

News from MARSE

MESQUITE ASSOCIATION OF RETIRED SCHOOL EMPLOYEES

From the President

October usually brings wonderful fall weather, usually. I hope that this finds all of you having a great month. Susan Cumby and I really appreciated our Rotary Club partnership this month. Our \$2500 check really makes our book drive for MISD first graders a reality. Rotary Club president John Taylor (pictured) presented the check. We really look forward to seeing all of you at our October meeting.



**Elaine Whitlock
President**

Autumn is a second spring when every leaf is a flower.

-Albert Camus

Townandcountry-
mag.com



OUR NEXT MEETING:

- **Wednesday, October 23, 10 AM**
- **Place: MISD Professional Development Center (PDC), 2600 Motley Drive in Mesquite**
- **Program: City of Mesquite**

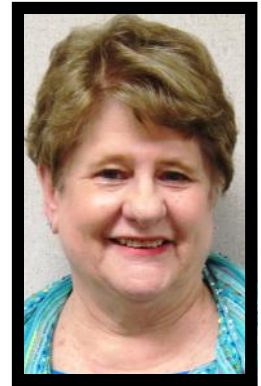
MARSE officers for 2019-2020 were sworn in at the May meeting. Pictured are Sharon Tallet, Treasurer; Stephanie Wiley, Secretary; Betty Haynes, 2nd VP; Sharon Roy, 1st VP; and Elaine Whitlock, President. Thank you, ladies, for leading our organization.

News from MARSE

Programs



The Mesquite Parks and Recreation Department will present activities found in Mesquite for all ages, and the Volunteer Coordinator will present opportunities found throughout the city. There's something for you, so attend the October meeting to find out what it is.



Betty Haynes
2nd
Vice President

MARSE will soon be leaving the PDC; the November meeting will be the last on Motley Drive unless plans change. Just as the Texas Rangers will have a new home in 2020, so MARSE should have a new home by January. Stay tuned.

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



James Rusk
jrusk@excite.com

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

Healthy Living

October is National Breast Cancer Awareness Month. One in 8 women will develop invasive breast cancer in her lifetime, and an estimated 2,470 men will be diagnosed with breast cancer each year. It's important that you know how to detect breast cancer and ways to lower your risk of developing it.

Early Detection

There are three specific ways to increase the chances of early detection of breast cancer set by the American Cancer Society.

1. Breast Self-Exam - Every woman should perform a breast self-exam once a month. If you notice any changes, alert your doctor.
2. Clinical Breast Exam – Performed by a health professional who is trained to recognize any abnormalities in breast tissue, a clinical breast exam can be done by your general physician or gynecologist at your annual visit.
3. Mammogram – Women 40 and over should get a mammogram every year.



Sandra Haigh

Reducing Your Risk

You cannot prevent breast cancer, but there are a few ways to reduce your risk of developing it:

- Limit alcohol
- Don't smoke
- Maintain a healthy weight
- Be physically active



Sharon Roy
1st Vice President

Membership

The new on-line MARSE Directory is now available for viewing/downloading. To access it, go to <https://tinyurl.com/y2nm45dw>. Bookmark this site for future access. You can view and search the data. To search, press Ctrl-f (Apple-f on a Mac).

The deadline has passed to receive a printed copy of the Directory.

If your Directory information needs to be updated at any time, contact Jim Rusk at jrusk@excite.com.

In Memoriam



James Sheppard

News from MARSE

Protective Tips

How Do We Keep Pharmaceuticals Out of Our Water Supply – What do I do with unused medicines? It is imperative that everyone aid in the proper disposal of medicines to ensure source waters are not contaminated. The best option for disposal of pharmaceuticals is through a drug take-back program. Many cities or counties offer this service on an annual basis and some local pharmacies have take-back program. To locate a collection site go to: <https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?>, enter your city name and zip code, and you will receive a listing of options. Call the pharmacy or site and verify that they are participating in a take-back program.



Rita Lynch
Informative &
Protective

Information You May Want to Know

MAC – Community Band: Music of the Decades 1920’s-1990’s – Sat, Oct 12, 4-5:30pm – This Fall Concert is free to the public.

MAC – Black Box Theatre: Haunted Hospital Tour – Sat, Oct 26, 4-7pm. The idea of this stems from the history of the Mesquite Arts Center and how in 1990 it transitioned from being a hospital to the arts center. Join this event as lingering spirits of the center are awakened. Donations are accepted for this event.

