

News from MARSE

MESQUITE ASSOCIATION OF RETIRED SCHOOL EMPLOYEES

From the President

Our fall season brings beautiful colors and cooler weather. I always look forward to this time of the year. I hope that this holiday season brings all of you joy and peace. It seems that we often get involved in a race to get everything done. I encourage you to slow down enough to find happiness with family and friends. Please come to our next meeting so that you can begin your holiday season with good music and friendship. In December join our members at our annual Christmas party to celebrate the season and to bring your contributions to Santa Cop.



Elaine Whitlock
President

-HAPPY HOLIDAY SEASON-

CVS Deadline

The suggested window for submitting your 2019 CVS volunteer hours will be January 1- 15, 2020. During this window, submit your TOTAL combined volunteer hours for this year to Kathleen Lynch via e-mail: kstewartlynch@sbcglobal.net, or text/voice-message your hours to: 214-797-1262. Always provide your first and last name when reporting your total volunteer hours.



MARSE Christmas Party



Don't forget about our Christmas party on Wednesday, December 4 at 11:30. It's at Tino's Restaurant, 230 Collins Road in Sunnyvale (across from the hospital.) Please bring an unwrapped toy for Santa Cop. We hope to see everyone there.

OUR NEXT MEETING:

- Wednesday, November 13, 10 AM
- Place: MISD Professional Development Center (PDC), Room 211, 2600 Motley Drive in Mesquite
- Program: Dallas Police Choir

News from MARSE

Programs

The Dallas Police Choir will present our November program; the date for this meeting is **November 13**. The Police Choir is composed of active duty officers who represent the City of Dallas when needed. The choir was invited to sing at the anniversary of the D-Day landings.

If you have a special interest (for example knitting) and would like to meet with like-minded folks, just place a sign-up sheet at the registration table.

The MARSE BOOK CLUB will meet **November 20** rather than its usual meeting date. The selection for November is *Enemy Women* by Paulette Jiles. We meet at Bull's Pen on Bryan-Beltline. Interested in joining? Contact bhaynes04@att.net.



Betty Haynes
2nd
Vice President

NEW

Technology Connections

MARSE Website

Localunits.org/mesquite

You can find:

- Current officers and contact info
- Current and past newsletters
- Photos, updates and more!

MARSE Directory

<https://tinyurl.com/y2nm45dw>

You can find up-to-date member:

- Phone numbers
- Email addresses
- Mailing addresses

MARSE Facebook

<https://www.facebook.com/groups/TeachersMesquiteRetired/?ref=bookmarks> (Note: Type all of this with no spaces.)

This is a closed group so you must request to join. See the MARSE Facebook handout for complete instructions.

Need help? Contact Kathleen Lynch at kstewartlynch@sbcglobal.net



James Rusk
jrusk@excite.com

Healthy Blood Pressure = A Healthy You!

You hear so much about blood pressure and how important it is to keep yours within a healthy range. But why is blood pressure so important to our bodies?

Blood pressure readings measure two things: the force that pushes on the walls of your blood vessels as they carry blood and oxygen to your organs (systolic pressure) and the force that's created when your heart rests between beats (diastolic pressure). If you're looking at a blood pressure reading of 120/80, the systolic pressure is the first number and the diastolic pressure is the second one. If either of these pressures is too high, it means that too much pressure is being put on the walls of your blood vessels. This can lead to stressed arteries that could develop weak spots or scars over time, which can cause increased plaque buildup and raise your risk of blood clots.



Sandra Haigh
Healthy Living

Think of your blood pressure like the air pressure in tires. If the air pressure goes too high, the tire could pop. That's why it's so important to keep an eye on your blood pressure and make sure it's not getting too high.

High blood pressure (HBP) can be deadly. It's sometimes called "the silent killer" because it has no symptoms. The only way to know you have it is to have it checked regularly. HBP is the single biggest risk factor for heart disease, stroke and other cardiovascular problems. If it's left untreated it could lead to heart attack, heart disease, congestive heart failure, atherosclerosis (fatty buildup in the arteries that causes them to harden), stroke, kidney damage, vision loss, erectile dysfunction, memory loss, fluid in the lungs, chest pain or discomfort and peripheral artery disease.

