



## From the President

Della Swaim

Hi! In my last email to all of our members I asked you to send me something unusual that you have done, experienced, or discovered since the beginning of our COVID-19 social distancing/self-quarantine. I received a few responses. Thank you!

I thought I'd start off by telling you something that I experienced personally. Our home is about a mile from Hwy 121, and our master bedroom is on the north side of our home. We can always hear the 121 traffic sounds faintly when we wake up in the mornings. On the Monday morning after everything was shut down I woke to total silence except for the birds singing. So unexpected! And so nice!

Linda Bambina wrote, "A friend of mine invited Alan and me to Sonic in our "Open Car" to have lunch with them in their "Open Car." It was tricky to talk, but a fun visit."

Jan Waggoner wrote, "My very busy 10-year-old granddaughter is now doing her work at home and does Zoom meetings with her cheer team and coach. I was happy when she asked me to do a Zoom meeting with her. She texted me the logon and password and invited me to a meeting. After visiting a while, she explained that she was bored reviewing 4th grade skills, and would I please teach her some algebra! The next day I got a text, and she asked me to give her a link so she could teach herself multiplication and division of fractions. Then a couple of days later she sent me an invitation to play an online game of chess with her! I love this new connection we are having! We have another Zoom meeting planned for this week so we can continue the algebra lessons and so she can show me what she has taught herself about multiplying and dividing fractions."

Linda Tole wrote, "My niece Stephanie has a 6-year-old granddaughter who came in this morning and said, "NANNA, I need to get ready to go to

*(Continued on page 2)*

## May Meeting

CANCELLED

## Programs

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



Hello! I sure hope everyone is doing well. I am learning more patience, recipes, communication options, and ways to celebrate birthdays and other milestones. I've also found some fun YouTube exercise videos and how to keep longer hair in check! I thought that I would have all those closets cleaned out by now and everything reorganized. Why hasn't that happened?

Programs are coming together slowly for the coming year. Some of those I've contacted are reluctant to commit, even though it is months away! So, the **RSPA SURVEY** becomes even more important (see link in the article below) because one of the questions relates to Programs. PLEASE RESPOND and let me know of speakers/programs you would like to see. I would also urge you to volunteer for a committee or two (also in the survey). It really does not take that much time and we need fresh ideas and voices. We have an awesome RSPA, but we want to make it even better with your help!

I miss you and hope we will be back to fun and meetings soon.

## End-of-Year Survey

We want your input! Help us to be the best ever by taking our End-of-Year Survey!

To find the survey, click [here](#), or:

- 1.) Go to our website: [localunits.org/cfbrspa/](http://localunits.org/cfbrspa/)
- 2.) Scroll down and look under the photo
- 3.) Click on "End-of-Year Survey"



*From the President, continued from page 1*

Betsy's birthday party." Stephanie said, "Hadley, remember we can't go because of the coronavirus." She stomped her foot and said, "I'm tired of the RONA virus, I need a party!"

I too am tired of the "RONA VIRUS"! However, I am thankful for your friendship and C-FB RSPA!

Someone, (an educator of course!) reminded me this week to save something, a news article or a magazine about this COVID-19 Pandemic to share with our grandchildren or great-grandchildren to show them what a big deal this has been in our lives. Great idea!

Hang in there and stay safe! As soon as we can safely meet, we will arrange a get together. Even if it is the middle of the summer!

I value your membership in C-FB RSPA! Please contact Judy Carey and make sure your dues are up to date.



### **Food Drive for Metrocrest Services**

Estelle Lara

During this crucial time, instead of our regular Spring food drive for Metrocrest Services, please think about making a monetary donation to:

**Metrocrest Services**  
**13801 Hutton Dr., Suite 150**  
**Farmers Branch, TX 75234**

Make the check to Metrocrest Services and write CFB-RSPA on the memo line. Or donate online at [metrocrestservices.org/donate.php](https://metrocrestservices.org/donate.php). They will greatly appreciate your help. We were especially generous this past December when we collected over 300 items, plus \$308 in checks and cash.

We can make a difference!



### **Legislative Report**

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

**Tuesday, July 14, is Runoff Election Day.** We have an important one! U.S. House District 24 held by Rep. Kenny Marchant is at stake. Kim Olsen and Candace Valenzuela will be vying for the Democrat nomination to run against Republican Beth VanDuyne. We need good representation in Washington, DC, so please make your voice heard.



You can go to [dallascountyvotes.org](https://dallascountyvotes.org) or [votedenton.com](https://votedenton.com) for information. Google (your county) voter information if you live in another county. You can also find information on mail-in ballots.



### **Take Care**

Linda Bambina  
Information & Protective Services

"Take Care" seems like too mild a phrase in these times. But sharing the REAMS of information about COVID-19 and listing the current scams (practically ALL the TV commercials for this sanitizer and that spray) seemed a bit much.

I came across a notice about OTHER health concerns that I thought a good idea to pass on.

"Recent trends suggest that patients are not seeking care for emergencies, and delays in diagnosis are leading to poor outcomes. Patients should not delay care when needed, especially for conditions where early diagnosis and treatment can be lifesaving, such as heart attack and stroke. Those experiencing signs of a heart attack or stroke, such as chest pain or sudden muscle weakness, should still call 911 or visit the emergency room immediately.

"Those experiencing mild flu-like symptoms should consult with their primary care physician while taking precautions to self-isolate and limit contact with family members while at home. If symptoms worsen, however, visit an emergency room as soon as possible."

In the meantime: keep a smile under those masks!