MAC: Day of the Dead Celebration - Sat, Oct 26, 4-7pm – Join us in celebrating the cultural traditions of the holiday.

MAC - Gallery Exhibitions: Jesus Delgado, Mesoamerica + Dia De Los Muertos, Oct 1 thru Dec 29 – Chamber Gallery. Artist reception is Oct 16, 2-4pm.

MAC - Mesquite Symphony Orchestra: Sounds in the Night – Sat, Oct 26, 7:30-9pm – For tickets or information, please visit www.mesquitesymphony.org.

Keep Mesquite Beautiful: Painting With Your Local Artists - Arbor Day Edition – Tues, Oct 29, 6-8pm – Rehearsal Hall. Join us painting authentic tree rings. Event is free; preregister at eguajardo@cityofmesquite.com (limited space) – **Mesquite Recycles Day** – Sat, Nov 9, Poteet HS parking lot – This twice-annual event is free to Mesquite residents; please bring proof of residence. You can visit <http://cityofmesquite.com/recyclesday> for a complete list of acceptable items. Onsite shredding is available for home use.

Latina’s Mom Expo - 2nd Anniversary: Sat, Nov 16, 2-6pm – Rehearsal Hall – Come out to support local Mesquite moms as they vendor handcrafted items, imports, jewelry and fashion items. There will be surprises and giveaways during the entire event.

Mesquite Marketplace: Every 2nd & 4th Sat thru Nov, 9am-2pm, Downtown Mesquite – Shop produce, crafts and culinary items from local vendors and merchants.

Parks and Recreation Department: 19th Annual PumpkinFest – Sat, Oct 19, 12-6pm, Valley Creek Park, 2482 Pioneer Rd – The event is free; there is a small charge for some activities. A great activity to attend with your young grandchildren. – **Veterans Day Celebration** – Sat, Nov 9, City Lake Park, 11am-12:30pm – Join us to honor all veterans with a picnic provided by The Mesquite Fire Corps and music by The Dallas Heritage Brass Band.

News from MARSE

C V S - Community Volunteer Hours

Now that you are retired, what are you doing with your valuable time? If you are searching for a meaningful way to fill the empty hours in your day, consider volunteering for a charity.

Volunteers perform a variety of tasks for charities: stuff envelopes, feed animals, tutor children, build houses, serve as a museum docent, counsel those in crisis, sell tickets or just answer the phone. At the highest levels, volunteers serve on the board of directors and are charged with the crucial task of governing the organization.



Kathleen Lynch

Follow these steps to maximize the experience for you and the charity you assist:

1. **Identify charities that match your charitable interests:** begin your research by determining what it is you want to accomplish, and identify charities that work to achieve those goals.
2. **Quantify and qualify what you can offer:** be sure you can answer the following questions:
 - **How much time can I realistically give in a week, month or year?**
 - **What days of the week and time of day am I available to volunteer?**
 - **What unique talents do I possess that would help this charity achieve its mission?**
 - **What tasks am I unable or not willing to do?**
 - **What do I hope to gain from the experience?**
 - Do I want to develop a new skill set that would be transferable to the workplace?
 - Do I want to meet new people with similar interests?
 - Do I just want the gratifying feeling of helping?
3. **Make a commitment:** a reliable volunteer with a strong work ethic can go a long way towards helping a charity meet its goals. Remember the organization has made an investment in you and is depending on you to produce a return.

Suggested Organizations Where Retirees Can Volunteer, Link: https://www.cheatsheet.com/money-career/these-organizations-are-the-best-places-for-retirees-to-volunteer.html/?fbclid=IwAR3HrGouuAafqaNIqtBsAJtJhfP2UXA-ne9RWJHhodZA-Rbel_gUPJkulaQ

News from MARSE

Go365: Earn Free Gift Cards!



Would you like to earn prizes just for participating in healthy activities? Well, so far this year I have earned enough Bucks to get \$175 worth of Kohl's gift cards! MARSE members have asked me to explain how in this newsletter, so here it is.

