

C-FB RSPA Newsletter



Letter from the president, Lee Nitcholas

Hope everyone is enjoying the new year and staying on top of your new year resolutions.

Mine was to do something creative and Pat Enlow and Della Swaim provided a great opportunity with our January field trip. We went to Painting With Influence just off the square in downtown Carrollton and created a picture called Bluebird Serenity. It is amazing how we all followed the same instructions and got such different results. All had a lot of fun and walked away with a painting. If you missed this opportunity don't worry, we are tentatively planning to do another painting class in the future. My vote is for a Van Gogh style painting the next time!

Your executive board has been hard at work planning for the rest of the year. We have some fun outings planned, for example, we will be lunching at Savor in Clyde Warren Park and going to the Nasher Museum in March. Beth Sargent and Vicki Barkley are providing interesting and informative speakers for our meetings. Pat Enlow brought Tim Lee's "Good Voter Health" series to our attention and discussed the importance of voting in the primaries because many of the election winners are determined at that level. Kay Justus and Judy Thurman have fifteen people already registered for the Pre-retirement Seminar to be held in Richardson February 15. And our book project is well on the way to being one of the most successful yet due to the diligent work of Gail Schwamb and Carrie Jacobson Bodle.

These represent some of the activities of your

board members who have been busy working for you! Please let them know how much their efforts are appreciated.

Additionally we are planning for the state convention at the downtown Dallas Sheraton in April and will be selecting delegates to represent our local organization. If you are interested in attending please let me know via an email at: blnitch@aol.com

We have a good group of volunteers to help work the convention and have been working on the sub committee responsible for the goody bags. Things are falling into place nicely.

Our next meeting is February 19 at the church. Hope to see you there!

Membership and More

Linda Bambina, VP for Membership

Hello and Happy New Year AGAIN. Hope you and your loved ones had a memorable holiday wherever you were. For those of you who came to our Special Christmas Meeting at CHRISTUS-St. Joseph's Retirement Village in early December, you know that we had some fantastic music from both the orchestra and choir from Ranchview HS and some fantastic pasta from Chef Greg. Things got off to a slow start (flat tires on school buses tend to do that to a schedule!), and then one of the Chef's portable burners did its own flame out, so we just did what school personnel do best: we waited patiently and **talked some more!**

We have planned another meeting at CHRISTUS-St. Joseph's in April, but our February 19th meeting will be at our regular place that Dr. Thacker got for us more than a decade ago. It certainly has its positive points, but at the same time, it sure is nice not to

have to set up the room, haul in the catered food and then do it all in reverse. The loyalty of the Lunch Bunch is phenomenal, but we are always looking for new volunteers! If it really doesn't work for you to be a Lunch-Buncher, I would encourage you to stop one of them and give them a nice pat on the back sometime! That is also true for our wonderful husbands who come early, stay late, help with set up and clean up: Paul Geiger, Doyle McWhorter, Alan Bambina, and Paul Watten—Thank you! Special thanks also go out to Terrie Grimes and Della Swaim for being active members in the District's **"Each One, Bring One"** annual campaign. For those of you who didn't know, there is a "contest" involved with a \$100 cash prize at the District level. RSPA Secretary Judy Thurman won it a couple of years ago. It's 1 entry per person that you bring in and our February meeting will be this year's deadline. Please consider making a call to an old friend and inviting them to join us. Marsha Hill did just that and now we have new member Ida Romy. Mary Bass (2013 newcomer) brought Sandra Hughes (thank you, Mary!) plus "go-getter" newbie Terrie Grimes invited *our own CFB* Cy Young! Just ask Terrie about that unique fella! And speaking of unique gentlemen, I'm happy to share that Conan Reinken officially re-joined our group after Kathy and Doyle brought him to see some old friends and colleagues. What a truly special meeting this turned out to be.

Mark your calendars for our Spring meetings:
Feb. 19; April 9 and May 21.

February Program– from Beth Sargent" Building a Better Brain

Todd Whitthorne's goal is simple- help individuals improve their quality of life As president of ACAP Health Consulting, Todd is a nationally renowned speaker and is frequently invited to present to audiences topics such as healthy living, fitness and wellness. His presentation for us will be about "Building a Better Brain".

