



From the President's Pen

Della Swaim

You do not have to eat lunch to attend our C-FB RSPA meetings! Your Executive Board wants you to know that you are always welcome to attend our meetings whether or not you choose to buy your lunch. You may bring a brown bag and eat with your friends, or you can arrive about noon and stay for our meeting. We just want you to attend and feel welcome.no explanation is necessary. See you on February 19th!

Change is good! As you know, the office of 1st VP for C-FB RSPA is a HUGE job! Lori Smith is so creative and is doing a great job! She will continue to do the things at which she is good, and I have asked Lori McCall to partner with her and help with other parts of the job. Both "Lori's" are excited to work together, and I am excited to have Lori McCall on board! I know it will sometimes be confusing to address both "Lori's", but the advantages will far outweigh any confusion. So, if you need to contact the 1st VP, please send your communication to BOTH of them. Thank you to Lori Smith AND Lori McCall for stepping up!

TRTA State Convention This year's TRTA State convention is scheduled to take place in Corpus Christi on April 6-8. At this time last year there were 92,000 members in TRTA. This year, there are well over 96,000 members! The goal is to reach 100,000 members by the end of the year. Please help us reach this goal by inviting your friends and colleagues to join.

The following are those attending the TRTA State Convention: Della Swaim, Pat Enlow, Lee Nitcholas, Beth Sargent, Lori Smith, and Lori McCall. I don't think any one of us is looking forward to that long drive, but there are many important issues to discuss and decisions to be made at the convention. Please keep us in your thoughts and keep supporting TRTA.

Busy, Busy, Busy! Even though C-FB RSPA does not have a regular meeting in January, it doesn't mean we have been idle! In fact, we hosted a successful Board Game Day on January 10th. Thanks, Lori Smith for helping with that!

On 1/15 our RSPA Board held our winter planning meeting and luncheon; 17 Board members attended and helped plan.

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Meeting: Wednesday, Feb. 19

Program: **Dallas Arboretum – Your Garden**

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., Feb. 12 to **Judy Carey** by email at judy.carey@verizon.net or text: **214-498-9867**.

February 19th Program

Pat Enlow

2nd Vice President (Programs),

Children's Book Project, Publicity,

Member TRTA District 10 Legislative Committee



Note: Our Candidate Forum was originally planned for this date. However, the number of candidates for the districts we covered last time is 18. I would extend invitations to all and if all accepted, it would not be an effective forum. So, after consulting with our TRTA District 10 Legislative Chair and Della and presenting this dilemma to the RSPA Executive Board, we have decided to hold the Forum in May when the number of candidates will be more manageable. Thank you for your understanding. * **Please read Legislative on page 3, and look for an email giving info, websites, etc. about candidates in TRTA District 10.**

As I write this, I am looking out the window at a dreary, cold day hoping to see tulips, hyacinths, and daffodils peeking through the soil. I am ready for spring! Spring is a few weeks away, but we can enjoy the beauty of flowers through our speakers for February. **Denise and Max Davis will present "Dallas Arboretum – Your Garden."** These beautiful gardens and lush lawns on the shores of White Rock Lake are photographically presented as Denise and Max describe the history of the gardens and the DeGolyer home. The program highlights the new and planned additions and enhancements to its many gardens.

So, we can pretend it's spring for awhile as we enjoy this 'walk' through the Dallas Arboretum.

Meetings upcoming for 2019-2020

February 19, 2020: Dallas Arboretum

April 15, 2020: Say 'Yes' to Improving Health and Well-Being

May 20, 2020: Candidate Forum



Field Trips

Beth Sargent, Lee Nitcholas,
Stefani Johnson

Texas Rangers' Globe Life Park & Texas Live!

Be one of the first people to tour the brand new home of the Texas Rangers baseball team, **Globe Life Park**, on **Wednesday, April 22**. We will lunch following the tour by walking to the adjoining **Texas Live!** — the Rangers' premiere dining and entertainment venue.

The cost of the tour is \$20, and we will be signing people up at the February meeting. Bring your \$20 for the tour ticket to the meeting and join us for an exciting day!

Field Trips upcoming for 2019-2020

April 22 (Wednesday)

Globe Life Park of Arlington tour
Lunch at TexasLive

June 3 (Wednesday)

Ham Orchard, Terrell

August 1 (Saturday)

Singing in the Rain, Firehouse Theatre

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Many of us have been helping Mary Eisenmann get ready for our annual Pre-Retirement Seminar to be held with Richardson RRSBA on 2/1. There are 95 CFBISD pre-retirees registered! Good job, Mary!

Meanwhile, Pat Enlow is contacting political candidates who will be running for public office in the March 3rd primary, interviewing them with her committee members, informing them about public-education retiree issues, and keeping track of their responses so that we can be informed voters. Thanks Pat.

