

MARSP Newsletter

DECEMBER 2018, JANUARY 2019

www.midlandretireded.org

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



PLEASE COME TO THE DECEMBER MEETING

Don't forget to put Thursday, December 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 Holiday Fun—Ideas for Decorating**, presented by the HEB Floral Department.

And while you are marking your calendar, please mark January 3 for the first meeting of the New Year. The program will be presented by Judge Kyle Peeler, presiding Judge of the Midland County Court At Law and the designated Juvenile Court Judge and Chairman of the Juvenile Board of Midland County.

Call Anita Patton at 432-349-6822 or

e-mail apatton123@sbcglobal.net by Monday December 31

PLEASE REMEMBER TO BRING YOUR NEW AND /OR GENTLY USED BOOKS TO BOTH MEETINGS.

GREETINGS FROM YOUR PRESIDENT

Holiday greetings to you all at this festive time of the year. May you and yours be blessed as you gather to celebrate Thanksgiving, Hanukkah, and Christmas. Enjoy the special decorations, traditions, foods, activities, friends, and family. Please include our next luncheon meeting Thursday, December 6, in your schedule. Tips will be provided for getting your homes ready for the holidays.

April 1 – 2, 2019, is our TRTA State Convention in Austin. We will also meet with our local legislators to present our concerns April 3, our Rally Day. If you would be interested in acting as a delegate, please contact me. We would love to have you join us for this fun and informative time.

Continue to send postcards to our legislators telling them how we need them to bolster our pension with cost of living raises and more inclusive health care. Help them understand the hardships that you experience living in 2018 on a 2002 retirement (our last cost of living raise). Tell your story and mention that you are their constituent. You have influence; use it to improve your life! The legislative session begins in January.

Deanna Dunn, President

INSURANCE FOR YOUR PET



Nationwide Pet Insurance give association members a 5% discount on new pet insurance policies. Contact www.petinsurance.com/amba.



Lyn Fishman, Benefits

FOUNDATION NEWS



At the November MARSP Luncheon, a special donation was taken for Texas Retired Teachers Foundation. In our collection for the Texas Retired Teachers Foundation, we ended up with \$1,000 for endowment. Most of the collection was NOT earmarked for a special area so the board voted to donate it to Endowment. The loose cash we had was also added to the Endowment. We had \$120 to Helping Hands alone and some made checks that were divided. Those were \$50 to Helping Hands and \$80 to Endowment which I included in the \$1000.

So....Endowment \$1000
Helping Hands \$ 170,,,,,,for a grand total of \$1170

Special thanks to Ann Parish and to everyone helping with this. Great news for the Foundation.

Martha Kallus, Foundation Liaison

TIPS FOR BETTER HEALTH



The CHAIR STAND exercise strengthens the abdomen and thighs.

Sit slightly toward the front of an armless chair, with your knees bent and your feet flat on the floor.

Place your hands on your thighs or cross your arms at the wrists and hold them close to your chest.

From the sitting position, stand completely up and sit back down for ten or more times.

ALSO

Uncross your legs at the knees when sitting. Sitting with the legs crossed at the knees for long periods may increase blood pressure, cause varicose veins or pelvic imbalance.

Nancy Young, Healthcare

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, a card of sympathy were sent to the family of Robert Cornell upon his death. Thinking of you cards were sent to Ramona Williams and Debbie Neeley. Congratulatory cards were sent to the family of John Briggs for his induction into the Lee High School Hall of Honor. Karen Walker McAfee also received a card of congratulations for her induction into the Lee High School Hall of Honor.

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

Tips to Avoid Falls in the Ice and Snow



Falls from slippery walks and street can be minimized if you winterize shoes, boots or assistive devices with spike-less ice and snow gripper sole covers. Find them in sporting goods stores. Purchase online ice grippers for cane tips. Choose winter shoes with rubber soles to maintain traction. Carry kitty litter in a sealed plastic bag in your pocket and cast it ahead of you on slippery surfaces. Attach tiny flashlights to your key chains for our shortened daylight hours. (NCOA National Council on Aging, Dec. 2017).

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:

Volunteer Hours for November

Name: _____

Number of Hours: _____

Exercise for November

Name: _____

YES I EXERCISED _____



MIDLAND ASSOCIATION OF RETIRED SCHOOL PERSONNEL

November 1, 2018

Midland Association of Retired School Personnel held its November 1, 2018 meeting at First Baptist Church. The meeting was called to order by Present Deanna Dunn at 12:30p.m. Chaplain Nancy Doss led the invocation.

President Deanna Dunn welcomed the members and thanked Orin Wade for the piano music.

Program

The program on the Texas Retired Teacher Foundation was presented by Ann Parish. Ann emphasized using a check for donations, and a receipt will be given for tax deduction. Last year's goal was \$87,000.00 and this year's projected goal is \$ 100,000.00. Ann emphasized three issues.

1. **Beginning Teacher Scholarship:** This will help the program reward students who have completed their college education and are about to enter the classroom as professional educators for the first time. It also reimburses the applicant for certification tests, and provides funds to help the applicant purchase materials for his/her classroom during the first year of teaching.
2. **Helping Hands:** Provides emergency assistance to Texas public education retirees with critical needs.
3. **Disaster Relief:** Help educators get back on their feet. Examples include retirees in West, Texas and the ones who were affected by Hurricane Harvey.

Donate \$30.00 to the endowment fund and \$ 20.00 to Helping Hands. You can mail it, donate online, call 1-800-880-1650, or use the form on the back of *The Voice*.

4. You can donate in honor/or in memory of someone.

Business Meeting

1. First Vice President Debbie Jordan reported the current membership is 249.
2. Bayta Cullen reported the current books collected is 2,200 and encouraged members to continue collecting books and bringing them to the meeting.
3. The December "Program Holiday Decoration and Bow Tying" will be presented by an HEB florist.
4. The minutes from October meeting will be filed as printed in the newsletter.
5. The treasurer's report was distributed and will be filed. The \$2.00 was found.
6. The Friendship Chair Patti Watson sent out cards on our behalf. The names are in the newsletter.
7. Informative & Protective Services report was presented by Ann Parish. Ann talked about scams involving roofing and alley issues. Remember to call the City to help you get reputable recommendations. Ann reminded the members about another scam which involves Apple Inc. and Wells Fargo calling homes.
8. Healthy Living chair Nancy Young announced Kathy Lee, the winner of a free meal for exercise.
9. Community Volunteer Service chair Helen Whitehead announced Kathy Landrum as winner for a free meal for volunteer hours.
10. Reminders: Brochures are on the tables for an opportunity through Midland Chamber of Commerce to "Adopt a Teacher." This is a wonderful opportunity to connect with new teachers and offer encouragement by sending a note/or monthly email.
11. Executive Board Meeting Monday, November 5, 2018 at 1:30p.m at Centennial Library in the media room, which is a different room from where we usually meet, due to the election.

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

Nancy Ashley, Secretary

LATEST DATA BREACH



Sonic, America's Drive-In, is the latest victim of a potential data breach. KrebsOnSecurity1, a news website, suspected the Sonic breach and compromised Sonics system. Cyber thieves make a decent haul by selling the identities on the Dark Web. You may contact your credit card company to cancel your card and ask them to issue you a new one. You may also contact Equifax, Experian, or TransUnion credit report agencies to place a fraud alert on your credit report. The fraud alert lasts for 90 days, but you can renew it. Buyers may not use your identity information for a while, giving you a false sense of security.

Ann Parish, Informative and Protective Services