Prior to Joining ACAP Health, Todd spent 14 years as president and CEO of Cooper Concepts, a division of the Cooper Aerobics Center in Dallas
We hope you can be with us for this very helpful topic.

Fieldtrip Alert....Fieldtrip Alert....Fieldtrip Alert....Fieldtrip Alert....Fieldtrip Alert!

What: Nasher Sculpture Museum tour and lunch at SAVOR, a new restaurant located in Clyde Warren Park

When: Wednesday, March 26, 2014 (carpool from church parking lot 10 a.m., lunch at 11 a.m., and tour the Nasher at your leisure)

Where: The Nasher is located at 2001 Flora, Dallas 75201, phone; 214 242 5100

SAVOR, a "gastropub", is a short walk from the Museum in Clyde Warren Park, 2012 Woodall Rogers, Dallas, 75201, phone; 214 306 5597

Cost: The entrance fee at the Nasher is \$10 adult/\$7 seniors 65+ and includes a free audio tour.

Sign up at our Feb. 19 meeting,

or email; patenlow@verizon.net

or call 972 393 8662

Don't miss the fun...Don't miss the fun...Don't miss the fun...Don't miss the fun!

Book Project Update from Gail Schwamb and Carrie Bodle

The book project is gearing up. We are in the process of buying and collecting books. We've purchased books from the Half Price Books warehouse sale, Scholastic Warehouse sale, and Scholastic Book Clubs. The book plates have been stamped and four schools have been contacted. One of the schools has already sent us the information we need.

January was National Glaucoma Awareness Month

~ Because the disease often progresses silently in the initial stages, with no symptoms, it is estimated that up to half of those with the disease don't know they have it. Vision loss from glaucoma is permanent and irreversible. People with diabetes are nearly twice as likely to develop glaucoma as are people with a family history of glaucoma. Although glaucoma cannot be cured, early detection and treatment usually can stop further damage and prevent blindness. The benefit provided by Medicare offers a comprehensive glaucoma screening for seniors and others with Medicare at high risk for the disease.

For More Information

O A Glaucoma Screening Brochure ~ gives an overview of Medicare's coverage of glaucoma screening services. To view online go to <http://www.cms.hhs.gov/MLNProducts/d/Jwn10a/dstglaucoma.pdf> on the CMS website.

The CMS website provides information for preventive service covered by Medicare. Go to <http://www.cms.hhs.gov> select "Medicare", scroll down to the "Prevention" section.

• For more information about glaucoma, visit The National Eye Institute

<http://www.nei.nih.gov/fnde...asp>

NEWS FROM THE TREASURER

EVERYTHING YOU NEED TO KNOW ABOUT PAYING YOUR DUES FOR 2014-2015

We are barely into the year 2014 and starting March 1, 2014 your state and local dues are due, again. There is something new this year, YOUR STATE DUES TO TRTA WILL BE \$35.00. LOCAL DUES WILL STILL BE \$10.00. **The total amount of your dues will be \$ 45.00.** Also starting March 1, you have the opportunity to sign up to participate in the new TRTA DIAMOND PLUS PROGRAM. All you have to do is fill out a form to have your state dues taken out of your monthly annuity check or have it deducted out of your checking account. If you join the DIAMOND PLUS plan when renewing your dues for 2014-2015, you will be mailed a permanent membership card. If you sign up for the bank draft or have your dues taken out of your monthly annuity check, this will not begin until July 1, 2014. The monthly deduction each month will be \$ 2.92. I will have forms available for you to fill out at our meetings. More information will be sent to members later, but in the meantime, just remember that your dues will be \$45.00 this year, \$35.00 for state dues and \$10.00 for local dues. Checks can be made out to C-FB RSPA. Hope to see all of you at our next meeting. You can always mail dues for 2014-2015 to me at 975 Laguna Dr., Coppell, TX 75019. If I can answer any questions, please call me at 972-393-2956.

Judy Carey

For more information about C-FB RSPA check out our webpage:

<http://www.localunits.org/CFBRSPA/>