As the leaves of fall swirl around us, we find ourselves at Thanksgiving. Despite the bumpy ride of 2020, November challenges us to let GRATITUDE fill our hearts ~ a bit of a tall order right now as we face the holidays with uncertainty. What we need is a good dose of love, laughternd fun! Guest speaker, Michele Hoskins, will bring exactly that to kick-off our meeting this month. Michele believes retirement is the time to create *Our Second Act! I am ready......are YOU?* Be the Rainbow in Someone Else’s Cloud.....

- November is Texas Retired Teachers Foundation/TRTF Month. Every year NSARTA makes a budgeted donation of $100 and also takes up a collection from members. Since this is not possible this year, members that would like to make a donation directly to TRTF can go to [https://www.trtf.org/TRTF/Donations/Donation_Home.aspx](https://www.trtf.org/TRTF/Donations/Donation_Home.aspx) and select one of the charitable programs or call Sarah Richardson at TRTA (1.800.880.1650) to donate over the phone via credit card. TRTF Charitable Programs:
  - TRTF Tutor Program
  - Annual Fund
  - A Helping Hand
  - Beginning Teacher Scholarships
  - Classroom Assistance Grants
NEWSLETTER - November, 2020 (President's message continued)  PAGE 2

- Disaster Relief
- Lehr-Pritchard Endowment Fund

- Be on the look out for information on upcoming community service projects, BINGO, and our Holiday Cookie Exchange! We are finding new ways in Our Second Act!

PROGRAM 1st VP, Barbara Rothe  210-380-8150  barbrothe@sbcglobal.net

- Happy Fall Y’all!! Hope this finds everyone feeling healthy, doing well and staying safe. We have a joy-filled NSARTA Zoom program planned for YOU! Please tune in on Zoom, Wednesday, November 18, 2020. Peggy will email the link and ID # and passcode a few days before the meeting. The Zoom waiting room will open at 9:30 for fellowship and to insure that our tech status on Zoom is working correctly and everyone can be seen and heard. We are all getting to be pros at this “Zoom thing”.

- The meeting will start at 10:00 a.m.

- Our focus for November is Informative and Caring ways to treat ourselves. What better time than now to hear our fabulous guest speaker, Michele Hoskins, motivational speaker and author.

- Michele will, no doubt, give us a thought provoking, humorous, uplifting talk on perspectives for our “2nd Act”. Michele will speak for approximately 20 minutes and a Q&A will follow.

- Here’s a little tidbit about Michele; again, please join us on our Zoom meeting and learn for yourself. You will be totally awed and inspired and she will not disappoint.

- Michele is an entrepreneur, international best-selling author, motivational speaker and 2nd Act Strategists committed to helping people reach the next level in life. Michele’s company, Maintain Momentum, offers support and training services to assist in the development of confidence needed to excel and create the best version of yourself in the 2nd Act of Life. In addition to providing consulting, training and coaching for non-profits and corporations, Michele inspires her audiences to visualize their 2nd Act and set goals that lead to positive outcomes. Michele is transparent, knowledgeable, entertaining and connects well with participants.

- THANK YOU: We were so very appreciative for our San Antonio State and SBOE candidates who took time out of their busy lives to visit with us for our October meeting. I believe we were all extremely impressed and grateful for each and every candidate who spoke to us about their hopes, beliefs, and platform that will enhance the lives of retired teachers of Texas.

- MARK YOUR CALENDAR: December Holiday BINGO! December 16, 2020 meeting. Holiday BINGO on Zoom! Let’s have some fun playing Bingo, winning prizes, and laughing, also a bit of competiveness, (I want to win… lol)! Seriously, who doesn’t love Bingo?!!

- COOKIE EXCHANGE: We are in the planning stages of a social distancing “cookie exchange” for December. We will take a poll at our November meeting to learn if we have interest. Thoughts are to drop off a tin of cookies 12-24 cookies to a member’s porch in December in your zip code. More details to come. Yum!

- BOOK CLUB: We met on November 4th for another wonderful book club meeting. We are so high tech that Peggy was able to separate our group into separate rooms to discuss the book so everyone had an opportunity to speak. If you haven’t read American Dirt by Jeanine Cummins, I promise you, it is a must read.