If you are enrolled in the Humana Medicare Advantage program, you are eligible for Go365. It's a rewards program that lets you earn Go365 Bucks that can be used to purchase gift cards. Preventive care such as wellness visits, breast cancer screening and flu shots are processed by Humana; Go365 Bucks are automatically deposited into your account. If you use Silver Sneakers for fitness activities, those visits are also recorded and awarded Bucks into Go365. Plus there are other eligible activities. When you earn enough Bucks to go shopping, there are a variety of gift cards to choose from. What have you got to lose?

by Janice Hemen

The facts:

- Go to <https://www.go365.com/> to register or login.
- Questions? Call the number on the back of your Humana Medicare Advantage program and select Go365 at the prompt.
- Gift cards available: Kohl's • Walmart • Amazon • Target • Shell • T.J. Maxx
- There will be a delay in recording your Silver Sneakers activities.
- Your reward progress expires on December 31 of every calendar year, so be sure to shop before the end of the year.



Susan Cumby

Book Project

The MARSE Book Project Fund Raising has officially begun. On October 1, Elaine and I received a \$2500 check from the Mesquite Rotary. My goal is for MARSE to match or top that dollar amount. So at the next meeting let's begin to fill the piggy bank. Bring change, cash or check to our next meeting. Wednesdays are the days that I do 3rd grade MISD field trips at Historic Mesquite but will drop by the October MARSE meeting to give you an update.



News from MARSE

Missing MARSE Members, Part 2

The following members have not renewed their membership as of September 1. If you know anyone on this list, please urge them to join MARSE. They can send a check to Sharon Tallet, 816 Lakeshore, Mesquite, TX 75149.

\$45 Memberships:

Saunders, Marlene
 Sharp, Mary
 Sink, Hester
 Tate, Zelma
 Teel, Deborah
 Thompson, Harold
 Tilger, Alice E.
 Trent, Donna

\$10 Memberships:

Adams, Donna
 Adams, Harry
 Alexander, Betty
 Armstrong, Olive
 Blackington, Linda
 Heiman, Cindy
 Jarrell, Debra
 Odell, Millicent

\$10 Memberships:

Polk, Alton
 Porter, Boneta
 Schroff, Lynn
 Stuart, Kathryn
 Sullenger, Linda
 Tamez, Celia
 Walker, Linda

**S u n s h i n e
C o m m i t t e e**

Glad to see so many faces at last month's meeting. Some joined us for lunch at Catfish Cove. Next month we will be going to BJ's. Remember to donate gift cards or money for gift cards for our fundraiser if you wish. Please let Sharon Roy or Cyndy Martin know if there is anyone we need to send a get well or sympathy or a thinking of you card to.

**Cyndy Martin****B o o k C l u b**

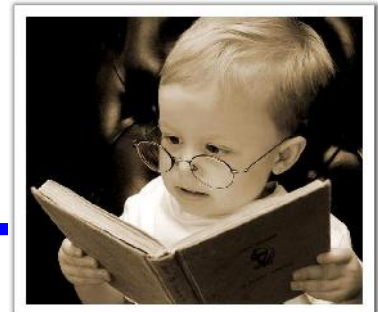
The MARSE Book Club meets:

When: second Wed. at 10 AM

Where: Bull's Pen Café, 717 N Bryan Belt Line Rd in Mesquite

Why: Book discussions, visit with members and breakfast.

Questions? Contact Betty Haynes at bhaynes04@att.net.



Rotary Club Book Project Donation

Note: This is part of a press release by James Griffin, our Rotary Club connection.

The Mesquite Rotary Club presented a donation of \$2,500 to the Mesquite Association of Retired School Employees book project at their meeting on October 1st. In accepting the check from Rotary president John Taylor, MARSE president Elaine Whitlock expressed her thanks for Rotary's financial support and volunteer assistance, and noted that the funds would greatly support the project's goal of providing a book of their own to each Mesquite ISD first grader. MARSE book project chair Susan Cumby added her thanks for the funds, and for the volunteer assistance that Rotary members have provided for the project. She also discussed goals for expanding the project, and provided a detailed look at the process involved in ordering, sorting, and delivering the books to each school.



James Griffin

The MARSE book project has been an ongoing commitment since 1999. The Mesquite Rotary Club's \$2,500 donation, coupled with funds donated by MARSE members, will allow the project to provide books to all of the first graders at each Mesquite ISD elementary school.

MARSE Past Presidents



MARSE past presidents were honored at our May meeting. Pictured from left to right:

- Kent Burgan, 2008-2009
- Harold Hervey, 1993-1994
- Carol Cooley, 1998-2002, 2009-2010
- Betty Haynes, 2005-2008
- Sharon Roy, 2012-2014
- Betty Grant, 2010-2012
- Elaine Whitlock, 2014-2016, 2018-2020



Janice Hemen
Newsletter Editor

Contact me at
jhemen@msn.com