



FARSP MOUTHPIECE



JANUARY 2016



President's Mouth

By Rhonda Jackson

FARSP sure knows how to throw a party...that's all I can say! Over 60 members and guests enjoyed the fruits of many members' efforts in creating a Christmas party/meeting to remember. The Italian feast was delicious; the music from the Vandeventer Varsity Band was outstanding; and the tables were absolutely gorgeous. Thank you, thank you to all who collaborated to make this such a memorable occasion.

Long after most members left the meeting, Karol Kuykendall and Doris Owusu stayed to continue the Christmas tree auction. All of the trees were so cute and fun!!! I won't spoil their fun by giving away the details, but you can read the details in Karol's article in this edition of the Mouthpiece.

Last month I thanked the behind-the-scenes workers, but how could I have forgotten the callers? So sorry, faithful callers! Every month I convey information to Debra Purefoy, who then passes this information to the callers, and finally, the callers spend time, energy, and effort to ensure that everyone on their list is well-informed with upcoming meeting details. Thank you, callers, and thank you, Debra!

Two last reminders: In February we will present a slate of 2016-17 officers to members for consideration. Please contact Sandy Carlisle, Mary Smith, Joyce Crook, or me with ideas. Also, Sandy Hansel has new directories; please see her to pick yours up. Sandy and Donna Zambiasi spent untold hours creating a beautiful, useful directory. Thanks, ladies. See you all January 5th at the CTE Center!

January Program

By Susan Burkett

Let's welcome in the new year with our first meeting
Tuesday, January 5th, 2016
at the: Career and Technical Education Center. (CATE Center)
9889 Wade Blvd Frisco, Texas

The Meet and Greet will start at 9:30 with the meeting beginning at 10am.

Our guest speaker will be
Todd Whitthorne, President of
ACAP Health.

He will be presenting a program called "Building a Better Brain."
We look forward to seeing you there!

★ THE LEGALEAGLE ★

--Judy Smith

Here we are, in a brand New Year;
We celebrate life and talk of good cheer.

But we know that some challenges
always are here;
We'll have to keep working for
benefits dear.

So make a commitment to be heard
and seen

By the legislators caught in a
cutthroat machine.

Resolve to be active in the political
scene,

So we RETIREES are WINNERS in
2016!

Fund Raising Update

By Karol Kuykendall

Wowy! Powy! What an amazing group of talented crafters we have in our group! Thank you so much for making our Christmas Tree Auction a huge success!!! Because of your "trim-the-tree" expertise, we raised a whoppin' \$953.00! Bidders were literally fighting for the trees and going crazy with the "Buy It Now" option just so they'd win! Special appreciation goes to the members that volunteered to decorate a tree (or two or three). Our artists included: Doris Owusu, Rhonda Jackson, Donna Self, Sandy Gunn, Judy Stamper, Brenda George, Nolita Johnson, Gail Hoogendoorn, Susan Burkett, Tommie Steed, Joyce Hall, Ginger Matthews, Jo Ann Weckman, Kay Smith, Joyce Crook, Linda Waco, Sandy Carlisle and Karol Kuykendall. Kudos to those of you that placed a bid on a tree and/or helped advertise our event. What a fabulous showing of support and dedication from all of you, and I look forward to adding more trees and more bidding to next year's auction! Happy New Year!

Discovering Dallas Tour

By Debra Purefoy

We are excited to offer FARSP members the opportunity join the March 7th, Discovering Dallas with Rosemary Rumbley tour.

Members will be given another opportunity to sign up and pay their \$60 tickets at our January meeting. Sixteen members have already reserved their seat by paying for their tickets. There is a total of 35 seats on the bus. Seats we don't fill will be open to non-members after the meeting and the agency will open it up to people in Dallas who are on a waiting list. There must be a minimum of 25 for the tour. Membership will have first choice during the January 5th meeting but, if the seats have not been filled, members may sign up and pay for friends that would like to go on the tour, **after the meeting**. The following day, January 6th, I have to let the tour guide know how many have paid and plan to go from our group. At that point she will open it up to others to insure the bus is filled.