## Field Trips

Beth Sargent, Lee Nitcholas,  
Stefani Johnson



Well this "shelter in place" has wrecked our field trip plans for the time being. But never fear, we have a Plan B and we are prepared to move on to a Plan C if necessary. So here is where we stand today:

1.) The May field trip to **Ham's Peach Orchard** has been canceled. The Field Trip Committee tried to come up with a plan, but because this is a drive and we can't stay six feet apart in a vehicle, it wasn't feasible. We will be making plans for next year, and this trip is on our list of trips we want to take. In the meantime as things open up, you may want to visit on your own. They make a killer peach cobbler you can buy frozen to take home that will impress everyone.

2.) Our April field trip to **Globe Life Field** remains on hold for rescheduling. We have a contract with The Rangers organization and they are working with us to get something on the schedule. But first they have to conquer the issues that come with reworking the Texas Rangers entire schedule for this season. This means we will be among the first to tour the new stadium; we just don't know when. We will keep you posted.

3.) Plans are tentative for the event to see ***Singin' in the Rain*** on Saturday, August 1, at 2:30. Ladies and Gents, nobody knows nuthin' at this point. BUT IF the show is allowed to happen, Linda Bambina will step up and organize lunch at the brand-new Mustang Station location across the street from The Firehouse Theatre, followed by great seats to see the classic *Singin' in the Rain*. We'll send out an email once we know something, and we'll go from there! Please cross your fingers and toes this will happen!

### Field Trips upcoming for 2019-2020

**To be Rescheduled**  
**Globe Life Field of Arlington tour**  
Lunch at TexasLive

**Rescheduled for 2021**  
**Ham Orchard, Terrell**

**Tentative: August 1 (Saturday)**  
***Singing in the Rain*, Firehouse Theatre**



## News from the Treasurer

Judy Carey, Treasurer

### Reminder to pay your dues for 2020-2021

I hope this finds our C-FB RSPA members doing well and staying healthy. This COVID-19 is not a fun thing to go through. I am very thankful to have stayed healthy through this but not sure my brain has. Somedays it feels like it must work harder to concentrate on certain things. Take care everyone.

We have some good news to share with members. Due to the cancellation of the TRTA State Convention this year and not having expenses for that, our board felt like we could increase our yearly donation to Texas Retired Teachers Foundation. We sent in a donation of \$1,000 last month. We asked TRTF to use this donation for support of retired educators because so many of them are suffering hardship.

A few members have been paying dues, but it is time for a reminder to put those dues in the mail. Not having meetings in April and May has slowed down the collection of dues. If you want to drive by my house and pay your dues, that is okay with me. I have had some members do that. You might just want to get out of the house for a drive in this beautiful weather we are having. If you plan to drop off your dues at my house, just send me a text (214-498-9867) or an email ([judy.carey@verizon.net](mailto:judy.carey@verizon.net)) so I will know you are coming by.

If you have your state dues taken out of your annuity or you pay by a bank draft, all you need to pay is your local dues of \$10. TRTA state dues are \$35 and local dues are \$10. Make your check out to C-FB RSPA in the amount of \$45.00 for state and local dues and mail to me at **975 Laguna Drive, Coppell, TX 75019**. If you have questions, please email me at [judy.carey@verizon.net](mailto:judy.carey@verizon.net) or call me at 214-498-9867.

Remember if you have any changes in your information, please let me know. If you are retiring soon, if your email address changes, etc., I need to know.

We deeply appreciate your membership and hope you plan to renew NOW for 2020-2021.



## Healthy Living

Carol Sprawls

As we move towards the warmer months with a new normal of limited summer activities, it's important to practice healthy living physically, emotionally and socially.

**Physically**, I encourage you to stay active in ways that you enjoy that are both permissible and safe. Being active outdoors adds the benefit of sunlight which is a good source of vitamin D. If you need to stay indoors to exercise, go to [www.silversneakers.com](http://www.silversneakers.com) for scheduled Zoom classes or video classes that can be done at any time. Another website is [www.youtube.com](http://www.youtube.com) for videos with a variety of exercise classes. Find one or several that you like and do them regularly. Also, stay healthy physically and mentally by making medical appointments with your doctors through a telehealth conference video or your doctor's media of choice.



To get and stay **emotionally** healthy, find a hobby or activity that you REALLY enjoy. The ideas are endless, but if you are looking for something new, Google "hobbies" and find several that interest you and try them. Some people find it emotionally fulfilling to keep a journal for recording positive things or blessings they receive. Review those blessings when you have



a bad day; it will lift your spirit by reminding you of the good things in your life. Most people have projects around the house that NEED to be done, however they DON'T WANT to do them. Try setting aside one or two hours a day or a week to tackle one of those projects. Whether the project just gets started or reaches completion, you'll gain a sense of accomplishment that will boost you emotionally. YEA!

Staying healthy **socially** might be the most challenging depending on your level of comfort since we are asked to stay 6' apart physically. Some ideas are



Face-Timing or setting up Zoom social meetings with friends/family or talking on the phone with people you haven't connected with in a while. Another possibility is to meet friends/family in a park, your yard, but sit 6' apart. Find some way to socialize with people so you don't feel isolated. Social connection is important for everyone, but especially important to those that live alone.

Learning something new or a new way of doing an activity is important to brain health. As we learn to make adjustments in our everyday lives, we are keeping our brains active. When we do get to meet together as a group, we'll have many stories to share about the ways we learned to survive and thrive in this challenging time. BIG VIRTUAL HUGS to all of you!