



MARSP NEWS For MARCH

Membership for 2022-2023

March 1st started our drive for new and renewed memberships for the 2022-2023 year. **M&M (Membership & More)** is the theme for this year. You should receive your renewal notice this month and membership is \$50. Please join so you can receive TRTA information health benefits and legislature information.



There will not be an April Executive Meeting due to the TRTA State Conference next month where delegates from Midland will be attending

Midland Association
of Retired School
Personnel

P.O. Box 4954
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www.midlandretired.org

Special Points
Of Interest

- ☺ **2022-2023 Membership**
- ☺ **No April Executive MARSP Meeting**
- ☺ **April MARSP Program**
- ☺ **Concern for members**
- ☺ **Memory Boosters**

22-23 Induction of
MARSP Officers
will be at the May
5th meeting

MARSP APRIL MEETING PROGRAM

The program for the April 7th meeting of MARSP will be presented by Susan Frederickson from the Area Agency on Aging and the many programs and opportunities that the agency can provide. Susan, a Caregiver Program Specialist, will be speaking on "empowering seniors and family caregivers by enhancing independence, well-being, and dignity." Since most of MARSP members are seniors, it is hoped that we will be able to come away from the program with information on where to get services and advice from experienced and knowledgeable sources.

Join us at the April 7th meeting at First Baptist Fellowship Hall. **Email Anita Patton for your lunch reservation at apatton123@sbcglobal.net by April 4th.**



MARSP Thinking Of You!

Sympathy cards sent recently to the following:

Michele Harmon: upon the death of her mother

Barbara Hobbs: upon the death of her husband, Clyde Hobbs

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.

TRY THESE INSTANT MEMORY BOOSTERS

COURTESY OF NANCY YOUNG—MARSP HEALTH CHAIRMAN

Names: When you first meet someone, associate the name with an image. Then use the person's name in a conversation.

Where you put things: Always put go-to items, such as keys and eye glasses, in the same place. For others, say aloud where you put them.

Things people tell you: Ask the person to speak slowly, so you can concentrate better; repeat to yourself what the person said, and think about its meaning.

