



HARTA

OCTOBER 2019

**Humble Area Retired Teachers Association
Local Unit of Texas Retired Teachers Association
(TRTA) - District 4**

Open to all retired school personnel.

HARTA OFFICERS

President	Pat Kahak
1 ST VP Membership	Betty Coburn
2 nd VP Books & PR	Cathy Sheppard
3 rd VP Programs	Marian Mannix
Secretary	Brenda Pearson
Treasurer	Marjo Stach
Parliamentarian	Mary Widmier



HARTA MEETINGS

August 19	Welcome luncheon
September 16	Your Safety in Public Places
October 14	The Mind Diet Works for You
December 9	Holiday Music!
February 10	Legislative Action
April 20	Investing Wisely
May 18	Installation, Awards, Luncheon!

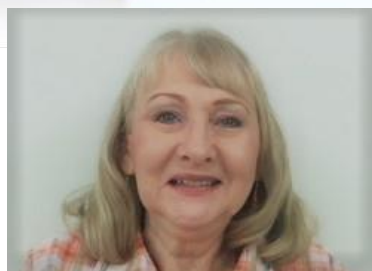
Social time—9:30 a.m.; Meeting—10:00 a.m.
Eggers ISC, 4810 Magnolia Cove Drive,
Kingwood, TX 77345.

HARTA Facebook & webpage can be reached at:

<https://trta.org/humble/>



***The Voice of all Public
Education Retirees.***



**PONDERINGS
FROM
PRESIDENT
PAT**

Hooray!! We had a

great turnout for the September meeting with several new members in attendance. Also, we had 51 members who participated in the Walgreens' Flu Vaccination program. Thanks to Linda Rhodes and Latreca Black for arranging this for us again this year.

At the meeting Rep. Dan Huberty spoke about the recent passage of SB 12 which increases the state contribution to TRS by 2% over the next 5 years and also provided a 13th check in September to retirees up to \$2,000. We thank the Texas legislators and the TRTA members who worked hard to make this happen and for their ongoing efforts to improve our retirement and health care.

Our area was affected again with flooding from tropical storm Imelda. The Texas Retired Teachers Foundation (TRTF), the charitable arm of TRTA, not only provides grants and scholarships but also aids public education retirees with critical emergencies. Through the Lehr-Pritchard Endowment Fund, "A Helping Hand", TRTA members can get help with financial struggles as a result of home and property damage or displacement due to recent storms. See Linda Genco's article on the Foundation to get contact information.

Be sure to attend the October 14th meeting. We will not meet again until December.

Bring to the meeting: Toiletries for Oaks of Righteousness and Books for the Reading Initiative

Donations for October

BEVERAGES Patsy Holden, Margaret Fahrenthold, Patsy Spitzmiller, Carole Hood, Paula McCreary

SNACKS Caryn Uttenweiller, Linda Avina, Juanita Jordan, Jane Marvin

DOOR PRIZES Pat Kahak, Mary Widmier, Risa McCann, Susan Burroughs, Janet Orth, Linda Robertson, Tina Smith, Fran Simister, Juanita Jordan, Rita Granthan, Velma Williams, Kathy Sexton, Trilla Cook



OCTOBER PROGRAM: "THE MIND DIET" by Marian Mannix, VP Programs
OUR SPEAKER: SYDNEY WARE, Registered Dietician, currently at the Kingwood Country Club will present an informative program regarding foods and your health. This is a program not to miss! She will address the direct relationship of foods and the wellness of your body. Since most of the HARTA members are retirees, Sydney has information regarding specific foods to add to your daily intake as well as certain foods to avoid. Foods necessary for your general well-being will be discussed. Handouts and a Power Point presentation will reveal surprising food facts. Hope to see you at the meeting!

