

MARSP NEWSLETTER

DECEMBER/JANUARY 2017 - 2018

www.midlandretireded.org

December 7, 2017
MARSP
Box 4954, Midland, TX 79704



PLEASE COME TO THE DECEMBER AND JANUARY MEETINGS

Don't forget to put Thursday, December 7, 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.

Program Highlights for December 7, 2017, are Holiday Decorating with representatives from Miss Cayce's Christmas Store. Tips will be provided for getting your homes ready for the holidays, and there will be hands-on activities for creating decorations, wrapping presents, tying bows, etc.

And while you are marking your calendar, please mark January 4, 2018, for the MARSP January meeting.

Program Highlights for January 4, 2018, are Getting to Know the Wagner Noel Performing Arts Center with Stephanie Rivas, Assistant General Manager. Learn about theater operations and upcoming attractions.



Call Anita Patton at **432-349-6822** or e-mail her at

apatton123@sbcglobal.net by Monday December 4 and Monday January 1.

"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." Thanks to those who brought book donations and to those who donated money to buy books. We will continue to 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.



VOLUNTEER HOURS

Your volunteer hours for the year 2017 are due at the December meeting. If you help with Meals on Wheels, teach a Sunday school class, or keep your grandchildren, then you volunteer. Any time you spend doing something for others and you are not paid for your time, you are considered a volunteer. If you have not kept up with your hours by the month, please count them all and bring your number of hours to the January meeting. Or you may e-mail your number to Nancy Young at **neyoung@mygrande.com**.

Nancy Young, Volunteer Chairperson



TRTA MEMBER BENEFITS

AHB offers members a complete hearing evaluation, warranty on digital hearing technology aids in any style, loss and damage protection, and batteries with a complete benefit package. Use code AMBA. To learn more call 1.888.200.5701 or visit <http://www.americanhearingbenefits.com/partners/amba>.

AMERICAN HEARING BENEFITS

It's back, and it's better than ever! TRTA has made arrangements through a state-wide network of hearing healthcare professionals to provide benefits to TRTA members at no additional cost. Member benefits include complimentary hearing evaluations and a 10% discount off of everyday prices on hearing aids. For more information regarding the TRTA Hearing Healthcare Benefits Plan call toll-free at 1.866.478.8782 (TRTA) or visit www.hearingaidexpress.com.

OTHER MEDICAL BENEFITS

Texas Mobile Imaging offers 3 painless cardiovascular ultrasounds for the early detection and prevention of stroke due to fatty plaque buildup in the carotid arteries of the neck, sudden death from rupture of an unbound abdominal aorta aneurysm, and leg amputation due to (P.A.D.), which is blocked arteries in the legs. TRTA Members receive a discounted price of \$110 (\$135 regularly) for all 3 vascular scans (\$300 - \$1500 each in hospital) which will also include complimentary ultrasound scans of the thyroid, gall bladder, liver, and kidneys for any stones, cysts, or tumors that could be cancerous, as well as complimentary heart rhythm screening for atrial fibrillation. Free educational workshops on the prevention of stroke and vascular disease and actual scans can be done at TRTA local unit meetings. Call Joey Wyatt at 81.392.5685 or email joey@txmobileimaging.com. Lyn Fishman, Benefits

LEGISLATIVE ALERT FROM THE PRESIDENT



Over the last several legislative sessions, Senator Kel Seliger has proven to be our friend in supporting legislation in favor of our issues and issues related to public education. Although TRTA does not endorse candidates, we do alert our members to legislative issues and campaign situations so that they can make their own decisions about involvement and voting. Because Senator Seliger has at times voted contrary to the “old guard” in the Senate, he has been targeted for replacement. Money from the people who support replacing our Defined Benefit annuity with a Defined Contribution is being funneled to support the person running against Senator Seliger in the primaries next spring. If you would like to support Seliger and retain him as your Senator, there are several things you might choose to do:

- Launch an email campaign in his favor, asking your friends and family to vote for him in the primary.
- Send supportive postcards to friends and family requesting their support.
- Volunteer to work your neighborhood in support of him.