- Our next book club meeting will be Wednesday, January 6, 2021 @1:30. We will have two books to discuss: The Book Woman of Troublesome Creek by Kim Michele Richards and The Giver of Stars by Jojo Moyes.
NSARTA HEARTS

Michele Bibb 210-494-8197 mkbibb47@gmail.com

Our November Hearts of NSARTA are ladies whose love for life and continuing education plays a very important part in their lives. During this pandemic they have been active participating in Zoom activities with friends, family, neighbors, their church, and even tutoring children. Thank heavens for Zoom keeping us connected as we all continue exploring activities during this pandemic. Our Hearts for November are Linda O’Neal and Betty Welch.

Linda O’Neal

Pandemic Times “It is humbling to write this as we are navigating the pandemic. I live with my dog Zan and we have been in some type of self-isolation since March 16, 2020. Like you, I have been trying to navigate this challenging chapter of our collective history with some semblance of mindfulness.

My love of bicycle riding has been a huge saving grace. I live close to the Leon Creek bike trail but have stayed off that and currently just been riding the neighborhood. As of October, I have accumulated 900 miles. I call it prayer on wheels. This has been a time to continue my journey with WW (formerly Weight Watchers) and have lost a total of 57 pounds, 14 of those pounds during the pandemic. It has also been a time of learning. Currently I am taking three new courses, one with Oblate School of Theology, one with the National Episcopal Church and one with Sounds True. The side yard of my home was a dog run with dirt and no landscaping. It was shady and ten degrees cooler than the back yard. So, I had large granite stones installed and decorated the area, and then added social distance seating. It is an oasis and sanctuary where friends could come over and safely visit. This has been pure joy to see friends other than on Zoom. It is such a blessing. The following is the most inspirational and motivational quote I have found:

“Now is the moment for which a lifetime of faith has prepared you. All of those years of prayer and study, all of the worship services, all of the time devoted to a community of faith; it all comes down to this, this sorrowful moment when life seems chaotic and the anarchy of fear haunts the thin borders of reason. Your faith has prepared you for this. It has given you the tools you need to respond: to proclaim justice while standing for peace. Long ago the Spirit called you to commit your life to faith. Now you know why. You are a source of strength for those who have lost hope. You are a voice of calm in the midst of chaos. You are a steady light in the days of darkness. The time has come to be what you believe.”     Steven Charleston, Retired Episcopal Bishop of Alaska

Experience With 42 years of experience in the teaching and leadership field, I have served thousands of executives and aspiring leaders in the fields of education, government, for profit companies, and nonprofit organizations. I was the executive director of the Southwest Educational Alliance which is a regional service agency (like ESC 20 here) serving thirteen school districts in the Charlotte, NC area when I left in June 2009 to do consulting. I was formerly a full professor in the Department of Leadership and Educational Studies at Appalachian State University in Boone, NC. I taught both aspiring principals and aspiring superintendents. Prior to my affiliation with Appalachian State University, I was a Senior Program Associate in the Education
Sector at Center for Creative Leadership (CCL®) in Greensboro, NC. Before joining CCL®, I was Staff Development Director for the North East Independent School District in San Antonio, TX. Before that I had been with ESC 20 in charge of leadership development for the fifty school districts we served. My extensive background in education and professional leadership development began in teaching in Atlanta, GA in the first year of desegregation. I also taught in private American schools in Greece, Uganda, and Singapore. During my career, I served as an elementary teacher first and then a school principal, a NASSP assessment center director, a university professor and a professional development leader. I was a lead trainer for the National Association of Secondary School Principals’ Assessment Center project, for the Learning Forward organization, and for the Association for Supervision and Curriculum Development. As a tenured professor, I published numerous articles on leadership development, professional development and accountability. Overall, my career was leadership development.

**Current Role** My last professional role was as adjunct staff member for the Center for Creative Leadership. I also have a private consulting firm that helps leaders and teams explore their potential and optimize performance. But these days, I am mostly retired. I am committed to be of service during these wisdom years, so am constantly discerning how to serve. I serve as a lay minister with Community of Hope International and have done training for this group. I also volunteer at Magdalena House which serves women and children who are rebuilding their lives. I have co-facilitated multiple sessions on human trafficking and I volunteer with the backpack initiative for immigrants. Creative endeavors include making jewelry, greeting cards and journals. The NSARTA book group has been so welcoming. I love to learn. The pandemic has simply changed the way I learn: from in-person sessions to on-line sessions. That includes virtual church attendance with the Episcopal Church of the Holy Spirit. I also belong to two long term professional learning communities both of which have been meeting for twenty-seven years.

