PRESIDENT’S CORNER: I hope everyone is in a COOL place when receiving this newsletter. Print it out, fold it up, and use it for a fan (LOL). Seriously, we all realize how devilishly hot this summer has been, and, quite frankly, how devastating it has been on our wallets when we tally up the CPS, SAWS, and Margarita bills.

Speaking of money – If you have not yet renewed your TRTA/NSARTA membership (we are short about 35 renewals at this point), please do so ASAP – not necessary to wait for the September 18 program. TRTA membership reached 82,560 as of August 1, but we need your help to keep that number climbing.

Latest word this morning from District 20 is that, according to TRS, our 13th check will be delivered before September 15. TRTA and local units across the state were solid in their ambitious efforts to place our needs before this year’s legislature. We all helped achieve this milestone with our voices, letters, personal visits to legislative offices, and our DUES!

Our first program on September 18 will feature TRTA Executive Director Tim Lee as the high energy guest speaker. Also, District 20 President Suann Agold will share information on how to energize ourselves this year and some TRTA initiatives in the planning stages. We are pleased once again to have with us the Churchill HS Junior Reserve Officer Training Corps (JROTC) unit for the presentation of the colors, followed by our singing of the National Anthem.

We do have some important matters to discuss with you: the 2018-2019 audit and approval of the 2019-2020 budget. For your convenience, we will have time to sign up for the District 20 Annual Fall Conference in Boerne on Thursday, October 24, when we will elect the District’s 2020-2022 officers.
Most important for all members, we will introduce a comprehensive amendment to the NSARTA Bylaws, which we will ask our members to adopt during the October program. Unfortunately, this timing will delay publication and release of our 2019-2020 Year Book that we may include the Bylaws in that publication for your reference.

Be safe in your travels, and we hope to see as many of you as possible on September 18. God bless!

**HEARTS OF NSARTA**

September Hearts of NSARTA are glad the summer is almost over and are ready for cooler weather…aren’t we all!! These ladies joined NSARTA just a few years ago and already are active members of our unit. Both enjoy travelling and being with friends and family. Our September Hearts of NSARTA are Joyce Gallegos and Mary D Martinez.

Michele Bibb 210 494-8197

*Joyce Gallegos*: “Since I was a little girl, I wanted to follow in my mom’s footsteps and become a teacher. I was born in Farmington, Minnesota, on January 11th. My dad said that it was the coldest night of the year. I grew up on a dairy farm; and yes, I do know how to milk cows. In 1967 I graduated from Lakeville High School in Lakeville, Minnesota. Upon graduating from high school, I went to St. Cloud State University in St. Cloud, Minnesota. St. Cloud was also my mother’s Alma Mater. So I really did follow in her footsteps.

My first teaching position was in Belgrade, Minnesota. The district was so small that kindergarten through 12th grade, were in the same building. I worked in a federally funded program as a Head Start/Home Start teacher. I went into homes and worked with targeted families to prepare their children for school. After two years, the program funding was cut and my position ended. At that time, there were no teaching positions available, so I applied in several districts around the country. I interviewed in Fort Collins, Colorado; Farmington, New Mexico and San Antonio. I was offered a kindergarten position at Tynan Elementary in San Antonio ISD. So I moved to San Antonio in the summer. That was certainly an adjustment from the climate I knew.

While I was at Tynan, a teacher friend introduced me to Lupe, a friend of her husband. He became my life partner. During that time, I earned my Master’s Degree in Curriculum and Instruction with a specialization in ESL at Our Lady of the Lake University. After teaching twelve years in several grade levels at Tynan, I moved to Northeast ISD. My first position in Northeast was as a kindergarten teacher at Walzem Elementary. I was there for a year, when that position was cut due to low enrollment. I moved to Wilshire Elementary to start the Prekindergarten program for
Hearts OF NSARTA continued

Northeast. Over the years, I opened the program in several schools. While I was at Oak Grove Elementary, I earned a degree in Administration at UTSA. For a few years, I was an Administrator at Oak Meadow Elementary. It was a wonderful learning experience, but my calling was in the classroom. I went back to teaching kindergarten at Regency Place Elementary. I then had the privilege of helping to open a new school. In 2001, we opened Wetmore Elementary. I retired from Wetmore in 2010.