Fortunately, there are steps you can take to keep your blood pressure within a healthy range. Be sure you get your blood pressure checked regularly by your healthcare provider. Adopt a healthy lifestyle by eating a better diet, enjoying regular physical activity, reaching and maintaining a healthy weight, taking any prescription medicines as instructed by your doctor, not smoking and limiting alcohol intake. A healthy lifestyle can reduce, prevent or delay the development of HBP, enhance the effectiveness of blood pressure medicines and lower your risk of heart disease, heart attack, stroke and kidney disease.

With the holidays almost upon us, let's keep our hearts healthy and our lives uncomplicated by the problems caused by HBP!



NOVEMBER 13 IS THE DATE OF OUR NEXT MEETING.

News from MARSE

Protective Tips

Newest Fraud: Census 2020 - Legitimate Census workers, as well as utility workers, police officers and/or sheriffs, will have a photo ID. Ask for it! Anyone can steal a uniform or badge but they must have a picture ID. If in doubt call the agency or government office. A census worker will NOT ask for you to verify your social security number. They are only collecting demographic data for the census required by law every 10 years.



Rita Lynch
Informative &
Protective

Information You May Want to Know

MAC – Community Band: A Christmas Celebration – Sat, Dec 7, 4-5:30pm

MAC – Arts Theatre: Fruit Cakes – Nov 22 – Dec 15, Fri & Sat at 8pm, Sun at 2:30pm – Mix together a batch of fruitcakes, Christmas trees, outdoor lights, a chicken pox epidemic, 2 southern spinsters, an estranged old man, a lost cat and a Christmas hog and you've got the recipe for an evening of holiday cheer. Tickets required.

MAC – Winter Gala: Winter Gala – Sat, Dec 7, 5:30-7:30pm – Join this community celebration of the Arts.

MAC - Gallery Exhibitions: Michelle Richardson-Developing Story – Oct 1 thru Dec 29 – Main Gallery – Artist reception is Sat, Dec 7, 6-8pm. An exhibition evolving from the tradition of gathering around the radio, television or other devices during historic moments.

MAC - Mesquite Symphony Orchestra: Christmas Memories – Sat, Dec 14, 5pm and 7:30pm – Tickets required.

Keep Mesquite Beautiful: Mesquite Recycles Day – Sat, Nov 9, Poteet HS parking lot – Free to Mesquite residents; please bring proof of residence. Onsite shredding is available for home use. You can visit cityofmesquite.com for complete details.

Latina's Mom Expo - 2nd Anniversary: Sat, Nov 16, 2-6pm – Rehearsal Hall – Support local Mesquite moms as they vendor handcrafted items, imports, jewelry and fashion items.

Parks and Recreation Department: Veterans Day Celebration – Sat, Nov 9, 11am-12:30pm – Honor our veterans with a special celebration at City Lake Park. **Christmas on The Square** – Tues, Dec 3, 6pm – The annual lighting of the Christmas tree, music by the Mesquite Community Band. **Christmas in the Park** – Sat, Dec 7 & 8, 1-7pm – A two day celebration at Westlake Park with live performances, rides, games, pictures with Santa, a parade with fireworks and much more.

Parks and Recreation Department – Are you wanting more information about Mesquite and its activities? Go to cityofmesquite.com, click open Services across the top, click on Parks & Recreation Services in the left column, click on Parks & Recreation in the left column, scroll down to Fall Fun Guide, scroll through the guide and be amazed at all the information about the city and activities. *Why do they hide this guide?*

News from MARSE

From Our October Program



Paige Sweeney

Mesquite 3rd Annual Neighborhood Summit – Coming in February – Paige Sweeney and Yolanda Wilson, speakers at the October 23 MARSE meeting, presented information regarding Volunteer Services, Keep Mesquite Beautiful, and Neighborhood Vitality. They encouraged everyone to attend the Neighborhood Summit, an event for local residents who are interested in volunteering in their neighborhoods. So watch for the Neighborhood Summit in February 2020.



Yolanda Wilson

Both ladies were very impressive in their talks at the October meeting. Special thanks to Rita Lynch for checking with the city for more information. -Editor



NOVEMBER 13 IS THE DATE OF OUR NEXT MEETING.

