

# Frisco Area Retired School Personnel

## MOUTHPIECE — January 2019



Tuesday, Jan. 8th, 2019 FARSP Meeting at Frisco CTE Center

### President's Mouth

Hello, My Friends, **Sandy**

I'm hoping that all of you had a happy holiday season with your family and friends. For those of you who struggled this year, I hope the days landed gently. Our prayers are with you.

On we go into the New Year, feeling hopeful for some positive changes for retirees and public education. I will be in Austin next week at a TRTA board meeting and also at the swearing in of our legislators at the Capitol. I will be visiting office open houses, chatting with staff members, and leaving our FARSP card.

We should have some nice programs and volunteer opportunities this semester, and I'm looking forward to seeing those of you who can find some time to join in!



### THE LEGAL EAGLE

By Brenda George

2019 January Leg. Mouthpiece

We are heading into another challenging session in the Texas capital city.

As TRTA members we need to discuss vital issues with our Legislators such as the TRS-Care health insurance program, and ways to protect the longevity of benefits for our public education retirees and pre-retirees. In the *Voice* on page 5 you will find a letter which you could mail to your Representative and/or Senator. There is space at the end of the pre-written letter where you can add your personal comments.

Also, you can attend the **Day at the Capitol** on April 3rd and speak to your legislators personally. District 10 has arranged buses for transportation on April 3, 2019 at the cost of \$25 per person. We will ride Bus #2 which will be traveling north on Hwy 75. The first stop at 4:00 am will be at Lowes in McKinney, 2055 N. Central Exp @ 380. The second stop at 4:15 am will be at Stacy Furniture in Allen, McDermott and Hwy 75. Barbara Ledermann must send our names and money into Mary Helen by February 1<sup>st</sup>. Please mail or give your \$25 to Barbara by Friday, January 25<sup>th</sup>. You can give Barbara a **check made out to FARSP** at the January 8, 2019 meeting or **mail your check to FARSP, PO Box 312, Frisco, TX 75034.**

I realize the times are **very early**, but we want you to have the opportunity to experience sitting in either the House or Senate gallery while their meeting is in session. Another option would be for a group of you to car pool to the Texas Capitol in Austin.

**It is so important that you contact your Representative and Senator to let them know we need their support!!!**

### BOOKS, BOOKS, BOOKS

\*By Rhonda Jackson

#### Book Nook

In early December, I delivered our children's books to O'Dell Elementary in Celina. This is the delightful librarian, Whitney McCracken.



### \*VOLUNTEER HOURS

By Susan Burkett

Attention all members!!! Your FARSP volunteer hours are due for the year 2018! Please determine your hours for each month and bring me your total to our meeting next Tuesday. It is ok if you estimate the hours. Be sure that it is anything you have done that you were not paid for and you can count up to 12 hours per day. If you are unable to attend, please email me or text me your total hours before the end of January. Each member is encouraged to turn in your volunteer hours so that we can show the state legislators how valuable we are!

I want to thank everyone in advance for your participation!!!

#### DATES TO REMEMBER:

Don't forget to mark your calendar for the **2<sup>nd</sup> Tuesday, January 8<sup>th</sup>** (not the usual 1<sup>st</sup> 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

## 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.

### Fast Pac Volunteer Opportunities

**Fast Pacs**, the Frisco organization that provides food for children when school is not in session, sets aside the first week of the month (usually Monday nights at 5:30 P.M.) for "Community Pack Nights." Volunteers can sign up for the Fast Pac Newsletter at [friscofastpacs.org](http://friscofastpacs.org) or at

<https://www.facebook.com/FriscoFastPacs/app/141428856257/> for more information on volunteer opportunities.

## INFORMATIVE AND PROTECTIVE SERVICES

By Mercy Westphal  
**INFORMATIVE AND PROTECTIVE SERVICES**

### WAYS TO PROTECT YOURSELF FROM SCAMS:

- Do not check sensitive financial information on unsecured sites.
- Do not use your debit card when making purchases. You are better protected by your credit card.
- Look for misspellings throughout the email; hover over links without clicking to see where they reroute.
- Only enter sensitive information into a website that begins with "https". The "s" informs you that it's secure and information is encrypted. [www.bbb.com](http://www.bbb.com)

### Healthy Living Newsletter

Susan Hall

JANUARY is **Cervical Health Awareness Month**. Resources include National Cervical Cancer Coalition (800) 685-5531 [www.nccc-online.org](http://www.nccc-online.org) and [www..com/your-health/women/the-10-warning-signs-of-cervical-cancer/](http://www..com/your-health/women/the-10-warning-signs-of-cervical-cancer/)

It is also **Glaucoma Awareness Month**: <http://www.glaucoma.org/> and <https://mayoclinic.org/healthy-lifestyle>. Prevent Blindness (800) 331-2020

[www.preventblindness.org](http://www.preventblindness.org) Any changes in the appearance of your eyes or vision should be investigated further. The above resources have a wealth of information about both topics. Prevention is a huge part of staying healthy.

**January** brings more cold weather and close indoor contact with germs. Practice great handwashing and feed that wonderful immune system!

## Announcements/Reminders:

**February 5 – Kids Prosper Kids program**  
**March 5 – Technology**  
**April 9 (2<sup>nd</sup> Tuesday)- Simply Blessed Florist**  
**May 7 – Induction of new officers**

**April 1-3: 66<sup>th</sup> Annual TRTA Convention & Rally Day at the Capitol - in Austin!** Awesome experience! Everyone welcome to join your FARSP delegates! We have reserved extra rooms for convention. You can also go for just the one day (down and back by bus), Rally at the Capitol April 3<sup>rd</sup>. Ask Brenda George or Sandy Carlisle for details.

**Join our slate of Officers and Committee Chairs this April for our 2019-2020 season! We'd love to have your help! Chat with any officer for more details.**

\*We will continue to support **Fastpacs** this year.  
\*Please continue to bring children's books to meetings for our book project. \*Tell Susan Burkett about opportunities to do volunteer work together.

### 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.

**Faces on Facebook** (2nd phase) Contest will end in January. If you are on Facebook, please "like"

**TRTA District 10's Facebook page.** Every one who likes the page in November, December or January will have their name in the drawing. One member will earn \$25 as well as \$25 for the unit. Easy to do!