OCTOBER BIRTHDAYS

- 2 Marci Fitchett, Judith Leland, Jane Mehring, Suzanne Sellner
- 6 Sharon Brokaw
- 7 Bettie Briggs
- 8 Sue Donaldson
- 9 Latreca Black
- 10 Jean Heineman
- 11 Margaret Fahrenthold
- 12 Arlane Sponaugle
- 15 Pam Black
- 19 Carolyn Mashburn, Don Nelson
- 20 Betty Coburn, Debera Jones, Barbara Watson
- 22 Linda Robertson
- 23 Ruth Billings
- 24 Doreen Olenkiewicz
- 25 Patricia Muthart
- 26 Diana Hancock, Karen Pate, Debby Stratton
- 29 Terry Kelly
- 30 Cheryl Reid, John Widmier

NOVEMBER BIRTHDAYS

- 1 Sandra Eleby
- 2 Sylvia Hale, Linda Rhodes
- 3 Marlys Lackey, James Nerad
- 4 Mark Babich, Sunny Smith
- 5 Lynda Young
- 7 Linda Avina, Susan Burroughs, Sondra Pate
- 9 Paula Almond
- 10 Carolyn Hassan, Judy Pence
- 11 Sally Johnson, Cynthia Piggott
- 12 RaDonna Gideon
- 13 Katrina Wetuski
- 14 Daisy Hall, Carol McNally
- 15 Kathy Sexton
- 16 Josephine Barrientez, Tina Bivin, Ann Nimitz
- 17 Jeanette Guidry, Patsy Mancivalano
- 18 Karen Hooper, Melvin Reading
- 19 Marilyn Ballard
- 20 Judy Ardoin, Euline Roberts
- 21 Carol Atwood, Betty Graham, Sandra Thomas
- 22 Mary Ann DosSantos, Cheryl Moore
- 24 Brenda Storey
- 25 Lynn Fair, Patsy Holden, Elaine Kimsey, Ruby Wells
- 26 Marjo Stach
- 29 Lynette Calfee, Mark Clapp, Hilda Meyer
- 30 Elena Massey





Membership Matters! by Betty Coburn

Thank you for your membership to TRTA/HARTA and for being a strong advocate for retirees, present and future. As you know, this year TRTA is focused on reaching its goal of 100,000 members, and they need our help! Both TRTA's and HARTA's member numbers are ahead of what they were at this time last year, but TRTA is still more than 18,000 members short of the 100,000-member goal. What can you do to help them reach that goal? Participate in the TRTA Fall Bring a Friend contest, just launched! Between August 15 and November 15, if you recruit a friend or colleague who is new to TRTA or who has not been a member within the past three years, you will have your name and your friend's name entered in a drawing to win a \$100 gift card. This is very similar to the Each One Bring One initiative, except, if you win, your friend wins too! The more members we have, the more influence we have as an advocacy group as we lobby the Texas Legislature. As you encourage your friends to join, be sure to tell them that TRTA is fighting every day to protect the TRS pension fund and TRS-Care health insurance plan and is working to repeal the unfair federal Windfall Elimination Provision (WEP). And please be sure they know that the 13th check they received in September is a result of TRTA's accomplishments. Use these hashtags on Facebook and Twitter: #TRTA100K #100KSTRONG #100KCHALLENGE #BRINGAFRIENDTOTRTA

Healthy Living with the MIND Diet! by Linda Rhodes and Latreca Black



Lower Your Risk for Alzheimer's Disease with the MIND Diet

Both the DASH diet and the Mediterranean-style diet are linked to brain benefits. But recent research shows that combining the best of each may protect memory and thinking even better. The MIND Diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) is linked to a slower rate of cognitive decline -- equivalent to 7.5 years of a younger age. People who followed the diet most closely were 53 percent less likely to develop Alzheimer's disease than those who didn't. What's more, the research showed that even small changes reduced the risk of Alzheimer's.

