

February 2022

Carrollton-Farmers Branch Retired School Personnel Association



**Beth Sargent
President**

Happy Valentine's Day

Already, we are in the second month of 2022. Goodness! We hope you are staying healthy. If you know a member who needs some extra cheer because of sickness, surgery, or loneliness, contact our Sunshine Chairperson, Kathy McWhorter, at 972-742-9513. Thank you, Kathy.

Because of the rapid spread of Omicron, our C-FB RSPA Executive Board has decided that our February 16 meeting will be on Zoom. It was a difficult decision as we had hoped to meet in person. You will receive a Zoom link next week. Join us at 10:30 to catch up on news from our members. The business part will begin at 11:00. You'll want to read the rest of the newsletter about our informative program and learn other information that pertains to our group.

If you know of a retiree who is not a member of C-FB RSPA, reach out to that person and let him/her know of our vibrant association. Refer that person to our website cfbrspa.atwebpages.com. It has our future meetings, programs, field trips, newsletters, photos and so much more. Thank you, Shaima Hakimi, our 1st Vice President, in keeping us updated on new members and our Yearbook Directory. And thank you, Lyn Abercrombie, in keeping our web page up to date. Donna Wright does a wonderful job taking pictures and making collages from those photos.

One of the goals of TRTA is placing new books in the hands of children whose schools are identified for the National School Lunch Program. This program is called The Children's Book Project. We, at C-FB RSPA, are doing just that. A BIG thank you to those members who have contributed money to this project. This is our only fund raiser. We ask all RSPA members to contribute, even if it is \$5. If you have not contributed this year, you can send your check to Judy Carey, our Treasure, at 975 Laguna Dr., Coppell 75019. Thank you, Judy. And thank you, Della Swaim, our past President, in writing grants for this project.



C-FB RSPA Website

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

cfbrspa.atwebpages.com



Shaima Hakimi
1st VP, Membership

Welcome to our New
Member!

Membership

Please join me in welcoming Sheila Maher to our local unit. Looking forward to seeing you in one of our upcoming Zoom or in person meetings. It is always enjoyable and pleasurable to see friends and colleagues who have become members of our wonderful organization. If you know someone who would like to be a guest at any of our meetings, give them a call and invite them! Remember, any friends you bring to our local unit meeting will receive a gift card if they join while at the meeting.

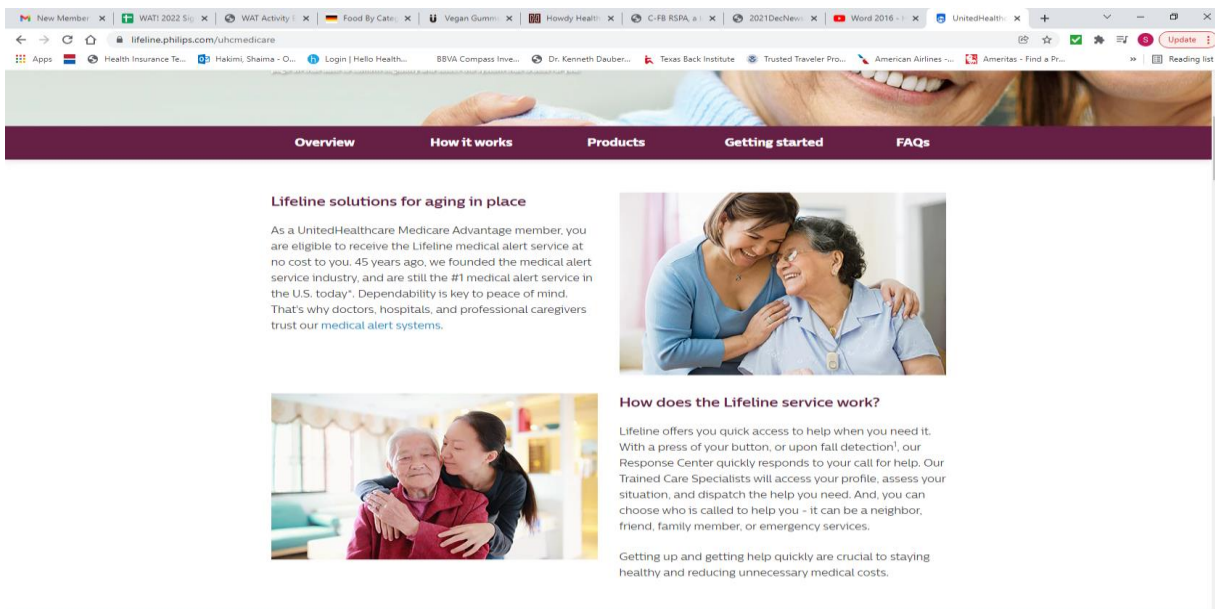
One of the Perks of United Healthcare Coverage for 65 and Above:

If you are 65 and above and have United Healthcare Advantage for your coverage, you are now eligible to receive a **Lifeline Medical Alert** system at no cost! I have included a snapshot of their website, but here is what you need to do:

Go to the website www.lifeline.philips.com/uhcmedicare

You can sign up with a click of a button or call in **1-800-596-7612**

Make sure you have your insurance card handy.



