

MOUTHPIECE — December 2018



Tuesday, Dec. 6th, 2018

FARSP Meeting at Frisco CTE Center

www.localunites.org/Frisco

find us on Facebook: FARSP

President's Mouth

Holiday Greetings, members! I hope you're enjoying family, friends, and festivities during this Thanksgiving and Christmas season! FARSP has had a busy time with the Craft Fair, the football outing, and volunteering around town. Karol and Vicki worked countless hours organizing the Craft Fair and all the wonderful FARSP volunteers (and shoppers!)

Our program last month was a fascinating topic – Dr. John Roland discussed using stem cell therapy, or regenerative medicine, to reverse disease and conditions such as arthritis and joint injury/deterioration.

I hope to see many of you at our Christmas Luncheon on Tuesday, December 4th at 11:00 AM at the CTE Center. The Purefoy Elementary Children's Choir will sing for us. If you want to come and forgot to RSVP, sent me an email ASAP! Don't forget to bring a child's book for our TRTA Book Project and food items for FAST-PAC. The food is collected to send home for hungry children on weekends and school breaks. (canned items, packaged pasta meals, individual oatmeal & desserts – no nuts)

DATES TO REMEMBER:

Don't forget to mark your calendar for the 2nd Tuesday, January 8th (not the usual 1st Tuesday) for our January meeting. Sandy Gunn has a fun program planned for us, and our District president, VaLois Hounsel, will visit us that day.

State Convention in Austin, April 1-3

Rally Day in Austin at the Capitol

THE LEGAL EAGLE

By Brenda George

2018 December Legal Mouthpiece

Now we know who our legislators will be in the 2019 session beginning in January. It is **very important** to know your candidates because you will want to contact them. Some will be returning legislators while others will be new to the office. We will need to educate the new legislators and continue to remind the returning legislators about our issues. The main issues are: 1) Protect Defined Benefits and funding for the TRS pension plan; 2) Affordable and accessible health care for all Texas education retirees; and 3) Promote an annuity increase for all retirees.

FARSP members I **so appreciate** each of you for supporting our issues and encouraging your Senators and Representatives to back Texas public ed. personnel.

Have a very Merry Christmas and Happy New Year!!!

Calling all Future Officers and Committee Chairs!!!

Would you enjoy working with us behind the scenes in any of the FARSP activities? We are a great support group of volunteers; together is better! All positions will have help from the previous officer as well as numerous volunteers.

BOOKS, BOOKS, BOOKS

*By Rhonda Jackson

Book Nook

Traditionally, FARSP members are invited to bring 1 or 2 new children's books to our December meeting. I will be delivering our first shipment to O'Dell Elementary and CASA of Collin County the second week of December. Our children's book collections have been a bit down this year, so I invite you to bring 1, 2, or more books in December!

As usual, our Lending Library will be open. Please browse and select 1 or 2 books for your holiday enjoyment! Thank you,

*VOLUNTEER HOURS

By Susan Burkett

Calling for all volunteer hours for the months of October and November! I will have drawings for 2 prizes at our luncheon next week since I missed the last meeting. Reminder - ALL of hours for the year are due in January! Please me know if any of you need a new folder with the sheet to report your hours on. I'll bring some extras to our luncheon. I really appreciate everyone participating in reporting your hours so our Legislators can see how valuable we are!!! Thanks so much! Susan Burkett CVS Chair



Membership

By Gail West

We continue to increase our FARSP membership. Please extend a warm welcome to our new members at each meeting. Retired school personnel are encouraged to join FARSP. This is easily done at any time of the year! Remember that you will receive your local dues for 2019 paid if a person joins FARSP as a result of your recruitment! Keep up the good work. Membership is very important as we approach the new Legislative session this spring!

Retirement Education Seminar

The Retirement Education Seminar will be held the second week in February at a location in McKinney. I will have more details in the weeks to come. This year the Seminar is hosted by the McKinney local unit. Begin to talk with the active teachers you know that may retire in the next five years. The Retirement Education Seminar is an excellent way for these active teachers to learn more about the retirement process and TRS.

