

C-FB RSPA Newsletter

Letter from the president, Lee Nitcholas



Hope you had a wonderful holiday season and are staying on track with your new year's resolutions! We had a great turnout for our December meeting at Christus St. Joseph's Retirement Village. The traditional turkey feast was delicious, the jazz band and dance troupe from Newman Smith High School were awesome and, once again, the people at St. Joseph's gifted us with a generous donation (\$1,000) to our book fund. What a wonderful Christmas gift! We continue to appreciate the gift and, as a result, were able to donate over 2,000 books to C-FB students in December.

We will be voting on a new slate of officers who will serve a two year term at our meeting in February. The slate was presented at our December meeting and is as follows:

President: Lee Nitcholas
1st VP: Della Swaim
2nd VP: Pat Enlow
Secretary: Janet Truett
Treasurer: Judy Carey

And the big news that we have all been anticipating: the legislative session of 2015 has begun! The projected billion dollar shortfall in the fund for insurance has been adjusted as of November to a number closer to \$730 million due to participation in the Medicare Advantage program and slightly higher forecasted teacher payrolls. However the budget remains in a true crisis and one that must be addressed by 2015 Legislature if we expect to keep our access to affordable health care. If the legislature fails to act we will be faced with a choice to double our premiums or cut benefits by \$730 million; a choice no one wants to make.

We are sending out a call to action to all our members. You will find it in your newest copy of The Voice on the bottom of page two. We are asking you to mail a letter outlined on page three and include data illustrated on page four to your representatives.

This issue may be one of the most important that we have ever received. It is a rich source of information and access to tools to help us take an active role in getting the legislation we need passed. It is up to us to use it!

We will continue to keep you informed and make requests of you to help in the efforts to maintain affordable and quality healthcare through insurance. Please use the TRTA web site (trta.org) for up-dated information and easy links to your representatives. Pat Enlow, your legislative chairperson, has been working hard at making contacts and she needs us as a wave of strong support to back her up. Together we will make a difference!!!

Jan Waggoner asks for healing prayers for her husband Fred.

From Vicki Barkley

We hope to see everyone at our meeting on February 18th. We are welcoming Ty Poynter, a Texas Master Certified Nursery Professional and Garden Center Manager of Calloway's in Flower Mound. Ty is back by popular demand to help us with our gardening endeavors. His program this year is entitled "Spring Color for 2015". You can expect to learn a lot and get your gardening and plant questions answered by the expert. You won't be disappointed! Ty is quite entertaining and usually brings in some of his favorite plants for show and tell and perhaps a few door prizes!

MEMBERSHIP AND MORE

Linda Bambina, VP for Membership

Happy New Year and Happy Valentines!
We're already half-way thru our RSPA "year"
2015??? Bizarre.

It is time for the torch (sterno lighter??) to be passed on. Technically we have to have an election for next year in February because we are supposed to start our Membership Drive in March. Of course, we don't even meet in March because too many of you are running and playing with your grandkids or other family and friends.

I am "ending" a 6 year commitment to you all in our CFBISD RSPA. I always laugh when I have to say that on the phone. What a mouthful.

It has been the most amazing of times for me! I thank Kathy McWhorter for pulling me in! She has always had that knack: and I could never say "no" to my Principal of years and years at DFL.

But I have joined the Board of Directors at The Firehouse Theatre in Farmers Branch and that has turned out to be more of a full time job than even being Membership VP and Luncheon Chair for you all!

We'll be having our next meeting at the Webb Chapel Church of Christ. Our 1st RSPA President ('98) Dr. Charles Thacker invited us to use his church and we've stayed there 17 years since it meets so many of our needs and has the GREATEST parking lot!

For those of you who were not able to join us for an absolutely Over the Top Luncheon at CHRISTUS-St. Joseph Village for a truly fun program (Jazz and Dance) from Newman Smith HS, I'm so sorry you missed it!

Our new directory is now printed (in purple!) and is available to any of you who have missed picking it up. I can also send you an electronic copy if you would like.

