PRESIDENT'S CORNER, Judy Lynn

Pumpkin Patches have disappeared, candy canes have replaced corn candy, Veteran's are being remembered and honored, high school football teams are in the Playoffs, the SPURS are well into their season and Christmas trees are visible at malls and individual venues--it must be December.

Kudos, thanks and appreciation go to all the folks who attended the Fall Workshop in Boerne, Texas on Thursday, October 30, 2015: Paul, Carlos, Kenneth, Betty, Barbara, Elise, Carolyn, Janet, Sue Sim, Georgia, Sue Winebrenner, Kay, Ronnie, Bobbie, and your President. The food was delicious, the fellowship comforting, the vendors tempting and the program informative. Our two ladies, Janet and Carolyn, conducted a touching and extremely well organized Memorial Service. A "heartfelt" thank you goes to both of them. A report on the event will be given at our November meeting.

Please be reminded that we are still taking reservations for our Christmas Luncheon to be held at the church on Wednesday, December 16th, 2015. We are promised a delightful menu and a great and satisfying program of entertainment. Come join us and help us celebrate the holiday season. Make checks payable to NSARTA in the amount of $20.00.

As many of you know Floresville, Texas was recently affected by an EF2 Tornado. It severely damaged the High School. Classrooms were lost and teachers are without teaching areas. We are receiving info from our District 20 President, Dr. Charlotte Travis, almost daily. We will discuss at our November meeting ways we can be of assistance to support Wilson County RTA and the active classroom teachers. Please bring some loose change in case we decide to give a monetary donation.

Kenneth and I want to wish you and your family a wonderful and happy Thanksgiving. We all have much for which we should be thankful. God Bless all of you. Hope to see you on November 18, 2015.
On Monday, November 2, 2015 in the San Antonio Express-News, a letter entitled “Spread the Wealth” appeared. The writer wrote against the bonuses paid to the Texas Teacher Retirement system investment group. Many of you have heard me say “I do not mind paying Millions especially when the TRS Fund earns Billions with a capital B”. The writer was from New Braunfels in District 13 not District 20. I regret that we did not keep the 1980-83 TRS contribution rates. The TRS Fund would be actuarially sound today and retirees would receive an ad hoc increase in their annuity. We now have SB 1458 and we must keep the contribution rates stated in the bill. Be vigilant.

Health-Care is our next obstacle. Every day you read about healthcare providers, insurance carriers, ACA, and other health topics. In our District Fall Workshop in Boerne, Ray Spivey, TRS representative, spent most of his talk on Health-Care. Health-Care for teachers and retirees will be the main topic between now and the next Legislative Session.

TREASURER’S REPORT

Carolyn Pfeiffer 210-372-0434, carolynpfeiffer48@gmail.com

A current balance of $3646.34 is in our free checking account.

**Bring your money ($20) for the Christmas Luncheon on Wed. Dec. 16 at the church, to the Nov. 18, NSARTA meeting. Checks payable to NSARTA!! You can also mail me your check for the luncheon if you prefer and I will add your name to the list. My mailing address is: 8310 Magdalena Run Helotes, TX, 78023

Continue to look for the detailed Treasurer's Report on the green sheet on the tables at each NSARTA Meeting. THANK YOU!!!
"IF you have not yet renewed your membership, PLEASE come ready to renew at our November meeting!!!

We now have over 250 members renewed and seven new members. We need more NEW.

The Yearbook/Directories have all been mailed. Only one member has told me she did not receive hers and I have replaced it. New and renewing members will be included in an addendum. We still need, want, and will welcome more members. Please take a look at the advertisers in our book. Their participation made it possible for us to finance the printing of our book. We couldn’t do it without them. Our thanks to all of them for their continued support.

Registration for NSARTA’s Christmas Luncheon is $20.00 payable to NSARTA.

Members of NSARTA who have agreed to serve on the Nominating Committee for new officers, please be present at our regular meeting on November 18.

New officers to be elected will be President, Second Vice-President and Recording Secretary. This is a very important meeting!

This month we are giving THANKS to our talented STITCHERY GROUP for all the GIVING they have shared with children, Wounded Warriors, and anyone else in need of a little comfort, love, and support. These ladies have met over the years extending their talents of sewing to those in need in our community. We are going to give them a little helping hand at our November meeting by donating denim fabric (ANY COLOR) and children’s fabric (CHEERFUL HAPPY COLORS).

Bring your sharp scissors, and any straight pins you might have, as we will be cutting our fabric donations to help these ladies. Patterns will be provided by the stitchery group for us to use.

WILL YOU BE A ‘FABRIC FAIRY’? Don’t forget to bring your denim or children’s fabric donations to our November meeting as well as crochet thread (any color), worsted weight. Many people in our community will be blessed by your generosity!
COMMITTEE REPORTS

Membership Services

Sue Sim

15% off FTD Floral arrangements; see Voice for more information.

Hospitality

Michele Bibb

Hugs to Sue Winebrenner, Georgia Couch, Sue Sim, Carolyn Pfeiffer, Delores Ramon, Ledru Barker, and Kelleigh Lewis for providing snacks at our October meeting. You made our meeting delicious!

Inform/Protect/Serve:

Elise Townsend

GETTING CALLS FROM YOUR OWN NUMBER
FEDERAL TRADE COMMISSION REPORT

It’s like a scene out of a strange Sci-fi movie. You get a call, look at the caller ID, and see that your own number is calling. Weird! No, this isn’t an alternate reality where your future self is calling the present you. It’s a scammer making an illegal robocall.

Technology makes it easy for scammers to take or “spoof” caller ID information. They can make it look like they’re calling from a different place or phone number—even your number. Scammers use this trick as a way to get around call-blocking and hide from law enforcement. They hope you’ll be curious enough to pick up. Don’t fall for it.

Volunteering

Sue Winebrenner, suehwine@sbcglobal.net 695-2629

The book will be at the meetings for those of you who prefer to write down a month at a time. Please fill in your hours for January –October at the November meeting or email or call me with your numbers.
Notification Committee

Our Notification Committee calls members each month who do NOT have an email address to keep them informed of meetings and NSARTA information. Are you a member without an email address and want to receive monthly NSARTA reminder calls or do you know of a member that would like a monthly reminder? If so, please call Michele Bibb, 494-8197, and we will be happy to include you on our caller list.

Michele Bibb 494-8197

Stitchery
Broekhove

Ledru Barker & Josie

When you receive 50% and 60%, unexpired coupons from JoAnn's, please bring them to a NSARTA meeting and give to Josie Broekhove or Ledru Barker. We use three, five pound boxes of polyester fiberfill every month and do not want to pay full price.

Childrens’ Book Drive

Nancy Dooley, Pat Loewe, Carolyn Varian

Please take the opportunity to participate in this project, and bring your book (new or very gently used) or cash donations to the meeting on Wednesday, November 18th. Baskets for donations will be at each table. This will be our last collection to meet our 2015 goals. To recognize our participation in this statewide project, NSARTA reports to TRTA the total number of books distributed through December. If you would like to participate in this project but cannot attend the meetings, please contact us.

Thank you in advance.
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.

Forgetting, 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 2 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.

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**NEWSLETTER-NOVEMBER, 2015**

**HEALTH, CONTINUED**

- “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)

- Source: National Institutes of Health, Jan 2014, nihnewsinhealth@od.nih.gov
HAPPY THANKSGIVING TO ALL