



C-FB RSPA

Carrollton-Farmers Branch Retired School Personnel Association

October 2019



From the President's Pen

Della Swaim

What a marvelous meeting we had in September! The program was so good (thanks Pat!), and we had lots of visitors and new members. Welcome and come back soon! Thank you for inviting your friends!

We are trying something different this year as a fundraiser for our book fund and to help defray our additional catering costs. So, **bring a \$5 bill** and get into the spirit of competition!

CFBISD invites you to lunch! Our Superintendent, Dr. John Chapman, has planned a splendid luncheon in your honor on Wednesday, **November 13th at 11:30 a.m.** in the ESDC Texas Room, 1820 Pearl St., Carrollton 75006. The CFB School Principals will serve us our lunch! That sounds like fun! RSVP by email to reservations@cfbisd.edu. **Please plan to attend!**

For the past two years **The Civic League** has awarded generous monetary grants to our Children's Book Project which has enabled us to provide many more CFBISD students with new, personal books. The Civic League's major fundraiser is their **Holiday Home Tour** which will take place on November 15, 16, and 17. Several of our C-FB RSPA members will serve as hosts at the tour homes. Please support the Civic League and C-FB RSPA by attending the Holiday Home Tour! thecivicleague.org/

Also, the **Farmers Branch Woman's Club** is partnering with C-FB RSPA by soliciting individual contributions from their members for our Children's Book Project this school year. At their September meeting, their members donated \$45! Thank you!

If you know anyone who is a member of either one of these organizations, please express our thanks to them!

You do NOT have to buy lunch to attend our meetings! You may bring your lunch, or you may come at 12 o'clock in time for our program. We just want you to be there!

A dollar will get you a minute at the microphone to brag about **anything** you want!

You make a difference, and you are valued by
C-FB RSPA!

Meeting: Wednesday, Oct. 16

Program: TRTA Legislative Update

Webb Chapel Church of Christ

13425 Webb Chapel Rd., Farmers Branch 75234

11:00 meet and greet; **11:30** program/lunch. Lunch \$10.

RSVP by Wed., Oct. 9 to **Judy Carey** by email at judy.carey@verizon.net or text: **214-498-9867**.

October 16th Program

Pat Enlow
2nd Vice President (Programs),
Children's Book Project, Publicity,
Member TRTA District 10 Legislative Committee



Brock Gregg, Associate Director, TRTA, will be joining us as speaker at our October 16th meeting. He will **review the past legislative session** and give us some **insight as to what is going on in the political arena**. The year 2020 is an important election year and we need to be as informed as possible before casting our vote. Please plan to attend.



Special Note – a new tradition: For the past several years, it has been our tradition to invite the CFBISD Superintendent to be our speaker at the December meeting and to have CFB students perform at that meeting. Dr. Chapman graciously invited our membership to a November luncheon last year and again this year where he gives us the Update on CFBISD and we enjoy the student performances. **Please plan to attend this Nov. 13th Luncheon**. See Della's article for details and how to **RSVP**. So, our program for December will look a little different going forward. Stay tuned for details!

Meetings upcoming for 2019-2020

October 16, 2019: TRTA Legislative Update

December 11, 2019: TBA

February 19, 2020: Candidate Forum

April 15, 2020: TBA on local history

May 20, 2020: TBA health program



Field Trips

Beth Sargent, Lee Nitcholas,
Stefani Johnson



The **Old Red Museum** in downtown Dallas will be our next field trip on **Monday, November 11**. The building has undergone many transformations throughout the years. Authentic features and architectural elements have been uncovered to display magnificent pieces of courthouse history. The craftsmanship and detail of 1892 building is impressive. We will also see the original vault which held land deeds and other records. Our tour guide will take us from Dallas prehistory to present day. oldred.org

We will have lunch at the **Y.O. Ranch Steakhouse** located nearby. yoranchsteakhouse.com

We will be meeting at the church at **9:30 a.m.** to carpool downtown. You will have a chance to sign up at our next meeting. You also can email Beth Sargent at bsarg1923@tx.rr.com or **214-789-9612**. Family members and friends are always welcomed.

Make out your check to *CFB RSPA* for \$9.00.



Membership

Lori Smith, VP for Membership

It was great to see some new faces at our September meeting. Join me in inviting your CFB friends to our next meeting in October. We will have *No Worries Catering* supplying our October meal. We are still working on the menu but I will try to let you know before the next meeting.

I am looking forward to "horsing around" when we get together in October! See you then.

Welcome to our New Member!

