

MARSP Newsletter


November, 2019

www.midlandretireded.org

November 7, 2019
MARSP
Box 4954, Midland, TX 79704



NOVEMBER 7 MEETING



Don't forget to put Thursday, November 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. The presenter is Becky Brandenburg, Genealogy Clerk from the Midland County Public Library – Centennial Program: Understanding Your Family Tree...Key to Genealogy. If you've ever wanted to find out about where your roots began, this is a must hear program.

Call Anita Patton at 432-349-6822 or e-mail her at apatton123@sbcglobal.net by Monday, November 4.

Please remember to bring your new and gently used children's books or a donation to purchase books.



TRTA SPONSORS FALL BRING A FRIEND CONTEST



TRTA membership initiative "Each One Bring One" gives members a chance to win \$100! The member's name will be submitted for a drawing for each member recruited to join the state association.

- A member is eligible for entry in the drawing for each new member recruited to join the state association. A new recruit is defined as a person who has never before joined TRTA or who has not been a member in the past three years.
- When a new member joins, they should submit their dues and the "Each One Bring One" recruitment form to the local unit treasurer. The local unit treasurer confirms payment and the new member's eligibility for the initiative.
- All completed "Each One Bring One" recruitment forms must be submitted to the local unit first vice-president/membership chair.
- The local unit first vice-president/membership chair will forward the recruitment forms to the district first vice-president.
- The district first vice-president will retain the recruitment forms, which will then be used as tickets for the prize drawing. The recruiting TRTA member will receive one entry per each new member recruited.
- The district first vice-president will bring all recruitment forms to the District Spring Leadership Development Conferences where the drawing will be conducted.

The winners will be announced and presented with \$100. Should a winner not be present, the local unit president may collect the award on the winner's behalf or request that a \$100 check be mailed to the winner from the TRTA office following the District Spring Leadership Development Conferences.

Debra Jordan, Membership

Children's Book Project



The book collection for the year 2019 has closed. We collected 2,363 books. Thank you for your contributions to make this project a success.

We will begin collecting books for the 2020 year. Please consider donating a new or gently used book. If you prefer to make a cash donation, a collection box is on the sign in table next to Anita.

Once again, we would like to thank everyone who contributed to make this project a success.

Bayta Cullen, Cindy Truitt, and Debby Neeley, Book Co-chairs



FROM YOUR PRESIDENT

Welcome to fall and the cooler temperatures. We have started our year with strong programs. In August, Tim Lee, our TRTA Executive Director, updated all of Region 18 on the 2019 legislative year. We rejoiced in the positive progress we enjoyed. In September, we heard from our own Jim Collett with the history of the Brown-Dorsey home here in Midland. In October, Martha Kallus, our member who represents us on the board of the TRTA Foundation, explained the wonderful work that the foundation does for active and retired teachers. In November, we will be accepting donations to this wonderful fund. Also, MISD Superintendent Orlando Riddick presented the facts of the MISD Bond issue that will be on the November ballot. At our November meeting we will have Becky Brandenburg to present "Understanding our Family Tree...Keys to Genealogy." This is a topic that is of great interest to many of our members, including me. Make plans to attend.

We are in a campaign to increase our TRTA statewide membership to 100,000. That will assure greater clout in talking with legislators to advocate for our members. Numbers really matter! Be a part of this vital effort by bringing someone new to our meetings. You are the key to our success in this goal. Each one bring one! You and your guest will be entered into a drawing for a \$100 gift card.

Please continue to check the *Inside Line* with Tim Lee for updates on our campaign to change the discriminatory federal WEP. Those of you who are affected will be happy to know that Tim continually works to end this horrid reduction of your Social Security benefit.

Can't wait to see you in November!!!

Deanna Dunn, President



HIGHLIGHTING MEMBER BENEFITS



Road Scholar - www.roadsscholar.org/trta * 1 800 454 5768 * First time travelers are eligible for either a \$200 gift certificate toward international travel or a \$75 gift certificate for any North American Adventure

1-800-Flowers Discount * www.1800flowers.com * Save 15 percent off and use code "AMBA" to receive discount.

Apple * 1 877 377.6362 * <http://store.spple.com/us/go/eppstore/amba> * Members receive preferred pricing on some of the latest Apple products and accessories. Not all products are eligible for preferred pricing. Use discount code AMBA

Lyn Fishman, Benefits

RUBY JUBILEE QUILT SHOW SAYS THANKS

Thank You,
Thank You,



The following people helped with the Ruby Jubilee quilt show, and their volunteer help is greatly appreciated: Jeana Prince, Neva Swann, Barbara Stooksberry, Joyce Watts, Rebecca Colgin, Virginia Connor, Carolyn Hooper and Ann Parish.

Thanks ,

Carol James

Volunteer Hours FOR OCTOBER

Name: _____

Number of Hours: _____

EXERCISE for OCTOBER

Name: _____

YES I EXERCISED _____



MIDLAND ASSOCIATION OF RETIRED SCHOOL

NOVEMBER 7, 2019

The regular meeting of the Midland Association Retired School Personnel was held October 3, 2019 at First Baptist Church. The meeting was called to order at 12:00p.m. by President Deanna Dunn. Following a welcome from President Dunn, Nancy Doss led the invocation and pledge.