Call your friends and family as the time to vote in the primaries draws near, reminding them to vote in the primary and to vote for Seliger.



Maridell Fryar, MARSP President

HEALTH TIPS



Did you know that caffeine can linger in the body for up to 12 hours? Avoiding caffeinated coffee, tea, and soft drinks after lunch may help you sleep better.



Aspirin and ibuprofen are not so good together. Ibuprofen seems to cancel out aspirin’s ability to protect the heart. *Harvard Medical School, 10 Shattuck Street, Boston, Massachusetts 02115*

Adults ages 55 and older are vulnerable to facial injuries, especially fractured noses and eye sockets, according to a study published in the June 2017 issue of *JAMA Facial Plastic Surgery*. The study found that you don’t have to engage in a high-octane sport (hockey, surfing) to get hurt. More sedate activities such as walking and gardening can also lead to broken bones in your face. These injuries can affect your ability to talk, breathe, swallow, and see, which can have profound effects on your ability to live independently. Although fracture risk is real, worries over breaking a bone shouldn’t prevent you from staying active. Regular exercise strengthens your bones and reduces your likelihood of falling and breaking them. Just take a few precautions, such as when walking, wear well-fitting, rubber-soled sneakers or shoes; walk or jog at a pace that’s comfortable for you; if you have mobility limitations, walk on smooth, paved surfaces; pay attention to the road or sidewalk ahead of you; don’t become distracted by talking on your phone or texting; if you start to get tired, turn around and go home.

Health after 50, University of California, Berkeley, School of Public Health, October 2017

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**



MEMBERSHIP

Thank you all for paying your dues and supporting TRTA and MARSP. We currently have **311** members, including two new members. We will continue our membership drive for the 2017-2018 year until January 31, 2018.

Please try and bring someone that is not a member to one of our luncheons so we can grow.

Thanks,

Debbie Jordan and Michele Harmon-Cobb

Volunteer Hours - November 2017

Name: _____

Number of Hours: _____

Exercise for November 2017

Name: _____

YES I EXERCISED _____



FROM THE FRIENDSHIP CHAIRPERSON

MARSP lets its members know that we are thinking of them. If members are sick, have lost a loved one, or just need to know they are being thought of, we like to send cards.

Since the last newsletter Patti Alexander, Maridell Fryar, and Judia Foreman have received thinking of you cards. Sympathy cards were sent to Pam Kemper and family on the death of Pam's mother, and to Kathy Hester on the death of her mother-in-law. Barbara Dunton and her family also received a sympathy card upon the death of Barbara's mother.

If you know of anyone in need of a card, please contact Patti Watson at 697-1170, or e-mail her at pnw1000@gmail.com. Patti Watson, Friendship



KRACK Attack Equals Risky Wi-Fi Connections



Norton by Symantec is warning that KRACK attacks (Key Reinstallation attacks) will likely impact negatively anyone who uses Wi-Fi. Avoid connections in coffee shops, your workplace, and even homes. KRACK allows attackers access to your credit card information, passwords, and other data transmitted via e-mails. Update the moment the software patch is available. Only browse sites that begin with HTTPS, which adds extra layers of protection. Changing your passwords will not prevent the attacks. A Belgium researcher discovered the vulnerability. (Symantec.com/connect/blogs/KRACK. . . Oct. 24, 2017.) Ann Parish, Informative and Protective Services

PROTECT YOURSELF FROM FRAUD AND ABUSE

Always read your medical summary notice, a statement stamped with "this is not a bill." Look for 3 things on your medical summary notice: (1) charges for something you did not get, (2) billing for the same thing twice, and (3) services that were not ordered by your doctor. If you have questions, contact the Texas Senior Medicare Patrol at 888-341-6187 or 713-341-6184.

Ann Parish, Informative and Protective Services



NEW BENEFITS

Cruise and Vacation

Benefits • 1.855.577.9497 • www.cruiseandvacationbenefits.com/amba

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 base.

Orlando Employee Discounts • 1.877.413.3557 • www.orlandoemployeediscounts.com

Save on your Orlando vacation with exclusive pricing on hotels and 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. Use discount code AMBA.