Dotti Franz

Bring A Friend Contest



TRTA is having a **Bring A Friend** Contest. If a current TRTA member gets a new friend or colleague to join TRTA then you will both be entered to **win a \$100 gift card**. If you win, your friend wins too! In total, three pairs of TRTA friends will win. Make sure you get a photo of the two of you posing together. You must submit it and your information to TRTA by November 15, 2019. Details are here: trta.org/bringafriend/

Field Trips upcoming for 2019-2020

November 11 (Monday)

Old Red Museum of Dallas County History & Culture
Lunch at Y.O. Ranch Steakhouse

December 6 (Friday)

Community Nativity Exhibit at the Church of Jesus Christ of Latter-day Saints, Carrollton
Lunch at Edith's French Bistro, Plano

January 9 (Thursday)

Board Game Day, at the Webb Chapel Church of Christ, Farmers Branch

May TBA

Globe Life Park of Arlington tour
Lunch at TexasLive

June 3 (Wednesday)

Ham Orchard, Terrell



Our September field trip to Texas Center for Proton Therapy



Healthy Living

Carol Sprawls

October is American Heart Month. It's important to know what the numbers mean in a blood pressure reading. Blood pressure is recorded as two numbers:

- Systolic blood pressure (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart beats.
- Diastolic blood pressure (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Which number is more important?

- Typically, more attention is given to systolic blood pressure (the first number) as a major risk factor for cardiovascular disease for people over 50. In most people, systolic blood pressure rises steadily with age due to the increasing stiffness of large arteries, long-term buildup of plaque and an increased incidence of cardiac and vascular disease.
- However, either an elevated systolic or an elevated diastolic blood pressure reading may be used to make a diagnosis of high blood pressure.

Get regular Wellness Check-ups where your blood pressure is taken. Ask your doctor if there is cause for concern in your readings. Keep a personal record of your blood pressure readings to be aware of elevated numbers.

Want to be a Sub?

CFBISD is encouraging retired former employees to return and work as substitutes in the District. Substitute positions are needed for teachers, but the district also needs substitute aides, clerks, secretaries, and even assistant principals. In addition, if you have a connection with a particular campus, you can limit your availability to sub to just that campus.

The district believes retired employees will add value in whatever sub position they work. The district is even waiving the required training that is normally a prerequisite to be a substitute teacher for any teacher retiring 5 years or less from their application date, in good standing. If you have any questions, you can contact **Derrell Coleman, Chief of Staff Personnel, 972-968-6157.**



News from the Treasurer

Judy Carey, Treasurer

Time is running out for you to pay your dues for 2019-2020. If you have not paid by the end of February 2020 you will be delinquent in paying your dues and become an inactive member, or if you have not paid in the past two years you possibly will be terminated from TRTA. If you wait until January or February to pay for 2019-2020 dues, then in March 2020, your dues for 2020-2021 are due again.

Dues need to be paid in order to continue your dental and vision insurance, long term care, or any other insurance offered through AMBA.

I would like to thank the audit committee—**Bob Mora**, chairman, **Judy Thurman** and **Linda Tole**—for auditing the books for the year 2018-2019. The books were audited on September 10, 2019 and were found to be in order. Thanks again!

If you owe dues and do not plan to attend the October meeting, please mail me a check made out to *C-FB RSPA*. TRTA state dues are \$35.00 and local dues are \$10.00. Mail your check to me at **975 Laguna Drive, Coppell, TX 75019**. If you have questions, please call me at 214-498-9867 or email me at judy.carey@verizon.net.



Please Join Dr. John Chapman and CFBISD Administrators for the C-FB RSPA Thanksgiving Luncheon

Wednesday, November 13, 2019

11:30-1:00

**Educational Services Building
1820 Pearl Street, Building B**

reservations@cfbisd.edu



C-FB RSPA issues seven newsletters per year: Sept., Oct., Dec., Feb., Apr., May, and Summer. Editor: Lyn Abercrombie



Children's Book Project: A Book a Child

Pat Enlow
2nd Vice President (Programs),
Children's Book Project, Publicity,
Member TRTA District 10 Legislative Committee

Our FUNdraising Project!

In May 2020, we plan to deliver books to *McKamy, Strickland/ McLaughlin, Rainwater, Rosemeade, Country Place, and Kent Elementary schools!*



We are excited about our 2019-2020 **FUNdraising Project**. Come prepared to join in at our **October 16 meeting**. *All you need is \$5 and a sense of adventure!* We are looking for **members with a bit of horse sense**. We have some cute stick horses that need to be exercised and are rarin' to go. These horses are pretty competitive and need their exercise. You can help them take off by contributing \$5 toward sponsoring your favorite horse.

