

MARSP Newsletter

www.midlandretireded.org



September 5, 2019
MARSP
Box 4954, Midland, TX 79704

PLEASE COME TO THE SEPTEMBER MEETING

Don't forget to put Thursday, September 5, 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 titled History of the Brown-Dorsey Home in Midland: Was it a "Kit Home"? The presenter is Jim Collett, who will share some of the fascinating architectural history of the Brown-Dorsey Home and answer the question of whether or not it was one of the famous Sears Kit Homes.

Call Anita Patton at 432-349-6822 or e-mail her at apatton123@sbcglobal.net by Monday, September 2

CHILDREN'S BOOK PROJECT



MARSP is collecting new and/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

Co -book chairs

HOW CAN I BECOME AN INFORMED VOTER



Review the candidates' positions on the issues. Do they support TRTA positions? Did they respond to a survey or fail to answer? 2. Engage in a dialogue with candidates at town hall meetings and candidate forums. Read their position statements. 3. Examine a candidate's record if they have previously held office. If they have not, see 2 above. 4. Once a candidate is elected to public office, hold them accountable. If they do not follow through with their pledged commitments, then consider not supporting them in future elections.

Ann Parish, Informative and Protective Services

FRIENDLY RETIRED TEACHERS NEEDED



The Midland Quilt Guild is celebrating its **Ruby Jubilee**. You are invited to volunteer on October 4-5 at the new Midland Convention Center. We need people to greet visitors, direct attendees to where they want to go, and give breaks to members in special exhibits and in the hospitality room.

Contact Carole James at 432-413-4355



A NOTE FROM THE PRESIDENT

Welcome to a new year for MARSP. I hope that you're as excited as I am for another year of connecting with dear friends. Our great meetings with programs that cover a wide spectrum of topics will hold something of interest for everyone!! Mark your calendars for the first Thursday of every month and plan to join us for good food, warm fellowship, and current topics.

Your MARSP board has been preparing for you all summer. Thank you for being part of our ongoing efforts to protect our retirement fund, educate our legislators, support our fellow retirees, and engage our active teachers. We had great success this last legislative year and look forward to our 13th check in September. We were encouraged at our August meeting by TRTA Executive Director Tim Lee. Our battle for the next legislative session will be to urge legislators to improve our health care benefits.

More than ever, we need membership so that our voice is LOUD! Keep working to recruit members by bringing friends to the luncheons. The TRTA goal for our state membership is to grow from 97,000 to 100,000 members. That will be a remarkable achievement and make us the largest school retiree association in the nation.

Thank you for being a loyal member of the MARSP TEAM! I look forward to seeing each of you at the September meeting.

Deanna Dunn, President 2019-2020



CONNECTING THE DOTS

Summer is almost gone, but hot weather can still be expected. The following are a few summer tips for seniors to beat the heat. Stay hydrated. It is recommended that everyone drink 8 glasses of water each day, but especially those over 65. Dress appropriately. Wear sunscreen. Stay out of the sun. Spend time in air-conditioned places. Know when to cool down.

The following are health problems caused by heat and their warning signs: Dehydration A loss of water in the body Weakness, headache, muscle cramps, dizziness, confusion, passing out. Heat Stroke Dangerous rise in body temperature Temperature of 103 or higher; red, hot, dry skin; fast pulse; headache; dizziness; nausea or vomiting; confusion; passing out. Heat Exhaustion Caused by too much heat and dehydration and may lead to heat stroke Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.

Ann Parish, Informative and Protective Services



GIVE YOURSELF A BOOST!

Munch on protein. When we're stressed, our bodies crave carbohydrates to replenish energy supplies. Rather than reaching for candy or chips, grab nuts, seeds, or a low sugar protein bar for a more healthful carb reload.

Sip green tea. The caffeine in coffee and tea gives you a mental and physical pick-me-up, but green tea is an attractive option because it also contains theanine, an amino acid that significantly reduces symptoms of that caffeine rush you may get from too much java.