My husband and I had talked about traveling when I retired, but he passed away in the Fall of 2010. I wasn’t planning on subbing; but I needed a purpose, so I have done several long term substitute positions. I am not subbing as much anymore and I fill my time with reading, traveling, volunteer work with the Assistance League of San Antonio and ushering at the Tobin Center.

Over the years, I have worked with many great teachers who have become life-long friends and travel buddies.”

Mary D. Martinez “I was born in El Paso, Texas in November 1947. I am the oldest of four sisters. We were brought up by our paternal grandparents. After graduating from Thomas Jefferson High School in 1965, I worked primarily in hospitals as a unit clerk and in nursing service as a secretary. I got married in 1969 to David, who I met in middle school in the 7th grade. We have three daughters, Malissa, Victoria and Susanna. This year we will be celebrating our 50th wedding anniversary!

My second career began in 1991 when I received my Bachelor’s in Science degree in Education from the University of Texas in El Paso. I taught 6th grade E.L.A.R. at William D. Slider Middle School in the Socorro Independent School District for 22 years. At Slider Middle School I was Reading Department chair, U.I.L. coordinator, and Teacher of the year. I retired in 2013. In 2015 I joined the Ysleta Retired Teacher Association in El Paso.

We moved to San Antonio to be near family and grandchildren. We love being grandparents of seven grandchildren. We try to visit all, at least two times a year in Tucson, Arizona and San Diego, California. We also love cats (5) and one German Shepard / Husky mix named Lucky. I love to read, garden, craft, yoga and love baseball (Houston Astros). David and I love to travel and cruise. This summer we vacationed in Denver and Breckenridge Colorado. We still have many places on our bucket list.

I want to thank everyone I have met in NASARTA for making feel so welcomed.”
WELCOME FALL!

Our 2019-2020 year will be an exciting one filled with opportunities to come together to laugh, learn and grow in this wonderful world of retirement! TRTA & NSARTA are about Preserving the Past, Securing the Future! Our programs strive to educate, inform and build relationships.

PROGRAMS

- SEPTEMBER 18TH ~~ TRTA EXECUTIVE DIRECTOR TIM LEE! Learn all you ever wanted to know about what’s happening in Austin and how it impacts retirees!
- OCTOBER 16TH & NOVEMBER 20TH ~~ STATE SENATORS AND TEXAS STATE REPRESENTATIVES INVITED TO ATTEND. Elected officials will address our members and participate in a Q&A.
- DECEMBER 18TH ~~ CHRISTMAS LUNCHEON

MEET-UPS

- BIG READ BOOK CLUB ~~ Meets every other month (November, January, March, May, July, September).
- TUESDAY TASTINGS ~~ New this year! Get out and about town to meet NSARTA members for lunch at some interesting & maybe new-to-you restaurants.
- NSARTA FALL SOCIAL ~~ WED, OCTOBER 2ND ~ THE RUSTIC in the Rim at 3:00 p.m.

COMMUNITY SERVICE

- SEPTEMBER! Support our very own Stitchery Group by donating fabric, spools of thread, and bags of Polyfill (stuffing for pillows). Let’s build a mountain of materials at our September 18th meeting!
- NOVEMBER ~~ ELF LOUISE

Don’t miss a minute of the fun!

TREASURER’S REPORT  Carolyn Pfeiffer 210-372-0434 carolynpfeiffer48@gmail.com

Treasurer’s Report as of: 9-2-2019

In our checking account we have:

$2,519.52

Stay Cool!!!

CORRESPONDING SECRETARY  Barbara Yates  494-6444.

Get well cards were sent to Sarah Schandua, who had heart surgery and Judy Wells, who was battling cancer.

Sympathy cards were sent to families in memory of Ann Fryburger and Judy Wells, who passed away.

Sympathy cards were also sent to Linda and Warren Alexander, whose daughter passed away and to Ann Berg, whose husband passed away. Thinking of You cards were sent to Deanna Van Pelt and Mary Ramos, whose husbands were ill.
**NEWSLETTER - SEPTEMBER, 2019**

**Choir Director needed**

We are conducting a search for a new director. Preferably, we need someone with choral directing experience, a fairly solid music background and the patience to deal with 30 elderly singers of varying musical knowledge. This is a volunteer position. This fall our rehearsals are scheduled for Thursday mornings at 10:00 am in our center at 700 Babcock Rd. Our group consists of 30 singers plus a director and accompanist.

