

# News from MARSE

MESQUITE ASSOCIATION OF RETIRED SCHOOL EMPLOYEES

## From the President



Stephanie Wiley  
President

Welcome back to a new year for MARSE. It will be a year like no other due to COVID. We are starting off with Zoom meetings. Our September, October, and November meetings will all be virtual meetings. We will resume in person meetings once it is safe. The newsletter will keep you informed of what is going on and how to access meetings. Check out the MARSE Facebook page as well for the latest info. As teachers we know how to be flexible and how to master new skills. We can handle this. So stay in your comfy clothes, pour yourself another cup of coffee and click into our Zoom meeting on Wednesday, September 23, at 10 am.

*We  
can  
handle  
this.*

TRY TO BE A RAINBOW IN  
SOMEONE ELSE'S CLOUD.

- MAYA ANGELOU



### OUR NEXT MEETING:

- Wednesday, September 23 at 10 AM
- Program: Induction of Officers
- What: Zoom meeting. Invitations to join the meeting will be sent out via email. Directions will be included in the email. Jim Rusk is our technology expert so first read through this newsletter and then contact him if you still have questions: [jrusk@excite.com](mailto:jrusk@excite.com).

**PLEASE NOTE: We will NOT be meeting in person until further notice.**

## Book Project



Susan Cumby

We are all waiting anxiously to deliver the books that were supposed to be distributed in April. Every child needs to be able to hold a book and turn the pages. Information regarding dates for labeling and delivery will be sent out as soon as we get 'the word'. Due to storage arrangements, the labeling and distribution will be on 2 consecutive days.

**News from MARSE**



**Jim Rusk**  
1st  
Vice President

**M e m b e r s h i p & T e c h n o l o g y**

MARSE currently has approximately 365 members who've joined for 2020-2021. Members, please reach out to any retired educator who isn't a MARSE member and encourage him/her to join our organization. Interested educators may contact Jim Rusk for application information at [jrusk@excite.com](mailto:jrusk@excite.com) or visit our website at [localunits.org/Mesquite](http://localunits.org/Mesquite).

Printed copies of the MARSE Directory will be mailed out in early September to those who paid for one.

**T e c h n o l o g y C o n n e c t i o n s**

**M A R S E W e b s i t e**

[Localunits.org/mesquite](http://Localunits.org/mesquite)

You can find:

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

**M A R S E D i r e c t o r y**

<https://tinyurl.com/y2nm45dw>

You can find up-to-date member:

- Phone numbers
- Email addresses
- Mailing addresses

**M A R S E F a c e b o o k**

Type into your Facebook Search Box: **MARSE – Mesquite Assoc. of Retired School Employees**

Remember, this is a closed group so you must request to join.

Need help? Contact Kathleen Lynch at [kstewartlynch@sbcglobal.net](mailto:kstewartlynch@sbcglobal.net)

**Need technology help?**

**Contact  
Jim Rusk:  
[jrusk@excite.com](mailto:jrusk@excite.com)**

**Did you know . . . The links in this newsletter do work! When the cursor changes to a hand, click and it will take you to the website. To return to the newsletter, use the back arrow.**

## Programs

Good day from your new 2<sup>nd</sup> VP. Earlier I contacted multiple organizations to provide programs for MARSE this fall, but with the COVID restrictions now in place, I am having to recalibrate and make some new plans. Flexibility is good for the body and brain, so I will try to keep my mind on the benefits I am deriving from these changes!



**Sandra Haigh  
2nd  
Vice President**

In September, we are looking forward to the new election ahead, scheduled for November 3, 2020. This is a big election. Not only is this an important national election, with President, Congressional, and Senate seats needing to be decided, but also an election to fill many state, district and county level positions. Please exercise the wonderful right we have to VOTE in this country. We cannot depend on people at the top getting the job done if we don't do our part in the polling booth. Early, in person voting begins on October 13 and lasts until October 30. If you plan to mail in your ballot, please do so early as well.

The MARSE meeting in September will be an orientation to our virtual format and an induction of officers, since we were not able to do that in the spring semester last year. I had planned to have candidates speak, but since this is not possible, I am encouraging you all to look up the ballot that you will be voting on and research the candidates for each position. Texas no longer allows straight party voting, so you will need to vote from the top to the bottom of the ballot if you want to make your desires known for each position. I am including a link to a website that will show you the ballot specific to your address. There will be additional information added about each candidate as the candidates reply to the Ballotpedia questions. As always, you can look up information at other sites as well to keep yourself informed.

