Looks Like We Made It!!

Last May we were dazed and confused about how to move forward and today we are accomplished Zoomers with months of positive experiences and a few bumps under our belt. My sincere thanks to NSARTA’s officers, committee chairs, porch elves, and members, for your willingness to jump-in and try new things. It truly takes a village, and ours is the BEST!

Let’s pat ourselves on the back and remember all we have accomplished on and off Zoom....

- Senior Planet/OATS taught us how to connect virtually through Zoom.
- 56 members attended ZOOM training.
- TRTA Executive Director Tim Lee Kicked-Off our year with 60+ attendees.
- Incumbents and candidates for Texas House and Senate participated in NSARTA’s November 2020 Candidate Forum.
- A cookie exchange via porch deliveries kicked off a vastly different holiday season!
- Bingo and the funniest holiday sing-along ever helped us say a joyful goodbye to 2020!
- Only one meeting was missed during the pandemic and it was caused by a winter wonderland and not Covid-19.
- Porch Elf volunteers collected more than 800 items for SAMMinistries with one more drive to come!
- Yearbook sponsors and others joined us for engaging presentations.
- Children’s Book Project delivered nearly 800 books in English and Spanish for the students of Ridgeview ES to take home and also presented a check for $500 to be used to support the teachers.
- Our Big Read Book Club gathered six times for great conversations.
- Even in a pandemic, NSARTA members logged 16,875 volunteer hours.
- Our Hospitality committee checked in by phone with members multiple times.
Members that read the Newsletter, answer a couple of questions and send in the answers can win a gift card! Now that is a deal with excellent odds!

NSARTA voices rocked Austin through TRTA’s Red Letter Campaign and Zoom to the Capitol, and are continuing to be heard as members send letters, emails and make phone calls to request support for a much needed COLA.

AND we are not done yet!

WHAT’S NEXT?

The legislative session is winding down with HB 3214 (the COLA bill) and HB 3207 (the supplemental payment bill) still not set for debate by the full Texas House. TRTA is encouraging us to continue reaching out to our legislators to encourage support of these bills. Tim Lee, Executive Director of TRTA, explained the current stalemate in his Friday Facebook/YouTube Message. Here is a link to his message on 5/7/2021: https://www.youtube.com/watch?v=XtRwwbzmMdo

TRTA/NSARTA Membership Drive continues...

- Thank you to all that have sent in 2021-2022 membership forms.
- Consider becoming a Diamond Plus member. Have $2.92 deducted monthly by TRS or bank draft to cover your $35/year membership dues for TRTA. Then you only pay $15 to NSARTA for local dues.
- Submit ALL membership forms to Eddy English, 1st Vice President and she will take care of sending Diamond Plus forms into TRTA for you.
- TIME IS RUNNING OUT...All Diamond Plus members by May 31, 2021 will be entered in a drawing for one of four $25 gift cards.

Mark your calendar for May meeting fun and games on Wednesday, May 19 2021.

- Join Zoom Meeting https://us02web.zoom.us/j/87812512249?pwd=L1c1MHN0bXo0K3ora3RDaDBnYjFYQT09
  Meeting ID: 878 1251 2249
  Passcode: 025668
- Waiting Room opens at 9:30. Meeting begins at 10:00.
- Have you attended all of our 2021 meetings? Spring attendance prize will be announced after our May meeting.

Porch Elves Spring SAMMinistries Donation Project

- All manners of cleaning supplies will be collected.
- Recycle your empty, clean spray bottles. SAMM often receives donations of large containers of cleaning supplies. They use recycled spray bottles to share cleaning materials with families.
- Watch your email for specifics and Porch Elf assignments.

And finally.....YIPPEE! In-person meetings return in September. I have confirmed with San Pedro Presbyterian Church that we will be able to meet there beginning September 15, 2021-fellowship beginning at 9:30 a.m. Hugs, love and thanks to all of you for jumping on the 2020-2021 NSARTA bandwagon! Honestly, I think we grew closer, got to know more folks, and certainly stretched our brains more than we would have with in-person meetings. In some ways I will miss zooming but we will still have trainings and committee meetings that way for a while.

