

C-FB RSPA

CARROLLTON-FARMERS BRANCH RETIRED TEACHERS SCHOOL PERSONNEL

OCTOBER 2021

C-FB RSPA Website

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

cfbrspa.atwebpages.com



Beth Sargent
President



Shaima Hakimi
1st VP Membership

Dear C-FB RSPA Friends,

Contained in this article:

- * Zoom video recording
- * Exciting news-Nov. 17
- * CDC guidelines for our in-person meeting
- * Door prizes
- * Lunches
- * Civic League support
- * December meeting change

We hope you were able to view our Zoom video recording of our first meeting. We want to keep you informed about our business and with our programs which Lori McCall has selected. Look for the Zoom link of our October 20 meeting.

Mark your calendars for November 17. C-FB ISD Superintendent Dr. Chapman will be inviting us to a Retired Teacher Lunch with student performances at the new C-FB ISD Multi-Purpose facility. Our C-FB RSPA Board has adjusted the December meeting date. It will be December 8th. For our October 20 in-person meeting, we will continue following the CDC guidelines. Masks are recommended but are optional. We will have hand sanitizers at the tables and around the Fellowship Hall. There will be 4-6 people at a table. Lori Smith and her Lunch Bunch committee (Kathy McW, Sandy, Celeste, Linda A, Jan Y, Donna W, Carol S) do an awesome job in making sure that we are protected and have delicious meals. Meals will be served at your table.

The Civic League has given C-FB RSPA generous grants in the past for our Children's Book Project. They would appreciate our support for their Holiday fundraiser. For more information see Linda Bambina's article.

We are grateful to Mary Johnson and Jamie Smith for accepting the Door Prize committee positions. They have assured us of a baked good, seasonal embroidered towels and a gift certificate. We will have 2 lucky winners. Enjoy the Fall weather and we will see you October 20 at 10:30-11:10 socializing, followed by our meeting.

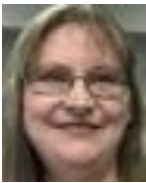
After almost 19 months of pandemic restrictions, it was such a blessing and a wonderful sight to see your smiling faces at our first in-person meeting in September.

It was absolutely gratifying to see many recently new members: Dana Carroll, Gay Debecka, Mary Johnson and Pat Revall attending our September meeting. Welcome to our C-FB RSPA family! A big thank you also goes to Linda Bambina for inviting her friend, Cyndi Plant, who decided to join us and become a member before the end of our meeting! Yay!!! Welcome Cyndi! Looking forward to expanding our membership, so once again, please contact retired friends and family and invite them to join C-FB RSPA and attend our October 20th meeting!

Something new we are going to try is awarding a gift to any guest of a current member who decides to join our local unit before the end of the meeting. Of course, our member will be graciously recognized as well.

Welcome to our New Members!

Dana Carroll
Crystale Owens
Cyndi Plant
John Johnson



Lori McCall
2nd Vice President



Judy Carey
Treasurer

**Programs, Chair/Public Relations, Chair
Children’s Book Project, Coordinator**

Greetings Everyone! To those who attended the September meeting, thank you for joining us in our celebration; it was so good seeing all of you. To those at home, we missed you, but hope you were able to view on Zoom at your leisure.

I am so excited about this month’s guest speaker, **Audette Rackley, Head of Special Programs at the Center for Brain Health at UTD.** She will be speaking on ***A Brain Healthy Approach to Aging.***

According to Ms. Rackley, “While there is a great deal of awareness about the impact of lifestyle choices on our physical health, we are just beginning to understand how these choices affect our brain health. By incorporating brain fitness techniques into our overall health routine, we can optimize our cognitive abilities throughout life. Brain training that focuses on our own strengths and abilities empowers us to continue becoming the best version of ourselves.”

Whose 25th Birthday is Coming Up in 2023? Ours!

Speaking of brain activities, I need long time members to jog their memory banks and share recollections about the early days of our RSPA. It may be just a tidbit, but I would be ever so grateful if you would pass that along to [me](#). TRTA is asking all local units to begin researching and documenting their history.

Kathy McWhorter has already contributed information about how our C-FB RSPA came into being, so be sure and read her article posted on our website.



