

FARSP MOUTHPIECE



February 2016

Time to Register

****Your Retirement Seminar****

Tuesday, February 16, 2016



Get on the straight road for a beautiful retirement

Receive information from a Teacher Retirement System speaker
Learn more about the benefits from the Texas Retired Teachers Association

Door Prizes

Place: Leonard Evans Middle School
6998 Eldorado Parkway
McKinney, Texas 75070

Dinner by reservation only. Served from 5:00-5:45.

Jason's Deli -- \$8.00 per person
Speakers start at 6:00 pm

RSVP for event by February 10 to Gail West

972-571-3551 or email at westgmg@gmail.com

Sponsored by TRTA units:

**Allen Retired Educators Association
Frisco Area Retired School Personnel
McKinney Area Retirees Association**

\$\$\$\$RAFFLE\$\$\$\$

By Joyce Crook

Thank you to Tricia Phillips and Matilda Edens for supplying items for the monthly raffle for our February 2, 2016 meeting. Tickets will be sold for \$1 each or 7 tickets for \$5.



President's Mouth

By Rhonda Jackson

Exercise. We all know how critical exercise is to our well-being, but Todd Whitthorne, President of ACAP Health (and formerly with Cooper Clinic for 15 years), loudly and clearly brought this message home to approximately 40 FARSP members at the January meeting. Mr. Whitthorne "wowed" us with so much information/data on how to build a healthy brain that our collective heads were spinning. But the gist of his talk was clear: exercise is the number one aid for a healthy brain. He also said that your health is your responsibility and encouraged us not to think in terms of temporary behavior change but rather build healthy habits and daily disciplines that last a lifetime and have wonderful benefits such as increasing quality of life as we age. "Move your body," he urged, "and exercise at least three hours per week, get enough sleep, eat healthy (plant foods), manage stress, and maintain good relationships. Always leave the campground better than you found it!" (Thank you, Catherine Fowler, for your amazing notes.) I made no New Year's resolutions regarding exercise, but, nevertheless, exercise is my new #1 priority for 2016.



February is "love" month, so please wear your FARSP shirts to the February meeting! I look forward to seeing you.

CONVENTION NOTE

By Rhonda Jackson

Convention attendees: both convention hotels are full, but Nolita Johnson suggested that you make reservations at the Sheraton on the West Loop (Houston). Also, please register for the convention, and please let me know if you will be attending.



FASTPACS

By Rhonda Jackson

Frisco FastPacs delivered 100,373 meals in 2015; these volunteers are so very appreciative of the generosity of the community. I am so very happy that FARSP members make this a priority every month.

WILL YOU BE MY VALENTINE?!?!

By Karol Kuykendall

Be Mine! You're Sweet! Cutie Pie! **I LOVE VALENTINES!!** You? Well, now's your chance to send a valentine to those you care about and appreciate! Special valentines will be for sale at the February meeting for only \$1.00! Here's how it will work: Purchase as many postcard valentines as you want, write your special message, return the postcard to me (Karol) by the end of the meeting, and I will see that it gets addressed, stamped and mailed in time for Valentine's Day delivery! You can even send them to those you love outside of the FARSP family as long as you can supply the address. So, come prepared to say Thank You, Love You, Miss You, You Rock!, or whatever with your special people that will make them smile on Valentine's Day!

Member Benefits

By Suzanne Sayer

Early Detection of Strokes

Texas Mobile Imaging provides 3 cardiovascular ultrasounds for early detection of strokes. Call 1.832.437.1296 to learn more. Do you know about Acadian on Call? They provide medical alert systems to over 19,000 subscribers nationwide and rank in the top 10 U.S. medical alert alarm companies. Use code TRTA for free shipping. Call 1.800.259.1234.

Informative/Protective Services

From 2013 to 2014 the Federal Trade Commission reported that complaints about an IRS scam increased twentyfold with 54,000 Americans targeted in 2014. Scammers target older or immigrant Americans less likely to have the support system that would keep them from falling for the scam. Usually, the fraudsters call posing as an "IRS agent" saying back taxes are owed. After threats of fines and jail time, the fake agent turns "helpful" by having a solution that involves sending cash in a quick, untraceable way. If you get such a call, **assume it is a scam!** The IRS does NOT call people, but it does send notices by mail. **Hang up!** Any information you provide may mark you for more fraudulent calls designed to trap you. **Report the scam** by calling the U.S. Treasury Inspector General for Tax Administration at 1.800.366.4484. If you get a suspicious email, forward it to the IRS at phishing@irs.gov.