Program

Bayta Cullen introduced MISD Superintendent Orlando Riddick. Mr. Riddick introduced some of the Central Office staff members, board president, and communication president. Superintendent Riddick presented a video on the upcoming bond issue and why it's important to vote. The audience participated in a question and answer session. Mr. Riddick was presented a certificate of appreciation, and a donation will be given to the scholarship fund in his name.

Martha Kallus gave a presentation on "How TRTA Continues to Support You—The Foundation." Martha is a TRTA Foundation Board Member and our local foundation liaison. Martha stated the Foundation is on the Board and the Foundation does a lot of work. The program rewards student who have completed their college education and are about to enter the classroom as professional educators for the first time. The scholarship reimburses recipients for certification test and provides funds to help the new educator purchase materials for his or her first classroom. A Helping Hand provides emergency assistance to retirees. She also reminded the group about the Endowment Fund which will have reached its goal and received the interest from the funds.

Martha reminded the group that November is Foundation month and urged each one to get the "checkbooks" ready.

Business Meeting

- A. Debbie Jordan reported a current membership count of 276.
- B. Thanks to Ofelia Pallanez for the distribution of 1,800 books and 400 to go.
- C. September 5th minutes will be filed as printed in the newsletter.
- D. The treasurer's report on the table will be filed for audit.
- E. Ann Parish gave a brief report on Informative and Protective services.
- F. Healthy Living Chair Nancy Young announced Susie Yarbrough as a winner for a free meal.
- G. Community Volunteer Service winner for a free meal was Patti Alexander.

Reminder-

Executive Board Meeting Monday, October 7, at Centennial Library at 1:30p.m.

Breast Cancer Month

Meeting was adjourned at 1:30p.m.

Nancy Ashley, Secretary



WHAT TO EXPECT WHEN APPLYING FOR FEMA AID

Complete the SBA loan application-important in finding out what aid may be available to you.

Keep your scheduled appointment. Appointments take 30-40 minutes.

Inspectors will wear official FEMA ID badges and confirm your registration number, review structural and personal property damages, ask you to sign official documentation, and verify ownership and occupancy.

After the visit you will be sent a decision letter. If approved for aid you will receive a check or electronic funds transfer.

A follow-up letter will explain how the funds can be used. You may not need this, but you may know people who do!

Source: FEMA - <https://www.fema.gov/>

Ann Parish, Informative and Protective Services

LOOKING FOR A TEMPORARY JOB?

The U.S. Census Bureau is hiring 500,000 temporary workers to help with the 2020 census. These jobs could be a good fit for older workers. The pay is good and we all know that extra money always comes in handy. Go to www.uscensus.gov and see what is available in your area.

Ann Parish, Informative and Protective Services



MARSP VOLUNTEER HOURS

Volunteer hours recorded for 2019 as of the October 3rd meeting of MARSP are 4837.5.

The MARSP collects volunteer hours from members to present to the State of Texas Legislators. These statistics are important when we ask for consideration and support from the State for our health care and other benefits associated with our retirement. Examples of volunteer hours include, but are not limited to: schools, libraries, museums, any non-profit, hospitals and nursing homes, small businesses and business offices, friends, neighbors, family, senior citizen centers and other community services, raising money for worthy causes, church, babysitting, etc. Thank you in advance for your participation in reporting 2019 data by submitting hours at the monthly MARSP meetings or to Helen Whitehead at hlwhite54@gmail.com.

Helen Whitehead, Volunteer Hours Chairperson



REV UP YOUR ENERGY

Two types of vitamins give lemons pick-me-up power. Their vitamin C increases absorption of iron – helpful since having too little can cause fatigue. B vitamins in lemons also assist with energy production. Blend one sliced lemon (including the peel; add a little water if needed), then freeze in an ice cube tray. Toss into water for a quick refresher or into a smoothie filled with iron-rich kale.

Prevention Magazine, August 2019

Laura Neville, N.D., naturopathic physician based in Portland, OR

Nancy Young, Healthcare



ANGER MAY BE HARMING YOUR HEALTH

Everyone wrestles with anger now and then, and that's not all bad. But if you find yourself consistently tense, irritated or intolerant of life, you may be experiencing the type of anger that research is proving to be corrosive to your health. Science has noted the connection between anger and heart health through a cluster of traits that includes impatience, striving, competitiveness and hostility, which can be linked to coronary heart disease. Chronic anger in particular can damage the cardiovascular system.

It was found that anger in people 80 and older is associated with higher levels of inflammation and chronic illness. While inflammation can be useful to fight infection or injury, too much of it is associated with health problems, including heart disease and dementia.

How do you know if you have an anger problem?

If your window of tolerance has become too small, and you are less capable of coping with routine situations and stressors. If you are feeling irritable, lashing out at others or noticing a toll on close relationships, these can all be indications that your anger itself is cause for alarm. If you struggle to get a handle on hostility, here are a few ways to cope with your feelings:

- Mindfulness
- Movement
- Constructive communication
- Therapy
- Antidepressants

www.aarp.org/health/healthy-living/info-2019/anger.html

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:

1-877-880-1651

CARDS TO MEMBERS



Since our last newsletter, cards have been sent to two families. Sympathy cards to the family of Helen Estes and the family of Gene Isaacs have been mailed.

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.

Patti Watson, Friendship Chair