**Same Song, Second Verse
PLEASE PAY YOUR DUES NOW**

It was great seeing all the members that attended our September meeting.

Reminder... If you have not paid your TRTA state dues (\$35) and your C-FB RSPA local dues (\$10), now is the time to do that!! Time is running out. The dues you pay now are for 2021-2022. Please bring your check to the meeting or send your check (made out to C-FB RSPA) to me at 975 Laguna Drive, Coppell, TX 75019. You may include the cost of lunch (**Lunch is now \$12.00**) in the check with your dues. It is very helpful if you make out your check before you come to the meeting; it speeds up the check-in time. If you have questions about your dues, please call me at 214-498-9867 or email me at judy.carey@verizon.net We need your support to help pay for programs at our meetings, door prizes, recruiting new members, etc. We do put your \$10.00 to good use.

It is important that you pay your dues to TRTA and C-FB RSPA. Thanks to all of you that have paid your dues. Our local unit gets money for all the new members that join, and so far since March 1, 2021, we have 27 new members. Our total membership is 399 members. If we have members that do not pay their dues, TRTA subtracts the number not paid from the new members. Last year we did not receive any money for the 24 new members because many members did not pay their dues. Please help us by paying your dues!

If you have any changes in your information, please let me know. I can change your information with TRTA, but you need to change your information with TRS yourself.

If you are interested in viewing the Treasurer’s Report, it is posted on our C-FB RSPA webpage at <http://cfbrspa.atwebpages.com>

I look forward to seeing you at the October meeting. Your name tag will be waiting for you.



Pat Enlow
Legislative Chair

Happening Now:

The Texas Legislature is now in its 3rd Special Session. This session is devoted mainly to redistricting. Watch for final results as you may be in a different district with a new representative or senator! Also, many candidates are announcing for the 2022 midterm elections. If you know of someone who has announced, please let me know. patenlow@verizon.net Thanks!

Our Supplemental Check:

On September 17, 2021, TRS authorized a supplemental check of \$2400 or annuitant's monthly payment, whichever is less, to be paid to annuitants who retired on or before December 31, 2020. Payment will be paid in January 2022. TRS is figuring out how to withhold the taxes on these checks as many annuitants were caught off guard when taxes were not withheld on the last supplemental payment. One question that has come up is why not give everyone an actual 13th check based on an annuitant's monthly payment? To do so would require an appropriation of \$930 million and the legislature appropriated \$710 million from the general fund. TRS did not have to contribute and therefore our pension remains actuarially sound and on track to allow us a **Cost-of-Living Adjustment** in the future. There is now \$200 billion in assets in the TRS pension fund which assures a pension for present annuitants and present-day active teachers.

TRS and TRTA:

TRS (Teacher Retirement System of Texas) administers our pension and health care. Brian Guthrie is Executive Director of TRS.

TRTA (Texas Retired Teachers Association) is the organization we belong to and is a liaison between retired teachers and members of the Texas Legislature. It is not a part of TRS. Tim Lee is Executive Director of TRTA.

Also on September 17, 2021, TRS authorized \$250 – \$300 million for buying a new administration building in Austin. TRS has assured TRTA that this will not impact our efforts for a COLA as the pension fund will remain actuarially sound. Tim Lee, Executive Director of TRTA, has been criticized for the TRS decision. Some of our TRTA members do not understand that TRTA has nothing to do with this decision and that TRTA has its own administration building. **Tim is asking members to**

correct anyone who may not understand the difference between the two organizations.

On the National Scene:

TRTA efforts are now pivoting to the national level and reform of the **Windfall Elimination Provision** (reduction in **earned** Social Security benefits) and **Government Pension Offset** (not allowing collection of death benefits **earned** by a spouse). These unfair laws affect teachers, policemen, and firemen in up to 26 states. U. S. Representative (TX-8) Kevin Brady has worked many years for this reform. Our best opportunity is now as Rep. Brady is retiring. Tim Lee has also worked tirelessly to bring about this reform meeting with U.S. Rep. Brady, U.S. Rep. Richard Neal of Massachusetts, and various organizations that support this reform.