Kay Edmonson has been gathering your Volunteer Hours and reporting them to the state TRTA. Thanks Kay!

Lyn Abercrombie has kept updating our yearbook and has sent it to all of our members! Great job, Lyn.

And where would we be without the tireless work of our Treasurer, Judy Carey?

My point is that your C-FB RSPA Board members have been busy working on our behalf all year! Pat, Lori S., Judy, Beth, Carol, Darcy, Estelle, Kathy, Kay, Lee, Leta, Linda B., Linda T., Lori M., Lyn, Mary, Nichie, Shaima, Marilyn, Jane, and each of you, our members, who contribute to the success of C-FB RSPA, thank you!



Membership

VP for Membership
Lori Smith and Lori McCall



Hello Friends! January has been a long month! Our Game Day was a great success and hopefully we can celebrate like that more often. We had more games than we had time to play! *Whoonu* was a really fun conversation game brought by Marilyn Paa. We had our "intellectual" table playing *Chronology*—putting historical events in order. Then, we had an interesting group learning the ancient game of *Mahjong*! Game playing does stimulate the brain!

We're looking forward to our next meeting on February 19th where the Lori Smith Catering Service (ha ha!) along with Costco will be preparing a delicious comfort food lunch of spinach salad, chicken pot pie, cranberry surprise, rolls and cookies! Yum! Yum! Lunch Bunch members, we could use extra help if you could come a little early!

Remember to invite your friends. See you soon.

Welcome to our New Members!

Marty Blakey

Vera Hayes

Kim Kockritz

Bedie Post

Raymond Smith



Our first ever Game Day! January 10, 2020

See more photos of our field trips and meetings on our website:

<https://localunits.org/cfbrspa/index.cfm/photos/2019-2020-sights/>



Legislative Report

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

*** An email will be coming soon telling you how to research candidates, grades given to incumbents, voting information, and pertinent websites.**

I wish to thank those C-FB RSPA members who have agreed to meet with candidates. We need to meet with them regularly to keep the needs and plight of active and retired teachers and public education in the forefront of their minds. With **Tim Lee's tireless work** to bring about legislation in the US House of Representatives, I have also been meeting with US Congressional Candidates. Most are not aware of **WEP, GPO, IRMAA** and how these laws affect our lives through reduced fixed income and the ability to afford rising costs of living and health care. Two bills are currently in the US House Ways and Means Committee: HR 3934 Equal Treatment of Public Servant Act sponsored by Rep. Kevin Brady (R-TX) and HR 4540 Public Servants Protection and Fairness Act sponsored by Rep. Richard E. Neal (D-Mass.).

I have met with:

US House District 24 (incumbent Kenny Marchant):
candidates **Beth VanDuyne**, and **Jan McDowell**

US Senate District 2 candidates (incumbent) **John Cornyn**
and **MJ Hegar**

Beth Sargent, Linda Tole, and I met with TX HD 65
(incumbent Michelle Beckley) candidate, **Nancy Cline**.

At this time I have meetings scheduled with:

TX SD 8 **Jane Nelson**

TX HD 115 (incumbent Julie Johnson) candidate **Karen Brownlee**

TX HD 65 candidate **Kronda Thimesch**

*** If you would like to meet with any of these candidates or set up a meeting with another candidate, please let me know. Pat Enlow patenlow@verizon.net 972.393.8662 (land line with answering machine) or text 214.364.9601 with your name included in text!**

WE ALL NEED TO BE INFORMED VOTERS AND WE ALL NEED TO VOTE!



News from the Treasurer

Judy Carey, Treasurer

Happy 2020 to everyone. If you are one of the members who has not paid their state dues/local dues for 2019-2020, it is not too late. Just put a check in the mail so I receive it before February 14, 2020.

TRTA uses the month of March to "change over" the membership roster year, so all dues check that I receive after February 15 will apply to the 2020-2021 membership year. March and April are the ideal months to renew. We deeply appreciate your membership for the past year, 2019-2020, and hope you plan to renew beginning in March! TRTA state dues will be \$35.00 and local dues to C-FB RSPA will be \$10.00. The total amount of your dues will be \$45.00. I really appreciate all of you paying your dues early.

If you are an Associate Member, which means you were still working when you joined, please let me know when you retire so I can move you to Member status.

If you pay your state dues taken out of your annuity or from your bank account, please consider paying your local dues of \$10.00. We need your local dues to run our organization. That \$10.00 comes out to \$0.027 a day.

If you pay your dues with cash, please put it in an envelope with your name on the envelope and give it to me at the meeting. When paying your dues by check, make it out to C-FB RSPA. It is always helpful to have your check filled out before you arrive at the meeting; this will speed up the check-in process. You can always include lunch in the amount.

