

News from MARSE

MESQUITE ASSOCIATION OF RETIRED SCHOOL EMPLOYEES

From the President

As our holiday season begins, please reflect on the positive events in 2018. This time of the year we are so busy that we forget to thank those people in our lives that have made a difference. I want to thank each of you for being a part of MARSE. This organization has made a difference in my life. I treasure the friendships that I have made in our MARSE family. So many of you have dedicated so many hours to this organization and have made it a positive force in our community.

We are looking forward to our November meeting. The date is NOVEMBER 14 at West Mesquite High School. This is a change of date and location.

- Our Christmas Party is December 6 at 11:30.
- Our next regular meeting will be January 23, 2019.



**Elaine Whitlock
President**



Meetings are so valuable. Tim Lee made us laugh and made us think.

OUR NEXT MEETING:

- **Wednesday, November 14, 10 AM**
- **NOTE:** West Mesquite High School. See page 2 for directions.
- **Program: WMHS Students**

Get Your Gold Card



**Beverly Coats
Member Benefits**

Do you have your MARSE gold card? Every member will get two MISD Gold cards that will allow admission to all MISD athletic and Fine Arts events, including ALL varsity level games – even football. High School musicals are coming up in January.

They are great, so check into getting your gold card, if you don't have one.

Contact Janice Houston at jhouston03@sbcglobal.net.

News from MARSE

November Program



COME AND WRANGLE WITH WEST MESQUITE HS

2500 MEMORIAL DRIVE

NOVEMBER 14, 10 AM

- What is VR and is it dangerous?
- STEM----and we're not talking flowers
- FREE LUNCH. You must reserve your place.

To find WMHS, although it has been in business since 1976, look for Memorial Stadium and the tall signal tower.

DIRECTIONS: FROM LBJ (635): Take the Military Parkway/Scyene exit. Take the Scyene "fork" (left). Turn left at McDonald's. The new Lanny Fraser MS will be on the right and then turn right on Memorial. There is a parking lot on the east side; you may park anywhere and use the sidewalk to enter the main entrance. In the case of rain, enter through the door between the gyms. A student will be there to open the door for you. Don't try to enter there if the weather is good. Handicapped parking is available at the front.



Betty Haynes
2nd
Vice President

Questions? Please call Betty Haynes 214-537-8756 or email her at bhaynes04@att.net.

Mesquite Parks and Recreation Department: Christmas on the Square – Tue, Nov 27, 6-8pm – This annual tree lighting event is held at Heritage Square. The lighting takes place around 6:15pm. Enjoy complimentary cookies and hot cocoa. For more info, contact Mesquite Parks and Recreation at 972-216-6260.

Holiday Party

Members, mark your calendars! We're getting ready for Jingle Bells and the man with the white beard! Our Christmas party is Thursday, December 6, 11:30 at Sapore Di Roma (formerly Napoli's) on Gus Thomasson Rd. \$11.90 will cover your



salad, entree, bread, drink, and tax; what a deal! Dessert and tip are additional. We'll give to Santa Cop again this year, so bring a new unwrapped child's toy to the party. Hope to see you there!



Sharon Roy
1st Vice President

I choose to make the rest of my life,
the best of my life.

Louise Hay

Information That May Protect You and Help You Stay Safe



Rita Lynch
Informative & Protective

Beware of the area code scam. "Neighborhood spoofing" is a tactic in which fraudsters show up as a local number on you caller ID by matching the first six digits of your number. Reports estimate that 9 out of 10 scam calls will come from a familiar area code next year. By next year, one half of all phone calls to mobile phones will be fraudulent. (AARP, Sept 2018)

Tax scam. People have been receiving emails that appear to be from your local Central Appraiser Tax Office. They claim it is time to renew you Homestead Exemption. They ask you to send them \$40 for renewal. **THIS IS A HOAX! Homestead Exemptions do not require a renewal fee.** The Texas Attorney General has received over 100 complaints involving this scam.

Community Volunteer Services (CVS)

Volunteerism is the principle of donating time and energy for the profit of other people in the community as a social responsibility rather than a financial reward.

As your new local CVS representative, replacing Betty Haynes, I encourage every member to make volunteer service to your community a priority.

Record your volunteer service hours each month on the VOLUNTEER HOURS card provided to you by MARSE and submit your total at the end of the year.

Always remember that each time you attend a MARSE monthly meeting, you earn three hours of Community Volunteer Service credit.