*Décor Galore

By Tricia Phillips

Thank you Suzanne Sayer and Theresa LaValle for the festive, fall FARSP decorations. The ladies will be decorating tables between 2 and 7 on Monday, December 3 for our luncheon on Tuesday, December 4. We appreciate the following volunteers for decorating: Frances Justus, Judy Stamper, Karol Kuykendall, Vickie Ryan, Susan Burkett, Tricia Phillips, Debra Purefoy, Julie Vest, Linda Pritchard, Debbie Thompson, Vicki Hicks, Michelle Risoli, and Patricia Smith. Mary Smith, Julie Vest, and Tricia Phillips will be bringing live poinsettias to the luncheon. Thank you!



INFORMATIVE AND PROTECTIVE SERVICES

By Mercy Westphal

You should have received your new Medicare card by now or you should be receiving it shortly. Here are a few scams you need to watch out for:

Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare Number and card.

If you suspect identity theft, or feel like you gave your personal information to someone you shouldn't have, contact the [Federal Trade Commission- \[ftc.gov/ftc/contact.shtm\]\(http://www.federaltrade.commission-ftc.gov/ftc/contact.shtm\)](http://www.federaltrade.commission-ftc.gov/ftc/contact.shtm). 1-877-FTCHELP (1-877-382-4357)

Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).

Healthy Living Joyce Hall



DECEMBER includes National Influenza Vaccination Week: 7-13 National Center for Immunization and Respiratory Diseases (800) CDC-INFO (232-4636) www.cdc.gov/flu/nivw/ Vaccination Week Reducing Your Risk of Viral Upper Respiratory Infections: www.lifescrpt.com/health/ Pandemic Flu Information: www.flu.gov Although we see reminders everywhere, we all need to be sure to wash hands properly and keep up the water intake, along with good nutrition, sleep and exercise! It's a challenge through the holidays, but let's all encourage each other to protect our health as much as we can! Remember to smile and laugh:

A retired man who volunteers to entertain patients in nursing homes and hospitals went to one local hospital in Brooklyn and took his portable keyboard along. He told some jokes and sang some funny songs at patients' bedsides. When he finished he said, in farewell, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

Have a Merry Christmas and Happy New Year's!

Craft Fair

By Karol Kuykendall

Congratulations, Everyone, on a job well done! The craft fair was a success and the little trees were a hit. I love to see how everyone pulls together to make things happen; you certainly outdid yourselves. A huge shout-out goes to Joanne Weckman for organizing and running the Vendor Hospitality Room and for putting out signs. Vendors loved the free food! Another huge thanks to Rhonda Jackson for organizing and running the concession stand and popping that yummy popcorn. It just made the whole room more fun! Outstanding work, ladies! Thanks to Debra Purefoy, Judi Stamper and Susan Burkett for putting our tree exhibit together! The tables were lovely and the electrical maze you ran to light them was sheer genius. Bless you, Billy Vandeventer, for hanging the carnival signs out in front of FHS. There was no question about where to come to shop with those bright colors waving about! Those of you that created trees for the sale are on Santa's Good list this year! They were beautiful and added about \$400 to our budget! Thanks for sharing your creativity with us!

But, the biggest WHOOP-WHOOP goes to my precious assistant and friend, Vickie Ryan. From sharing my frustration, back-breaking floor-taping, coming up with super ideas, dealing with disgruntled vendors, to relief when it was a success and to sharing a celebratory glass of wine (or two), Vickie was there right beside me. Wouldn't have happened without you, kid!

As much as we have enjoyed doing fund raising for FARSP, Vickie and I are hanging up our Gotta Have It Craft-fest aprons and letting someone else take the fund raising reins. So, dig deep into your soul and decide if you just might be the right one to make a million dollars for FARSP!

Thanks again to everyone that did anything for the craft show and trees. I'm sure I've forgotten someone, so please forgive me if I did. I'm old, ya know!

See you Tuesday! Hugs, Karol Kuykendall