10 Brain-Healthy (MIND Diet) Foods

1. Green leafy vegetables - kale, spinach, cooked greens and salads
2. All other vegetables - best to choose non-starchy. Look for bright colors.
3. Berries - especially blueberries, strawberries, and blackberries
4. Nuts – try a variety
5. Olive oil - use as your main cooking oil
6. Whole grains - oatmeal, quinoa, brown rice, whole-wheat pasta, and whole-wheat bread
7. Fish - salmon, sardines, trout, tuna, and mackerel
8. Beans - all beans, lentils, and soybeans
9. Poultry - chicken and poultry (fried chicken not encouraged!)
10. Wine - especially red and limit to one glass daily

Dear HARTA, Thank you so much for choosing me as one of your scholarship recipients. This personally means so much to me in pursuing my career in teaching. I feel so blessed and so thankful. The \$1,000 is going to help my family dramatically. Thank you for both the scholarship and the encouragement. Hannah Hall



"SO NO GHOST IS LEFT BEHIND"

Benefitting



Costume Donations Accepted

The community is invited to come together to help HAAM collect costumes for Trick or Treaters in need.

Please drop off gently used or new items at
HAAM Social Services

1302 First Street in Humble

Donations of costumes will be accepted
September 1st through October 20th.



HARTA Member Updates

Shirley Meeker has been moved to a private, assisted living residence in Atascocita. Her new

address is: 18111 Stone Angel Drive, Humble, TX 77346.

Jose Montes, HARTA's Facebook Editor, recently had emergency gallbladder surgery and is recovering at home but would welcome cards. 2335 Urban Forest Ct, Spring 77386.

Jane Turner, HARTA's first president, fell recently but is now recovering at home! HARTA would love you to send cards to 24109 Kingwood Place Drive #5107, Kingwood 77339. Let's cheer up Jane.



This Photo by



LEGISLATIVE NEWS

By Carolyn Monroe

IMPORTANT DATES FOR NOVEMBER 5, 2019 TEXAS ELECTIONS

Last Day to Register to Vote	10/7
First Day of Early Voting	10/21
Last Day to Apply for Mail-In Ballot	10/25
Last day for Early Voting	11/1
Last Day to Return Completed Mail-In Ballot	11/5

Touched by an Angel

Pain Management

Gayle Noll recommends this masseuse who comes to your home: **Berlinda Franklin** 832-510-0439

2019 Grants to Educators by Susan Burroughs

HARTA generously supports local educators by offering grants for conferences, workshops, and



courses to enhance knowledge and skills. The deadline for applications for 2020 awards is December 2, 2019 through the Humble ISD Foundation website.

After teaching at HHS, AHS, and SCHS, **Andrinee Martinez** is now a counselor at AMS. She requested funds to attend the Texas Counseling Association Professional Growth Conference. She has been a member of TCA since 2012.

Kalin McSweeney received Alternative Teacher's Certification through Kingwood College in 2007. Since then she has taught kindergarten, 1st, and 2nd grades at Whispering Pines and River Pines for a total of 12 years. She asked to attend a conference to strengthen her understanding of early childhood development and learning strategies in math and science.

As Bear Branch Elementary School's Teacher of the Year in 2017, **Francesca Newman** was able to complete her training and become a Counselor at Bear Branch. She received funds to attend the TCA Conference to "discover new ways to increase students' college and career readiness...and learn new techniques and hands-on activities for small group counseling."

CVS Update by Margaret Fahrenthold



News has reached HARTA that TRTA would like to see photos of members volunteering. The next time you are doing that, please ask someone to snap your photo with your phone and email it to margaret46@suddenlink.net.



Foundation by Linda Genco

"A Helping Hand" for Flood Victims

Hello Fall! Well, here in Texas we do not experience many days of fall. In fact, it can still be warm at Thanksgiving. As you may know, some of our retirees may be struggling due to the recent flooding of homes because of Imelda. If you know of anyone in this situation, please let us know so that we may help them. I will be happy to sit down with you and go through the paperwork that is needed to start this process. If they are reluctant to accept help, be sure to tell them that this is not charity, and all applications are confidential. Reassure them this is a friend reaching out to a friend. Please see me for the paper work needed to start this process or contact me at lkrieglgenco@gmail.com and I can email you the paper work. Remember: "Through the eyes of compassion, we are all one in spirit and connected by the gift we call life."