If you, or someone you know, may be interested in taking on this challenge, please call Oasis at (210) 236-5954 and ask for Estelle, or call her direct at 210-521-4740. (FYI: Oasis is a non-profit organization whose mission is to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. Membership is free to all over the age of 50.)

**COMMITTEE REPORTS**

**HOSPITALITY**  Barbara Rothe  210-380-8150  Linda Nolder  210-219-4749

Your Hospitality Committee welcomes everyone back for an exciting 2019-2020 NSARTA year. Our committee, co-chaired by Linda Nolder and Barbara Rothe, is actively involved at each meeting. We decorate the Fellowship Hall, welcome members and guests as they enter the Hall, clean up after each meeting, and plan the Christmas Luncheon and our May Pot Luck Lunch.

We ask for volunteers to bring refreshments for each meeting AND will give you a reminder call about bringing your treat. We ask each member to volunteer to provide refreshments for only ONE MEETING – October, November, February, March, OR April. NSARTA Board Members are providing the refreshments for our September meeting as well as the January meeting.

It’s good to see you again!! Michele Bibb

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

I hope everyone had a fabulous summer! Even though it was summer, you might have found yourself volunteering with your church, friends or family. If you helped with your church summer bible school, went on a mission trip, helped someone get to and from a doctor’s appointment, helped someone after a surgery, or keep those grandkids a few times, all these activities count as volunteer hours. Record those hours on your calendar and bring the information to the September meeting. You can only claim 12 hours a day to volunteer.

I read an article on a website that claimed volunteering was good for your mental health. It contained research that backed up that claim. This made me think of my own volunteer experiences and how it affects me. I totally agree with the article. I am the happiest when I am making a difference. Volunteering keeps me on a schedule, keeps me interacting with real people and it keeps my brain active. The biggest benefit of volunteering is that it makes me feel good!
STITCHERY  

Last year we gave 22 afghans, 86 quilts, and 1,172 pillows to the VA Hospital. We would love it if you would join us when we meet the first Thursday of every month, September through May, at the Covenant Presbyterian Church. If you can't make it, then please consider bringing us donations. We can use any kind of material. It can be new or used sheets, pillowcases, tablecloths, curtains, etc. If you have thread you are not planning on using then we can use that. We thank the Hospitality Group for providing us with the cloth and thread from the table decorations this month. Please see Ledru Barker, Lynn East, or Pat Loewe with your donations. By Ledru Barker

CHILDRENS’BOOK DRIVE  

NSARTA members are excited that Ridgeview Elementary in NEISD will be partnering with us these next two years for the Children’s Book Project. Since Ridgeview Elementary is a dual language/bilingual campus, we will be looking for donations of and purchasing books in Spanish as well as books in English. These books must 1) be appropriate for Pre-Kinder through 5th grades only; 2) be new or nearly new; 3) have no marks, no writings inside, no school stamps; and 4) have no torn pages. Thank you for all your donations this year.

NSARTA distributed 401 books to Valley Hi Elementary in May, 5 books to a church, and 176 books to the Children’s Shelter in August. Please remember to bring the number of books you gave children/grandchildren over the summer and/or in September to the September meeting. That count so far this year is 123 books!

INFORMATIVE AND PROTECTIVE SERVICES  

Medicare fraudsters exploit older Americans’ health care concerns to get rich.

- You receive an unsolicited offer for a free medical device as a Medicare "benefit."
- Using hard-sell tactics, unscrupulous equipment suppliers lure you into giving them your Medicare ID.
- They stick Medicare with the bill for costly devices that are not medically necessary, not properly prescribed or not delivered to patients at all. In other cases, a beneficiary's Medicare number is compromised and used to bill Medicare for unneeded services or services never received.

This scam alone cost the government more than $1.2 billion. These and other losses related to fraud are borne by the taxpayers who fund Medicare and by beneficiaries shouldering higher premiums and out-of-pocket costs.

Medicare only covers durable medical equipment ordered by a doctor's prescription. Consider it a big red flag if you are approached by someone other than your doctor with an offer for free supplies from Medicare.

