



MARSP February 2024 Newsletter

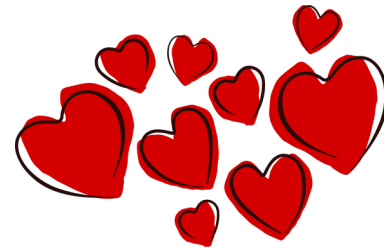
Bush Family Home State Historic Site

Troy Gray, Site Manager for the Bush Family Home State Historic Site was guest speaker at the February 1, MARSP meeting. Accompanying Troy was Don Zavodney who serves as one of the educators at the Bush Family Home, Troy spoke about the Bush Family Home becoming a state historic site and now operating under the Texas Historical Commission. He also talked about what is currently going on at the home and future plans for the home. Troy and Don both emphasized the fact that the home needs volunteers to help with special events like the “Third Thursday” Reading Program and President’s Day. They also need help with docents, gift shop, and office work. If you are interested in volunteering, please call Troy at 432-685-1112 or email Don at don.zavodney@thc.texas.gov. The next meeting will be held on March 7th when the staff from The Recording Library will be presenting the program.



Thinking of You!

If any MARSP members are aware of members in need of sympathy or a “Thinking of You” card, please contact Patti Watson at pnw1000@gmail.com or 432-697-1170. This is a very important request that ensures our members know that they are being thought about during difficult times.



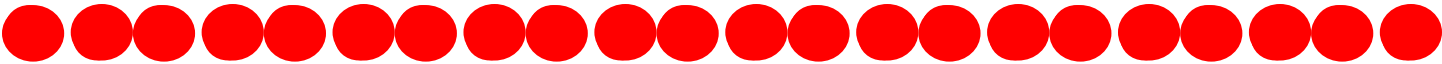
TIME FOR MARSP SCHOLARSHIP APPLICATIONS FOR FUTURE EDUCATORS

Due to a generous donation from Skeet and Nancy Doss of \$1000, MARSP will be giving **2 scholarships** in the **amount of \$2500** each to 2 qualified applicants. If you know a student that will be pursuing or is currently working on an education degree and/or certification, they can go to the MARSP website for the scholarship link and complete and submit the scholarship application. The **deadline for submission is February 29th 2024.**

TRTA State Convention—Corpus Christi, TX

Maridel Fryar, Nancy Young and Helen Whiteside will be attending the TRTA State Convention in Corpus Christi, in April, as the MARSP delegates.





2024 Retirement Seminar

The annual retirement seminar will be Saturday March 2nd starting at 9:00 am. It will be in the Zant Community Room in the Saulsbury Campus Center at Odessa College. If you know a fellow teacher/educator that plans to retire this year, please share this information. TRTA will bring an informational session with a question/answer period at the end. For more information, you can go to www.trta.org. Debby Neely and Cindy Truitt will be at the MARSP representative table and would love to answer any questions an attendee might have,

Legislature—TRS COLA Letters

TRS retirees should have received a letter the 3rd week of January 2024 from TRS with the new monthly amount you will be receiving beginning with your January 31st, 2024 check. Please email or send a letter to our state representatives showing appreciation for the COLA that was approved. The next mission is to eliminate the WEP for retirees.

February is Heart Health Month

It all starts with managing your cholesterol. High LDL cholesterol (the bad type) can double your risk of heart disease.

Making a few lifestyle changes can lower your cholesterol and reduce your risk for heart disease:

- **Get some exercise.** It takes only 30 minutes of moderate intensity exercise each day to make a difference.
- **Slim down.** A 10-pound weight loss can lower blood pressure and reduce strain on your heart.
- **Eat a balanced diet.** A diet of lean meat, fish, low-fat dairy, whole grains, fruits and vegetables can help reduce plaque that clogs arteries and blood vessels.
- **Cut back on sugar, salt and drinking.**
- **Quit smoking.** Smoking can damage your heart and blood vessels.
- **Manage your stress.** Chronic stress can raise bad cholesterol and lower good cholesterol.



MARSP 23-24 Membership

As of our February 1st MARSP meeting, we now have 255 members. We're only one month into the new calendar year, so there's still plenty of time to invite a retiree to meetings who doesn't usually attend or who isn't a member. The more, the merrier!

As members are added or updated to the MARSP roster, their information will be right here in the MARSP Membership Newsletter article. Please add or update the following members to your 2023-2024 yearbook:

1. Dorothy Blair's phone number is 432-853-5384.
2. Jodie Baugh, baughjodie49@gmail.com, 432-352-1002, 9203 Bellechase Rd., Granbury, TX 76049.

Remember to reach out to other retirees and encourage them to join TRTA and MARSP !

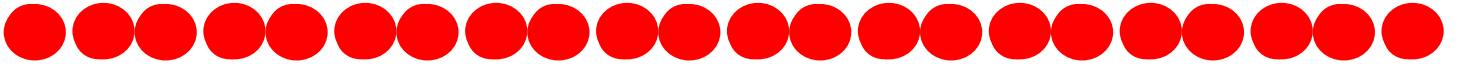
Try to be a rainbow in someone's cloud.--Maya Angelou.

Thank you!

Paula Knight, 1st VP/Membership,

pvknight432@gmail.com





Note From MARSP President

Dear MARSP Members:

February is the month when we start thinking about Spring and our activities. March 2nd will be the retirement seminar at Odessa College from 9:00—12:30 in the Zant Community Room at Saulsbury Campus Center. March 7th will be our next luncheon with the Recording Library of Midland. This year we are giving 2 scholarships of \$2500 to aspiring students who want to go into teaching, including those already teaching, needing certification. April 4th is the date of our next luncheon and April 15-17th is the TRTA state convention in Corpus Christi. Ending with May 2nd being our last luncheon before the summer and we will announce our 2024-2026 officers. Hope to see you at all our luncheons and for more information go to the MARSP website.

Deborah Jordan