THE LEGAL EAGLE

By Judy Smith

Would you believe it?

Can you conceive it?

IT'S VOTING TIME AGAIN!

Early birds cast Feb.16 to 26,

If you like Election Day, March 1, is your pick.

PRIMARIES are where we must achieve it.

Let's VOTE, so the best are the ones who receive it.

~~Décor Galore~~

By Tricia Phillips

Thanks to Susan Burkett and Mary Smith, FARSP members all enjoyed the wintery table top centerpieces at our January's meeting. Brenda Calhoun, Mary Smith, and Tricia Phillips will be decorating for our February's meeting.

Dallas Tour Field Trip

By Debra Purefoy

All 30 tickets have been sold for our March 7th field trip. We will need to tip our tour guide so each participant is asked to give \$2-\$3 toward the tip. You can give this to Debra at the Feb or March meeting. We are excited so many have decided to join us and look forward to our Tour of Dallas with Rosemary Rumbley!

Gotta Go Tours will pick us up at the FISSD administration building on the morning of March 7th. An exact time will be provided in the March Mouthpiece. If you purchased a ticket and are unable to go, feel free to sell your "ticket" to friend but you must contact Debra Purefoy so that we can make the contact information adjustment on the list of those attending.

2016 Retirement Seminar February 16, 2016

By Gail West

The TRS Retirement Seminar for 2016 sponsored by Frisco (FARSP), Allen, and McKinney will be Tuesday, February 16. The event will be held at Leonard Evans Middle School in McKinney. The physical address is: 6996 Eldorado Parkway, McKinney, TX 75070.

The seminar begins at 6:00 p.m. A prepaid dinner is available from Jason's Deli which will begin at 5:00 p.m. The cost for the dinner is \$8.00 and checks may be mailed to: FARSP, 11108 Promise Land Drive, Frisco, TX 75035.

Be sure to let your school friends know about the Seminar. Districts that have been contacted and flyers sent to them to distribute through their communication systems are: Aubrey ISD, Celina ISD, Collin College, Frisco ISD, Little Elm ISD, and Prosper ISD.

Please address questions and/or reservations to: Gail West
westgmq@gmail.com 972-571-3551

Our unit has seven people that have volunteered to help with the seminar. Although that should be enough people because we are not hosting the event this year, let Gail know if you are still interested in volunteering.



HEART HEALTH

by Janice Scott

"Early heart disease doesn't have symptoms, or the symptoms may be barely noticeable. This is especially true in older adults. That is why regular checkups with your doctor are important. Contact your doctor immediately if you feel any chest pains. However, as you become older, chest pain is a less common sign of heart disease, so be aware of other symptoms. Tell your doctor if you feel:

- **Pain in the shoulders, arms, neck, jaw, or back**
- **Shortness of breath when active or at rest**
- **Chest pain during physical activity that gets better when you rest**
- **Lightheaded**
- **Dizzy**
- **Confusion**
- **Headaches**
- **Cold sweats**
- **Nausea/vomiting**
- **Easily tired or fatigued**
- **Swelling in the ankles, feet, legs, stomach, and/or neck**
- **Less able to exercise or be physically active**
- **Problems doing your normal activities**

Problems with a rapid or irregular heartbeat are much more common in older adults than younger people and need to be treated. See a doctor if you feel a fluttering in your chest or have the feeling that your heart is skipping a beat or beating too hard, especially if you are weaker than usual, dizzy, or tired.

If you have any signs of heart disease, your doctor may send you to see a cardiologist, a doctor who specializes in the heart."

*National Institute on Aging

MEMBERSHIP NEWS

By Debra Purefoy

Please continue to invite your friends to join us for our FARSP meetings. People are more likely to come when they are invited by a personal friend.

Soon we will be contacting the 2016 retirees to deliver goodie bags and TRTA/FARSP information to each of them. Please help us out by providing us with names and contact information of those you know who will be retiring. Also, if you know someone who has retired over the past few years and has not joined FARSP to date, we would love to have their information and we will also contact them to invite them to join.

If you would like to get more involved in FARSP, we would love for you to join the membership committee. Please contact Debra Purefoy and join our team!