Sunshine Committee

We want to thank those who have already donated gift cards for our fundraiser. We still need more for the rest of the year. Cards and or money can be given to Cyndy Martin or Sharon Roy.



Cyndy Martin

We had a great time at BJs for Lunch Bunch. Next month join us at Joe's Pizza and Pasta on Galloway next to Hobby Lobby.

Book Project

Our fund raiser for the book project for November is "No Bake, Bake Sale." No need to bake—just donate what you would have spent on an item for a bake sale. Easy!



CVS · Community Volunteer Service Hours · 2019

Most educators gladly volunteer when needed, but often, the time we volunteer or 'gift away' to our family, friends and the community is forgotten. As members of MARSE *and* TRTA, it is important that we keep a record of the valuable hours we personally give to our family, friends and community, because they count as valuable CVS, 'Community Volunteer Service Hours' with TRTA. It is important to know that our personal CVS hours count for ANY service that we provide WITHOUT pay – the maximum is 12 hours *per* day.

**Kathleen Lynch**

Did you volunteer for any of the following in 2019? If so, these count as CVS hours:

A. Assisted elderly parents, adult children/grandchildren, friend or neighbor in need:

1. Babysat grandchildren, and/or a family/friend's pet, etc.
2. Provided transportation to/from: school/classes/doctor/dentist/grocery, etc.
3. Bought/prepared/delivered food to family or friend
4. Cleaned house/refrigerator, or washed clothes/linens/dishes for family or friend
5. Mowed lawn, replaced light bulbs/air filters, filled out checks on a family/friend's behalf, etc.

B. Assisted at your place of worship:

1. Directed/sang in the choir, assisted in the nursery
2. Taught class, assisted with VBS and/or after-school activities
3. Drove a van, delivered snacks/drinks/chairs/tables, etc.
4. Prepared/delivered meals for church activities

C. Assisted your community:

1. School – tutored, read, chaperoned, answered phone, etc.
2. Animal shelter, Park, Recreation center – coached, answered phone, cleaned/collected trash
3. Library – shelved books, read, tutored
4. Volunteered for 'meals-on wheels' or other similar organizations

D. Assisted a non-profit political/neighborhood organization, and/or served on the board:

1. Provided food/snacks/drinks, set-up chairs/tables
2. Wrote/presented a speech. wrote newsletter article(s)
3. Stuffed envelopes, addressed post cards, delivered newsletters/flyers
4. Canvassed/collected/delivered door-to-door, etc.

Have You Joined the New MARSE Facebook Page?

The new MARSE Facebook page has been created as an additional tool for helping MARSE members stay current on all issues regarding MARSE and TRTA. This is a 'closed group page' – which means that you must request to join – we hope you will!



To find the MARSE page, log in to Facebook, Next, type into the white search box: **MARSE – Mesquite Assoc. of Retired School Employees**, then click on the search icon. A link to the MARSE page will pop up. Click on the link. Once you are on the MARSE page, click on the blue 'request to join' button. You will be approved in usually one day or less.

Kathleen Lynch is the administrator. Her contact information is on page 2.

MEMBER BENEFITS SPOTLIGHT

Do you have a pet who has recently needed vet care? Then you know how much treatment for your furry friend can be. Contact Nationwide Pet Insurance at <http://www.petinsurance.com/amba>

Betty Haynes for Beverly Coats,
MARSE MEMBER BENEFITS

BUNKO

Want to play Bunko? Contact Stephanie Wiley at 972.222.9513.

A c c e s s t o C a r e

I recently had eye surgery and couldn't drive, so I tried out the medical transportation benefit from Humana Medicare Advantage. It was easy to schedule, the driver was excellent, and there was no cost to me! They will take you to and from medical appointments. Call them at 844-365-4886. —Janice Hemen

DATES TO REMEMBER:

November 13—MARSE meeting at PDC

December 4— Christmas Party at Tino's Restaurant

January 1-15, 2020— CVS Volunteer Hours due

January 22, 2020— MARSE meeting at new location TBA



Janice Hemen
Newsletter Editor

Contact me at
jhemen@msn.com