



C-FB RSPA

Carrollton-Farmers Branch Retired School Personnel Association

May 2021



President Message

Della Swaim

This is my final newsletter as your C-FB RSPA President! For the next two years I will serve as the Immediate Past President.

One of the things I have really enjoyed doing during my term as President is working to secure additional funding for our **A Book a Child**—our Children’s Book Project. We have held raffles, horse races, silent auctions, brag boxes, put donation bags on our luncheon tables, and asked members to donate outright.

You have responded admirably and with good humor. But since many TRS Retirees have NEVER had a cost of living raise, and our annuities are not huge, it has been more and more difficult to raise adequate funds.

So, I decided to look for other sources of funds for this worthwhile project. With considerable help from Judy Carey, and Pat Enlow, I began to contact companies and other charitable organizations, present the story of our **A Book a Child** book project, and ask for money.

In the past four years we have received generous donations from The Credit Union of Texas, The Farmers Branch Women’s Club, The Civic League, and many of you. In 2020 we were able to deliver 2,820 books. In 2021 we will deliver 2,310 books. These are PHENOMINAL numbers considering that we rarely are able to raise more than a few hundred dollars from our members each year!

We have been turned down by a few organizations, and the pandemic has caused some reduction of funds, but I plan to pursue outside funding for at least the next two years.

I have good news for you! Last week I received notice that The Civic League, despite having to curtail their fundraisers because of the pandemic, will grant us \$750 next week! I hope you will attend their Holiday Home Tour and volunteer to be a docent when asked.

Please continue to support our book project with your donations, but also support the organizations that support our book project!

YOUR MEMBERSHIP IN C-FB RSPA IS IMPORTANT TO ME! YOU ARE IMPORTANT TO ME! THANK YOU!

Wednesday, May 19

Virtual Meeting via Zoom

The Zoom link/code will be emailed 5/17

Program:

TRTA District 10 News and Installation of Officers
with Sandra Barber, President of TRTA District 10

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

11:00 a.m. Meeting begins

May Program

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



Has May arrived already? What a year we have had, but the world seems **brighter** and more **joyful** now that we are able to begin seeing family and friends in person once again. I have been so thankful we could see each other via Zoom to continue our meetings. (Thank you, Lyn Abercrombie!)

Every two years, we celebrate our Carrollton-Farmers Branch RSPA officers. We are privileged to welcome **TRTA District 10 President, Sandra Barber**, as our guest speaker for the May 19th meeting. Sandra will be conducting the **Installation of Officers Ceremony** for those who will serve as leaders of C-FB RSPA for 2021-2023. Our District 10 President always comes up with a unique and entertaining way to welcome our new officers and includes a review of the year and words of wisdom and encouragement. I hope you will join us in welcoming our 2021-2023 officers.



It has been an honor to serve as your 2nd Vice President for the past five years. As 2nd Vice President, I have been Program Chair and, with Gail Schwamb, Children’s Book Project Chair. I have also served as Publicity Chair when we could not find someone to take that position. I hope you have enjoyed the programs, as well as our fund-raising

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From Page 1, Pat Enlow

efforts to support Children’s Book Project—auctions, gifting bags, horse races, etc. An ENORMOUS THANK YOU to all who pitched in to help. It would not happen without your hard work and support. C-FB RSPA is truly an inspiring organization making a difference for retired and active school personnel, children, parents, and community members. Thank you for allowing me the opportunity to serve as your 2nd Vice President. Please support our new generation of officers by becoming a part of a committee, or contributing in any way you can. Hugs!

Our Officers for 2021-2023

- President:** Beth Sargent
- 1st Vice President, Membership:** Shaima Hakimi
- 2nd Vice President, Programs:** Lori McCall
- Treasurer:** Judy Carey
- Secretary:** Darcy Perreault



Membership

Lori Smith

This is that time of year when many school personnel are considering retirement! We will be trying to touch base with as many of our fellow retirees as we can. We are creating some M&M gift bags to pass out to our C-FB friends which will contain information about RSPA and how to join with us! We are going to attempt to deliver these goodies to the schools before summer break for our retiring friends.

If you would like to help with distributing the goodie bags send a message to Lori Smith or Shaima Hakimi. Also, if you happen to attend any retirement events for friends be sure to invite them to join with us for upcoming activities!

Hopefully, we will be able to get together this summer for some kind of activity, and I look forward to seeing you then.... in person!

Welcome to our New Members!

- | | |
|--------------------|-----------------|
| Glenda Blankenship | Lloyd Carr |
| David Hardy | Carolyn McKeefe |
| Jim Moen | Linda Moen |
| Madeleine Myers | Bridgit Basel |



News from the Treasurer

Judy Carey, Treasurer

I know my articles in the newsletters are the same month after month, but not much else to say than to pay your dues.

