




C-FB RSPA NEWSLETTER - FEB 2025

Shaima Hakimi - President

My goodness, it is already February, 2025! *Happy Valentines Day* 

Please wear **RED** or something Valentine”y” at our February meeting.

Our last three meetings, September, October, December, plus the November Lunch Appreciation by Dr. Eldredge, and our Chili Cook-off/Bingo Game Day in January were absolutely amazing and fun.

Thank you to all our board members and members for your constant presence, support and hard work.

We will not have any meeting in March, but Day at the Capital will be March 26, 2025 in Austin.

Nine of our members including myself will be traveling to Austin, armed with questions and concerns and posing these to our legislators in a meeting.

Members attending this event are:

Shaima Hakimi, Della Swaim, Pat Enlow, Kimberly Guinn, Lynn Scifo, Maxwell Kashiwa, Anita Shepherd and Becki Tucker.

Lynn Scifo - VP/Membership

Please welcome our new member *Tere Troncoso*. She joined in January. Welcome Tere!

We want to keep our membership increasing, so please encourage your friends or colleagues to attend a meeting. If you would like me to reach out to them, give me their information and I will be happy to contact them and if they decide to join, you and the new member will receive a \$10 gift card!

Guess what time it is? Dues are due! We are excited to once again offer incentives for those who pay their \$35.00 TRTA and \$10.00 CFBRSPA annual dues as we have done in the past 2 years. Members who submit their dues starting this month to the end of March will be eligible to receive a **\$100 cash prize**. The winner will be announced at the April meeting. The second cash incentive will be **\$65** if you pay from April 1 to April 30. This drawing will happen at our May meeting. Our third cash incentive will be **\$35** and drawn in June.

By paying your dues early, you help ensure continued support for TRTA's mission while also taking advantage of this special incentive.

Lunch Bunch – Lynn Scifo

Lunch for our February meeting will be chicken pot pies from KFC and is \$12.00.

Programs - Kimberly Guinn

How to Stay Young Our First 100 Years!

Yes, our February guest speaker will give us suggestions on how to keep our bodies young.

Dr. R. John Lehrer specializes in the evaluation, treatment, and rehabilitation of neck, back, and extremity problems utilizing state-of-the-art chiropractic procedures. He is proficient in many chiropractic adjustment techniques but is one of only a few doctors in the State of Texas who is certified in the evaluation and treatment of spinal dysfunction using the most advanced instrument in computerized adjusting today, the Pro-Adjuster 360.

In 1991 Dr. Lehrer received an Associates in Science from Ferris State University in Big Rapids, MI, and in 1994 a Bachelor of Science in

Anatomy and a Doctorate in Chiropractic from Parker College of Chiropractic in Dallas, TX. He has over 300 hours of post-graduate studies in Chiropractic Rehabilitation and Clinical Orthopedics. He is a member of the American Chiropractic Association, the Texas Chiropractic Association, and the Parker College of Chiropractic Alumni Association.

Dr. Lehrer is very active in volunteering his time and professional services to many local charities such as Make-A-Wish North Texas, Metrocrest Social Services, and Bea's Kids by consistently sponsoring community fundraisers through his office.

Dr. Lehrer has been married since 1994 to his lovely wife Sara. They have 2 grown children, a daughter Jordan and a son Nicholas. Dr. Lehrer enjoys spending time with his family, traveling, golfing, and playing guitar.

Don't miss out on what Dr. Lehrer has to say about keeping ourselves healthy and young!

CBP (Children's Book Project) Updates - Kimberly Guinn

All books have been ordered and received! Two-thirds of the books have the TRTA label on the inside cover of each book. Thanks to the Committee members who took home boxes of books to add the labels. As the saying goes, "many hands make light work!" Next steps are collecting enough boxes for campuses and begin filling each campus order. We will communicate with each campus to establish a delivery date towards the end of April or first of May. Exciting times!

Jars with black and white ribbons will be placed around our February meeting where you can drop-in your contribution for our 2nd grade book fund (CBP). Or you can send your monies to Judy Carey. *Anyone who desires to make a financial contribution, we ask for you to consider*

making it the same as the number of years you worked in the school systems. Thank you for your support!

NEWS FROM THE TREASURER - Judy Carey

It is time to pay dues for 2025 - 2026

Happy 2025 to everyone. You can pay your dues for 2025-2026 at our February meeting. If you pay your dues in cash at our meeting, please put it in an envelope with your name on the envelope.

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 2025-2026 membership year. March, April and May are the ideal months to renew. We deeply appreciate your membership for the 2024-2025 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.