**Educational Background** I hold a B.A. from the University of North Carolina at Chapel Hill, a M.Ed. from Our Lady of the Lake University, and an Ed.D. from Texas Tech University. I also studied in Bogotá, Columbia as the recipient of a Fulbright scholarship.

**Personal** I was born in Kingman, Kansas in May of 1945, where my Dad was stationed at the end of WWII. I grew up in Gastonia, N.C. One of my brothers, his wife, two grown daughters and their families still live in the Asheville area of N.C. This dear brother and I have a new ritual. Every day during the pandemic we talk. The consistency of those chats is such a comfort. Being an aunt to these two nieces is a big priority for me. It will be pure bliss to get back there to see family when pandemic travel eases. My other brother lives outside of Charleston, S.C. I have a close cousin who lives in San Antonio. I use the phrase ‘friends who are like family’ to describe many of the close sustaining friendships I have. I have been mentoring a first generation Mexican-American young woman for fifteen years. We call each other grandmother and granddaughter. That young woman has been accepted in the Young Eisner Scholars (YES) program which supports underserved, bright young people in five locations nation-wide. YES mentors these scholars from middle school through career placement. She currently has a scholarship to Chatham Hall Episcopal Boarding School in Virginia. I am passionate about immigration and am deeply supportive of the family of this young woman. I am deeply grateful for all these relations and they are even more cherished as we navigate the pandemic.”

**Betty Welch** “I was born in Marlow, Oklahoma and lived there until I was nine years old. We moved to Wichita Falls, Texas because my dad was called to pastor a church there. I attended grade school through high school and then went onto Midwestern University. I got my BS degree in education. I married a classmate, Jerry Young, and we lived there for four more years. I began my teaching career there. Because the oil industry diminished in Wichita Falls, we moved to the Dallas area to seek jobs in a new location.
We lived in Irving and Grand Prairie for 13 years. I taught in both cities, and my husband worked for Dresser Industries as accountant. I also had a daughter, Lori, and a son, Chad, while there. They started school while living in Grand Prairie. I obtained a Master’s degree from North Texas in Reading. I became a reading specialist while teaching in Grand Prairie.

Later, my husband, Jerry, obtained a job in San Antonio, with Diamond Shamrock (now known as Valero) as property tax manager. I began to teach in the NISD as a reading specialist. I got a position at Locke Hill on DeZavala in 1985 and remained there until 2007. I obtained another Master’s degree at age 60 from the Houston Baptist University, who brought a technology program to our NISD district. It was the best thing I have ever done and I so enjoy being able to understand and communicate more effectively with my grandchildren.

Jerry and I divorced. My children attended UT, Austin and my son got his masters at A&M. So, they both have good educations. My daughter is an accountant, and is able to work at home. My son is an environmental engineer and works for the government. My daughter still lives in Austin with her husband, and my son and his wife live in Albuquerque, N.M. I am the only family member who lives in San Antonio. I fell in love with the city and NISD was a perfect place for a reading specialist. I grew as a teacher because of that rich experience. I loved my teaching experience there.

My family started going skiing in Colorado when my children were young. We all became quite good as skiers. After divorcing, I was able to continue skiing with a Singles church group at Trinity Baptist. While with them, we made trips to England & Wales, Israel, Greece, Italy, (Buckner and Martha Fanning were on this trip), Northern Europe, Southern Europe, just to name a few. I have been on 5 cruises. Travel became the excitement in my life and I don’t regret a penny spent for any of my trips. I’m glad I started while younger, because you never know what is in your future. I had good health, stamina, and as you get older, one can feel the changes. Travel is rewarding and exciting, but, good health is important in order to fully enjoy.

My serious skiing accident happened when I was 70, when I broke my fibula and tibia in my right leg. I was with the youth group of my church, which now, is FOSA (Fellowship of San Antonio). I was ‘helicoptered’ off the mountain and remained in assisted living with skilled care for 83 days. I was in Austin for most of the time, to be close to my daughter. Lori, my daughter, was the angel in my life at that time. I have recovered, and have still made more trips and haven’t given travelling up altogether. I still enjoy viewing God’s beautiful creation.

