

# C-FB RSPA Newsletter

April 2013

## Letter from the president, Linda Tole

Well folks, my time as president is coming to an end! I have enjoyed working with the executive board and interacting with each of you! We have had a number of new experiences during the last four or so years. The field trips that we initiated have been a wonderful addition to our organization, I think. We have increased our membership numbers. We have collected more than 2000 books this year. Our Christmas meetings off-site have been a big hit too.

Lee and her team will have new initiatives to implement. Lee has been wonderful at getting outstanding programs for the last two years and I know that talent will transfer to her position as president.

Now to the last information I have to convey. If you haven't been to our District X webpage lately, there are some new things there. You will see a "Wall Of Champions," this includes legislators who have agreed to back bills which are positive for TRS members. One of the things that we as members really NEED to do is call or write our legislators and ask them to support HB 1383. This bill would increase the amount that is added to the pension by the state. Please go to <http://www.trta.org/billtracker> to see the bills that have been introduced regarding TRS. (check out #1383 to see the particulars.) Also on the TRTA website, look under "My Story." This is a form that can be used to write your legislator.

Another thing that we need to push is our health care. We need to tell the legislators that we NEED continued funding of our health care system. As you are aware, the funding for our health insurance is nearly defunct; we need to make sure that they continue to fund it. We will be in really BIG trouble if we do not have our insurance program.

On a positive note, there were more than 1100 people who attended Rally Day at the Capitol. Even more called or emailed their legislators last week. There seems to have been a very favorable outcome to the day. There are MANY new legislators this year. That is one of the reasons why calling, emailing and writing our current legislators is important.

Looking forward to seeing all of you at our April meeting! Bring your checkbook so you can pay your dues!

## April Program from Lee Nitcholas

We are pleased to announce the highly recommended program **Neurobics** will be sponsored by Silverado Senior Living and presented by Lori Ward at our April meeting. **Neurobics** is a unique, fun and challenging way to exercise your brain. The program is designed to awaken your senses and stimulate your mind while you enjoy learning more on how to maintain a healthy brain. This is an entertaining and interactive program in which we will participate in various fun activities using different senses.



## **Membership and More**

Linda Bambina, VP for Membership

February was a fun meeting. Close to 60 folks came out for lunch and our terrific program: a return visit from Dave Lieber, former writer for the Ft. Worth Star-Telegram, current author/consumer watchdog and self-proclaimed “Yankee Cowboy”. He is as informative as he is delightful to listen to.

Special welcomes went out to brand new members Carrie Jacobson (her mom was Mary Ann Hill from RLT) and Vicki Barkley. Kay Cavin has been a member for awhile but this was her first meeting with us. Hope all three of you come back for our last two meetings of this year.

Speaking of our April meeting, I am not sure that I will be able to attend (depending on when a new baby in our family decides to make his appearance in Denver.) And as the fates would have it, several of my regular “Lunch Bunch” folks ALSO have conflicts, so if any of you would like to help with the set up or clean up aspects of our April meeting, please

**From Pat Enlow**



## **Beautiful April Field Trip**

**When:** Monday, April 22, 2013, 10:00 a.m.

Meet at the Webb Chapel Church of Christ  
(where RSPA meetings are held) if you wish to carpool.

**Where:** Ennis, Texas, to see the wildflowers

**Lunch:** Wildflower Cafe, Ennis, TX, @ 1:00 p.m.

This is the Monday following the Bluebonnet Festival, so we are hoping for abundant wildflowers!

**The last day to sign up is at our April 17 RSPA meeting.**

**If you cannot attend the meeting, contact**

**Pat Enlow: [patenlow@verizon.net](mailto:patenlow@verizon.net) or 972.393.8662**

email me asap so I can incorporate you into the organizational plan of the day.

I know that Judy Carey and I mentioned in February that the state organization kicks off their Annual Membership Drive in March. Since we don't meet in March anymore, we started in February collecting dues and then our BIG push is in April, still pushing well into summer! So please help us out, and let us know if you have any friends who are retiring at the end of the school year!

And for many others of you reading this note, it is fine for you to remain a “whisper” in the background, **we still need you.**

*Numbers Count with the Legislature.*

This retirement organization IS YOUR VOICE.

