



My Favorite Things

Lee Nitcholas, President

*Raindrops on roses and whiskers on kittens,
Bright copper kettles and warm woolen mittens,
Brown paper packages tied up with strings,
These are a few of my favorite things.*

I just saw the musicale, The Sound of Music, and can't get this song out of my head. And that brings to mind this time of year which is one of my favorite things. The decorations are beautiful, the music is uplifting, the events and parties are fun, but the best part is gathering with family and old friends, which brings us to our December meeting. As you know, we will be meeting at CHRISTUS St. Joseph and will be treated to a musical performance by students from C-FB ISD. Bethany has planned a holiday feast of turkey and all the trimmings. And since this is our best attended meeting of the year, you can expect to see many colleagues and old friends. We appreciate all the people that make our time there so lovely.

We will have an opportunity at our meeting to give back to the community by bringing items for the food bank. Remember they need more than just food items and the need is greater during this season of the year. Florida has provided a list of items to help us choose how to help. (See her article on this page.) If we each bring a few items we will have a big holiday present for our community!

Here's wishing you a wonderful Thanksgiving and a happy holiday season!



Meeting dates for 2015-2016

December 9 – CHRISTUS St. Joseph Village, Coppell
February 17 – Webb Chapel Church of Christ, Farmers Branch
April 20 – CHRISTUS St. Joseph Village, Coppell
May 18 – Webb Chapel Church of Christ, Farmers Branch

December Program

at CHRISTUS St. Joseph Village, Coppell
Pat Enlow, 2nd VP, Programs



Are you ready for the holidays? If not, we will get you into the spirit. You are in for a treat at our December meeting! Dr. Bobby Burns, Superintendent of C-FB ISD,

will be speaking followed by the R.L. Turner Symbany Show Choir directed by Brian Murray. See you Wednesday, December 9, at CHRISTUS St. Joseph. Social time begins at 11:00 a.m. and lunch/meeting begins at 11:30.

Christmas Giving to the Metrocrest Food Pantry

Florida Jossel



Members, let's really be very generous with our December donations. Do include **food** items needed for all of the trimmings for a Christmas dinner. Do remember that the students will be home for two weeks without school breakfasts and lunches. **Hygiene** and **general supplies** are in need. The Clothes Closet is in need of coats and toys. Do feel free to donate new **coats** and **toys**.

A very special thank you to Nichie Hoskins for delivering our October donations to the Pantry, and to Bob Mora for helping to load the donations. The help was really needed.

It is more blessed to give than to receive.

Book Project News

Carrie Jacobson Bodle & Gail Schwamb



We are ready to deliver books to 2 schools selected for the book project this year. The remaining 3 schools will receive their books in the spring. We've selected Thursday morning, December 10 as the delivery date to Landry and LaVillita. We will need several people to deliver to each school. Please let us know if you will be able to help us with this. (schwambga@aol.com)

We appreciate your continued support of the book project. The basket for donations will be out at each meeting.



Membership

Della Swaim, VP for Membership

Our December meeting is scheduled earlier in the month (12/9) than our other meetings because of the busy holiday season. It is one of our best attended meetings because we are entertained by the talented students from the Music and Arts department—this year the R.L. Turner Symbany Show Choir!

We will again be meeting at CHRISTUS St. Joseph on Sandy Lake Road. We will be served a traditional holiday meal. They always do such a great spread for us!

We are collecting food and paper goods for Metrocrest Services food pantry. The need is great, please give if you are able.

So, invite a friend and get your reservations in by 5 p.m. on Wednesday, December 2nd. Call, text or email me: 214-926-6981, jldhswaim@gmail.com And remember to cancel those reservations if something comes up that prevents you from attending. See you on December 9th!



Volunteer Hours

Kay Edmondson

The State of Texas likes to know how many hours its retired school personnel give back to the community. We like to show the Legislators how valuable we are in retirement! Consequently, please count your hours and periodically report them to our local unit Community Volunteer Service chair, Kay Edmondson at mce60@verizon.net. Count obvious things such as volunteering as a school mentor as well as counting hours spent babysitting grandchildren and caretaking ill family members; even count the hours driving to and from such tasks. You can also count the time spent in attendance at our meetings.

We report our numbers annually, so look all the way back to January 1, 2015, and start counting!