REMEMBER OTHER TRTA TRAVEL & TRANSPORTATION BENEFITS

AMBA TravelPerx • 1.800.480.4080 • www.ambatrapelrx.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.

Road Scholar • 1.800.454.5768 • www.roadscholar.org/trta

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.

Avis Rent-A-Car • 1.800.331.1212 • www.avis.com/AvisWeb/html/bridge/go.ex?D404600

For personal and/or business rentals, ask for the best rate and mention discount # (AWD) D404600 to receive up to 25 percent off the rental.

Budget Rent-A-Car • 1.800.527.0700 • www.budgetcarrental.com/budget/assoc/index.html?X885500

For personal and/or business rentals in making reservations, ask for the best rate and mention Budget Customer Discount# (BCD) X885500 to receive up to 25 percent off the rental.

Enterprise Rent-A-Car • 1.800.736.8227 • www.enterprise.com

10 percent off from an airport location and 5 percent off from non-airport location. Use code "65TRTA" by phone and code "65TRTA" online and enter code "TEX" on second page.

For specific information or updates visit www.trta.org/memberbenefits.

Lyn Fishman, Benefits

HOW TO LOOK AND FEEL YOUNGER AT ANY AGE



Mental: Keep Your Mind Engaged: Pursue Hobbies and Interests!

Read! Feeling stressed? Researchers in Britain asked participants to engage in various activities: reading, listening to music, having a cup of tea or coffee, and taking a walk. The winner? Reading reduced stress levels and heart rates by 68%--the most significant on the list. (Least effective: video games)

Surf! Those who carry out **web searches** showed increased activity in regions of the brain that control reading, language, memory, and visual ability. Regular web surfers showed a significant boost in the areas that deal with decision making and complex reasoning.

Socialize! Create!

Social isolation increases hypertension even more than diabetes does. (University of North Carolina study) Loneliness is linked to a weakened immune system and higher risk of heart attack, stroke, and depression. Take up hobbies! Seniors who have taken up painting, drawing, or sculpting during middle age and continued to old age were 73% less likely to develop mild cognitive impairment than those who did not participate. These hobbies encourage you to focus your attention. There are countless others!

Dance! Dancing reduces the risk of dementia more than any other physical activity. Why? Learning new steps improves intellectual fitness, and if you dance with a group or partner, you're being social. (Albert Einstein College of Medicine Study)

Physical-Eating Right Helps and Helps Fight Disease!

Two slices of **cheese** a day (about 44 grams) reduces the risk of developing type 2 diabetes by 12%. Nutrients in probiotic cheese and yogurt may lower cholesterol and produce certain vitamins that shield against diabetes (*American Journal of Clinical Nutrition*, 2012)

Eggs, Lutein, Vitamin E and Omega 3s are good for your eyes and may help prevent age-related macular degeneration, cataracts, and other chronic diseases.

Emotional/Social-Howl with laughter! Avoid Loneliness; Recall Good Memories!

After watching comedy clips, volunteers' blood vessel dilatation increased 22% after just 15 minutes of laughing; participants received the same vascular benefit as they would from spending 15 to 30 minutes at the gym or taking a daily statin (Dr. Michael Miller: *Heal Your Heart*) Recalling **good memories** for just 20 minutes a day make people feel more cheerful. (*Loyola University-Psychology Today*)

Based on article "Words to Live Longer and Better" by Andrea Au Levitt Readers Digest, May 2017).

Ann Parish, Informative and Protective

BE PREPARED FOR THE ER



The hospital emergency room deals effectively with sudden health problems; however, you and your family must be equipped, informed, and prepared to participate actively in your own care to make sure that you have a positive outcome. Create a cheat sheet in triplicate (ER, ambulance, & yourself) with current medications, dosages, and dispense times. Include known allergies, insurance information, family contacts, power of attorney, and specialty doctors. Be prepared to speak up if the caregivers seem to be going in a different direction from what you know about yourself or your loved one. Go with patience. Stay calm. Leave your valuables at home. (*Kreis, Tricia Hughes. "Prepare for the Emergency Room." <caring.com>*.)