Stay safe out there and follow CDC Guidelines so we can be together in the fall.
MARVELOUS MAY 2021!! Always such a busy month for most, with fun activities, graduations, birthdays, anniversaries, weddings and special days of appreciation. So grateful that many of us are vaccinated and we are getting out and about! Love that we are gradually getting back to a somewhat normal life!

THANK YOU TO OUR APRIL SPEAKERS! Many thanks to Deb Caldwell from NEISD, and Sophie Torres, of Raise Your Hand Texas, RYHT. As educators, it was very interesting to learn from Deb how the District will spend its federal funds. Sophie was amazing as well informing us as to how RYHT works hand in hand with our community. We love H-E-B! They certainly are a generous organization (plus a great grocery store!) that cares deeply for our students with their programs. Sophie is on top of legislative issues that would impact students with STAAR testing. If you would like to follow her with updated information, use Facebook or RaiseYourHandTexas.org Blog.

MAY PROGRAM: May 19th (3rd Wednesday of the month). Yay! We made it through! Zoom meetings and all! Thank you to all who attended our virtual meetings; our 2020-2021 meetings are (almost) in the books! Brenda Schmachtenberger, the Executive Director of Oasis, will be with us to open our program with her presentation. Oasis’ Mission is to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement.

Our lovely sponsors Pam Neel and Des LaMacchia will be with us for BINGO! Tracy, a co-worker of Des, will call the numbers as we wind down our last meeting for this year and enjoy a bit of BINGO fun! BINGO prizes will be provided by Pam and Des, your go-to real estate ladies!

INSTRUCTIONS FOR PRINTING YOUR BINGO CARDS:
A separate email via Betty Moseley will be sent to you. If you are planning on attending the meeting and want to play Bingo, open the email and click the link to print your Bingo cards. Below are the instructions. It’s quite user friendly, I just did it! Peggy and Betty did theirs as well!

TROUBLE?? Call or text Tracy at Tracy@alamorealpro.com or 210 819-0007. Please call me as well, if you have any difficulties. 210 380-8150.

After clicking the link from your email that will be sent separately.

- Enter your email address where prompted.
- Two bingo cards will be sent to the email you entered.
- Open the email and please print 3 sets (each card 3 times).
- Save the cards for May 19th
- You will need a pen, pencil, marker or highlighter the day of the game to mark your cards for each game.

Zoom I.D # and passcode for the meeting will be emailed from Peggy a few days before the meeting.

LOOKING AHEAD: We already have our hard working Tim Lee, Executive Director of TRTA scheduled for September! It’s in person! SAME PLACE, SAME TIME. 3rd Wednesdays of each month at San Pedro Presbyterian Church, September through May. Yay!

COMMUNITY SERVICE: To be announced. Watch your email for more information.

NSARTA BIG READ BOOK CLUB: Our book club meeting was a huge success as we discussed Little Fires Everywhere, by Celeste Ng along with congratulating everyone that we were in person! Thank you Barbara Yates for the delicious pies and wonderful ambiance on your beautiful porch and lovely backyard; it was truly relaxing and just the best to be in the presence of our book club members. Great discussions added to the afternoon. Thank you Barbara!

From Patti Evans, our wonderful Book Club Chairperson:
Our July Book is: The Orphan Collector by Ellen Marie Wiseman. From the internationally bestselling author of What She Left Behind comes a gripping and powerful tale of upheaval—a heartbreaking saga of resilience and hope perfect for fans of Beatriz Williams and Kristin Hannah—set in Philadelphia during the 1918 Spanish
Flu outbreak—the deadly pandemic that went on to infect one-third of the world’s population…1st Wednesday of the month, July 7th. Place to be announced.