PLEASE EMAIL YOUR VOLUNTEER HOURS TO KAY EDMONDSON at mce60@verizon.net

Last Chance to Pay Dues for 2015-2016

Judy Carey, Treasurer



You are almost out of time to pay your state and local dues for 2015-2016. We start collecting dues for 2016-2017 beginning at our February meeting. So.....if you have not paid, please put that check in the mail today. Make your check out to C-FB RSPA in the amount of \$45.00 (\$35.00 for state dues to TRTA and \$10.00 for local dues to C-FB RSPA). We really need your support by staying an active member in our organization. If your state and local dues are not paid, you become an inactive member with TRTA. Please mail your check to Judy Carey, 975 Laguna Dr., Coppell, TX 75019. If you have any questions about whether or not you have paid dues, either email me at judy.carey@verizon.net or call 972-393-2956. Thank you! You are important to us!

Field Trips

Beth Sargent

We just learned our field trip scheduled for January, on Taste Testing taping, will not be possible and so it will be cancelled.

Hope you were able to sign up for our December 2 outing to the Gaylord. The deadline was November 25. Talk with Terrie Grimes if you have questions:

bookwormthg@hotmail.com

We look forward to your joining us on the March 17 trip to the Bishop Arts District.

Enjoy these photos from our November 11 outing to the GeO-Deck at Reunion Tower!



Dealing with Dementia When Thinking and Behavior Decline

Source: National Institutes of Health, Jan 2014, [nihnewsinhealth@od.nih.gov](mailto:.nihnewsinhealth@od.nih.gov)

Barb Shell Fletcher, Health Care Co-Chair



Forgetfulness, confusion, or having trouble remembering a name or word can be a normal part of life. But when thinking problems or unusual behavior starts to interfere with everyday activities—such as working, preparing meals, or handling finances—it’s time to see a doctor. These could be signs of a condition known as dementia.

Dementia is a brain disorder that most often affects the elderly. It’s caused by the failure or death of nerve cells in the brain. By some estimates, up to half of people ages 85 and older may have Alzheimer’s disease, the most common cause of dementia. Although age is the greatest risk factor for dementia, it isn’t a normal part of aging. Some people live into their 90s and beyond with no signs of dementia at all. “Dementia really isn’t a disease itself. Instead, dementia is a group of symptoms that can be caused by many different diseases,” says Dr. Sanjay Asthana, who heads an NIH-supported Alzheimer’s disease center at the University of Wisconsin.

“Symptoms of dementia can include problems with memory, thinking, and language, along with impairments to social skills and some behavioral symptoms.” Several factors can raise your risk for developing dementia. These include aging, smoking, uncontrolled diabetes, high blood pressure, and drinking too much alcohol. Risk also increases if your family members have had dementia.

The two most common causes of dementia in older people are Alzheimer’s disease and vascular dementia, a condition that involves changes to the brain’s blood supply. Vascular dementia often arises from **stroke** or arteriosclerosis (hardening of the arteries) in the brain. Other causes of dementia include Parkinson’s disease, HIV infection, head injury, and Lewy body disease. (Lewy bodies are abnormal protein clumps in brain cells.)

Dementia in people under age 60 is often caused by a group of brain diseases called frontotemporal

disorders. These conditions begin in the front or sides of the brain and gradually spread. A rare, inherited form of Alzheimer’s disease can also occur in people in their 30s, 40s, and 50s.

“NIH has specialized centers across the country that have clinics that can diagnose and evaluate patients with Alzheimer’s disease and dementia,” Asthana says. (See [NIH's Alzheimer's Disease Research Centers](#) for more information.) Different types of drugs are being used to treat Alzheimer’s disease, Parkinson’s dementia, and certain other forms of dementia. These medications may improve symptoms, but none can halt or reverse progressive damage to the brain.

Chui notes that a healthy lifestyle can help protect the aging brain. “Regular exercise, a heart-healthy diet, and avoiding smoking can reduce your risk for heart disease as well as dementia,” she says. Engaging in social and intellectually stimulating activities might also help to protect brain function. “You can change your trajectory toward a healthier brain by making healthy choices,” Chui says. (Copied in part.)

Signs of Dementia

Dementia isn’t a disease; it’s a group of symptoms. See a doctor if these symptoms are interfering with everyday life:

- ◇ Repeating the same story or question over and over.
- ◇ Getting lost in familiar places.
- ◇ Delusions or agitated behavior.
- ◇ Problems with language, movements, or recognizing objects.
- ◇ Memory or concentration problems.
- ◇ Difficulty following directions.
- ◇ Getting disoriented about time, people, and places.
- ◇ Neglecting personal safety, hygiene, and nutrition.