- your Medicare Summary Notice or insurance Explanation of Benefits for questionable charges.
- Report questionable charges or sales pitches to Medicare at 1-800-MEDICARE. If you have private insurance, report suspected fraud to your insurance company's anti-fraud department. If you have been targeted by this scam or have fallen victim, call the AARP Fraud Watch Network Helpline at 1-877-908-3360 for guidance and support.

AARP.org  Fraud Watch=
DISTRICT 20 FALL CONFERENCE

Thursday, October 24, 2019
The Cana Ballroom
St. Peter the Apostle Catholic Church
202 W. Kronkosky Street
Boerne, Texas 78006  10:00 A.M.
Registration begins at 9:30 A.M.
Lunch Reservation -   $20.00
NO REFUNDS!

Guests include representatives from TRS, TRTA and District Legislative Chair.
We will also have a Memorial Service for those 2018-2019 deceased members.

Make checks to NSARTA. Mail to Carolyn Pfeiffer 8310 Magdalena Run, Helotes, TX 78023
or give it to her at the meeting on September 18th.

MEMBERSHIP    Harold Black

MORE INCENTIVES!!!  TRTA has a new membership contest to encourage us to recruit
NEW members. The Fall Bring a Friend Contest will give $100 to 3 members and another
$100 a friend who is recruited before Nov 15th. There are some rules we have to follow.
We have to have a picture with the member and the new member together and the dues
have to be to TRTA by Nov 15, but I’ll be glad to take the pictures and get them and the
required info to TRTA, now we need to get some of our retired teacher friends to join with
us. Betty Moseley has sent you an email with the rules. Peggy Peterson and Paul already
have signed up new recruits, but everyone needs to try to get at least ONE retired friend to
join.

As of Sep 1st, we have 216 renewed and new members with more renewals and new members promised at our
Sep 18th meeting when Tim Lee will be here.

For those of you who remember Ocoee Meadows, who was a long-time member, she is now
living with daughter, Betty, in Stallings, NC. I talked with Ocoee on Sunday, Sep 1st. She is
She is now 101 years old and still enjoying life. Someone at Dist 20 had told me she was
in San Antonio. That is not the case. She was a very faithful NSARTA member. Ocoee
wanted to say HI and wish all the members of NSARTA, particularly the Stitchery Group and
Louise Bischoff, well.

Membership forms below:
IF YOU HAVE BEEN A TRTA/NSARTA MEMBER FOR AT LEAST THE LAST THREE CONSECUTIVE YEARS, PLEASE USE THE ANNUAL RENEWAL FORM.

TRTA/NSARTA NEW MEMBERSHIP FORM 2019-2020

NAME ____________________________________________

ADDRESS ______________________________ CITY ____________ ZIP CODE

PHONE ______________ EMAIL ___________________________ TODAY’S DATE__________

School district from which you retired __________________ Retirement Year _________

TRTA: $35.00 and NSARTA: $15.00 = TOTAL AMOUNT $50.00 MEMBERSHIP IN BOTH IS REQUIRED.

Make check payable to NSARTA for the total amount of $50.00. CHECK # ____________

If by mail, send to: Harold Black, 13307 Sage Heights Dr, San Antonio, TX 78230-5847

IF YOU HAVE BEEN A TRTA/NSARTA MEMBER FOR AT LEAST THE LAST THREE CONSECUTIVE YEARS, PLEASE USE THE ANNUAL RENEWAL FORM.

TRTA/NSARTA ANNUAL RENEWAL MEMBERSHIP FORM 2019-2020

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

Make check payable to NSARTA for the total amount of $50.00. CHECK # ____________

If by mail, send to: Harold Black, 13307 Sage Heights Dr, San Antonio, TX 78230-5847
You are invited to join us in the efforts we are making to improve retirement benefits and to be of service in our community.

We meet at:
SAN PEDRO PRESBYTERIAN CHURCH
14900 SAN PEDRO AVENUE
SAN ANTONIO, TEXAS, 78232
210-494-6560

We always meet on the third Wednesday of each month. We have our social gathering at 9:30 a.m. and our meeting is from 10:00 a.m. to 12:00 p.m. Our dues are $50 - $35 of this goes to the state.

Come join in the fun!