Thank you to the members who have already paid their dues for 2021-2022, but it is time for another reminder to put those dues in the mail. Not having meetings has slowed down the collection of dues just like last year. A new membership year has begun!!!! The State Membership Committee is offering an incentive to reward its dedicated local units for their recruitment efforts: **M&M: Membership and More** encourages local units to recruit/renew as many members as possible by June 30, 2021 for a chance to win a cash prize! We have come remarkably close in past years to winning, so please get your dues paid now.

If you have your state dues taken out of your annuity or pay by a bank draft, all you need to pay is your local dues of \$10.00. TRTA state dues are \$35.00 and local dues are \$10.00. Make your check out to C-FB RSPA in the amount of \$45.00 for state and local dues and mail to me, Judy Carey, at 975 Laguna Drive, Coppell, TX 75019. If you have questions, please email me at judy.carey@verizon.net or call me at 214-498-9867.

Remember if you have any changes in your information, please let me know. If you are retiring soon and have been an Associate Member, I need to change your status to Member.

We appreciate your membership and hope you plan to renew NOW for 2021-2022.

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



Legislative Report

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

Wow! We had a very successful **Zoom to the Capitol!** Many of you attended Zoom, YouTube, and Facebook meetings and interviews. Carrollton-Farmers Branch Retired School Personnel Association was well-represented. I was asked to schedule three Zoom meetings with legislators. Because I had a conflict with back-to-back meetings, I asked Linda Tole to moderate Rep. Julie Johnson's Zoom meeting (with Amanda Foster) and Linda did an OUSTANDING job. **Thank you, Linda Tole!**

Red Letters were everywhere at the Capitol and some of the 275,000 from TRTA District 10 came from C-FB RSPA. I asked those of you who sent **Red Letters** to email me and be put in a drawing for a \$50 gift card. AND THE WINNER IS **Bob Mora!** Congratulations, Bob!

Tim Lee says: "This is our time for COLA and WEP!" Please participate in the effort to get these bills passed. The time is right and we may not have another chance.

Thanks to all who have been responding to the Call to Action emails. So many of you have contacted your Representative, as well as members of the House Calendars Committee asking that they co-author HB 3214 (COLA) and make it a priority on the House Calendar so that it can go to the House floor. We are running out of time!

According to Tim Lee, we have some wins and no losses so far, but there is still work to be done.

Here's what you can do:

- ⇒ Continue contacting legislators until **HB 3214** (COLA) is out of Calendars Committee.
- ⇒ Like and follow the [TRTA \(Texas Retired Teachers Association\)](#) Facebook page. Watch Tim and Larry Yawn discuss legislative issues on "Facebook Fridays" at 2:00. I saw that Kathy McWhorter was on the last one! I'm sure some of the rest of you saw it also. You can follow these same discussions on [TRTA's YouTube channel](#).
- ⇒ Like and follow our [C-FB Retired School Personnel Assoc](#) Facebook page.

Review of legislation from capitol.texas.gov:

- ◇ **HB 3214** (COLA) has over 80 authors and co-authors – enough to pass it once it is out of Calendars Committee and on the House floor.
- ◇ **HB 3507** Supplemental payment (like 13th check) capped at \$2,400 remains in Calendars Committee.
- ◇ **SB 1** (Senate Finance Bill) adds \$5B to TRS Pension Fund and \$897.6 M to TRS Care passed out of Senate April 1 to be debated in House.
- ◇ **SB 706** (Sunset Bill) passed the House March 22 and went to the Senate April 6. The Senate made a few changes, so must go back to the House for concurrence, then to Governor Abbott. Contains provisions for more transparency in TRS, an ombudsman to advocate for TRS retirees, those retired by January 21, 2021, going back to work immediately and no longer waiting 12 months.
- ◇ **HR 2337** (Repeal of WEP) Ask your Congressman to support this bill. Rep. Beth Van Duyne's number is 202-225-6605.
- ◇ **HB 2022** (Golden Ticket Bill allowing those who withdrew from TRS Care to have the opportunity to return to TRS Care) remains in Calendars Committee.



Member Nichie Hoskins mailing her red letters to Austin.



Children's Book Project:

A Book a Child

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

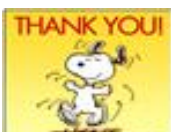


THURSDAY, MAY 20th IS THE DAY!

We will be delivering a total of 2,310 books to
**Landry, Las Colinas, La Villita, and
McCoy.** I will send details in an email. We had

a great turnout last year. Thank you to all who have
volunteered! Please email me at patenlow@verizon.net if you
can volunteer this year. Hope you can join us.