Directory

Our updated Directory will soon go out to all members. If I have not taken your picture for our Directory or you would like an updated picture, please come and see me in one of our meeting or you can email me a headshot/photo of yourself to: hakimishaima60@gmail.com.



Lori McCall
2nd Vice President

Programs, Chair/Public Relations, Chair/Children's Book Project, Coordinator

Happy New Year, Everyone! I hope your 2022 is off to a wonderful start, and you are staying warm and well.

This month we welcome **Carol Rowley, Master Gardener with the Denton County Extension Office**, as our guest speaker. She will be joining us on Zoom on February 16th.

Since we do not meet in March, our next meeting will be April 20th when the guest speaker will be our own Tim Lee, Executive Director of TRTA. We are keeping our fingers crossed that we will be able to meet in-person. Either way, we will continue to video both our in-person and Zoom meetings and send those to you.

One last thing; We are so grateful for your generosity in supporting the Children's Book Project. Your donations were more than expected, and we truly thank you.



Judy Carey
Treasurer

**It is time to pay dues
for 2022-2023**

Happy 2022 to everyone. Sorry we will not be meeting in person for our meeting. If you are one of the members who has not paid their state dues/local dues for 2021-2022, it is not too late. Just put a check in the mail so I receive it before February 14, 2021.

TRTA uses the month of March to "change over" the membership roster year, so all dues that I receive after March 1 will apply to the 2022-2023 membership year. March, April and May are the ideal months to renew. We deeply appreciate your membership for the 2021-2022 year and hope you plan to renew beginning in March! TRTA state dues will be \$35.00 and local dues to C-FB RSPA will be \$10.00. The total amount of your dues will be \$45.00. Make out your check to C-FB RSPA. I really appreciate all of you paying your dues early. Each member that renews their dues helps make a stronger TRTA to fight for things like that recent extra paycheck we just received.

If you are an Associate Member, which means you were still working when you joined, please let me know when you retire so I can move you to Member status. If you have your state dues taken out of your annuity or from your bank account, please consider paying your local dues of \$10.00. We need your local dues to run our organization. That \$10.00 comes out to \$0.027 a day.

One more important thing, if you have any changes in your information such as address, phone number, etc., you must notify TRS yourself to change this information. I can change it with TRTA but not TRS.

Since we are not meeting in person in February, please consider mailing me your dues in February or March. My address is 975 Laguna Drive, Coppell, TX 75019. For questions, contact me at 214-498-9867 or email judy.carey@verizon.net.



Pat Enlow

C-FB RSPA Legislative Chair
Member TRTA District 10 Legislative Committee



Dear RSPA Friends,

The 2022 Primary Election Season is underway! We had great success and support from our Senators and Representatives in the 87th Legislature because we were active in making our priorities known. It is time to research and educate candidates and to choose wisely. **Please let me know the names of candidates you contact so that I can report the number of contacts back to TRTA District 10.**

Thank you,

Pat Enlow patenlow@verizon.net

Primary Election Schedule:

- Preview your Sample Ballot here https://ballotpedia.org/Sample_Ballot_Lookup
- February 18, 2022 - Last day to apply for a Ballot by Mail (Application must be **received** by this date!)
 - February 14 – February 25, 2022 – Early in-person voting
 - March 1, 2022 – Primary Election Day
 - May 24, 2022 – Primary Runoffs, if needed
 - November 8, 2022 – General Election Day

Educate Your Candidates:

Retired school personnel have a strong voice, but it is useless unless you participate! Please contact your candidates.

- Know where to find your copy of the **TRTA Legislative Priorities** (below and attached to email sent earlier) and keep it handy as you call your candidates.
- Use the **Senate Election Matchups** and **House Election Matchups attached to an email I sent earlier** to learn a bit about the candidates running for the Senate and House in your districts. Websites listed or a search should give you phone numbers to call.
- Call the offices of your candidates. You will, most likely, speak to a staffer, but they are well-informed and want to hear your input so that they can relay the information to the candidate.
- Identify yourself by name and as a “member of Carrollton-Farmers Branch Retired School Personnel Association, a unit of Texas Retired Teachers Association.”
- Be calm and polite. Let them know that you appreciate their support of Texas retired/active school personnel. If you wish, relate a story telling what the supplemental check, or other legislative action, has meant to you.
- Go over the TRTA Legislative Priorities (below). Offer to email your candidates a copy.
- Thank the person with whom you are speaking.
- Enjoy the experience! Candidates do appreciate hearing from you.

