence of Mary Smith, there was not a financial report.
- c. Debbie Jordan reported a membership of 325.
- d. Nancy Young reported a total of 60,028 volunteer hours donated by MARSP members. If members were paid for those hours at \$25.15 per hour, the total amount would be calculated at \$1,509,704.00.

President Fryar thanked Nancy for her service to MARSP Community Volunteer Service Committee.

- e. Children's Book Project reported a collection of 2100 books for 2017. For 2018, the count is already at more than 400 books to be given to students.
- f. Jim Collett, with the Midland Historical Society, invited interested MARSP members to become a part of the museum by volunteering. He passed out fliers with volunteer opportunities listed.
- g. Drawings for volunteer hours and for wellness were won by Ann Parish and Patti Alexander.

ANNOUNCEMENTS

- a. MARSP February Board Meeting is Monday, February 5, at 1:30 p.m.
- b. Next MARSP meeting is March 1.
- c. District 18 Retirement Education Seminar is Saturday, February 3, in Odessa. It will be held on the Bonham Middle School campus. That address is 2201 E. 21st Street. Contact has been made to encourage MISD new retirees to attend.

OTHER ITEMS

For information on *Benefits*, President Fryar suggested checking out TRTA.org.

Maridell expressed her condolences upon the death of James Hawk, a longtime employee of MISD.

Ann Curtis was a guest today of Geneva Gallegos.

The meeting was adjourned at 1:00 p.m.

Lois Hillary, Secretary



THINKING OF MEMBERS

Cards are sent each month to our members to let them know that we are thinking of them. Since the last newsletter, we have sent thinking of you cards to Joe Smith, Estel Aleman, and Mary Smith. A sympathy card was sent to the family of Maggie Artley upon her death. If you know of a member who would appreciate a card, please contact Patti Watson at 697-1170 or e-mail her at pnw1000@gmail.com. If you have extra thinking of you cards that you do not plan to use, you may bring them to Patti at the monthly luncheons.

Patti Watson, Friendship Chairman



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,

mation,

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