

Newsletter

September 2023

Pat Enlow

Legislative Chair

Hurray! We have the opportunity for a cost-of-living adjustment! As you know, the 88th Legislature unanimously passed HJR2 that authorizes a COLA for eligible public school retirees. However, it must be approved by the voters in the November 7, 2023 election. Our COLA is listed as Proposition 9 (Prop 9) on the ballot. If each of the 476,000 Teacher Retirement System (TRS) members votes and also makes sure 10 family members and friends vote, we can do this!

What can you do to ensure passage of Prop 9?

- * **C-FBRSPA has purchased yard signs, pin buttons, and communication cards** from TRTA to help you spread the word.



These items will be available at the September 20 meeting. Members are reserving signs for themselves and some are getting extra for friends and relatives. If you would like to reserve a sign, you can get on the list by emailing patenlow@verizon.net and they will be ready for you at the meeting. We will also have extra for purchase at the meeting.

- * **Subscribe** to the Inside Line to get the latest news.
- * **Know** these important dates:

October 10, 2023 – Last day to register to vote

October 23 – November 3 – Early voting

November 7 – Election Day

- * **Make sure** that you, your family, and friends are registered to vote. More information here: <https://www.votetexas.gov/register-to-vote/>
- * **Plan** to have 10 or more family members and friends vote.
- * **Be prepared** with the facts to inform others.

Prop 9 Talking Points

- Since 9/1/2004, the public school retiree has never received a cost-of-living raise. Most retirees are not eligible to receive Social Security; therefore, a TRS pension is their primary source of income.
- It will NOT create a tax increase! The Texas Legislature has already set aside the funds to make a COLA happen with voter approval.
- Prop 9 is endorsed by the Texas Retired Teachers Association (TRTA).
- Who is eligible for the COLA?

Eligible for a 2% COLA: Retired September 1, 2013 through August 31, 2020

Eligible for a 4% COLA: Retired September 1, 2001 through August 31, 2013

Eligible for a 6% COLA: Retired on or before August 31, 2001

Della Swaim

President

Great News! Wishing to encourage new C-FBISD educators, your C-FB RSPA Board has voted to enter into a Gift Agreement with the **C-FBISD Educational Foundation** providing grants to help new educators set up their classrooms. We received a generous gift from Al and Pat Enlow and presented eight, \$250 grants to excited and very grateful new educators from C-FB elementary schools throughout the district. These were

presented at the New Teacher Luncheon on Monday, July 24 at the Nancy Watten Technology and Event Center. The recipients' names were drawn out of a "hat," and they were presented gift cards. C-FB RSPA was represented by 1st VP Shaima Hakimi, 2nd VP Pat Enlow, and President Della Swaim. Al Enlow was also there for support and to take pictures. Our sincere gratitude to Dr. Wendy Eldredge, C-FBISD Superintendent; Dawn Parnell, C-FBISD Chief Communications Officer; and Donna Wald, C-FBISD Educational Foundation Director. The following educators received \$250 grants:

Claudia Samuelson-Furneaux Elementary

Guadalupe Hernandez Mora- McLaughlin-Strickland Elementary

Gloria O'Connell-Central Elementary

Natalie Segovia-McLaughlin-Strickland Elementary

Laila Rothermel-Freeman Elementary

Syrinna Doyle-Sheffield Elementary

Clemmie Jantz- Furneaux Elementary

Maria Garcia-Davis Elementary

(A photo of the winners appears at the end of this newsletter)

As we did last year, we are planning a December bake sale to provide funding for next summer's grants.

The C-FB Educational Foundation is a 501c3 organization to which tax-deductible donations can be made in the name of C-FB RSPA at any time of year.

Incoming donations can be made by check or online. The online gift portal is found at <https://www.c-fbisd.edu/community/education-foundation/give> and we'd ask that any donations include a note (donation comment section) that these funds are going to the C-FBRSPA Fund.