Thank you again and let me know which candidates you contact.





Why you need this information: The Texas Retired Teachers Association (TRTA) and its members actively communicate with those who care about Texas public education retirees and with candidates running for political office during the 2022 election cycle. This document offers insight about items Teacher Retirement System of Texas (TRS) retirees are hoping will be addressed during the 88th Legislative Session that begins in January 2023.

TRTA Purpose and Mission: The Texas Retired Teachers Association (TRTA) works closely with the Texas Legislature and U.S. Congress to preserve and maintain the Teacher Retirement System (TRS) pension fund and TRS-Care insurance plan for all Texas educators. Together, we protect, promote, and defend the interests of TRS members.

TRTA STATE ISSUES

Preserve TRS Texas Traditional Defined Benefit Retirement Plan: TRTA's primary public policy objective is the preservation of the TRS traditional defined benefit plan for all public-school retirees and pre-retirees. TRS proves that when these plans are managed and funded appropriately, they provide cost-efficient retirement security for plan participants and taxpayers alike. Please note that 95 percent of public-school employees do not participate in Social Security. This saves Texas taxpayers billions of dollars, but also raises the stakes when ensuring the TRS traditional defined benefit plan remains strong and viable for all future retirees.

Fund TRS Pension Trust: In 2019, TRTA championed the "TRS Actuarial Soundness—Raise the Base!" plan (Senate Bill 12). This plan is a multi-session increased funding initiative that will ensure the long-term solvency of TRS. TRTA members urge the 88th Texas Legislature to continue the plan by introducing and adopting a state budget that funds contribution rates of 8.25 percent for the state and active educators and 1.9 percent for school districts by 2024.

Support a COLA for TRS Retirees: *TRTA is aware of the sincere interest expressed by the Legislature over the past several years to take steps regarding the loss of income retirees are experiencing. TRTA welcomes the open expression of support from legislators to address this issue during the 88th Texas Legislative Session. TRTA urges the enactment of a cost-of-living adjustment (COLA) for TRS retirees as an emergency item in the coming session.*

Protect TRS-Care: TRTA appreciates the work of the Legislature to address increasing health care costs for TRS retirees over the past several years. However, it is our belief that the best solution for this issue is to design and implement a long-term plan that continuously reviews health care costs and associated state funding and compares them to the actual costs of health care. This solution would take the place of the current arbitrary formula that was established 35 years ago when TRS-Care was created.

TRTA's position on federal legislative priorities may be found on another document. Please contact info@trta.org for more information.

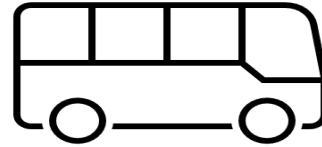
Texas Retired Teachers Association
313 E. 12th Street, Suite 200 | Austin, TX 78701

The Voice For All Public Education Retirees
1.800.880.1650 | www.trta.org



Lee Nitcholas

Field Trips



C-FB RSPA Field Trip Committee Feb 2022

Join us for a trip into history to the **Dallas Holocaust and Human Rights Museum** on Feb. 23, 2022. We will go through all the exhibits and theater experiences then have a late lunch. We'll meet at Webb Chapel Church of Christ parking lot at 9:30 to carpool there. We are working on details about cost and how to send in your money. Further details will be coming. Please contact Stefani Johnson for questions. sapntx@msn.com or 214-316-9190

- **Self-guided tour:** [Permanent Exhibition](#)
- **Self-guided tour:** [Special Exhibition](#)
- **Film presentation:** [Cinemark Theater](#)
- **Dimensions in Testimony Theater:** [Interactive Survivor Biography experience](#)

WORLD WAR II BOXCAR



Field Trip Committee
Lee Nitcholas, Stefani Johnson, Pat Enlow

Kay Edmondson
Community Volunteer Service

CVS HOURS 2021

REMINDER!!!!

PLEASE, PLEASE, PLEASE... if you have not submitted your CVS HOURS for January 1 - December 31, 2021, submit them now.

email Kay Edmondson, mce60@verizon.net.

Thank you!



Kathy McWhorter
Sunshine

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

kathymcwhorter@verizon.net
Or call 972-742-9513

Linda Bambina
Information and Protective Services



RESOLUTIONS TO MAKE 2022 FRAUD-FREE

I RESOLVE TO BE CAUTIOUS WITH EMAIL: Be wary of unsolicited emails from a person or a company. Scammers can make emails look like they are from a legitimate business, government agency or reputable organization. Never click on links or open attachments in unsolicited emails. *

I RESOLVE TO BE SOCIAL MEDIA SMART: Make use of privacy settings on social media and only connect with people you actually know. Be careful about including personal information in your profile and never reveal address and other sensitive information – even in a fun quiz. Scammers use this information to make themselves pass as a friend or relative and earn your trust

Knowledge gives you power over scams. Our Informative & Protective Services Newsletter gives you information on a monthly basis so you can better protect yourself and loved ones from becoming a victim.