TRTA has accomplished some great things in the past two years and more is to come. They can't do it without your support, so please pay your dues.

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 to 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.

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.

You can also Zelle me (use my email address, please) with your dues as well as your \$12 for lunch if you'd prefer.

Hope to see you at the February meeting!

Member Benefits – Carol Sprawls

Do you have a question about your TRS Member Benefits? Put the following numbers on your phone for a quick click to get answers.

TRS Health: 1-888-237-6762; M-F 7 am-6 pm CST; Sat. 9 am-1 pm CST

TRS-Care Standard-BCBSTX (Medical): 1-866-355-5999

TRS-Care Standard-Express Scripts (Prescription drugs): 1-855-778-1459

TRS Care Medicare Advantage - UHC (Medical): 1-866-347-9507

TRS Care Medicare RX-Express Scripts: 1-844-863-5324

TRS UHC Healthy Benefits: 1-888-237-6762;

<http://myuhcmedicare.com>. You must log in or call to give the date of your Wellness Exam to receive \$25 loaded onto your 2025 UCard.

TRS Care Healthy Benefits Plus: 1-833-832-7306;

<http://healthybenefitsplus.com>. You earn \$40 credit each quarter for OTC products; yearly = \$160 credit

Retirement Education – Ellen McLoughlin, Mary Eisenmann

In partnership with Richardson RSPA, Presenter from TRS

Retirement Ed. Seminar on Zoom, Feb. 22, 2025 at 10 a.m.

link to Register: <http://www.trta.org/retirementseminars>

Please suggest anyone you know that is still working in a school district and planning to retire in the next 5 years to attend this virtual seminar.

If they have questions, please have them contact either of us:

Mary.Eisenmann@gmail.com or Ellen.McLoughlin@verizon.net

We asked CFB to send an email to all staff but we have not seen evidence of the information reaching all staff. It is more important than ever to let your friends know about the seminar. To date, only 4 CFB employees have signed up.

Community Service - Estelle Lara

Metrocrest News -

Our RSPA group is well known at the FOOD PANTRY for their wonderful volunteer work and their generosity. Jayme Dooley knows many of our members by name and is always happy to greet us at the door. You go in, sign in, lock up your belongings, and she will see that you get right to work. Come join the fun!

Helping people gain self-sufficiency does cost some money. Whatever you contribute can help with nutritious meals, rent assistance, employment coaching sessions, or even financial coaching. Write out a check to Metrocrest Services, and you can make a difference in someone's life!

Please look for me with my green folder at the next meeting!

CFBISD Educational Foundation - Pat Enlow

This time of year, members of C-FB RSPA donate to one of our most important causes - the support of newly hired, first time teachers. In July at the New Educators' Luncheon, 19 very happy, thankful teachers each received a \$200 gift card to help defray the cost of setting up their classrooms. So far this year, we have collected \$1104 (Bake Sale = \$733, World Series Memorabilia = \$335, and \$36 balance from 2024). **Please consider making a donation to this very worthy cause.**

The CFBISD 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. Donations can be made by check or online. The online gift portal is found at https://crm.bloomerang.co/HostedDonation?ApiKey=pub_fd37460f-7936-11ec-80fa-0a19d3e1b33b&WidgetId=336896 **Don't forget to include a note in the Donation Comment section that this donation is for the C-FB RSPA Fund.**

Checks can be mailed to CFBISD Educational Foundation, 1445 N. Perry Rd. Carrollton, TX 75006 Attn: Donna Wald. **Please write "C-FB RSPA Fund" on the memo line of the check.**

Legislative - Pat Enlow

We did it!! A huge thank you to Tim Lee and congratulations to all who will see an increase in their TRS pension with the repeal of WEP and GPO! What an achievement! Thank you to all who called and emailed their US Representatives, Senators, and others.

The 89th session of the Texas Legislature has begun. It runs from January 14 - June 2, 2025. You can read the TRTA Legislative priorities here: <https://trta.org/wp-content/uploads/2024/09/2025-TRTA-Legislative-Priorities.V6.pdf>

TRTA will not take a stand on vouchers unless our TRS Pension Fund is affected. However, SB 2 was filed 1/24/25. It proposes creating an education savings account program. If you are interested, you can read about it here: <https://www.texastribune.org/2025/01/24/texas-senate-school-choice-vouchers-education-savings-accounts/>

School outreach - Stefani Johnson

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

We went on January 21st. Beth Sargent and Della Swaim helped 1st graders with reading and Shaima Hakimi and Stefani Johnson helped in the cafeteria. We got lots of hugs and smiles!