In the Future:

Looking towards the 2023 Texas Legislative Session, Tim says a COLA will be the highest priority for TRTA. Representative Alma Allen, Houston, believes Texas retired school personnel should get an annual 10% COLA. I like her thinking!

Upcoming Meetings

Oct 20, 2021: Audette Rackley, UTD's Head of Special Programs at the Center for Brain Health

Nov 17, 2021: Dr. John Chapman's Guest for the C-FB ISD Retirees Luncheon at the Multipurpose Building

Dec 8, 2021: Rusty Williams Author-Historian & Journalist



Kathy McWhorter
Sunshine

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

Debbie Moss
TRTF Liaison



Our Chocolate Delights Bake Sale is happening at the October meeting!!!

We will have homemade cookies, brownies, fudge and slices of cake available for purchase beginning at 10:30am at our October RSPA meeting.

All items will be in baggies and priced at \$5.00 per baggie. Be sure to bring some cash for these delectable goodies!!! Checks will also be accepted.

Note to our bakers:

Thank you so much for signing up to bake. Please package your items in quart sized baggies. Of course, there will be more items in some baggies than others depending on the size of the baked goodie. Please bring them to the meeting by 10:00am so that we can arrange the items by category.

Proceeds from the bake sale will go to the **Texas Retirement Teachers Foundation initiative** - "A HELPING HAND".



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Lee Nitcholas
Field Trips

October GLOBE LIFE FIELD

We are so excited to be going to Globe Life Field on Wednesday the 27th of October after planning for over two years. We will continue to sign people up at the next meeting and follow that up with an email to all who are attending with specific information.

Some of our members are concerned about mobility issues so we have been in communication with the Rangers organization, and they assure us that this tour is handicapped assessable. In fact, one of the tour guides is in a wheelchair. We hope this is reassuring those with doubts.



What: **Fresh air and fun!** Come join us on a field trip to **Holiday at the Dallas Arboretum** and **lunch at Smoky Rose Restaurant** across the street from the Arboretum. Smoky Rose is a unique BBQ restaurant. Servers take your order. You do not stand in line to order
<https://www.smokyrose.com/#home-menu-banner>.

When: Thursday morning, December 2, 2021

Where: We will meet at Webb Chapel Church of Christ to carpool to the Arboretum.

Details: Cost is \$17 for adults (ages 13 to 64) and \$14 for Seniors (ages 65+) and you may have to divide a \$15 parking fee per car.

Sign-up and payment (non-refundable) will be at our October 20 meeting or email Pat Enlow at patenlow@verizon.net

****If you have a Dallas Arboretum Membership and are planning to go, please let me know patenlow@verizon.net or 972-393-8662. Some memberships will save us the \$15 per car parking fee. The **12 Days of Christmas** will be on display. You will also see the newly-added **50' Dazzling Musical Tree** at Martin Rutchek Concert Stage (grassy area by White Rock Lake).**

Lee Nitcholas, contact person
bnitch@aol.com



Carol Sprawls
Healthy Living

I hope you are finding reasons to get outdoors to be active and enjoy the lovely fall weather. Since we are talking about getting active, it's time to start planning for **Walk Across Texas 2022 (WAT)**! For our RSPA newbies, **WAT** is an eight-week program designed to establish the habit of regular physical activity/exercise every day. Each adult team has eight team members working together to reach the 832-mile goal, symbolically walking from the top of Texas down to McAllen. The official **WAT** activity begins on January 23 and ends on March 19. Last year, having five teams gave us the award of "The Greatest Percentage of Members Participating in our Bracket" Way to go C-FB RSPA! We also had several team members awarded weekly awards and one team member who walked the most miles in District 10! Way to go, Kim Kockritz! Be thinking if you would like to join the FUN and FRIENDLY competition in early 2022. I will have a sign-up sheet at the October meeting.

Lori Smith
Lunch Coordinator



Box Lunches Selection

Lunch will be provided by
Alonti Catering Kitchen

When RSVP'ing please choose a **number** for your selection

1. Honey Ham on Marble Rye
2. Roasted Turkey on Ciabatta Roll
3. New England Chicken Salad on Wheat
4. Roasted Chicken on Focaccia
5. Beef Brisket on Jalapeno Roll
6. Vegetarian sandwich

Sandwiches are served dry with mayonnaise, mustard and Dijon packets on the side.
Includes chips and a fresh-baked jumbo cookie.

