

MARSP Newsletter

October 2019

www.midlandretireded.org

October 3, 2019
MARSP
Box 4954, Midland, TX 79704



PLEASE COME TO THE OCTOBER MEETING

Don't forget to put Thursday, October 3, 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 will be

A Visit with MISD Superintendent Orlando Riddick

and

An informative program by Martha Kallus entitled **TRTF: Benefitting Retired, Active & Beginning School Personnel Giving = Successful Programs**

Call Anita Patton at 432-349-6822 or e-mail her at apatton123@sbcglobal.net by Monday, September 30.

Also remember to bring your new and gently used books for our book collection.



CHILDREN'S BOOK PROJECT



MARSP is collecting new or gently used books to distribute to low income families. You may also make a cash donation at any of the meetings.

We have collected and distributed over 1600 books this year. We need approximately 600 more to meet our December goal.

Thank you for your help,
Bayta Cullen, Cindy Truitt, and Debby Neeley



HEALTHY LIVING

Exposure to hospital light at night could harm recovering cardiac patients, warns Laura K. Fonken, PhD. Mice subjected to seven nights of even dim light after cardiac arrest had increases in mortality, compared with those that had no light disruption. Theory: Night time light disruption upends our circadian rhythms, which in turn negatively impacts our immune systems and can lead to inflammation. Self-defense: Since patients can't control hospital lighting, they should wear a sleep mask while there to block nighttime light.

Lauren K. Fonken, PhD, is assistant professor in the division of pharmacology and toxicology at University of Texas at Austin and lead author of the study published in Experimental Neurology, Bottom Line Volume 40, Number 15, August 1, 2019



Nancy Young, Health and Wellness



TOP THREE SENIOR SCAMS SO FAR IN 2019

Social Security spoofing calls: Scammers claim they want to help an individual activate a suspended Social Security number. They even "spoof" the actual Social Security hotline number to appear on the recipient's phone: 1-800-772-1213. If you receive one of these calls hang up. Know that Social Security rarely contacts persons by phone.

New twist on old grandparent scam: An older adult is asked to send money to help out a grandchild hurt in an accident or is in legal trouble. This year they have added a new twist. They do not ask you to send credit cards or wire transfers. Instead, they ask the grandparents to send cash placed in envelopes hidden between the pages of a magazine. The magazine is then sent by FedEx, UPS, or the U.S. Postal Service to a designated location. Average financial loss is \$9,000 per scam.

Natural disaster scams: Scammers impersonate charities to get money or information from well-meaning consumers; set up websites with names that mimic legitimate causes. PLEASE investigate before you donate.

Ann Parish, Informative and Protective Services

Scholarship Recipient



We are proud to recognize Jeremy Delao Jr. as the MARSP scholarship recipient for 2019. Jeremy lives in Arlington, is married, and has one child. He attends Tarrant County College. Jeremy is the great nephew of Mary Smith who has mentored him and encouraged him to meet his goals. He is pursuing a degree in Interdisciplinary Studies with a specialty in Special Education.

Jeremy discovered his love for special education students when he worked with the Special Olympics program in Arlington when he was a student at Lamar High School. From there his love for these students has grown. He regularly substitutes at an elementary campus where he is proud to be a part of the Larson Pride Steppers and the Larson Basketball Team. He also substitutes in the SEAS department, Social, Emotional, and Academic Success. These experiences continue to motivate him to complete his degree and allow him to advocate further for the special students, as well as encourage and motivate them in the hard work they are doing.

We wish Jeremy all the best as he continues his college education this fall.

Kathy Favor, Scholarship Chairman



EXERCISE IS SO IMPORTANT



Exercise helps even long-term couch potatoes. Recent study: People ages 40-61 who began exercising regularly after years of physical inactivity reduced their risk for death by 32% to 35%. Their odds of death from heart attack and cancer also dropped – compared with those who never exercised during the study period. Bottom line: It is never too late to reap the benefits of regular exercise.