In September we will discuss 2 books, The Children’s Blizzard by Melanie Benjamin—a story of courage on the prairie, inspired by the devastating storm that struck the Great Plains in 1888, threatening the lives of hundreds of immigrant homesteaders, especially schoolchildren. Based on actual oral histories of survivors, this gripping novel follows the stories of Raina and Gerda Olsen, two sisters, both schoolteachers—one becomes a hero of the storm and the other finds herself ostracized in the aftermath.

And The Midnight School by Suzanne Woods Fisher. Inspired by the true events of the Moonlight Schools, brings to life the story that shocked the nation into taking adult literacy seriously. Haunted by her sister’s mysterious disappearance, Lucy Wilson arrives in Rowan County, Kentucky, in the spring of 1911 to work for Cora Wilson Stewart, superintendent of education. When Cora sends Lucy into the hills to act as scribe for the mountain people, she is repelled by the primitive conditions and intellectual poverty she encounters. Few adults can read and write.

Thank you, Patti.

Continued blessings to everyone! Stay well and stay safe! See you on Zoom one last time for our meeting! I’ll have to give up my sweatpants to look presentable at our meetings!

Blessings always!

TREASURER’S REPORT Dolores Ramon 210-386-4533 Dolores.ramon@yahoo.com

Wow! It’s hard to believe this is our last newsletter for the 2020-2021 year! NSARTA members have shown that we can survive the technological challenges of conducting our meetings on Zoom. I have survived my first year as treasurer and that’s even more amazing! I have learned so much this past year and I’m so grateful to have Carolyn Pfeiffer as my mentor.

Next year promises to be even more exciting because we can start meeting in person again. I’m looking forward to seeing everyone, sharing stories, and eating those yummy snacks!

As always, I look forward to sharing the treasurer’s report with you at our May Zoom meeting next week.

MEMORIAL SERVICE

San Pedro Presbyterian church Secretary contacted Peggy to let us know that a Memorial Service is being planned for Sarah Villareal on June 1st. It will be held at the church but that is the only information we have currently. We wanted to at least get it on your calendar. More information when it becomes available.

Enjoy your summer!
NSARTA HEARTS

WE DID IT……WE MADE IT TO MAY and we have 2 more wonderful members to spotlight for this month. Please enjoy reading about Barbara Johns and Teresa Flansberg.

Barbara Johns: “In 1968, I graduated from Monterey High School in Lubbock, Texas. That fall I entered Cottey College located in Nevada, MO. In those days we called it a girls’ junior college. Now it is a women’s junior college. At all our reunions (every 5 year’s) we are still just girls. My cousin, a 1968 graduate, described it as a perfect place for our parents to hide us in those volatile times. In 1969, we had a “sit-in” in the basement of the Chapel, so we were not entirely hidden from political events.

After graduation I returned to Lubbock to attend Texas Tech. I was on the five year college plan. I dropped out of Tech after the fall semester of my junior year to “find myself”. Remember those times? Fortunately, after a year of selling clothes and waiting tables, I found that was not how I wanted to support myself for the rest of my life. With my grandmother, mother, aunt and two cousins working in education, it is no surprise I earned a degree in education. By graduation in 1973, I found “Mr. Wonderful” earning a degree in history. My brand new husband, Stephen, wanted to attend Montana State and earn a Masters in Wildlife Management. Our parents thought we were crazy. We were in Bozeman two years, then on to Kalispell where I taught Ceramics and Jewelry at Flathead High School. Yes, their mascot is the “Braves”. Stephen switched to Land Surveying by the time we got to Kalispell.

We loved the Montana experience, but by 1977 we were ready to move back to Texas. After a lot of job searches, we relocated to Corpus Christi, Texas, where I taught Art at the Alternative Education Center. This was a great experience working with students who were disenfranchised from school. After five years, we moved to San Antonio, Stephen’s hometown. I had worked in advertising in Corpus, so began working with Lionel Sosa’s agency when we moved to San Antonio. After six months I had to quit. There are no hugs in advertising! I missed teaching, teachers, and students. Another “finding myself” moment!