Please RSVP by Oct. 15th to Judy Carey:
judy.carey@verizon.net
Let her know your selection choice

Kay Edmundson
Community Volunteer Service

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 caretaking of 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!

Linda Bambina
Information & Protective Service

Take Care

For many of you, these will not be “news”...but I still thought the information had merit for many...

For those of us not blessed with children, the list also can apply to great-nieces/nephews!

LONG-DISTANCE GRANDPARENTING TIPS

1. Send a photo of yourself. Ask the parents to place it where even the smallest grandchild can see.
2. Make a video of yourself reading a story or singing a song.
3. Set up a regular time to call or exchange emails of have online chats. Let grandkids know they can always call you.
4. Find out what your grandchild is reading, then read the same book or story and engage them in a Mini Book Club discussion.
5. Visit when you can or have them visit you. Now that so many of us are fully vaccinated and some pandemic restrictions are relaxing, try to be there in person for special events such as birthday parties, recitals or playoff games.

Source: AARP



The Civic League (Carrollton & Farmers Branch primarily) is hosting a Fundraiser with many parts.

Instead of its traditional **Tour of Homes**, there will be a VIRTUAL (video) Tour of Homes. The tickets are \$25, but the special aspect is that you can see the tour over and over at your convenience and in the privacy and safety of your own home...OR you can invite some of your “Bubble Friends” and see it together with a little bit to eat and drink...OR you can come to the Nuvo Room (November 11th) to watch at a Premiere Party with dinner, drinks and entertainment galore for \$100 pp!

There is also an Online Silent Auction, Online Bake Sale and Online Marketplace “Buy It Now” items for sale on our bidding site. The Silent Auction goes from November 1-11.

More info to come, but call or text Linda Bambina (co-chair of the event) for more info, tickets, and/or Drawing Tickets (3 for \$25—prizes: \$500 Visa Cards)



Estelle Lara



METROCREST SERVICES FOOD DRIVE

Claire Brown, pantry manager at Metrocrest Services, 13801 Hutton Drive in Farmers Branch, is asking for help with their Thanksgiving Drive. They try to prepare ample boxes of food each week for an average of 600 families.

So, please use this list to help gather donations for our Thanksgiving Day Drive on their behalf.

At the October meeting, please hand me your bag or box of groceries or your \$ donation, as you enter the building. I will place all the items in the trunk of my car and take them directly to Metrocrest Services after the meeting, What would they like to have?

- | | |
|-------------------|----------------------------------|
| Canned soups | Instant Potatoes |
| Canned pumpkin | Boxed Mac & Cheese |
| Canned cranberry | Sugar or Flour (1 or 2 lb. bags) |
| Rice (box or bag) | Baking mixes, muffins, cornbread |
| Stuffing | |

NON-PERISHABLES ONLY, NO GLASS OR EXPIRED ITEMS, PLEASE.

Cindy Hardy
Member Benefits

TRTA is working on our member benefits. We should get an update soon. If you have United HealthCare, there are some great benefits to use. There is a 2021 Essentials + Catalog with \$40 available to spend each quarter.

There is \$120 now to spend if you haven't already taken advantage of this.

Products can be viewed in the catalog and at www.ShopFirstLineBenefits.TRS-CareMA.com.

For questions, call 866-868-2491. If you completed your annual physical or wellness visit by 9/30/2021, you can receive \$25 Visa Reloadable Reward Card. To opt in to the 2021 Renew Rewards program, visit online at: www.myuhcmedicare.com/rewards or call 888-219-4602.

Also, United HealthCare has a program called House Calls, it is a health and wellness service where a health care professional will visit you in your home. You can earn a \$15 Visa Reward Card for the visit.

Schedule an appointment at 866-447-7868.

Remember there are webinars available for TRS Care (Medicare and non-Medicare) participants. Find information at www.trs.texas.gov/trs-care-events.