As always, you can mail your dues to me, Judy Carey, at 975 Laguna Drive, Coppell, TX 75019. For questions, contact me at 214-498-9867 or email judy.carey@verizon.net.

One more important thing, if you have any changes for TRS in your information such as address, phone number, etc., you must notify TRS yourself to change this information. (I can change it with TRTA but not TRS.)

Looking forward to seeing everyone at the February meeting.

TRTA Member Benefits

Shaima Hakimi



Go365 Wellness Reward Program

Go365.com offers a personalized reward program for Medicare recipients with Humana. Go365 is designed to get you motivated to make healthier choices. For every healthy activity you complete, you will earn bucks to spend in Go365 Mall, with exciting rewards such as gift cards, music downloads, exercise equipment, electronics and more.

Activities such as your annual wellness visit, cancer screening, flu shot, bone density scan, and even exercise and fitness can earn you bucks. For example, the reward for breast cancer screening is 30 points.

Examples of gift cards: T.J.Maxx, Marshalls, Amazon, Kohl's, Target, etc.

To register you must be with Medicare Humana. Then, to earn exercise points you must go to a Humana Silver Sneakers gym, and/or have an approved device such as a Fitbit or smart phone that can keep track of your physical activities.

To register, please go to go365.com or download the **Go365 app**.

I found this YouTube video to be extremely helpful: <https://www.youtube.com/watch?v=siOJNOZkN4Y>
There should be three short videos there.

I will be providing more information in our upcoming meeting.



Retirement Education

Mary Eisenmann

On Saturday morning February 1, we had a great time at the **TRS preRetirement Seminar** that we host with Richardson RSPA every year. This is the seminar for people who are still working but are within 5 years of retirement. Many of you probably went to this before you retired. We had 89 people from CFBISD who attended. They all said they learned a lot. We also invited them to join our C-FB RSPA lunch meetings after they retire.

If you know of someone retiring soon, please invite them to our meetings.



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 **indomitable, indispensable Gail Schwamb** is working hard ordering books, putting a book plate in each, and sorting and boxing 3,034 books for delivery to Country Place, Kent, McKamy, McLaughlin, Rainwater, and Rosemeade elementary schools in May.

This will be our largest delivery ever and will include board books for special classes at Country Place. We really do strive to meet the needs of all students.

I also discovered that the books we order have gone up from about \$1 each to \$1.50 each! **Thanks to the generosity of The Civic League**, we have this covered.



Healthy Living

Carol Sprawls

I am proud to say that our C-FB RSPA has four Walk Across Texas (WAT) teams! The teams and team captains are the STARLINGS, led by Estelle Lara; the RETREADS, led by Darcy Perreault; the WALKIE TALKIES, led by Cathy Webb; the SOLE MATES, led by Carol Sprawls. Each team has committed to work together to walk a total of 832 miles over the 8-week program. This averages a total of 104 miles/team member or about 2 miles/day.

The program begins February 2 and runs thru March 28. Walking is a great way to get daily exercise. GO WAT TEAMS!

There's a SILVER SNEAKERS class taught by our very own KayLynn Lyon at the Branch Connection (Farmers Branch Senior Center) on Tuesday & Thursday from 3-3:45pm. KayLynn is a former dance instructor and is a certified Silver Sneakers instructor. You need to register for the Silver Sneakers class which is free if you have health insurance with TRS (TRS Medicare Advantage with Humana). Other insurance companies might also cover Silver Sneakers. You don't have to live in Farmers Branch to join. Questions, call KayLynn at 972-249-5301.

Take Care

Linda Bambina
Information & Protective Services



Boost Your Brain Health Through Volunteering

Are you actively looking for volunteer opportunities that will increase your connection with other people and provide you with a sense of purpose?

Make 2020 your best volunteer year ever and boost your brain health in the process! That's right!

Studies have shown that volunteering increases the size of brain regions that are vulnerable to the effects of age and also improves brain function.

Are you thinking, sign me up? A 2015 study conducted by John Hopkins University Bloomberg School of Public Health MRI scans and tests of brain function revealed that older people who volunteered their time at an elementary school over the academic year experienced improvements in parts of the brain that are vulnerable to age-related declines. Exactly how being

of service actually fortifies the brain is still somewhat of a mystery. Strong clues exist that volunteering provides multiple pathways to benefits, such as being in the company of others, and expanding your social world. Researchers involved in the study report that the brain is "plastic" and can change for the better, given the right measures, staving off the worst effects of brain aging.

[Linda's Notes: Besides the "elementary school" they mentioned above, consider working with Bert Alexander at Webb Chapel Church of Christ in his many volunteer opportunities...or.... YOU GUESSED IT... Volunteer at The Firehouse Theatre and get to see the show for FREE!]

Game Day!

January 2020