After substituting in various school districts in San Antonio for a semester, I began working at Krueger Middle School in NEISD. During my second year at Krueger, I began a M.Ed. in School Administration, first at Our Lady of the Lake then transferring to Trinity University. During the 16 years I was employed by NEISD, I taught art at Krueger and MacArthur High School. In 1987, I completed my Master of Education at Trinity University. Then I was an administrator at Central Office’s Personnel Department, Roosevelt High School, Ed White Middle School, Ridgeview Elementary and Fox Run Elementary. During these 16 years, I had the good fortune of working with so many wonderful people who believed in putting students first. So many friendships that are still going strong today. After leaving NEISD in 1999, I earned a Reading Specialist certification at Texas State University. It was a glorious experience for many reasons. For the first time in my life, I did not have to work and go to school simultaneously; I was generally the same age as my professors; and, the curriculum fascinated me. In the fall of 1999, I began what would become the most fulfilling job of my career. Linda Foster, who many may remember from her days working at MacArthur
HS, was the principal of Alamo Heights High School. She hired me to run the Academic Support Center. This was a two prong program supporting students through tutoring and credit recovery. Penny Oliver and I started together that year. She taught Credit Recovery and I managed the tutoring program. We served every type of learner from all socioeconomic areas. We were one of the first in Bexar County to implement the online curriculum, Nova Net. The company has evolved and changed names since then, but it is still an online system of courses meeting the state curriculum guidelines. Because we served students with a wide range of academic needs, we developed strong relationships with teachers. We assisted teachers and students in order that students’ modifications were met. It was the best of all worlds.

In 2010-11, God proved he had a sense of humor and a new plan for me. That year our superintendent, Kevin Brown, told us we were tightening our collective belts. He promised that we would all have jobs the next year. It might not be the same job we had now, but we would have a job. That spring Linda asked me about my art certification. Uh oh, this could be trouble! I told her yes, but no, I did not want to teach art. Suffice it to say, by the end of March in 2011, I was filling in for the ailing art teacher. I was teaching Photography, Painting and AP Art. Did I know what I was doing? Just enough to look slightly competent. Thank goodness for kind students. I remained an art teacher, ending my career where it began, for the last two years of my career. Fortunately, someone else wanted to teach Photography and AP Art! It was a fun experience and I met some precious students I will never forget! Did I miss my tutoring students and working with teachers? Terribly!

In 2013, after 14 years at Alamo Heights, I retired from education just 40 years after college graduation. While I like to say I am gleefully unemployed, I loved teaching and my students until the last minute. I was fortunate to meet, know and work side by side with so many dedicated educators. And my students taught me so much about life and learning.

Retirement is everything I imagined. We travel a great deal. COVID-19 has been a hiccup allowing me to catch up on many of my “to do lists”. We purchased a motor home in January. Lots of Happy Trails await us!”

**Teresa Flansberg**  “Hi all, My name is Teresa Flansburg. I taught kindergarten and first grade for 28 years. I substituted for 5 years after I retired until Covid hit. All my years in education were spent at Northern Hills Elementary in NEISD. I had a fabulous career under the tutelage of many superior leaders. Most of these people are now NSARTA members.

I’ve been married to my amazing husband, Richard, for 47 years and we have two children. Our daughter lives in Alaska where she’s a health inspector for the state. Our son is a biology teacher at Madison High School here in San Antonio. We have a beautiful granddaughter who is 6 years old and is in kindergarten in Alaska.

I enjoy cooking, gardening, and reading. My husband and I enjoy traveling to eat at places seen on TV’s “Diners, Drive-Ins, and Dives”. Our son-in-law’s restaurant in Alaska, “Hari Om”, was featured on the show, which aired on the Food Network channel, on January 31 of this year.”