Prevention Magazine August 2019

Nancy Young, Health Care



Volunteer Hours for June-August

Name: _____

Number of Hours: _____

EXERCISE for June-August

Name: _____

YES I EXERCISED _____



MIDLAND ASSOCIATION OF RETIRED SCHOOL

AUGUST 15, 2019

The TRTA District 18 Luncheon was held on August 15, 2019, at First Baptist Church. President Deanna Dunn called the meeting to order at 12:11p.m. Following the meal, President Deanna Dunn welcomed all in attendance.

The invocation and pledge were led by Nancy Doss. President Dunn recognized Regional president Rick Chandler and wife, Woodrow Bailey, Director of Human Resources (MISD), and Regional Officers and chairs. President Dunn then called the Roll Call of Units.

The units in attendance were: Andrews and Gaines County, Big Spring, Crane, Mitchell County, Midland, Monahans, and Odessa.

PROGRAM

Martha Kallus introduced the guest speaker, Tim Lee, TRTA Executive Director. Mr. Lee spoke on the 13th check supplement, and he also discussed the Brady Bill HR-3934. He stressed the importance of the Foundation and urged members to give to the Foundation. He emphasized three areas of focus:

1. Increase membership from 97,000 to 100,000.
2. Revitalization of Local Units
3. 2 year plan (convention every two years & Rally Day)

After question and answer session, President Deanna Dunn presented Mr. Lee with a certificate of appreciation.

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

Nancy Ashley, Secretary

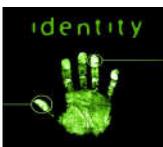
PROTECTION AND EMERGENCY ASSISTANCE FROM AMBA



MASA (Medical Air Services Association) is dedicated to providing life-saving emergency assistance from home or while traveling domestic or international. The coverage is designed to protect members against catastrophic financial loss when emergencies arise. To learn more, call 1.800.258.7041 or visit www.myambabenefits.info/trta.



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CSID Start to protect your identity from one of the fastest growing crimes in America. CSID provides noncredit loan activity, public records and criminal records monitoring, restoration services, and \$25,000 of identity theft insurance. Contact Jeanie Coffey, National Director of Association Relations at AMBA at 1.800.258.7041 ext. 332 to learn more or visit www.myambabenefits.info/trta.

Always ask for senior discounts and visit <https://trta.org/membership/member-benefits/> for all TRTA benefits

Lyn Fishman, Benefits Chair



MEDICARE FRAUDSTERS EXPLOIT OLDER AMERICANS'

HEALTH CARE CONCERNS

HERE'S HOW IT WORKS

You receive an unsolicited offer for a free medical device as a Medicare "benefit."

Using hard-sell tactics, unscrupulous equipment suppliers lure you into giving them your Medicare ID.

They stick Medicare with the bill for costly devices that are not medically necessary, not properly prescribed, or not delivered to patients at all. In other cases, a beneficiary's Medicare number is compromised and used to bill Medicare for unneeded services or services never received.

This scam alone cost the government more than \$1.2 billion. These and other losses related to fraud are borne by the taxpayers who fund Medicare and by beneficiaries shouldering higher premiums and out-of-pocket costs.

WHAT YOU SHOULD KNOW

Medicare only covers durable medical equipment ordered by a doctor's prescription. Consider it a big red flag if you are approached by someone other than your doctor with an offer for free supplies from Medicare.

WHAT YOU SHOULD DO

Carefully review your Medicare Summary Notice or insurance Explanation of Benefits for questionable charges.

Report questionable charges or sales pitches to Medicare at 1-800-MEDICARE. If you have private insurance, report suspected fraud to your insurance company's anti-fraud department. If you have been targeted by this scam or have fallen victim, call the AARP Fraud Watch Network Helpline at 1-877-908-3360 for guidance and support.

TRTA I & PS Committee: Earl Wall-Chair, Amy Jo Baker, Sandra Baber, Alicia Smith and Mary Sexton.