We would like to set up a hot chocolate/hot tea bar for the staff in March. Please bring the following items to the February monthly meeting to add to the table:

Hot chocolate packets

Tea bags

Marshmallows

Sugar and sweetener packets

Peppermints

Small wrapped chocolates (½ price after Valentine's Day)

Small cookies

Disposable "hot" cups

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:

February 18 - Volunteer (please bring a bag of candy to set out for the staff)

March 11 - (2nd Tuesday due to Spring Break) Volunteer and set up hot chocolate and hot tea bar

April 15 - Volunteer and take end-of-the-year “survival kits” - any ideas?

May 20 - Volunteer - all hands on deck to help the tired staff

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.

Health & Safety - Becki Tucker

Hello Fellow Retirees!

Happy Valentines Day!

We are getting ready for WAT (Walk Across Texas) starting Feb. 24th - Apr. 20th. Currently as it stands, we have 16 signed up. Teams consist of 8 members including team captain. Right now, we have 2 complete teams. We would like more to sign up to complete a 3rd team. As most of you know, a team walks 832 miles collectively (104 miles per person). It sounds like a lot, but **ALL** activities count toward your mileage.

Please send me an email if you are interested in signing up.

bjtucktx@gmail.com

Valentines Day is around the corner and what a better time to embrace a heart-healthy lifestyle. We can prevent heart disease and lower our risk for a heart attack or stroke. You're never too old or too young to begin taking care of your heart.

You can start by:

- **Being active**. Physical activity and exercise can reduce your risk for developing cardiovascular disease and even reverse some risk factors such as being overweight or high blood pressure. Join a WAT team! (Walk Across Texas)
- **Eating healthy**. Eating the right foods can help you control your weight, blood pressure, blood sugar and cholesterol. Follow a heart-healthy diet that includes fruits, vegetables, whole grains and lean meats.
- **Get your sleep**. Sleeping a solid 7 or 8 hours per night is a marker of good heart health.
- **Manage blood pressure**. Staying active and eating a heart-healthy diet, while lowering salt intake and managing stress, can help prevent the development of hypertension, as well as naturally lower your blood pressure.
- **Control cholesterol**. There are two types of cholesterol: "bad" cholesterol (low-density lipids, LDL) which clogs arteries, and "good" cholesterol (high-density lipids, HDL), because it helps remove bad cholesterol from arteries.

It's warming up outside, time to get out and get walking, kayaking, hiking...enjoy the great outdoors! Always carry your water bottle to stay hydrated.

Chili Cook-Off - Lee Nitcholas

The January Chili Cookoff and Bingo Games were a great success once again. Good food, good games and good company! Thank you to Stefani

Johnson for taking the lead in organizing this event.

Congratulations to the winners of the Chili Contest.

Stefani Johnson, 1st Place

Ginny Welch, 2nd Place

Debby Moss, 3rd Place

Thank you to Linda Tole and the panel of judges (Carol Brown, Della Swaim, Kathy McWhorter and Pat Steed) for a fine job. We appreciate your service.

Once again we had a great time and had the best attendance yet



Field Trip - Beth Sargent

THINK SPRING for our **NEXT FIELD TRIP**

If you've always wanted to experience the Ennis Bluebonnet Trails or again want to take in the beauty of the bluebonnets mixed in with the Indian Paintbrush flowers, we have a treat for you.

Mark your calendars for April 22, leaving Webb Chapel Church of Christ at 9:30, returning about 3:30. You can sign up for this field trip at our February 19 CFBRSPA meeting. Price is \$5. You can also send Beth Sargent an email at bsarg1923@tx.rr.com and let her know your interest.

Since we will be carpooling, let her know if you can drive.

We will have lunch at the Fern in the Wild in Ennis.

Did you know that the Bluebonnet is Texas' state flower? Did you know that in 1997 the State Legislature designated Ennis as the official Texas Bluebonnet Trail? There are 40 miles of mapped driving the Trails.

And last, but certainly not least,

View us on the Web! - Lyn Abercrombie

Our C-FB Retired School Personnel Association has a website with helpful information and photos!

Our address is <http://cfbrspa.atwebpages.com/>

You'll see our meeting dates and upcoming programs; past newsletters; a listing of our board members; loads of photos of our meetings, field trips, and service projects; legislative information; minutes of previous meetings; our financial reports; our history; and "In Memory" of our members who have passed away.