During all of this, my pastor at Trinity Baptist, Buckner Fanning, retired, and with a new pastor, many sought out other churches. We borrowed a church, went to a golf course club house, and finally to where we are now. We are known as the Fellowship of San Antonio, FOSA. I helped organize the choir, became their first President, organized a book club for avid readers which we discussed each book, worked on the landscaping committee to beautify our grounds, and am presently giving up those responsibilities to head up a Historical Society for our church. We have 17 years of information and materials to get organized for the rest of the church. Our present pastor, Ron Hill, is retiring and our church is beginning to help our new pastor, Dr. Royce Smith, to step in with his new role. To celebrate my retiring from our church’s book club, a 5-day trip to NYC was planned by Michael Fanning to see the play, “To Kill A Mockingbird”. We visited the 911 Museum, Ellis Island and Statue of Liberty, painting that made “The Lady In Gold” famous, the famous Sardi’s restaurant, and whatever else we could get in.
It was a blessing. I want to see all the states in the U.S and only lack around 10. I recommend seeing foreign countries while you are younger and saving the United States for when older, for obvious reasons. Utah is a great state for State and National beautiful parks and is in my future plans.

I have been very active with ZOOM while quarantined all these months. ZOOM has enabled my church, harmonica club (which I started in 2004), school friends, family, & neighbors, and BSF, to stay in touch. Thank you, technology. The time spent at home has been more valuable and enjoyable than I ever thought possible. Presently, I signed up with TRTF (Texas Retired Teacher Foundation) to tutor online with the help of ZOOM. They plan to pay teachers to tutor online.

All that involvement to learn ZOOM has paid off. But, I’m like everyone else…..can’t wait for all of this pandemic to end. Now, I am planning a road trip to Tennessee with friends so to lift the spirits. Travel does that for me.”

We were saddened to hear of the passing of long time members Lawrence Lane and Louise Calvert. Sympathy cards were sent to both families. Thank you cards were mailed to the candidates who joined us at our October meeting. A Thinking of You card was sent to Linda Nolder after minor eye surgery.

PLEASE, if you know of a member who is ill, a family member is ill or has passed away, or anyone who just needs to know NSARTA is thinking about them, please let me know so I can acknowledge we care about them during this difficult time.

Answer the two Newsletter questions correctly to be entered in a drawing and win a great prize. Email or call Betty Moseley bmoseley@swbell.net OR (210) 494-1080 by November 17 with your answers. Winners announced at November 18th meeting.

**Question # 1.** What shared love do our hearts for November possess?
**STITCHERY**

Ledru Barker  ledrubarker@yahoo.com  210-641-6066

We have been busy sewing but did not make a delivery this month. Thank you for your donations of material, thread, Polyfil, pins and bobbins. Please contact Ledru Barker if you have items.

**INFORMATIVE AND PROTECTIVE SERVICES**

Laurie Harris  210-887-1125

Laurieharris123@att.net

There is a scam going on now involving Dish TV. A person calls stating that you need to upgrade your receiver box. They ask for your account number and request that you pay an upgrade fee or you will lose service. Dish TV says this is a SCAM and to hang up on the call. I received this type call last week and contacted Dish. They confirmed the scam.

November is a busy month, but I trust you will not forget that November reminds us to always give thanks. Give thanks to our Veterans for their service to our country as we celebrate Veterans Day November 11th and here’s to wishing all of you a wonderful Thanksgiving!

**Craft idea**

Linda Nolder

Since we still have lots of walkers during this pandemic, it is so fun to find little "treats" that brighten our walks. If you are one of those who love to participate in others’ walks, find some good rocks, paint a little fall pumpkin and place them out around your street.-
Do you know someone who might be retiring?? Anyone can attend these virtual sessions listed above to get information about retiring during this winter session. Just call the numbers listed and make your reservation. For more information contact Karin Stanley.

“ENCOURAGING WORDS”  
Barbara Yates, Chaplain  
barbyates1@sbcglobal.net  

“In the middle of every difficulty, lies opportunity”. - Albert Einstein.

Have a blessed day!

Treasurer’s Report  
Dolores Ramon  210-386-4533  Dolores.ramon@yahoo.com  

Greetings!

As you may have read in Tim Lee’s recent email, November is Foundation month. NSARTA traditionally contributes to the Texas Retired Teachers Foundation (TRTF) in November. NSARTA members made contributions at our November meetings and we would send a check to the foundation. Since we aren’t able to meet in person right now, the Board of Directors budgeted $100 to contribute to the TRTF Helping Hands program on behalf of the membership. That donation will be reflected in the November Treasurers Report.