Checks can be mailed to the address below and include the C-FBRSPA Fund in the memo section of the check.

C-FBISD Educational Foundation
1445 N. Perry Rd.
Carrollton, TX 75006
Attn: Donna Wald

Shaima Hakimi

1st Vice President, Membership

Please join me in welcoming our newest members:

Anne Marceau
Nancy Hutchinson
Debby Millican

I know, I know, everyone wants October to be here. Hope you all have survived the brutal heat.

I am so excited about the start of another wonderful year to visit friends, make new friends, get ready for the upcoming election, PROP 9, field trips, learn things I did not know before, grow our membership and many more!

If you know someone who is not a member, please invite them to join us! There is strength in numbers and the surest way for us to accomplish success is to grow the organization. You and the new member will get a surprise treat courtesy of the Membership Committee.

As most of you know, we have adopted Vivian Field Middle School to provide school supplies for their needy students. We will be collecting those supplies or checks made out to Vivian Field MS at our September meeting and their principal, James Hughes, who is invited to our meeting, will take them to his campus.

Here is the list:

- Large size Backpacks
- Notebook Paper (wide rule)
- Composition Notebook
- 1" 3-Ring Binder
- One Subject Spiral Notebooks
- Pencils
- Blue/Black Pens
- Colored Pencils

Directory

Our updated Directory went out to all members at the end of August. If I have not taken your picture for our Directory or you would like an updated

picture, please come and see me at one of our meetings, or you can email me a headshot/photo of yourself to: hakimishaima60@gmail.com.

Pat Enlow

2nd VP, Programs

Please join us on September 20!

Welcome back! I hope everyone has had a pleasant summer full of adventure and accomplishments or just relaxing, lazy days.

Are you curious about what's happening in C-FBISD? Come to our September meeting and welcome Dr. Wendy Eldredge, our new District Superintendent. She has the answers! You can read all about her here:

<https://www.cfbisd.edu/about-us/superintendent>

Hope to see YOU September 20!



Dr. Wendy Eldredge

Judy Carey

Treasurer

Welcome back to C-FBRSPA!!!! Looking forward to seeing everyone at our September meeting.

Thanks to all of you who have paid your dues.

Reminder: If you have not paid your TRTA state dues (\$35) and your C-FBRSPA local dues (\$10), now is the time to do that. The dues are for 2023-2024. Please bring your check to the meeting or mail your check (made out to C-FBRSPA) to me at 975 Laguna Drive, Coppell, TX 75019. You may include the cost of lunch (Lunch is \$12.00) in the check with your dues. Please make your check out before you come to the meeting. It speeds up the check-in time. We need your support to help pay for programs at our meetings, door prizes, recruit new members, etc. We put your \$10.00 local dues to good use.

You can now use Zelle to pay for your state dues, local dues, and lunch. If you are paying for lunch with Zelle, you must pay by the Friday before our meeting. We will not accept payment for lunch using Zelle at the meeting.

If you have any changes in your information, please let me know. I can change your information with TRTA online, but any changes with TRS must be made by you. I have a form that I can email to you if you need it.

If you are interested in viewing the Treasurer's Report, it is posted on our C-FBRSPA webpage at cfbrspa.atwebpages.com. Also, our proposed budget for 2023-2024 is posted there. Please look at this proposed budget. We will be voting on it at our September meeting.

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

Lori Smith

Lunch Bunch News

Dear RSPA Friends,

It is back to school time and hopefully by the time this newsletter comes out some signs of fall will be appearing! Our lunch for September will be those delicious KFC pot pies again with a side of fruit and cookies provided by Carolyn Benavides. You do not have to make a choice this time, but

please remember to RSVP to Judy Carey to let her know you are coming and if you want to order lunch! judy.carey@verizon.net or text her at 214-498-9867.

Thank you and see you soon!