You don't want to miss this great tour.

This tour is only offered a couple times a year. The infamous speaker, historian and a joy to be around, Rose-Mary Rumbley will take us on a tour to discover the treasures of Dallas. Tour includes: deluxe motor coach transportation, a fabulous tour of Dallas by Rose-Mary Rumbley, lunch and a professional tour director. You can mail your \$60 to FARSP at PO Box 312, Frisco, Tx 75034, if you cannot attend the January 5th meeting. Please do so prior to that meeting so we will know how many seats are available on the 5th and in that way your seat will be reserved.

We hope you will join the fun!

VOLUNTEER HOURS

By Mary Ann Ashby

The time has arrived!! FARSP volunteer hours are due in the District X office by February 1, 2016. So, please, PLEASE bring your volunteer hours to our January meeting, and also pick up your new 2016 volunteer sheet. If you have lost your form, just write your "guesstimated" total hours on any kind of paper. I just need the total number hours for 2015, not the monthly breakdown. FARSP members serve our communities in so many ways, and our unit wants to continue to be one of the shining stars for TRTA. Bring your hours to our January meeting, call me at **972-381-2904** and leave a message if I do not answer, or email me your hours at ma.ashby61@gmail.com !



I'M COUNTING ON YOU!!!!

BENEFITS

By Suzanne Sayer

Three new member benefits:
--American Hearing Benefits: providing approximately 146 credentialed provider locations in the state of Texas; receive discounts, free annual hearing consultations, a free supply of batteries; a 60-day trial period; free warranty. Visit www.myambabenefits.info/trta for more info.
--Road Scholar: first-time travelers will receive a \$200 discount for international and foreign travel; \$75 discount for domestic and state travel. Visit www.myambabenefits.info/trta for more info.
--Veterinary Pet Insurance: receive a 5 percent discount on pet insurance premiums; coverage available for dogs, cats, and exotic pets including birds. Visit www.petinsurance.com/amba for more info.



By Janice Scott

Glaucoma is a group of diseases that can damage the eye's optic nerve and result in loss of vision and blindness. People over sixty have a greater risk of getting this disease than younger people.

There are several different types of glaucoma, and most of these involve the drainage system within the eye. Glaucoma often comes because of too much fluid pressure inside the eye, and it must be treated. Glaucoma causes the fluid to drain too slowly out of the eye; when fluid builds up, pressure inside the eye rises. When this pressure is not controlled, it may cause damage to the optic nerve and other parts of the eye resulting in loss of vision.

A person with glaucoma often does not have early symptoms or pain. Glaucoma has no cure, and lost vision from the disease cannot be restored. Regular dilated eye exams are extremely important, and this disease can be treated with prescription eye drops, lasers, or surgery. Treatments may save the remaining vision.

*National Institute of Health

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

By Joyce Crook

We had a great response to our December raffle at our Christmas party. I hope we can keep the trend going for our 2016 raffles. Thank you to Susan Burkett and Diann Kildebeck for donating raffle items for the January 5, 2016 meeting. Tickets will be sold for \$1 each or 7 tickets for \$5.

~~~Décor Galore~~~

By Tricia Philips

Our Christmas party was a huge success and our beautiful table decorations were certainly a major contributing factor. Thanks for decorating the dining hall and foyer tables go out to: Susan Burkett, Sandy Gunn, Rhoda Christie, Brenda George, Billy Vandeventer, Debra Purefoy, Karol Kuykendall, Doris Owusu, Rhonda Jackson, Julie Vest, Joyce Crook, Tricia Phillips, and Mary Ann Ashby. The poinsettias given by Brenda Calhoun, Tricia Phillips, and Billy Vandeventer added lots of color, too. January's decorators will be Mary Smith and Susan Burkett.