



From the President's Pen

Della Swaim

WHAT A BARGAIN! Look at what you get when you pay your \$10 local C-FB RSPA dues;

- ⇒ Six **Luncheons** with your friends and former colleagues!
- ⇒ Fun and valuable **Door Prizes** at each in-person meeting!
- ⇒ A way to stay in touch with developments in **CFBISD!**
- ⇒ Interesting, and entertaining **programs** at each meeting!
- ⇒ Book Project providing new, **personal books** to THOUSANDS of CFBISD students each year!
- ⇒ A way to stay informed about the **Texas Legislature** and help to keep your **TRS pension** safe.
- ⇒ A way to help support local families through **Metrocrest Food Drives!**
- ⇒ 4 to 6 **Field Trips** to interesting local attractions and artistic performances!
- ⇒ Annual **FREE Board Game Day!**
- ⇒ At LEAST seven outstanding and informative **newsletters** per year!
- ⇒ **Election information:** Where? When? Who is running? (and a Candidate Forum!)
- ⇒ **Health improvement** with knowledgeable speakers and participation in "Walk Across Texas"!
- ⇒ A way to **support new educators and education retirees** who need financial assistance (TRTF).
- ⇒ **Encouragement** to give of yourself! (volunteer hours)
- ⇒ **Great food, fellowship, fun, and smiling faces!**
- ⇒ _____ (this is where you insert a **value** that you personally have received!)

We have not been able to meet in person for a while because of the pandemic, and many of you have not yet paid your local dues this year! We are working hard for you! Join us for our Zoom online meeting and enjoy the great programs that Pat has arranged for you this fall! I am looking forward to seeing your face! It has been a while! And pay your dues! \$45 total (\$35 State and **JUST \$10 local dues!**) **WHAT A BARGAIN!** (See Judy Carey's article on page 2.)

YOU ARE IMPORTANT TO C-FB RSPA and TO ME!

Wednesday, Sept. 16

Virtual Meeting via Zoom

The Zoom link/code will be emailed 9/14

Program: All About SilverSneakers

Presenter: Lynn Dorn, SilverSneakers Instructor

10:30-10:55 a.m. Login to Zoom.

11:00 a.m. Meeting begins.

September Program

Pat Enlow

2nd Vice President (Programs),
Children's Book Project, Publicity,
Member TRTA District 10 Legislative Committee



Hello, everyone! We are looking forward to seeing you again. It has been wa-a-ay too long! I think we have some excellent speakers and programs for you this year.

Now, answer honestly. Have you let your exercise go by the wayside? Are you ready to **get that body back in shape, increase your energy, and lift your spirits?** Do you keep hearing about **SilverSneakers**, but just haven't tried it yet? Do you want to explore more SilverSneakers possibilities? Well, let's get moving! Our September program may be perfect for you! SilverSneakers is a benefit of our Medicare Advantage/Humana Health Insurance coverage and will continue as a benefit when we switch to Medicare Advantage/United Health Care in January, 2021.

SilverSneakers instructor, **Lynn Dorn, will present "All About SilverSneakers."** She will tell us how to sign up and access programs, describe types of activities available (even if you don't want to go to the gym), and show us the positive outcomes of physical activity. She may even conduct a mini-class for us, so you may want to be wearing your sneakers during our meeting! (They don't have to be silver!) 😊

Looking forward to a great year just 'Zoom-ing' along! (If you have never used Zoom, be sure to read Lyn Abercrombie's article on page 2.)

PAY YOUR DUES, PAY YOUR DUES, PAY YOUR DUES, PAY YOUR DUES, PAY YOUR DUES

2020-2021 Meeting Dates

September 16, 2020

All About SilverSneakers,

with Lynn Dorn, SilverSneakers Instructor

October 21, 2020

TRTA Update with Tim Lee, Executive Director TRTA

November, 2020

What's Happening in C-FBISD?

with Dr. John Chapman, Superintendent (Day TBD)

December 16, 2020

Holiday Entertainment with Jackie Payne

February 17, 2021

TBD

April 21, 2021

TBD

May 19, 2021

TRTA District 10 News and Installation of Officers

with Sandra Barber, President of TRTA District 10



News from the Treasurer

Judy Carey, Treasurer

Have you paid your 2020-2021 dues yet?