[https://ballotpedia.org/Sample\\_Ballot\\_Lookup](https://ballotpedia.org/Sample_Ballot_Lookup)

## GO365 UPDATE

BY JANICE HEMEN

If you are not comfortable going to the gym at the present time, but you are active 8 days a month, you can still earn \$5 each month in reward bucks on Go365. To get credit, login to Go365. In the Chat box, ask for a copy of the 2020 Workout Tracker. Download the PDF form to your computer. You'll complete the current month's short form and mail it to the address indicated. I have done this each month since the pandemic began. Go365 is a great benefit: earn gift cards for exercising and tending to your health!

Need to sign up? Call the number on the back of your Humana Medicare insurance card.

## News from MARSE

### Zoom Basics

We are likely to have several MARSE Zoom meetings in 2020-21. This is a guide to preparing your device. Almost any device that has a browser and an internet connection will work: PC, Mac, cell phone, tablet, etc.

If you don't want to prepare, don't worry. Zoom will prompt you to download what you need as soon as you click on the meeting link.

However, to get a head start, go to:

<https://zoom.us/download>

The download should start automatically. Once the app is downloaded you will need to locate the installer and double click it. Once the client application is installed you'll get a screen that says "Join a Meeting" or "Sign In". You can quit the Zoom client at that point.

On the morning of the MARSE meeting you'll receive an email with the link to take you to the meeting. All you have to do is click on that link at the time indicated in the email.

Here's a video about joining a Zoom meeting for the first time:

<https://www.youtube.com/watch?v=9isp3qPeQOE>



**Jim Rusk**  
1st Vice President

### Member Benefits



**Betty Haynes**

The Mesquite Education Association offers MARSE members local discounts. A MARSE member is entitled to an MISD Gold Card, which entitles entrance to school fine arts performances and some sporting events. If you cannot find your Gold Card or have never had one, then go to the Berry Support Center at 2133 North Belt Line Rd. to secure one. It is good for discounts at local merchants: ROYAL CAR WASH; WINDSOR FLORIST; movie theaters, other types of entertainment venues and my favorite Sweet Frog. To see a complete list, go to [www.misd.org/mea](http://www.misd.org/mea). AND DON'T FORGET: MANY FAST FOOD PLACES OFFER SENIOR DISCOUNTS.

## Healthy Living

September 21<sup>st</sup> is the World emphasis for Alzheimer's Awareness. Nearly every home and family have been touched by this heart-breaking condition. Let's just talk about this one and review what we know.

Welcome to  
Janice Houston,  
our new health  
contributor.

**Manage your numbers.** Research shows strong connections between Alzheimer's and conditions like high blood pressure, high cholesterol, type 2 diabetes, and heart disease. Have your annual physical, and collaborate with your physician to address any of the needed areas.

**Check your weight.** One study found that obesity can change the brain in a way that raises your odds of getting Alzheimer's. It's never too late to address this one!

**Exercise your body.** When you work out, even a little bit, more blood flows to the brain, which makes your brain healthier. Aim for at least 30 minutes of exercise, 5 or more days per week. My favorite is walking in place instead of sitting while watching TV or listening to a pod cast.



Janice Houston  
Healthy Living

**Challenge your mind.** Many of us feel isolated during this pandemic. Use your phone, email and Face Time to keep in touch with family and friends. Also use those puzzle books or online games to stimulate your brain.

**Prevent head injuries.** Check your home for places where you might fall, like an area rug that doesn't have a sticky padding beneath it to keep it in place. Always buckle up when you are driving.

**Don't smoke.** Avoid all forms of tobacco.

**Eat healthy.** Eat a heart-healthy diet with lots of fruits and vegetables, whole grains, lean protein, and low-fat dairy. Limit saturated fat (found in meats and full-fat dairy products), added sugars, carbs, sodium, and alcohol. Let's hope the grocery stores continue to keep "Senior Citizen" shopping hours even when the virus is managed.

### Dr. Seuss Quotes



1. Sometimes you will never know the value of a moment, until it becomes a memory.
2. They say I'm old-fashioned, and live in the past, but sometimes I think progress progresses too fast!
3. You are in pretty good shape for the shape you are in.
4. Just tell yourself, Duckie, you're really quite lucky!

<https://www.keepinspiring.me/dr-seuss-quotes/>

### LAUGHTER IS THE BEST MEDICINE:

The adult version of  
"head, shoulders,  
knees and toes" is  
"wallet, glasses,  
keys and phone."