If you’d like to learn more about the foundation, check out the TRTF link at www.trtf.org and read about the various charitable programs they manage. You might even find yourself wanting to make a donation! Donations can be made online or you can mail a check to:
Texas Retired Teachers Foundation, 313 E. 12th St. Ste. 220, Austin, Tx 78701
Treasurers report to be shared at November Zoom meeting.
North San Antonio Retired Teachers Association  
Via ZOOM  
WEDNESDAY, October 21, 2020

1. President Peggy Peterson called the meeting to order at 10:00 a.m.
2. Welcome: Peggy welcomed everyone to the second virtual meeting for NSARTA of the year. She gave a few Zoom tips for today’s meeting. 47 participants were present today. Peggy thanked Elaine Bretschneider for being the Senior Planet co-host for the Zoom meeting. Elaine mentioned to go to: www.seniorplanet.org for online classes available—over 50 to choose from.
3. Invocation: Barbara Yates, Chaplain; Pledges: Paul Cwiklik, Immediate Past President.
4. Introduction of the Candidates (State Senator, State Representative, and State Board of Education) by Peggy. 11 candidates were in attendance to speak. All the candidates kept to the 6-minute time limit. Questions to be answered by each candidate were sent to them ahead of time, sent in from NSARTA members.
   a. Peter Flores and Roland Gutierrez (running for State Senate Dist. 19).
   b. Steve Allison and Celina Montoya (running for State Representative Dist. 121).
   c. Elizabeth Campos and George Garza (running for State Representative Dist. 119).
   d. Claire Barnett (running for State Representative Dist. 122).
   e. Rebecca Bell-Metereau and Lani Popp (running for State Board of Education).
   f. Jose Mendez (running for State Senate Dist. 26).
   g. Philip Cortez (running for State Representative Dist. 117)—he had to leave early to attend another meeting.
5. Officer Reports:
   a. Minutes from September 16, 2020 were approved and filed. Carolyn Pfeiffer, recording secretary, had these minutes previously printed in the October newsletter. No additions or corrections were made during the meeting.
   b. Treasurer’s report, by Dolores Ramon, was shown on computer screen, then approved and filed for audit.
   c. TRTA membership update given by Eddy English—277 members on our NSARTA roll.
   d. Harold Black mentioned that the 2020-2021 yearbooks were mailed out Oct. 20.
   e. Children’s Book Project donation of books by members—give a count to Sherlyn Valentin.
   f. Barb Rothe presented the next program planned for Wednesday, November 18th. Michele Hoskins will be the inspirational speaker for that morning. The Big Read Book Club will be Wednesday, November 4, 2020 at 1:30 PM.
6. Zoom Prizes:
   a. Harold Black won the prize for answering the questions listed in the October newsletter.
   b. Laurie Harris, Phyllis McMillan, Sherlyn Valentin, and Jim Long were the Zoom door prize winners. Their gifts will be mailed to them.
6. Adjournment: 11:57 a.m.
LEGISLATIVE FOUNDATION  Adele Murphy  adelem54@yahoo.com  830-522-0838

Each of you received the Legislative report by email on Tuesday, November 9th.

November is TRTF, Texas Retired Teachers Foundation, Month. Please make a donation if you haven’t already done so. You can donate online at: TRTF.org
If you prefer you can call Sarah at 1-800-880-1650 x104 and she will help you make your donation.

TRTF is the charitable arm of TRTA and has several programs designed to assist past, current and future educators. It has recently expanded to help tutor students during the Covid crisis. Please check-out the TRTF website, TRTF.org

COMMITTEE REPORTS

BIRTHDAYS  Linda Nolder  (210) 219-4749  lnolder@aol.com  Michele Bibb

November is the final month of autumn and the last full month before winter. Today, November is strongly associated with the beginning of the holiday season. November has 2 birthstones, the golden yellow citrine, known as the gem of optimism and the topaz, found in various shades of blue and is said to have healing and calming energies. Did you know the chrysanthemum is this month’s celebrated flower?