Study 315 people by the National Institutes of Health-AARP Diet and Health, reported in the AARP Bulletin, Bottom Line, Volume 40, Number 15, August 1, 2019

Nancy Young, Health and Wellness



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 SENT TO MEMBERS



Every newsletter includes notification of cards that have been sent to members. If you know of anyone who would appreciate a card of sympathy, get well, or thinking of you, you may contact Patti Watson at pnw1000@gmail.com or call her at 432-697-1170. Thinking of you cards were sent to Lyn Fishman, Zoe Carter, Dorothy Thompson and Kathy Lee.

Patti Watson, Friendship Chairman

Volunteer Hours SEPTEMBER-

Name: _____

Number of Hours: _____

Exercise for SEPTEMBER-

Name: _____

YES I EXERCISED _____



MIDLAND ASSOCIATION OF RETIRED SCHOOL PERSONNEL

September 5, 2019

The regular meeting of the Midland Association of Retired School Personnel was held September 5, 2019 at 11:30 a.m. at First Baptist Church, President Deanna Dunn presiding. After lunch, the meeting was called to order at 12:20a.m. President Dunn welcomed all members. The invocation and pledge were by Nancy Doss. President Dunn thanked Orin Wade for the music and Cindy the cafeteria manager.

PROGRAM

Cindy Truitt introduced the guest speaker, Jim Collett, who gave a presentation on "History of the Brown-Dorsey Home: Was it a Kit Home?" No tours are currently being given because the home is under reconstruction. After a question and answer session, President Dunn presented Mr. Collett a certificate to the scholarship fund in his honor.

BUSINESS MEETING

-Debbie Jordan reported a membership count of 271. The two new members were recognized.

-Cindy Truitt reported on the current book count which is 1,634 and about 400 books shy of the total goal. She urged members to collect more books. Martha Kallus will present Foundation News and collect contributions. MISD Superintendent Orlando Riddick will present a short report on the proposed bond proposal. The members will host several members of the League of Women Voters to hear this report.

-Nancy Ashley distributed minutes, and they will be filed as printed in the newsletter.

-Mary Smith, treasurer, presented the budget report, which was adopted with two changes from last year. The financial report for July and August was distributed.

-Patti Watson, our Friendship chair, sent out cards on the organization's behalf. The following cards have been sent since the July Board meeting: 5 thinking-of-you cards (Lyn Fishman, Pat Adams, Celia Muñoz, Dorothy Thompson, and Kathy Lee) 1 thank-you card (Zoe Carter) and 1 sympathy card (Maria Boyle).

-Jan Van Eman, our Legislative chair, reported that the members will be getting a 13th check on/before September 15th.

-Anita Patton, our Reservation chair, thanked the group for making the luncheon reservations and also urged members to call or text about reservation. Anita will text/email you in response that your reservation was made.

-Virginia Conner, our Retirement Education chair, urged the members to help her with the retirement seminar.

-Kathy Favor, our Scholarship chair, reported Jeremy Delao, Mary Smith's nephew, received the organization scholarship in the amount of 1,500.00. He is pursuing a degree in Special Education.

-Nancy Young, our Healthy Living chair urged members to do some type of exercise daily and informed the group about two places they could go. Nancy led the group in simple chair exercises. Pat Adams won a drawing for a free meal for exercise, and Barbara Stooksberry won the drawing for a free meal for volunteer hours.

- President Dunn invited all the members to the District 18 TRTA Fall Kick-Off Conference that will be September 18, 2019, 8:30a.m.-2:00p.m. at Region 18 Service Center. Lunch is \$4.00, and sign-up is at the back table.

-Carol Miller invited the members to the Quilt Show October 5&6 at the new Civic Center.

REMINDER

-Executive Board Meeting will be held on Monday, September 9, 2019, at 1:30p.m. at the Centennial Library.

ADJOURN

With no further business, the meeting was adjourned at 1:10p.m, by Deanna Dunn, President.

Nancy Ashley, Secretary