Ann Parish, Informative and Protective Services

MARSP SCHOLARSHIP FUND



MARSP has a good start on our Scholarship Fund for this year with donations reaching \$667.05. We would appreciate your help in reaching our goal of \$1500. If you have not had an opportunity to give to this year's scholarship fund, please consider making a donation. Perhaps you would like to make a donation in honor of someone who has had a positive impact in your life or remember a loved one through a memorial gift. If you choose to honor or memorialize someone, please include the name and address of the honoree or of the deceased family member so that I can send an acknowledgement. You can send your check to Kathy Favor, 2512 Castleford Rd., Midland, TX 79705. You can also make donations at any of our regularly scheduled meetings. We greatly appreciate your kind consideration in helping a student who has chosen to follow the path of becoming a dedicated teacher..

Kathy Favor, Scholarship

SHINGRIX: NEW SHINGLES VACCINE



A second vaccine for shingles— shingrix —is now recommended. Our immune system needs an extra dose of prevention. Sufferers of shingles claim it is not something you want to try, especially if it can be prevented. (*NBC Nightly News with Lester Holt. Oct. 25, 2017.*)

Ann Parish, Informative and Protective Services

MIDLAND ASSOCIATION OF RETIRED SCHOOL PERSONNEL

NOVEMBER 2, 2017



Midland Association of Retired School Personnel held its November 2, 2017 meeting at First Baptist Church. The meeting was called to order by President Maridell Fryar at 12:10 p.m. Chaplain Nancy Doss led the invocation and pledge.

PROGRAM

The program, *Museum of the Southwest*, was presented by Lee Ortega, Director of Museum of the Southwest. Ms. Ortega shared a collection of photos of the museum, and introduced to us the many community programs that are held at the museum. Following her presentation, she was presented a certificate of appreciation by Cindy Truitt. A scholarship donation in her name will be given to our scholarship fund.

Karron Pearson engaged us in a brief stretch exercise. She then shared with us information concerning fire extinguishers that have been recently recalled. She provided product serial numbers for us so that we could check our home extinguishers.

SPECIAL PROJECT – NOVEMBER, FOUNDATION MONTH CONTRIBUTIONS

President Fryar reminded MARSP members to contribute to the TRTA Foundation. Money donated by MARSP members will go directly into the endowment fund. Suggested donation amount is \$30.00 per person. Dan and Martha Kalus will match our total contribution.

Drawings today were won by Lois Hillary for exercise, and by Linda Leps for volunteer hours.

BUSINESS MEETING

- a. October 5 minutes were approved and will be filed.
 - b. The financial report was accepted for audit.
 - c. Michele Cobb, Co-1st VP, reported our current membership as 311. Two new members were added since our last meeting in October.
- President Fryar briefly addressed a question asked by Dale Tervooren concerning changes to TRS Care Coverage.

ANNOUNCEMENTS

- a. December 7 program will be, *Holiday Decorations and Bow Tying*, presented by Miss Cayce's Christmas Store.
- b. MARSP Board Meeting will be Monday, November 6, at Centennial Library at 1:30 p.m.

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

Lois Hillary, Secretary



UPCOMING EVENT

District 18 Retirement Education Seminar
February 3, 2018
9:00 A. M.----Noon

Bonham Middle School
2201 E. 21 St.
Odessa, Texas



NATIONAL INFLUENZA FLU VACCINE WEEK IS DECEMBER 4-11

An annual flu vaccine is the best way to protect against this potentially serious disease, plus it can reduce flu illnesses, doctor visits, pneumonia, need for antibiotics, missed work and school due to flu, as well as prevent flu-related hospitalizations; it also may make your illness milder if you do get sick. Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions. Flu viruses are constantly changing, and this season's vaccines have been updated to protect against the viruses that surveillance data indicate will be most common this flu season, and a person's immune protection from vaccine declines over time so annual flu vaccination is needed for the best protection against the flu. It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection. While seasonal flu outbreaks can happen as early as October, flu activity is usually highest between December and February, though activity can last as late as May. As long as flu activity is ongoing, it's not too late to get vaccinated, even in January or later!

Karron Pearson, Healthcare