**Question #1**  Which one of our May hearts retired from NEISD and which one retired from Alamo Heights?
On a personal note, Betty and I would like to sincerely thank all NSARTA members who were “Hearts of NSARTA” this year. We are grateful to you for taking time out of your busy schedules to write your autobiography. Many MANY members have commented each month about how they have enjoyed learning about each other through the Hearts articles. “Hearts of NSARTA” articles will be back in our Newsletters next year. If you have someone you would like to nominate to be a “Heart”, please let us know. 

Betty Moseley (210) 494-1080 bmoseley@swbell.net Michele Bibb (210) 862-5489 mkbibb47@gmail.com

I’m happy to report that only one card was mailed this month. I sent a “thinking of you” card to Ray Olvera as he is in the early stages of Alzheimer’s. His wife reads all our Newsletters to him and says she enjoys them as much as he does. Please keep him in your prayers. Thank you to everyone else for staying healthy and safe during this trying year. **** Please send any information you may have of members/their families we want to send “get well, thinking of you, or sympathy” cards to from NSARTA.

“Rough seas make good sailors” – Amish proverb

May you have smooth sailing this summer!

I have received 28 renewals since April 15th, 6 of those are “diamond members”. Total renewals–89. Hopefully they will continue coming in every day. I know that continued reminders in the newsletter, e-mails and NSARTA meetings will help.

Question # 2 What is the number of the COLA bill we are trying to get passed?
NSARTA Minutes—Regular Meeting
North San Antonio Retired Teachers Association
Via ZOOM
WEDNESDAY, April 21, 2021

1. President Peggy Peterson called the meeting to order at 10:03 AM.

2. Welcome: Peggy welcomed all members and speakers to this meeting. 33 participants were present today. Peggy mentioned that Michele Bibb helps on Zoom with attendance. Dolores Ramon and Barb Rothe help with the Zoom chat monitoring.

3. Invocation: Barbara Yates, Chaplain; Pledges: Paul Cwiklik, Immediate Past President.

4. Program: Karin Stanley introduced our first speaker, Deb Caldwell. Deb is the NEISD director for Government Relations & Grant Development. Her message today was in regards to the Federal Financial updates for public schools during COVID. Barb Rothe introduced our second speaker, Sophie Torres. Sophie is Regional Advocacy Director for the San Antonio area with Raise Your Hand Texas. Her message was to educate, advocate, and activate for Texas Public Schools. This foundation began over 14 years ago, sponsorship by Charles Butt of HEB.

5. Officer Reports:
   a. Minutes from March 17, 2021 were approved and filed. Carolyn Pfeiffer, recording secretary, had these minutes previously printed in the April newsletter.
   b. Treasurer’s report, by Dolores Ramon, was reviewed, approved, and filed for audit.
   c. Eddy English (1st V-P) gave a membership report: a total of 66 members update.

6. Other Business: 
   a. Adele Murphy, Legislative Chair, reported to keep in touch with state representatives and senators (letter writing and/or phone calls). It is most important to contact especially our senators in regards to SB 2092(support of a COLA for Retirees). The red letter campaign to legislators in Austin during the first week of April was a success. Julie Bell was the winner for mailing her red letter to Austin at the beginning of April.
   b. Peggy will be emailing information about our next donation project to SAMMinistries in the next few weeks (cleaning items). Empty spray bottles will also be collected.

7. Zoom Prizes: will be mailed to the winner.
   a. Phyllis McMillan is the winner for the April Newsletter questions.
   b. Door prizes winners are: Michele Bibb, Barb Miller, Phyllis McMillan, and Glennie Lecocke.

8. Next meeting will be Wednesday, May 19.

9. May Book Club selection will be “Little Fires Everywhere”.

10. Peggy and Dolores will be featured on a TV morning show on WOAI “Focus on South Texas”, talking about NSARTA and their donations to SAMMinistries. More information about the date to be shown on TV will be emailed out when available (Sat. at 5 AM and Sun. at 5:30 AM).