NSARTA WOULD LIKE TO WISH A VERY HAPPY NOVEMBER BIRTHDAY TO:

Barbara Rothe, Carolyn Ramirez, Patti Evans, Mary Martínez and Cy Furgens

CHILDRENS’ BOOK PROJECT  Sherlyn Valentin, dhrc@airmail.net  210-365-9185, Pat Loewe, Nancy Dooley & Mary Martinez

NSARTA members did not have an opportunity to distribute books to Ridgeview Elementary this past spring. The book count for the Children’s Book Project is the number of books NSARTA members have given to children this past year. If you have given a book to a child/children from February to November for a birthday, shower, neighborhood libraries, etc., please email me. Thank you! Sherlyn

VOLUNTEERING  Janet Pennock  japennock57@icloud.com, 979-417-3876

105 Firesage, Universal City, Texas, 7814

Covid-19 has changed our lives. Some of us are helping in different ways. A lot of those ways could be counted as volunteer hours. Please call, text or email, if you have any questions

Question #2  Who is our guest speaker for November 18th?
**Frosted Pumpkin Bars**

4 large eggs  
1 2/3 cups sugar  
1 cup corn oil  
1 16 oz. can pumpkin  
2 cups all-purpose flour  
2 tsp baking powder  
1 tsp cinnamon  
1 tsp salt  
1 tsp baking soda  
ICING  
13 oz pkg cream cheese  
softened  
2 tsp vanilla  
2 cups sifted powdered sugar

Preheat oven to 350 degrees.  
Beat eggs, sugar, oil, and pumpkin with electric beaters, until fluffy. Sift together flour, baking powder, cinnamon, salt, and baking soda in another bowl. Gradually add to the egg mixture with the mixer at low speed. Spread batter in an ungreased 15x10x1 inch jelly roll pan. Bake for 20 to 25 minutes or until center of cake is done. Remove from oven and cool completely.

For icing, cream together cream cheese and butter with an electric mixer; add vanilla. Slowly beat in powdered sugar until smooth. Frost cake with icing and cut into squares. These are really good for breakfast. They also freeze well. (Paula Deen recipe)

If you have a favorite recipe you’d like to share with us for December, please contact Michele Bibb and we’ll publish it in our Newsletter (210) 494-8197 or mkbibb47@gmail.com
Hope everyone has received their yearbook. As usual, Harold did such an awesome job. (Should be my job, but he has graciously volunteered to continue doing it.) I am so grateful. Hoping to still get in some renewals and/or new members, before the year is over. Just a reminder – if any of your information is incorrect in the yearbook or if it has changed since then, please let Peggy, Harold, Betty or I know so we can get those corrections to our members.

Please add these members to your Directory:

- Marta Amezquita, 6126 Spring Valley, 78247-1688
- Carol Ann Smith, 30030 Twin Ridge Dr, Bulverde 78163-2400........830-980-7907
- Ann G. Flynn 25690 Wilderness Oaks SA, TX 78261-2957 210-465-9896

TRTA/NSARTA NEW/ANNUAL RENEWAL MEMBERSHIP FORM 2020-2021

CIRCLE: NEW MEMBER RENEWING MEMBER

NAME ____________________________________________ __________________________

ADDRESS _____________________________________ CITY ________________

ZIP CODE ______ PHONE _____________ EMAIL______________________________

TODAY’S DATE____________

School district from which you retired ___________________________ Retirement Year______

ANNUAL RENEWAL: TRTA $35.00 and NSARTA $15.00 = TOTAL AMOUNT $50.00

LIFE LOCAL MEMBER: $35.00  LIFE TRTA MEMBER: $15.00

Make check payable to NSARTA for the total amount of either $15.00, $35.00, or $50.00.

CHECK # __________

Mail to: Eddy English 13028 Trent San Antonio, Texas 78232
From Healthy Living Calendar:

Catch those ZZZZZZZZ’s—Lack of sleep sets the stage for overeating.

As this pandemic continues, remember the one thing you can control is YOURSELF. Two of your SIX WORD STORIES should be “Stick to a schedule each day” and “Practice random acts of kindness often.”

Be aware of the things you can control. On a sheet of paper, draw a line down the middle. On one side, write the things you CAN control. On the other side, write the things you CAN’T control.

Some of the things you CAN control: how you spend your time; with whom you spend your time; how you care for yourself and your family; what you spend your money on; the food you eat; how well you follow safety precautions, sleep routines, looking at things from a different point of view.

You CANNOT control: when there will be a safe vaccine or cure for Covid 19; when someone in your life that you know or love will become ill; when someone you love will need to quarantine; what will happen tomorrow.

NEXT TIME—BENEFITS OF LAUGHING
NSARTA

14219 Turtle Rock St.
San Antonio, Texas 78232

OR CURRENT RESIDENT

Happy Thanksgiving!

November 2020