If not, please mail your \$45 check made out to C-FB RSPA to: Judy Carey, 975 Laguna Drive, Coppell, TX 75019.

(If your \$35 TRTA state-portion of the dues is taken out of your annuity/bank, your amount due us is \$10.)

If you are unsure if you have paid already, please call/text Judy at 214-498-9867 or email her at judy.carey@verizon.net.

If you have any changes in your information like address, phone number, email, please let Judy know.

Also, you should contact TRTA by phone (1-800-880-1650) or email (membership@TRTA.org) and give them your changes in information.

If you have retired recently and were an associate member, let Judy know so she can change the status of your membership from Associate Member to Member.

Stay safe and stay healthy. If there is anything that we can do to help you, please contact one of our officers and we will certainly try to help.



Zoom Online Meetings

Lyn Abercrombie, Tech Chair



Our meetings this Fall will all be via Zoom as online meetings.

In order to participate in a Zoom meeting, you will need

either **(A.)** a computer/laptop with a speaker (so you can hear) and microphone (needed only if you will want to ask a question), **(B.)** a tablet/iPad or “smart” cell phone (these always come with a camera and microphone), or **(C.)** a flip phone or a regular house phone.

If you are using Methods A or B above, when I email the link/code for the Zoom meeting (a few days before the meeting), you will want to click on the link ahead of time and it will prompt you to download the Zoom app. Then, your device will be ready for the actual meeting.

If you have done Zoom before, at the meeting time you will simply click on the link or input the code.

If you will be participating by Method C—using a simple telephone—you will simply call a number (which I will provide), listen to the prompts and input the info I'll be giving you a few days before the meeting, then you will be able to hear everything that is said, you'll be able to ask a question, but you will NOT be able to see anything.

Be aware that everyone at the Zoom meeting can hear if your dog barks or your TV is on in the background, or if a family member asks you a question. **Plan to Mute yourself** unless you have something to say (then, you would un-mute yourself).



If you have questions, please call/text me, Lyn Abercrombie, at 214-603-3314 or email me at lyn2don@yahoo.com.

Sunshine

Kathy McWhorter



Please notify me if you know of a member who is ill or needs a note of encouragement!

kathymcwhorter@verizon.net

Our Web Address has Changed!

Our C-FB RSPA website has helpful information and photos!



The new address is
cfbrspa.atwebpages.com



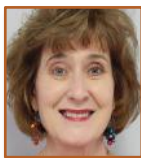
Pre-Retirement Seminar Saturday, Feb. 20, 2021

Mary Eisenmann,
Retirement Education

The Retirement Seminar will be Saturday, February 20, 2021 at the Richardson ISD PDC at 701 W. Belt Line Rd., Richardson. This is a great general information meeting.

Tell your friends who plan to retire within five years but are still working for schools that the TRS speaker from Austin is booked to meet with them.

Reservations will begin in January. Contact Mary.eisenmann@gmail.com if you have questions.



Healthy Living

Carol Sprawls

Hello and welcome to September!

This year it is more important than ever to get your flu shot, so schedule that very soon.

Since the pandemic and isolation is ongoing, I'm sharing some "Six-Word Stories on Mental Health." Choose some that are doable for you, and focus to make them part of your life. Share what helps you the most with a friend. Here's a few to choose from:

- ◇ Laughter reduces anxiety and negative emotions. (especially BELLY laughs)
- ◇ Working with your hands is meditative.
- ◇ Stick to a schedule every day.
- ◇ Find a retreat within your home.
- ◇ Hit the re-set button – relax – exercise.
- ◇ Use Zoom or Face Time to connect.
- ◇ Art therapy can reconcile emotional conflicts.
- ◇ Yoga and deep breathing reduce stress. Here is a really good Yoga exercise for seniors. I encourage you to try it! <https://dailycaring.com/chair-yoga-for-seniors-reduce-pain-and-improve-health-video/>



Take Care

Linda Bambina
Information & Protective Services



“Music speaks what cannot be expressed, soothes the mind and gives it rest; heals the heart and makes it whole, flows from heaven to the soul.” ~Angela Monet

During the difficult and trying days of the past few months, music has been used to soothe the minds of isolated and depressed souls as well as an elixir of hope for those whose futures seem to have vanished in the ominous winds of Covid-19. Singing a catchy tune can improve your heart rate, reduce anxiety, stimulate the brain, and improve learning.

