

End-of-Year Survey – Lyn Abercrombie

We want your input! Help us to be the best ever by taking our End-of-Year Survey! Do it by midnight, Monday, May 19, and you'll be entered in a drawing for \$20!

To find the survey, click [here](#), or:

- 1.) Go to our website: cfbrspa.atwebpages.com
- 2.) Scroll down to the bottom of the page (under the photo)
- 3.) Click on "End-of-Year Survey"

Thank you

Shaima Hakimi - President

Eight of us, Della Swaim, Lee Nitcholas, Kimberly Guinn, Maxwell Kashiwa, Martha Portman, Anita Shepherd, Becki Tucker, and myself attended Day at the Capital on March 26 not only to celebrate the repeal of GPO and WEP with Tim Lee, TRTA Executive Director and all other TRTA members, but also to meet some of the legislators representatives and their staffers to thank them for their support and emphasize on TRTA's legislative priorities such as cost of living adjustment (COLA), maintaining a solvent TRS pension fund and protecting TRS-Care by fully funding the current statutory contribution rates. We visited Rep. Cassandra Garcia Hernandez, Rep. Mitch Little, Rep. Shelley Luther and staffers of Rep. Mihaela Plesa, Rep. Rafael Anchia, Rep. Rep. Ben Bumgraner, Rep. Matt Sheehan, Rep. Shelley Luther, Sen. Nathan Johnson, Sen. Brent Hagenbunch and Sen. Tan Parker.

Thank you, Pat Enlow, for organizing some of our visits with our representatives.

We enjoyed the trip and made many wonderful memories along the way!!



Membership – Lynn Scifo

As we welcome Spring, we also welcome our new members, Marcia Murray and Vicki Grissett. Thank you so much for joining. It is so important to keep our association growing, so please continue to get your family and friends to join.

We will have our first drawing at our April meeting for all those that have paid their dues by the end of March. This first cash award will be **\$100**. If you missed the March cut-off date, you still have an opportunity to pay your dues before the end of April and have your name put in a drawing to win an award of **\$65** at our May meeting. Good luck to all!

Lunch Bunch – Lynn Scifo

Lunch will be a Chick-Fil-A box lunch that includes a (grilled or crispy) chicken sandwich, chips, and a cookie. When you place your order, please specify which type of sandwich you prefer. The cost is \$12.00 Please RSVP to judy.carev@verizon.net or text to 214-498-9867 by **5p.m. Friday, April 11**.

(Please leave your full name when you RSVP. Thanks!)

Program – Kimberly Guinn

Learn About Exciting Programs in C-FB ISD

Outside of the student's home, schools are the most likely place where mental health concerns will be detected. Mental health

support encompasses various services, including counseling, therapy, and referrals, often delivered by trained professionals like school psychologists and counselors, aiming to improve student well-being and address mental health concerns. <https://tea.texas.gov/about-tea/other-services/mental-health/mental-health-and-behavioral-health>

Jo Gillen, C-FB's Executive Director of Social Emotional Learning (SEL) and Behavior, will share programs supporting all CFB students.

One of the new programs is the Mind Above Matter Program (MAM). This program offers a wide range of comprehensive mental health services to proactively address the challenges our students face.

Jo has been with the District for many years. Her connections with the schools and our community has always been forefront in her work performance. She is instrumental in keeping our community relationships strong. Recently, Jo was awarded the Empower and Teammate Awards recognizing her hard work to support C-FB's staff, students and families.

Children's Book Project Delivery

Our Children's Book Project Committee members will be delivering the books to 24 elementary campuses this month. Delivery dates are April 24- May 2. There are AM and PM shifts. The campuses are looking forward to their delivery dates. If you are so inclined to be on a delivery team, just contact Kimberly Guinn. guinnk83@gmail.com There's always room for more people!

Treasurer – Judy Carey

PLEASE PAY YOUR STATE AND LOCAL DUES FOR 2025-2026

Thank you to the members who have already paid their dues for 2025-2026, but it is time for a reminder to put those dues in the mail or pay at our next meeting. A new membership year has begun!!!