Please update your VOLUNTEER CARDS with my contact information at the bottom:

Kathleen Lynch
570 N. Buckner Blvd.
Dallas, TX 75218
214.797.1262

kstewartlynch@sbcglobal.net



**Kathleen Lynch
Volunteer Services**



YOUR

ACTION

NEEDED

Submitting Your Volunteer Hours:

1. These are due at the end of each year.
2. Compute: list hours for each month and total for the year. Please guesstimate your December hours.
3. The TOTAL FOR THE YEAR is what will be reported to the district.
4. Ways to turn in your hours:
 - Hand completed card to Kathleen Lynch at the November meeting.
 - Mail completed card to Kathleen.
 - Scan your completed card and email to Kathleen.
 - Email total volunteer hours for the year and your name to Kathleen.

Deadline to submit your hours: December 15-31, 2018.

News from MARSE

Health Care

November is National Alzheimer's Awareness Month. Go purple in November in honor of your commitment to a world without Alzheimer's.

Also, recognizing the early signs and symptoms of Alzheimer's is important. They are:

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work, or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgement.
9. Withdrawal from work or social activities.
10. Change in mood and personality.



Poppy Airhart

With early detection, you can get the maximum benefit from available treatments; you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer; and you may also increase your chances of participation in clinical drug trials that help advance research.

Although Alzheimer's is a complex disease with multiple risk factors out of your control, like age and genetics, **there are six pillars for a brain-healthy lifestyle that are within your control.** The more you strengthen each of the six pillars in your daily life, the longer and stronger your brain will stay working. **These pillars are:** regular exercise, social engagement; a healthy diet; mental stimulation; quality sleep; and managing stress. For more information, go to Alzheimer's Association at alz.org/alzheimers-dementia.



Mesquite Parks and Recreation Department: Christmas in the Park – Sat, Dec 1 & Sun, Dec 2, 1-7pm – The largest annual event to kick off the holiday season will be held at Westlake Park. This family-friendly event will include new décor, performances and activities. Free entry and parking, some activities have a fee.
www.CityofMesquite.com/ChristmasinthePark

News from MARSE

Information You May Want to Know
by Rita Lynch

MAC – Special Event – Harvest Festival Barn Dance: Sat, Nov 10, 6-8:30pm – Enjoy a night of live music by House Special, food and spirits, and free dance instructions. For tickets or more info, call 972-216-8132.

MAC – Black Box Series: Cole Risner – Sat, Dec 8 – 7pm – Sit back and enjoy this country filled evening with Risner who has already left his mark on the Texas Country scene. Tickets \$5.

MAC - Community Theatre: The Curious Savage – Nov 9-11, Fri & Sat 8pm, Sun 2:30pm – Mrs. Savage has been left ten million dollars by her husband and wants to make the best use of it, in spite of the efforts of her grown-up stepchildren to get their hands on it. For more info or tickets go to www.mesquitecommunitytheatre.com

MAC - Mesquite Community Band: Christmas Concert – Sat, Dec 1 – 4pm – Let this free concert put you into the Christmas spirit!

MAC – Gallery Exhibitions: Texas Visual Arts Association Exhibit - Nov 5-30 – Gallery hours are 8am-5pm.

Historic Mesquite: Wreath-Making Class in the Barn – Thurs, Oct 29, 6-8pm – Learn to make a greenery wreath, enjoy the company of other crafters and indulge in some refreshments in the historic 1886 Lawrence barn. Class is limited to 35 participants. Call (972) 216-6468 for more info and/or to register for the class. Cost \$30.

The Marketplace in Mesquite – Nov 10 & 24, 9am-2pm – Experience this European style market in Heritage Square.



Sunshine Committee

The Sunshine Committee would like to thank everyone who joined us for lunch at Martinez. We had a fantastic lunch with some new faces and some that we hadn't seen in awhile. We all had a great time catching up and getting to know each other better. Next month we will not have Lunch Bunch as such but don't forget the Christmas party with Santa Cop in December!

The Sunshine Committee gives a big THANK YOU to Stephanie Wiley, Janice Hemen, Elaine Whitlock, and Texanne Golding for their contributions to our fundraiser and door prize giveaways! You are appreciated!



Cyndy Martin

Behind the Scenes

Many people work to make MARSE a success. Here are some of the hard-working people who contribute to our organization. The next time you see them, thank them for their efforts!



James Rusk
Technology



Sharon Tallet
Treasurer



Stephanie Wiley
Secretary



Anne Kotrany
Historian

If you don't like the road you're walking,
pave another one.

Dolly Parton



From the Editor

If you have ideas or suggestions, please email me at jhemen@msn.com.

Janice Hemen
Newsletter Editor

There will be no newsletter in December. Watch for your next News from MARSE in January.

MARSE Book Club

- Wednesday, Nov. 7 at 10 AM at Donna's Kitchen
- We will be discussing Agatha Christie books— read one of your choice.
- Contact Betty Haynes @ bhaynes04@att.net for more information.



We're on the Web:

Localunits.org/mesquite