From Kay Justus

A Retirement Education Seminar was held February 7, 2015 at the RISD Professional Development Center in Richardson, Texas. The seminar had participants from CFB ISD, RISD, DCCCD, and Region X. It was hosted by the Credit Union of Texas. Kay Justus, CFB RSPA committee chair, reported that 40 Carrollton-Farmers Branch employees were in attendance. TRS provided speakers and comprehensive handouts.

NEWS FROM THE TREASURER

IT'S THAT TIME AGAIN TO REMIND YOU TO PAY DUES FOR 2015-2016

We are barely into the year 2015 and I am already reminding you to start paying your dues. Starting March 1, 2015 your state and local dues are due, again. March 1 is the beginning of TRTA's membership drive. State dues will be \$35.00 and local dues will be \$10.00. The total amount of your dues will be \$45.00. The earlier you pay your dues the easier my job will be as your treasurer. Also when paying your state dues for 2015-2016, you have the opportunity to sign up to participate in the TRTA DIAMOND PLUS PROGRAM. We had several members sign up last year and now they only owe \$10.00 for their local dues. 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 PROGRAM when renewing your dues for 2015-2016, 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, 2015. The monthly deduction each month will be \$ 2.92. I will have forms available for you to fill out at our meetings. If you have any questions about the DIAMOND PLUS PROGRAM just give me a call or email me at judy.carey@verizon.net. When paying your dues make out your check to C-FB RSPA. If you pay your dues with cash, please put the cash in an envelope with your name on the envelope and give it to me at the meeting. It is always helpful to have your check filled out before you arrive at the meeting. This will speed up the check in process. Hope to see all of you at our next meeting. You can always mail dues for 2015-2016 to me at 975 Laguna Dr., Coppell, TX 75019. If I can answer any questions, please call me at 972-393-2956.

Judy Carey, Treasurer

Book Project News from Gail Schwamb and Carrie Jacobson

What a successful year we had with the Book Project! Our CFBRSPA group is responsible for putting 2,100 new books in the hands of children attending five CFB elementary schools! Christus St. Joseph blessed us with a generous \$ 1,000.00 donation at the December meeting, and combined with a portion of the money left in the Book Project account from last year AND donations by YOU, many, many students proudly took home their very own book.

Tons of thanks to all involved with delivery to the schools:Linda Tole, Lee Nitcholas, Melvin Blankenship, Beth Sargent, Mary Jane Van Horn and husband, Margaret Hook, Movalynn McKee,Linda Bambina, Mary Eisenmann

And thanks to CFB library personnel at the TLC for allowing us to store, sort, and otherwise basically take over one of their large storage rooms with our books until the December delivery date.

Remember that even though the books have been purchased and delivered for this year, it's never too early to start thinking about next year. Please consider donating cash or checks to the Book Project. A basket for donations is located on the front table at each meeting. In the past, some people have donated a dollar for every year in education: 27 years of teaching, 27 dollars. Any amount makes a huge difference in the number of schools we can accommodate each year.

Lifestyle Changes for Heart Attack Prevention

Sounds simple doesn't it? Cardiovascular disease is the No. 1 cause of death in the United States. Stroke is the No. 4 cause of death in the United States. One reason these statistics are fact is undeniably a lack of commitment to a heart-healthy lifestyle. Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility. A heart-healthy lifestyle includes the ideas listed below. By following these simple steps you can reduce all of the modifiable risk factors for heart disease, heart attack and stroke.

Stop smoking If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease. Commit to quit. We're here to help if you need it.

Visit http://www.heart.org/heartorg/getting_healthy.

Choose good nutrition

Reduce blood cholesterol

Lower high blood pressure

Be physically active every day

Aim for a healthy weight

Manage diabetes

Reduce stress

Limit alcohol

Learn about major risk factors that can't be changed at <http://www.heart.org>.

Stay well,
Joyce Wagner and Barbara Shell, Health
Co-Chairs