Here's all you need to know:

1. Before the meeting, choose a horse to sponsor.
2. Give the 'trainer' your \$5 and receive a claim ticket for your prize should your horse be the first to meet exercise goals.
3. If your horse is the first to meet exercise goals, pick up your prize as you leave the meeting.



***If these cute horses aren't your thing, you can still place your contribution in the 'gifting' bags that will be on each table. All money collected will go towards our Children's Book Project and to defray the increased cost of lunches this year.



Our Sept. Meeting

Volunteer Hours

Kay Edmondson



This is a reminder to **count your Volunteer Hours** and email me with your count at mce60@verizon.net.

The State of Texas likes to know how many hours retired school personnel give back to the community.

Count obvious things such as volunteering as a school mentor as well as counting hours spent babysitting grandchildren and care-taking ill family members; even count the hours driving to and from such tasks.

Hours are counted from January 1 to December 31, 2019.

Keep track of your volunteer hours and report them monthly or in a lump sum at the end of the year. Thank you!

Sunshine

Kathy McWhorter



Please notify me if you know of a member who is ill or needs a note of encouragement!

kathymcwhorter@verizon.net

View more Photos at our Website

localunits.org/cfbrspa



Our Sept. Program:
Jackie Payne
Stories Behind the Songs



Take Care

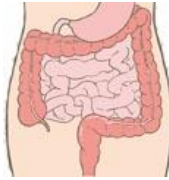
Linda Bambina
Information & Protective Services

I have a very good friend who was diagnosed with Stage-4 Colon Cancer. Her life is forever changed. It is a very DIFFICULT topic to talk about. Please read the information below, especially the part about being screened.

An Alarming Rise in Colon Cancer—Health Issue

Dr. Michael Keller, Texas Oncology Surgical Specialist, San Antonio Medical Center

It's never too late to develop healthy habits. Make a plan to protect yourself and your family through awareness, education, and prevention.



What is your body telling you?

Common signs include changes in bowel habits, rectal bleeding, unintentional weight loss, frequent bloating, gas, or cramps. Or no signs.

Don't wait for tomorrow

Lower your cancer risk: maintain a healthy weight, add fiber to your diet by eating vegetables, fruit, and whole grains, increase physical activity.

Get screened

The most common symptom of colon cancer is *none* (asymptomatic). It is imperative to get screening colonoscopies where polyps can be removed before they develop into cancer—which can take 10-15 years.

Ask questions

If you are diagnosed with cancer, the recommended treatment will vary according to stage, location, and other factors. Advancements and research are being made but we must be vigilant.

Brain Health—Staying Mentally Sharp!

When I have “senior moments,” are these early signs of dementia?

Neurologist Richard Isaacson, Director of the Alzheimer's Prevention Clinic at Weill Cornell Medicine and New York Presbyterian, says it is important to understand the difference between the earliest stages of Alzheimer's and normal cognitive aging. Just like our skin wrinkles, our brains age too. Age related cognitive decline may show up in things such as a word that's on the tip of your tongue, and you remember it later. With Alzheimer's you forget the word and it will never come back. Maybe you are multitasking and forget where you placed your keys, that's no big deal. But if you lose your keys and you never find them, and it has happened three or four times, it may be time to get screened.



According to the U.K.'s Alzheimer's Society, studies have proven that eating fish regularly as a part of a balanced diet could reduce your risk of age-related cognitive decline. If you have concerns about mercury affecting your brain you may want to visit the Food and Drug Administration (FDA) site. They list shark, swordfish, king mackerel and tilefish as high in mercury, while shrimp, canned light tuna, salmon and pollock are lower and safer by comparison.

Should I be tested for the Alzheimer's gene? The FDA approved commercial test for APOE—the Alzheimer's risk gene—can be ordered from websites. However, Isaacson explains that the APOE risk gene is not a diagnostic gene. “If you have it, you do not necessarily get Alzheimer's. If you don't have the gene, you could absolutely get Alzheimer's.” Knowing that you have a gene that could increase your risk, along with any family risk, may be an encouragement to **exercise** and **eat right**. Those are the two biggest brain-health weapons within your control.

Your risk of developing dementia is lower than that of previous generations, thanks to healthier living. If you are concerned about your brain health as you look toward your 70s and 80s, there are ways you can help ward off cognitive decline. Certain interventions can sharpen cognitive processes.

Source: April/May 2019 aarp.org/magazine