Just to let you know: In 2020, TRTA District 10 delivered
25,210 books with 100% of our 23 local units
participating. Carrollton-Farmers Branch RSPA delivered
2,820 of those books! TRTA, as a whole, distributed 102,283
books.



Gail Schwamb, the other half of
this Children's Book Project
Team. Gail likes to stay in the
background, but just look at what



she does: orders books; stores books; puts
bookplates in books; organizes and boxes books by grade
level! Whew! **I have** organized fund-raising and volunteers,
as well as worked with principals to gather enrollment and
special needs information and coordinate delivery dates. It has
been a wonderful collaboration and I have totally enjoyed
working with Gail. She is special!

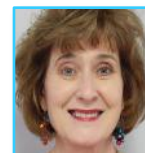
A thank you also goes out to **Della Swaim**, another very
special person, who reached out to organizations and
businesses to secure grants that have sustained our Children's
Book Project. We spent a lot of quality time filling out
paperwork!

One last THANK YOU to **Carolyn Chiever** and **Gail
Schwamb**, our most recent contributors. 😊



Healthy Living

Carol Sprawls



At the District 10 Virtual Spring
Leadership Development Conference
on April 26, one OUTSTANDING team member
and all five C-FB WAT Teams were recognized.
Below are the **District 10 Awards for
C-FB WAT**, broken into four brackets based
on the membership size of each retired teachers'
group that participated in the 2021 WAT.

Individual Who Walked the Most Miles
in Our Bracket: **Kim Kockritz, C-FB
RSPA. Way to Go, Kim!!**



Local Unit with the Highest Percent of
Participants vs. Membership in Our
Bracket: **C-FB RSPA with 5 teams for a total of
40 members!**

It is a privilege and honor to work with such
dedicated professional educators. Thank you to all
WAT participants for giving your best **Walking/
Exercise** effort and making us all proud!



Sunshine

Kathy McWhorter



Please notify me if you know of a member
who is ill or needs a note of encouragement!
kathymcwhorter@verizon.net



Take Care

Linda Bambina
Information & Protective Services

For those of you helping to take care of an elderly loved one, here are TOP MEDICATION PROBLEMS and SOLUTIONS from your District 10 IPS team:

For elderly people, medications can be a lifeline to good health—or a disaster waiting to happen. When doses are skipped or too much medication is taken, the results can be deadly. According to the Department of Health and Home Services, 55% of the elderly are “noncompliant” with their prescription drug orders (they do not follow the doctor’s orders) and approximately 200,000 older adults are hospitalized annually due to adverse drug reactions.

VISION PROBLEMS: Not being able to read small print on labels or distinguish between pills can lead to a dangerous situation. **SOLUTION:** Ask your pharmacist for medication labels in large print.

MEMORY LOSS: Elders who suffer from dementia may simply forget to take their medicines. The



opposite is also true. If they can’t remember when they took their medication, they may take it again, causing an overdose. **SOLUTION:** Use a pill organizers.

SWALLOWING PROBLEMS: Some seniors have problems swallowing medications. But crushing medications to mix into food or drink can cause some long-lasting medications to be released too fast causing a negative effect. Other medications will not work properly or can make the patient sick. **SOLUTION:** Don’t crush pills unless the doctor or pharmacist says it is okay to do so and ask your doctor or pharmacist if the drug comes in liquid form.

SOCIAL ISOLATION: Many elderly people live alone. Several studies have shown that people who live alone often fail to comply with medication regimens. **SOLUTION:** Get in-home health care. Tell the agency that your family member needs help with taking their medications and give the agency the elder’s required medication schedule.



Volunteer Hours

Kay Edmondson

This is a reminder to **count your Volunteer Hours** and email me with your count at mce60@verizon.net.

The State of Texas likes to know how many hours retired school personnel give back to the community.

Count obvious things such as volunteering as a school mentor as well as counting hours spent babysitting grandchildren and care-taking ill family members; even count the hours driving to and from such tasks.

Hours are counted from January 1 to December 31, 2021.

Keep track of your volunteer hours and report them monthly or in a lump sum at the end of the year. Thank you!

C-FB RSPA Website

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



cfbrspa.atwebpages.com

Thank you to The Civic League for your generous donation to our A Book a Child project!



The Civic League Foundation is a non-profit organization dedicated to community service. The all volunteer group provides grants to educational, charitable and cultural projects that serve the citizens of Addison, Carrollton and Farmers Branch. Their Home Tour fundraiser is traditionally in November. <https://www.thecivicleague.org/>