REGISTRATION  Pat Loewe, Eddy English
The registration desk keeps a record of each person who attends. They also distribute name tags and furnish every attendee with a raffle ticket for a drawing at the end of meetings. In addition to this, a sign-up sheet for bringing refreshments for the next meeting is located at this table. Be sure to stop by the registration desk and sign in, as you enter each meeting.
READ PROPOSED AMMENDMENTS CAREFULLY

Judy Lynn

HJR 38  (Proposition 4 on the ballot)

TEXAS
VOTERS BEWARE!!!!!!!!

For the upcoming ballot in November:
One of the items will be **TEXAS INCOME TAX**. If you
don’t want it, VOTE YES, if you do VOTE NO.
(A yes vote SUPPORTS the amendment to permanently
ban a state income tax.
If you vote no (thinking you are voting against a state
income tax you are voting against the ban and are
voting for a state income tax.) Confusing as always.
Voting NO means you’ll pay federal and STATE taxes
from your paycheck!!!
Just letting everyone know about this voting ballot.
Have no idea what else will be presented.
Texas doesn’t have a State personal income tax. Not
yet. But there are people working to change that.
On Tuesday November 5, 2019, we can vote to protect
ourselves against this tax.
Pass this on...

Census Fraud Warning

submitted by Joe Harber

If you get a call asking questions for the census, there is a way you can check to verify it is legit. Some of our
members have gotten calls asking very invasive questions. Following is a way that you can verify a Census
Bureau Survey, Mailing, or Contact

[https://www.census.gov/programs-surveys/surveyhelp/verify-a-survey.html](https://www.census.gov/programs-surveys/surveyhelp/verify-a-survey.html)

In Search, enter:
Census Survey Scams/AARP
Select: Scam Alert: Beware of Fake Census Takers---
See Money:Scam, Frauds
In the late 1970s and early ‘80s, patients and families living with rare diseases felt alone and forgotten. Very little was being done to study these diseases or develop treatments. Leaders of several rare disease patient organizations formed an ad hoc coalition to focus attention on this problem. That coalition became NORD and was instrumental in the Orphan Drug Act of 1983, which created financial incentives for the development of treatments for rare diseases.

For many years, people with rare diseases walked alone. Patients and their families coped with daunting medical and financial issues with few resources and no one to guide the way. Then, a small group of patient advocates formed a coalition to unify this community and mobilize support to pass the Orphan Drug Act. In 1983, the coalition became NORD, the National Organization for Rare Disorders. For more than 30 years, NORD has led the way in voicing the needs of the rare disease community, driving supportive policies, advancing medical research, and providing patient and family services for those who need them most.

People living with rare diseases must be able to afford the therapies that come to the market. The high cost of prescription drugs has a direct impact on the ability of patients to access lifesaving care. The small patient populations and medical complexity associated with rare diseases can lead to costly therapies, but it is vital that these therapies remain affordable and, therefore, accessible to rare disease patients. Furthermore, these therapies must remain affordable so that the sustainability of the healthcare system as a whole is preserved.

NORD is committed to fostering a healthy and robust rare disease research environment. With close to 7,000 rare diseases without a treatment, the initial research that can later lead to a treatment or cure is especially important to the rare disease community. Learn more about NORD’s advocacy initiatives to maintain a strong environment for rare disease research.

Rare diseases present unique challenges for researchers and companies working towards treatments and cures:

- Small patient populations;
- Hard to diagnose or delayed diagnosis due to lack of education and understanding among medical professionals;
- Poor understanding of the natural history of the disease and its progression without intervention;
- No prior pathways to follow;
- Clinical endpoints that are often unclear; and
- Enrollment and retention challenges.

To address the special needs of those developing treatments for rare diseases, NORD has created a Natural Histories Patient Registry Platform, with extensive input from FDA, NIH, patients, organizations and experts in the field.

NORD’s platform is an easy to use system that allows patients and organizations to inform and shape medical research and translational science for rare diseases by launching high-quality, customized registries to collect the data needed to define the natural progression of their disease – ultimately advancing product development.

If you would like to see what diseases are considered rare, log on to the website rarediseases.org

Our own Julie Bell is the Southern Texas Liaison and South Central Director of the GBS/CIDP Foundation International. Julie is a survivor of Chronic Guillain-Barre Syndrome, which is one of the diseases listed in NORD. Your newsletter editor is also a survivor of Guillain-Barre Syndrome, which is most unusual to find two in a population as small as our NSARTA membership.
OR CURRENT RESIDENT

SEPTEMBER 2019