Ann Parish, Informative and Protective Services



CARDS SENT TO MEMBERS AND FAMILIES

Cards are sent to members throughout the year whenever a need arises, and those notifications are published in each newsletter. Since the last newsletter in May, the following cards have been sent.

Sympathy cards have been sent to Maria Boyle on the loss of her husband, to the family of Virginia

Borland upon her death, to the family of Patty Smith upon her death, and to Virginia Conner upon the death of her mother. Thinking of you cards were sent to Vondell Brinson and Celia Munoz. If you are aware of someone within MARSP who would appreciate a card, please let Patti Watson know. Patti can be reached at pnw100@gmail.com, or you may call her at 432-697-1170. If you have sympathy cards, thinking of you cards, or get well cards that you do not need, you may bring them to Patti Watson at our monthly luncheon meeting.

Patti Watson, Friendship Chair

THANK YOU TO LOCAL LEGISLATORS



Please thank our local legislators for their support in the 2019 Legislative Session by contributing state money to make our retirement fund actuarially sound so that we can expect cost-of-living (COLA) raises and by allocating money for a 13th check in 2019. With the passing of these measures, we are reassured that our government leaders care about our concerns and value the hours dedicated to educating score of Texas children.

Senator Kel Seliger 6 Desta Drive, Suite 3360
Midland, TX 79705

Representative Tom Craddick 500 West Texas, Ste. 880
Midland, TX 79701



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**



INFORMATION ABOUT SMOKE ALARMS

- Smoke alarms should be installed on the ceiling or on the wall no less than 4 inches or more than 12 inches from the ceiling.
- Smoke alarms should not be installed within 4 feet of vents or fans.
- Remember to check your batteries. Make sure the smoke alarms have working batteries.
- Smoke alarms have only a 10 year life span. Replace all alarms 10 years or older.



MIDLAND ASSOCIATION OF RETIRED PERSONNEL

May 2, 2019

The regular meeting of the Midland Association of Retired School Personnel was held May 2, 2019 at 12:17 p.m. at the First Baptist Church.

First Vice president Debbie Jordan presided, and Nancy Ashley, Secretary, was present..

Nancy Doss gave the invocation and led the pledge of allegiance to the flag of the United States and the Texas flag.

Program

Cindy Truitt introduced guest speaker Heather Massey who gave a presentation on “Better Business Bureau-Current Scams.” There was a question and answer session. Cindy presented Heather Massey with a certification showing a donation to our scholarship fund in her name.

Business Meeting

The officers and committee chairs presented their reports:

Foundation Update: Martha Kallus presented a letter from the Foundation and a project retirement education seminar which has spread all over the state.

Convention Report: Maridell Fryar reported on the by-laws that were passed and the change to convention every other year due to finances.

Legislative Update: Jan Van Eman reported on Senate Bill 12.

First Vice President: Debbie Jordan reported on current membership which is 220.

Second Vice President: She presented updated book report and encouraged members to continue collecting books.

Secretary: The minutes of the last regular meeting were approved as printed in the newsletter.

Friendship Chair: Patti Watson sent Feeling Better Soon Card (1) for the month of April. Patti is sending out a call for sympathy cards.

Informative & Protective Services: Ann Parish encouraged members to be aware of roofers from out of town.

Reservations: Anita Patton reported that everything went great.

Healthy Living Chair: Nancy Young encouraged the members to stand and stretch, reaching high and breathing deeply. Kathy Landrum won the drawing for a free meal.

Community Volunteer Services Chair: Helen Whitehead reported on current volunteer hours and encouraged members to turn in volunteer hours. Susie Yarbrough was the winner in the drawing for a free meal.

Announcements: No executive board meeting Monday, May 6, 2019. The next board meeting will be in July.

Adjournment: Without any objection, the meeting was adjourned at 1:09p.m.

Nancy Ashley, Secretary