## News from MARSE

### CVS: Community Volunteer Service

#### *Commit to Volunteer Service from Your Home in 2020!*

For most of us, the novel coronavirus feels uncertain and scary. But in spite of those feelings, many of us have been moved to ask, "How can I safely volunteer help to others during this pandemic?"

One simple way to volunteer from home is to dedicate two or three mornings each week to calling or texting your most vulnerable family members, friends and/or neighbors to make sure they're okay - also ask what they may need. Offer to leave the requested item outside their front door to be picked up without coming in direct contact with you. This sounds extreme, but this is a safe way to make sure that the most vulnerable have what they need, and also receive some social contact. Keep a record of your CVS volunteer hours for 2020 - no matter how simple or insignificant they may seem. Count all volunteer time: any assistance that you "gift" to a stranger, friend, neighbor, and/or family member where you do not receive payment for your services - maximum is 12 hours per day.



Kathleen Lynch

#### **Ways to volunteer from home during the coronavirus pandemic:**

1. Scan or edit books for people with reading disabilities through [Bookshare](#).
2. Provide tutoring and/or advice to low-income high school students to help them succeed through [UPchieve](#).
3. Remotely help veterans and their spouses with career prep through mock interviews or job search advice. See [Hire Heroes USA](#) for more information.
4. Send online messages or mail letters of encouragement to nursing home residents and staff through the [Adopt a Nursing Home Program](#).
5. Volunteer to Translate with [Translators without Borders](#).
6. Sew emotional support blankets for [Binky Patrol](#).
7. Proofread eBooks for [Project Gutenberg](#).
8. Crochet or knit afghan squares that will help build blankets for both babies and adults. Send them to [WarmUp America](#).
9. Volunteer at Postcards to Voters at: <https://postcardstovoters.org/volunteer/>
10. Links to other virtual volunteer opportunities in N/TX: <https://unitedwaydallas.org/updates/virtual-volunteering-opportunities/>



Janice Hemen  
Newsletter Editor  
Contact me at  
[jhemen@msn.com](mailto:jhemen@msn.com)

It's great to be back for another MARSE year—it should be anything but routine! A giant THANK YOU to all the members who contributed to this newsletter!

## News from MARSE

## Information You May Want to Know



Rita Lynch  
Informative &  
Protective

**City of Mesquite Events:** The **events calendar** is an excellent tool for locating all the things happening in Mesquite. Simply google City of Mesquite Events Calendar and open the link. Click on View All Events and you will be able to enter the Start Date, End Date, and even select the calendar you are interested in such as Arts Center or All Calendars.

**Mesquite Arts Center:** There are a few virtual activities going on at the MAC. Did you know the center has a YouTube Channel? Just login to mesquiteartscenter.org, find the activity you are interested in and click on Mesquite Arts Center Virtual Workshops or Tote-and-Go Services to find more information. There are activities for adults, kids or both. The Art Center's Facebook page will give you an age appropriate range.

**MAC Virtual Workshops** – 12pm – Sept 2, **Rock Art** – Sept 16, **Mola Folk Art from Panama** – Sept 23, **Felt Mini Cactus Workshop** – Oct 7, **Mini Piñatas**

**MAC Tote-And-Go Program** – 10am – This program is a contactless free service, which is open to the public. This service is first-come, first-serve and is located inside the Mesquite Arts Center at the front lobby table. This service is available Mon-Fri starting at 10am of each week. Sept 7, **Pizza Art** – Sept 14, **Mola Art from Panama** - Sept 21, **Felt Mini Cactus** – Sept 28, **Luminaries** – Oct 5, **Halloween Signs** – Oct 12, **Frankenstein Heads**

## Protective Tips

I don't know that any of us would have predicted in March that we would still be dealing with the pandemic in September. It is my observation that the senior population is doing the best job of following the rules of wearing masks, social distancing and staying at home as much as possible. Keep up the good work! Many stores offer specific hours for seniors. Take advantage of these hours; it is an excellent way to reduce possible exposure and keep yourself safe. I've experienced great results with curbside pickup and have friends who are very happy with delivery services. Give them a try if you haven't already. Hope the survival guide below leaves you with seven good tips and a laugh or at least a smile.

**How to Survive a Pandemic:**  
 wake up early  
 practice gratitude  
 exercise  
 eat healthy food  
 wear a mask  
 wash your hands  
 think positive thoughts  
 pray for football to have a safe starting day