If you have your state dues taken out of your annuity or paid 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 at 975 Laguna Drive, Coppell, TX 75019. We are now accepting ZELLE as a form of payment for your state and local dues. If you use ZELLE, use my email judy.carey@verizon.net not my phone number. If you use ZELLE to pay for anything else other than dues and lunch, please email or text me and let me know what it is for, like field trips. If you leave a note in the comments, I do not see that. If you have questions, please email me at judy.carey@verizon.net or call me at 214-498-9867.

Please try to pay your dues each year. If you miss paying one year, you will become an inactive member of TRTA and C-FB RSPA. It is very important to stay current on your dues. TRTA works very hard for us and the least we can do is pay our dues. It may be the best \$45 you spend every year to protect and improve your livelihood and income as TRTA continues to fight for your retirement security!

We appreciate your membership and hope you plan to renew NOW for 2025-2026. Hope to see you on APRIL 16, 2025.

Legislative – Pat Enlow

We will not be having the Candidate Meet and Greet at the April meeting. I hope the information below will help you get to know the candidates.

Are you registered to vote? Have you moved and need to update your information? Do you want to see your sample ballot? Want to know where you can vote?

Choose your county to find information.

Dallas <https://www.dallascountyvotes.org/voters/ballot/#VoterEligibilitySearch>

Denton <https://www.votedenton.gov/election-day-information/current-and-upcoming-election-information/>

Collin <https://www.collincountytx.gov/Elections/voter-registration-information>

Early Voting April 22-29 You may vote at any polling place in the county in which you reside.

Election Day May 3 Check your county information to find out in which polling place(s) you may vote.

In 2016, CFBISD began **cumulative voting**. This year, you have 3 votes for Board of Trustees candidates. You may cast all 3 votes for 1 candidate or split your votes among candidates however you wish.

Read what CFBISD Board of Trustees candidates have to say:

(I) = Incumbent

Brady Barnett <https://www.branchherald.com/stories/brady-barnett,28601>

Kim Brady (I)

Ileana Garza-Rojas (I) <https://www.branchherald.com/stories/ileana-l-garza-rojas,28469>

Paul
Gilmore <https://www.branchherald.com/stories/paul-gilmore,28599>

Tara Hrbacek
(I) <https://www.branchherald.com/stories/tara-hrbacek,28909>

Rangoli
Mathur <https://www.branchherald.com/stories/rangoli-mathur,28600>

Nicole
Yarbrough <https://www.branchherald.com/stories/nicole-yarbrough,28470>

Read what Farmers Branch City Council candidates have to say:

District 1

Omar
Roman <https://www.branchherald.com/stories/omar-roman,28938>

Isabel Romero Did not choose to participate in The Branch Herald questions.

District 4

Deborah
Bowe <https://www.branchherald.com/stories/deborah-bowe,27938>

Elizabeth
Villafranca <https://www.branchherald.com/stories/elizabeth-villafranca,27939>

Carrollton has no city council election in 2025.

CFBISD Education Foundation – Pat Enlow

CFB RSPA continues to partner with the CFBISD Educational Foundation in several ways.

Retired school personnel participate in the evaluation of applications for scholarships.

We assist at special events involving school personnel.

We fund gift cards for first-year teachers new to the district to help defray the cost of setting up their classrooms.

Please let me know if you wish to participate! patenlow@verizon.net 214-364-9601

Metrocrest – Estelle Lara

Our Food Pantry group has been doing just great at Metrocrest Services. We stock canned veggies, soups, fruit, etc. Also, we sort fresh fruit, fresh vegetables, milk and eggs. We also fill the shelves with hygiene items that have been donated. But they could definitely use MORE!

In April, we will have our next food and money drive. If you want to know what they really are low on, here's a list: toothpaste, pads, shampoo, disposable diapers, deodorant, bars of soap, toothbrushes, combs, and toilet paper. OR.....you can just write a check to METROCREST SERVICES. Believe me, they really appreciate any help you can give.

I will be at the meeting in my blue RAV4 to collect your items, checks, or even PLASTIC BAGS to help their customers. **Please write "Food Drive" on your calendar for the APRIL RSPA meeting.** See you at the next meeting.

School Outreach – Stefani Johnson

Adopt Kathryn McWhorter Elementary

We have a great opportunity to help the staff and kids at McWhorter Elementary!

We went on March 11th and set up a hot chocolate/hot tea/coffee bar with cookies. The staff appreciated a break.