Lee Nitcholas

Field Trip: Museum of the American Railroad and Train Topia

On Wednesday, September 27 we will travel to Frisco to visit **The Museum of the American Railroad and Train Topia**. We will climb aboard steam engine trains at this lively museum. We will take a first-hand look at luxurious Pullman sleeping cars, Dallas's oldest depot and more. The Museum was recently moved to Frisco from its original location at Fair Park in Dallas.

We will also experience the miniature world of trains, **Train Topia**, a new addition to the exhibit. Over \$1 million and 20,000 man-hours went into creating this extraordinary tour of the American southwest, woven together by seven operating rail lines. **Train Topia** is the culmination of one person's lifetime travel experiences and love of trains. It is a journey that will capture your imagination!

Following our museum visit we will eat lunch at the famous **Hutchins Barbeque**, a Frisco institution for over 40 years. In 2020 Hutchins was named the best barbecue in D-FW by the *Dallas Morning News* after three rounds of voting. And in 2021 it was named as one of the top 50 BBQ Joints in Texas by *Texas Monthly* magazine. Look forward to some great BBQ!

We will be signing people up and collecting money for the field trip at our September meeting.

Ticket Cost: \$13.00

Estelle Lara

News at Metrocrest Services

Tuesday, August 22, was our first day to volunteer in the Metrocrest Food Pantry. Thank you to those who joined us that day. Each fourth Tuesday of the month, a group of our retired teachers will be on duty from 10:30 a.m. to 1:30 p.m. in the "Pantry" at the new facility at 1145 N. Josey Lane. Please be on the lookout for a "sign-up" sheet for future times.

Our "canned goods and money" drives will take place at the December and April meetings this year. Please read your newsletters for more details.

Anita Shepherd

Historian/Photographer/Social Media

Hi, C-FBRSPA members,

This year my role has been expanded to include historian and photographer. I look forward to capturing highlights of our activities and meetings! The C-FBRSPA officers attended the Spring Leadership Conference and were challenged to incorporate more iCloud tools and social media platforms to reach younger retirees. C-FBRSPA has a long history of using an electronic newsletter webpage, Facebook and now has added Twitter this summer to our social media as was suggested at the TRTA Leadership Conference. We responded to the challenge. Once the Twitter app is downloaded, you may follow us at **@C-FBRetirees**. C-FB RSPA members may access our public page of Facebook **C-FB Retired School Personnel Assoc, part of TRTA | Facebook**.

We also have set-up a C-FB RSPA Google account, which as you know gives us access to Gmail, iCloud storage and a host of other tools.

Facebook Logo



Twitter New Logo



As a member of C-FBRSPA your image/photo recorded on the social media i.e., Newsletters, Facebook, Twitter or C-FBRSPA related activities in photographs and/or video may be used for the purpose of sharing event highlights and communications locally and statewide. You have the right to opt-out of photos/videos and social media if you choose to do so, a form will be provided.

Looking forward to a great year!

Kay Edmondson

Voluntarism

Volunteer Guidelines

- Volunteer Hours may be counted for any service provided without pay with a maximum of 12 hours/day.
- Hours spent doing volunteer work are recorded door-to-door and include prep time.
- Record volunteer hours regularly. A datebook or calendar is useful.

Where to Volunteer:

- Schools, Libraries, Museums, and any Non-Profits
- Hospitals and Nursing Homes
- Friends, Neighbors and Family
- Babysitting grandchildren and cooking meals for family and friends
- Driving family members and friends to appointments
- Senior Citizen Centers and other Community Services
- Raising money for worthy causes

Email Volunteer Hours to Kay Edmondson at mce60@verizon.net

Volunteer hours are counted from January 1 through December 31, 2023

C-FB RSPA Online

[Our website has helpful information and interesting photos.](#) For example, you can always go there to preview monthly program topics.