Musical celebrations have been held every time a patient recovers from Covid-19 or was taken off the ventilator. The following is a list of the most popular songs played by hospitals to celebrate each patient's victory:

- Here Comes the Sun*, Beatles
- Breathe (2 a.m.)*, Anna Nalick
- Gonna Fly Now*, Rocky movie
- Don't Stop Believing*, Journey
- Beautiful Day*, U2
- Somewhere Over the Rainbow*, The Wizard of Oz movie
- It's a Wonderful World*, Louis Armstrong



As you probably have noticed, this Informative and Protective Services article digresses from our usual format. Enough doom and gloom! No more warnings or precautions!

It is time for us to come alive!

It is time for us to rejoice in life!

It is time for music to soothe our souls!

Volunteer Hours

Kay Edmondson



Even in this time of pandemic, I know many of you are still volunteering—though possibly in unusual ways. Please remember to keep track of your volunteer hours. Even making well-check phone calls counts.

Hours are counted from January 1 to December 31, 2020.

You can report your hours to me monthly, or in a grand total at the end of the year. My email is: mce60@verizon.net. Thank you!

PAY YOUR DUES, PAY YOUR DUES, PAY YOUR DUES, PAY YOUR DUES, PAY YOUR DUES



Membership

Lori Smith

Hi friends! Hope you are well. I miss seeing all of you!

I just sent out 60 snail-mail letters to our most recent retirees since we could not get their personal emails. Hopefully we will see a good response. I sent each retiree an inspirational bookmark as a token of our congratulations to them along with information about C-FB RSPA. Thank you to those who sent me information about people on the list that you knew.

It is so hard not being together with friends for such a long time. I am looking forward to seeing your smiling faces at our Zoom meeting on September 16th.



Field Trips

Beth Sargent, Lee Nitcholas,
Stefani Johnson



This summer we met and planned a full year of fun excursions. We were very excited about the variety and quality of the choices we got from the spring survey and had a hard time choosing what to do. Well, as you know the best laid plans just don't always work out. And this year has certainly proved that to be especially true.

Our September field trip was to be the rescheduled tour of the Ranger's new stadium, **Globe Life Field**. Since no in-person activities are happening in TRTA Units across the state until after the first of the year, we have rescheduled this activity for Wednesday, **February 24**. The people at the Park are wonderful about working with us to meet our needs and we are excited about going. Keep your fingers crossed that this time works!

The **January** activity will be a repeat of the popular **Game Day** we had last year. Plans for that will be forthcoming. Our committee will meet again when we have a clearer picture of the second half of the year and send out a revised list of our plans for 2021.

Stay safe and healthy! Looking forward to seeing everyone on Zoom.



Legislative Report

Pat Enlow

2nd Vice President (Programs),
Children's Book Project, Publicity,
Member TRTA District 10 Legislative Committee



Oh, my, what an important election we have coming up November 3rd! Your vote counts, so I hope you are planning to vote in person or Ballot by Mail.

Tim Lee, Executive Director of TRTA, will be our speaker on October 21 via Zoom. I am not sure what format he will use, but **please send questions you may have for him to patenlow@verizon.net** and I will forward them to Tim ahead of time so that he can include answers during the meeting. He is THE BEST source of information on all things having to do with state and Federal legislative issues and the upcoming election plus our pension and health care. We will be changing our health care provider in January, 2021.

Important dates:

***October 5, 2020, is the last day to register to vote!**

October 13-30 is Early Voting by Personal Appearance.

***October 23 is the last day to apply for Ballot by Mail.**

November 3 is the last day to vote using Ballot by Mail (postmarked Nov. 3).

November 3 is General Election Day Voting by Personal Appearance.

Go to <https://www.votetexas.gov>

- to find out if you are registered to vote.
- to register to vote.
- to apply for a Ballot by Mail if you are 65 or older on Election Day (November 3), have a disability, will be out of the county November 3 and during Early Voting, or if you are in jail, but otherwise eligible to vote.

To find voter information specific to your county, enter **(your county) Texas voting information** in your search engine. Here are a couple:

<https://www.dallascountyvotes.org>

<https://www.votedenton.com>

Click on link below for answers to frequently asked questions including **what to do if you have changed your address**:

<https://www.votetexas.gov/mobile/voting/faqs.htm>