*ON A PERSONAL NOTE: I got an email from a friend that seemed “off”...it said:
“Hello, sorry to bother you, do you order from Amazon? Thanks,” then her full name ...
I DID NOT REPLY. I contacted her by phone. Those who did reply (yes, it was sent to many) have had problems with their email and SHE HAS HAD MAJOR PROBLEMS, TOO.



Carol Sprawls
Healthy Living

All our teams are complete; however, sometimes people suddenly drop out. So, if you want to get on a waitlist, please email me at carolsprawls@att.net. I'll contact you if we have an opening. 😊

Walk Across Texas (WAT) 2022 has begun an eight-week challenge of teams walking 832 miles collectively. This year we have four teams of eight members each. The main goal of WAT is “to develop the habit of sustained physical activity,” which is an essential part of a healthy lifestyle. In addition, each year, participants report social and emotional health benefits. The WAT challenge has friendly competition and creates camaraderie among members and other teams. I am so proud of our CFB Captains and their creative team names.

Shaima Hakimi – Spring Chicks: Kim Kockritz, Kay Edmondson, Wanda Patterson, Linda Tole, Kimberly Guinn, LaDonna Conner, Steven Browning

Becki Tucker – Trail Trekkers: Carol Sprawls, Donna Wright, Gretchen Biery, Gail Hartin, Mary Eisenmann, C.W. Eaker, Holly Ready

Barbara Gilbert-Far Flung Fillies: Beth Sargent, Sharla Lee, Linda Bambina, Barbara Taylor, Jenny Sullivan, Pat Enlow, Carolyn Kollmeier

Lori McCall – One Trek Minds: Kathy Stevens, Stephanie Clifton, Kevin Hardison, Barbara Cervantes, Barbara Maley, Eija Allen, Sandy Elliot

Gretchen Biery
Children's Book Project

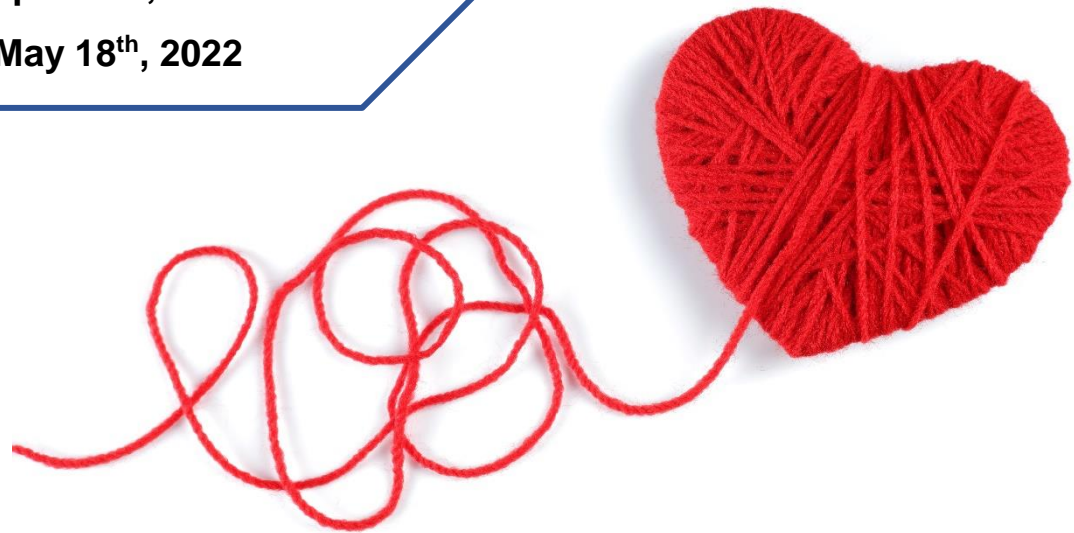
Thanks to those members who donated to the Children's Book Project. This year we are giving books to five schools: Blair, Blanton, Farmers Branch, Riverchase and Sheffield. There are a total of 2400 students - each will get a new book to take home for summer reading. So far, I have purchased 2200 books. They have been leveled, sorted for the schools, and have a sticker from C-FB Retired Teachers on the inside front cover. Thanks for your continued support of this worthwhile project.

Upcoming Meetings:

February 16th, 2022

April 20th, 2022

May 18th, 2022



C-FB RSPA Website

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cfbrspa.atwebpages.com

Happy Valentine's Day!