**P.S.** Judy Carey passed along a GREAT STORY about one of our members (Davilla Harding) who had moved from Dallas to Malakoff when she retired (still paying her yearly \$10 Local Dues) Well it seems that she moved to HAWAII and *still wants to be part of us local folks*....so she sent Judy her \$10 again! Thank you for your loyalty, Davilla!  
([davillaharding@gmail.com](mailto:davillaharding@gmail.com))

## **PEROT MUSEUM Field Trip from Beth Sargent**

What a lovely day and experience it was. On March 19, sixteen ladies and one gentleman toured the Perot Museum of Nature and Science. So much to see! And there will be other times to stimulate our curiosity with its many exhibit halls. A few of our favorites were the Gems and Mineral Hall, the Life Then and Now Hall, Being Human Hall and Hall of Birds. After a lot of walking, we were ready for lunch at the original El Fenix. There Pat Enlow, Karen DeWitt, Barbara Glenn, Barbara Johnson, Jolene Fee, Kathy Norman, Lee Nitcholas, Linda Bambina, Linda Curry, Margaret Hook, Sterling and Susan Price, Vicki Barkley, Carrie Bodle, Beth Sargent and her sister enjoyed the same delicious tasting Mexican food as we had many years ago. With the sun shining brightly, we walked over to the Klyde Warren Park where we leisurely strolled. A perfect day. We are looking forward to our last field trip of the year to Ennis to see the beautiful bluebonnets on Earth Day, April 22. Hope you can join us.

## **MAINTAIN YOUR BRAIN From Barbara Shell**

When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking,

feeling, remembering, working, playing — and even sleeping. The good news is that emerging evidence suggests there are steps you can take to help keep your brain healthier as you age. These steps might also reduce your risk of [Alzheimer's disease](#) or other [dementias](#).

### **Make brain-healthy life choices**

Like other parts of your body, your brain may lose some agility as you get older. It can deteriorate even more if you don't take care of it. Science is unlocking many of the mysteries of the brain, but we don't have all the answers yet. You can do everything "right" and still not prevent Alzheimer's disease. What's offered here is the best and most up-to-date information available about brain health so you can make your own decisions about your overall health.

#### **1. [Stay physically active:](#)**

Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It also can significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's and other dementias.

#### **2. [Adopt a brain-healthy diet:](#)**

Research suggests that high cholesterol may contribute to stroke and brain cell damage. A low fat, low cholesterol diet is advisable. And there is

growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.

#### **3. [Remain socially active:](#)**

Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells.

#### **4. [Stay mentally active :](#)**

Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells.

Alzheimer's disease is the most common form of [dementia](#) – brain disorders that affect your ability to function effectively in daily living. Well-established risk factors for Alzheimer's disease are genetics and aging. Unfortunately, aging and genetics are two risk factors you can't control. It's not known what causes Alzheimer's disease or what role genetics plays in most cases of Alzheimer's, though having parents or siblings with the disease increases your risk. A small percentage of cases is known to be caused by inherited mutated genes. In other cases, variants of specific genes increase risk, but even people who inherit such variants from both parents still may not get the disease. These risk factors that you cannot change will set a starting point for you, but there is hope that adopting healthy brain life habits might delay or prevent the appearance of Alzheimer's disease. For more information, visit [www.alz.org](http://www.alz.org).

## WITHOUT MEMBERSHIP, WHAT POWER WOULD TRTA HAVE????

Our membership drive started March 1, for the year 2013–2014. Please be prompt in paying your dues. Dues should be paid **March through September each year** and after October 1 they are overdue. You can bring a check or cash to our meeting on April 17 or you can mail me your check. It is important that you pay your dues so we can add more power to TRTA. Numbers matter and we need to increase our membership numbers. We are being heard in Austin just because we have increased our membership and we are vocal about expressing our concerns. We also need to keep **our current members** renewing their membership. The only way to do that is to pay your state and **LOCAL** dues. **Local** dues are the only income that we have for C–FB RSPA. **These dues help pay for speakers, rental of the church where we have our meetings, luncheon supplies, postage for mailing newsletters and other expenses for our organization.** If you know someone who is interested in joining C–FB RSPA, please ask them to attend one of our meetings. If a prospective new member attends a meeting and joins C–FB RSPA they will receive a free lunch along with the current member that brings the new member to the meeting.

Please fill out the form below and return it to me with your dues. Send a check made out to C–FB RSPA in the amount of \$35.00 (includes \$25.00 for TRTA state dues and \$10.00 for C–FB RSPA local dues) to Judy Carey, 975 Laguna Dr., Coppell, TX 75019. For the members who pay their state dues out of their monthly annuity or send their state dues directly to TRTA only send me a check for your local dues of \$10.00. **You do have to pay state dues in order to be a member of our local.** If you have questions, please call me at (972–393–2956) or email [judy.carey@verizon.net](mailto:judy.carey@verizon.net)

FILL OUT THE FORM BELOW, CUT OUT AND RETURN WITH DUES

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY, STATE,  
ZIP \_\_\_\_\_

PHONE  
NUMBER \_\_\_\_\_

EMAIL  
ADDRESS \_\_\_\_\_