Go to cfbrspa.atwebpages.com

Kathy McWhorter

Sunshine Committee

RSPA Members,

Please email me at kathysmcwhorter@gmail.com or text me at 972-742-9513 to let me know when someone needs a get well, sympathy or

encouragement card. I send cards for illness if the recipient is a member or in a member's immediate family.

I look forward to seeing EVERYONE in September!!



Few images of winners of RSPA \$250 classroom setup grants at New Teacher Luncheon, attending Optimizing Outcomes at RLT and helping with Metrocrest Food Pantry

**THE HEALTH AND SAFETY
NEWSLETTER FOR TRTA DISTRICT 10**



HAPPY AND HEALTHY AS AN OX

**NATIONAL
CHOLESTEROL MONTH**

PUBLISHED BY KAROL KUYKENDALL

Did you know?

- High cholesterol is a major risk factor for heart disease, which is the leading cause of death in the United States.
- People with high cholesterol are twice as likely to have heart disease than people with lower cholesterol levels.
- 73.5 million American adults (31.7%) have high low-density lipoprotein (LDL), or bad cholesterol. But fewer than 1 out of every 3 adults with high LDL cholesterol has the condition under control.

Everyone can benefit from knowing their cholesterol numbers and doing what they can to prevent or reduce high cholesterol levels. Uncontrolled cholesterol is a risk factor for heart attacks and stroke. But high cholesterol has no symptoms, so patients might not know that their cholesterol is too high unless it's measured by a doctor with a blood test.

While some risk factors such as family history may be out of our control, there are other ways to reduce or prevent high cholesterol, such as exercising, eating a healthy diet, not smoking and taking medication as prescribed.

Honor National Cholesterol Education Month by encouraging your friends to know and control their cholesterol numbers. Adults aged 20 and older should have their cholesterol levels checked every four to six years.

True or False? Thin people, kids and people who exercise don't have to worry about high cholesterol.

FALSE - one of the most common misconceptions about cholesterol



Can you pick the cholesterol bad guy?



September is National Preparedness Month, which promotes community and family disaster planning.



Disasters are a serious business! Nothing to laugh about, true. But, when we're not having one, it's OK to giggle.

STEP 1- MAKE A KIT

STEP 2- MAKE A PLAN

- Basic Supplies: Think first about the basics for survival – food, water, clean air and any life sustaining items you require.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
 - Flashlight
 - Extra batteries
 - First aid kit
 - Whistle to signal for help
 - Dust mask, plastic sheeting and duct tape to shelter-in-place
 - Moist towelettes, garbage bags and plastic ties for personal sanitation
 - Wrench or pliers to turn off utilities
 - Local maps
 - Pet food, extra water and supplies for your pet or service animal
 - Medications and Medical Supplies
 - Copies of your prescriptions
 - Eyeglasses, hearing aids and hearing aid batteries, and oxygen
 - Medicare and Medicaid cards
 - Copies of important documents family records, wills, power of attorney, deeds, social security numbers, credit card and bank information, and tax records.
 - Names and numbers of everyone in your personal support network, as well as your medical providers.
 - Cash or travelers checks

Think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are, and how you will contact them in an emergency. Create your own personal support network by identifying others who will help you in an emergency. Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require handicap accessible transportation be sure your alternatives are also accessible.

- Share your plan with your family, friends, care providers and others in your personal support network.
- Create a Personal Support Network: If you anticipate needing assistance during a disaster, make a list of family, friends and others who will be part of your plan. Talk to these people and ask them to be part of your support network.
- Make sure everyone knows how you plan to evacuate and where you will go in case of a disaster. Make sure that someone has an extra key to your home. Practice your plan with those who have agreed to be part of your personal support network.

-Danger is my middle name, but Safety first.



-So if someone decides to ride out the hurricane instead of evacuating, does that make them a "Flo-rida"?

-The Titanic was scheduled to have an evacuation drill the same day it sank, but it was canceled by the captain. Now let that sink in.