We will go there once a month on the 3rd Tuesday of the month from 10:00 to 12:00 (or later if you wish). Please put these dates on your calendar if you would like to join us:

April 15 - Volunteer - Take candy

May 20 - Volunteer - all hands-on deck to help the tired staff - Root Beer/Coke floats (bring donations of soda to the April meeting)

If you are interested in helping, please email, text or call Stefani Johnson. sapntx@msn.com 214-316-9190.

You must sign up to be a CFBISD school volunteer (this allows you to work directly with students):

<https://www.cfbisd.edu/community/become-a-partner>

Be sure to click on "Background Check" and fill it out even if you already work in the schools. There's no charge to you. Fill in the schools and areas you want to volunteer. You will get an email confirmation.



April 22, 2025 See the Bluebonnets in Ennis. Meet at *Webb Chapel Church of Christ, Farmers Branch*, 13425 Webb Chapel Rd., Farmers Branch 75234 at.

Talk to Beth at the meeting.

Another Field Trip – Linda Bambina



Field Trip – Stefani Johnson

Titanic: The Exhibition in Dallas

May 7th, 2025, 10:30 am \$22

Sign up and pay at the April Meeting

Lunch after the tour.

Titanic: The Exhibition is making its way to Dallas after a sold-out run in Macau, Moscow, Riga Latvia, Perth, Sydney, LA, and Chicago. It brings with it an interactive experience that allows you to step inside re-creations of the Titanic's interior. Immerse yourself in the stories of its passengers, see hundreds of artifacts, and discover the tale of the design, creation, launch, maiden voyage, and tragedy of the historic ship.

✈️ Receive your very own boarding pass corresponding to a real passenger on the ship

🌟 Walk through incredibly detailed re-creations of the ship's dock, staircase, and interior, complete with a starry night sky scene

📖 See over 300 artifacts from the Titanic and its sister ships' survivors, brought with them on their journey

🌊 Explore the immersive Discovery Gallery with its raised glass floor and see what discovery teams saw during dives to Titanic's wreck site

🎮 Enjoy a VR experience providing an in-depth look at the most recent forensic research related to the ship's downfall

🕒 Duration: 1 hour

📍 Location: 14902 Preston Road Dallas #386, TX 75254 (Preston and Belt Line)

The Exhibit actually faces Belt Line, not Preston. It is close to Hobby Lobby.

April Field Trip Reminder – Beth Sargent

Please join us at ***The Firehouse Theatre*** on Saturday,

June 28th for the matinee (2:30) of *Oklahoma*

(the “real” one not the “new” one)

Contact **Linda Bambina** for all info & pay \$35/ticket

Lindabambina42@gmail.com

Health and Safety – Becki Tucker



Congratulations to our Walk Across Texas teams: CFB Defeeters, CFB Health-ercisers & CFB Wandering Walkers! As of 3/28 collectively we've walked...4641.67 miles!

We still have a few weeks to go ending April 20th. It's important that we keep moving as we age. It's not always easy to do but it is necessary to our health.

When you think about a total body exercise program, your balance might not be the first thing you think about. But balance is crucial for mobility and daily living activities. Balance exercises also improve stability and reduce the risk of falls. That's especially important for older adults who face a higher risk of falls. More than one in four people age 65 and older fall each year, according to the Centers for Disease Control and Prevention.

Many exercises can help support your balance, but if you have time for only one move, try standing on one foot once or twice a day.



How to perform the best balance exercise in 3 steps

Here's a step-by-step guide to a one-foot balance exercise you can do anywhere in just a few minutes. Be sure to talk to your doctor before starting a new exercise program.

1. Stand upright with your feet shoulder-width apart. If you need extra support, position yourself near a kitchen or bathroom counter or a sturdy piece of furniture that you can hold on to if necessary.
2. Keeping an upright posture, raise one foot and balance on the opposite foot, holding the position for 10 seconds. Gradually work up to 30 seconds (or longer) at a time. As you improve, work on not moving your arms away from your body or letting your weight shift from side to side while you perform the exercise.
3. Switch feet and repeat on the other side.

Volunteer Hours – Kay Edmondson

Just a reminder to keep track of your volunteer hours on your calendar or any other means easy for you on a daily, weekly or monthly basis.

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
- Caregiver for family members or friends