11. Adjournment: 11:55 AM.
INFORMATIVE AND PROTECTIVE SERVICES  Laurie Harris  210-887-1125
Laurieharris123@att.net

Scammers Use FINRA as Phish Bait

United States: the Financial Industry Regulatory Authority (FINRA). Seeing such a vital organization be used as phish bait is chilling. Fortunately, if you know what to look for, this scam is easy to spot.

The phishing email starts with the vaguely-startling subject line “ATTN: FINRA COMPLIANCE AUDIT”. The email is sent from supports[at]finra-online. The email asks you to review an attached document and respond immediately. The short email message closes with, “If you’ve got more questions regarding this letter don’t hesitate to contact us.” Any one who falls for this scam and downloads the attachment will find that the file is actually a nasty piece of malicious software.

Here’s how you can stay safe from similar attacks:

* By asking for your immediate response regarding an audit, the bad guys create a sense of urgency. These scams rely on impulsive actions, so always think before you click.
* Watch for poor spelling and grammar in supposedly-official messages. Did you catch the spelling error in the example above? The word “hesitate” is misspelled as “hesistate”.
* Check who sent the email. In this case, while the email address included the name FINRA, it did not use the official FINRA.org domain.

Stop, Look, and Think. Don’t be fooled

STITCHERY  Ledru Barker

We are looking forward to meeting again when we can stuff pillows that some of us sew at our homes. Anyone can join us when we begin to meet. No skills required to put stuffing in a pillowcase. The VA Hospital and Children's Shelter like all sizes of afghans, blankets and quilts. Contact Ledru Barker at 210-641-6066 if you would like yarn to crochet or knit. You can also pick up thread and cloth to make quilts and blankets.

Answer the two Newsletter questions correctly (MUST ANSWER BOTH!) to be entered in a drawing and win a great prize. Email or call/text BETTY MOSELEY, bmoseley@swbell.net, 210-219-9881 with your answers by Tuesday, May 18th. Winner announced at MAY 19TH meeting.
BIRTHDAYS  Linda Nolder  lnolder@aol.com  Michele Bibb  mkbibb47@gmail.com

Being born in May offers at least 3 family celebrations to bring everyone together – YOUR birthday, Mother’s Day, and Memorial Day are triple bonding times for many families. Your astrological birthday signs are either Taurus (smart, ambitious, trustworthy) or Gemini (passionate and diplomatic). The Lily of the Valley is your birth flower while your birthstone is the gorgeous green emerald associated with good fortune and youth. May birthdays tend to have a high sense of optimism about them, seeing “every down moment as a prelude to an up moment”. Babies born in May have the lowest average birth weight than the other 11 months which is probably due to a lower amount of Vitamin D during a winter pregnancy. You share your birthday month with George Clooney, Audrey Hepburn and Florence Nightingale. Happy, HAPPY birthday to NSARTA members:

Ann Flynn, Georgia Couch, Arline Patterson, Verna Reagan, Linda Oneal, Naida Segura, and Claire Vollmar (in no particular order).

WISHING THESE MAY MEMBERS A FANTASTIC BIRTHDAY!

PEGGY PETERSON’S
“SINFUL BROWNIES”

14 oz. pkg. Kraft caramels
Scant 1/2 c evaporated milk

Put caramels and milk in small saucepan.
Cook over low heat until caramels melt.
Stir constantly until melted and set aside. “Peggy says she uses her microwave to do this step.”

1 regular size German Chocolate Cake Mix WITH pudding
3/4 c melted butter
1/3 c evaporated milk
1 c minced pecans

Mix by hand until well blended. Do NOT use an electric mixer.
Pat half of mixture into a 9 X 13 baking dish.
Bake at 325 for 10 minutes.
Pour on caramel mixture.
Sprinkle with 6 oz. choc. chips.
Dab on rest of cake mixture.
Bake 20 more minutes. Cool and cut into bars or squares.
LEGISLATIVE/ FOUNDATION  Adele Murphy adelem54@yahoo.com  830-522-0838

Good news from the Texas 87th Legislature, it looks like the Sunset legislation will be passed and signed into law by Governor Abbott!

As each day goes by the chances of a COLA go down. Tim Lee is encouraging us to remain positive and continue thanking our legislators for their support. Representative Dustin Burrows, Chair of the Calendars committee, from Lubbock is holding HB 3214 in the Calendars committee. Unless he puts it on the calendar it can’t come up for a vote. Apparently, he is concerned about the financial impact this will have on TRS and/or the state. Please write him asking him to put it on the Calendar and reassuring him that TRTA’s analysts have worked with TRS to ensure the fiscal soundness of this legislation. He is the key to our success. Tim asks that you please be positive and professional in your letters. Representative Burrows is very important because of his position as Chair of the Calendars committee. It is next to impossible to contact him via phone because other groups used robo-calls to lobby for their issues. I plan to go by his office on Monday to chat with his staff.

Representative Dustin Burrows
PO Box 2910
Austin, TX 78768

Foundation News

Texas Retired Teachers Foundation is a wonderful organization and worthy of your support. They are offering grants for those in need of help after winter storm Uri. To apply or donate please go to trtf.org or call 1-800-880-1650 x 104 and ask for Sarah.

CHILDRENS’ BOOK PROJECT  Sherlyn Valentin, dhrc@airmail.net  210-365-9185, Pat Loewe, Nancy Dooley & Mary Martinez

If any NSARTA member has given books to children from January to May of this year, please contact Sherlyn Valentin through e-mail or text. Next year NSARTA will once again be collecting books in English and Spanish for Ridgeview Elementary. Be on the lookout for books this summer to donate! Thank you to all members who gave donations this past year.

VOLUNTEERING  Janet Pennock japennock57@icloud.com  979-417-3876

105 Firesage, Universal City, Texas, 78148

Please remember to keep up with your volunteer hours! Do you take care of your grandkids during the summer? Those hours count as volunteering. If you have any questions about what might count as volunteering hours, please call, text or e-mail me.
To laugh often and love much;  
To win the respect of intelligent persons and the affection of children;  
To earn the praise of honest critics and to endure the betrayal of false friends;  
To appreciate beauty, to find the best in others, to give of one’s self;  
To leave the world a little better, whether by a healthy child,  
A garden patch, or a redeemed social condition;  
To have played and laughed with enthusiasm and sung with exultation;  
To know that even one life has breathed easier because you have lived;  

This is to have succeeded.

Bessie Anderson Stanley
May Healthy Living Calendar

Fuel your passion

(Paint, dance, swim, write, garden)

STAYING HEALTHY

A healthy diet is rich in fiber, whole grains, fresh fruits, and vegetables; “good” or unsaturated fats, and omega-3 fatty acids. These can turn down inflammation, which can damage tissue, joints, artery walls, and organs. Processed and sugary foods cause spikes in blood sugar which can be linked to the development of diabetes, obesity, heart disease, and even dementia.

The Mediterranean Diet meets all the criteria for good health and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive oil, fruits, vegetables, nuts and fish; low in red or processed meats and includes a moderate amount of cheese and wine.

Physical activity is also necessary for good health. It can reduce your risk of heart disease, stroke, diabetes, cancer, depression, and falls. Physical activity improves sleep and endurance. Aim for 150 minutes of moderate-intensity exercise every week such as brisk walking. Strength training is important for balance, bone health, controlling blood sugar and mobility 2-3 times a week.

Another strategy to stay healthy is to reduce stress by meditating, mindfulness, yoga, and taking vacations.

Finally, establish a good relationship with a primary care physician. If something happens to your health, a physician you know—and who knows you—is in the best position to help.

I wish everyone a safe, healthy, and fun summer—looks like life is becoming more NORMAL!!!
HAPPY SUMMER!

MAY, 2021