Member Benefits by Beckye Hendricks



SAVE MONEY!

1. Apple Products Discount
Call **1- 877-377-6362**
2. Dell Computers visit trta.org & Benefit Information under Membership.
3. 1-888-Flowers discount save 15%
Discount code is AMBA.



TRTA Bring a Friend contest! Who will win \$100?

TRS CARE COMING TO HUMBLE AREA

TRS is mailing invitations to retirees this month that include instructions for registering for the meetings.

To register for an in-person session, please call **1-800-850-1992** (TTY: 711), Monday-Friday, 8:00 a.m.-5:00 p.m., Central Time. If you're unable to attend a session in person, you may view a webinar instead (go to trs.org for schedule).

**Oct. 15 -- Sheraton North Houston
at George Bush Intercontinental
15700 John F. Kennedy Blvd.
Houston, TX 77032**

(Choose between a morning or an afternoon session)

For TRS-Care Medicare Participants:

Morning: 10:30 a.m. - 12:00 p.m.

Afternoon: 3:00 p.m. - 4:30 p.m.

For TRS-Care Standard (Non-Medicare) Participants:

Morning: 9:00 a.m. - 10:50 a.m.

Afternoon: 1:30 p.m. - 3:00 p.m.

Protecting HARTA Members by Virginia Cowen

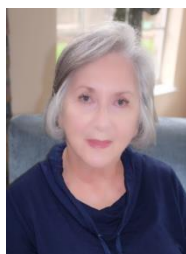


If you are having a hard time paying for home cooling and heating costs, there are some resources that might help. Contact the National Energy Assistance Referral service (link is external), your local Area Agency on Aging (link is external), senior center, or social service agency. To learn

more, go to Hot Weather Safety for Older Adults. Free publications on hot weather safety and other healthy aging topics in English and Spanish are available from the NIA website or by calling NIA's toll-free number at 1-800-222-2225.



TRTA Bring a Friend contest! Who will win \$100?



TRIPS AND TOURS FOR OCTOBER - DECEMBER

2019 by Carolyn Monroe

SUNDAY, OCTOBER 13th – BERNHARDT WINERY – Eagles Tribute Band \$21.00 plus what you spend Bring lawn chairs, snacks, drinks, NO alcohol unless purchased at the Winery Bus leaves the ISC at 4:00 P.M. returns about 10:00 P.M. Sponsor: Carolyn Monroe carolynmonroe36@gmail.com 832-724-9052

Sunday, November 3rd -- Christmas at the Mansion in Brenham. \$18 plus what you spend at lunch. Decorations, costumed docents. Music. Bus leaves the ISC at 11 and returns about 6 Sponsor: Carolyn Mashburn carolynmashburn44@gmail.com 281-460-8255

WEDNESDAY, DECEMBER 11TH – THE HEIGHTS and RAINBOW LODGE LUNCH. A special lunch for \$20.00 ++ Shopping time in the Heights both at Penzy's Spices and browsing 19th Street. \$25.00 Bus leaves the ISC at 9:00 A.M. returns about 3:00 P.M. Sponsor: Carolyn Mashburn carolynmashburn44@gmail.com 281-460-8255

FRIDAY, DECEMBER 20TH – AD PLAYERS CHRISTMAS PRODUCTION MIRACLE ON 34TH STREET \$51.00 plus your meal at Cleburne's Cafeteria. Bus leaves the ISC at 5:15 P.M. returns about 11:00 P.M. **Sponsor: Carolyn Monroe – carolynmonroe36@gmail.com – 832-714-9052**

Readers Love Teachers for October 2019



October's Teacher of the Month is Melanie Bryant, 2nd grade math/science at Willow Creek Elementary in Kingwood. She was nominated by student Ila Merchan because "she makes science very interesting by relating everything to dogs."



SEPTEMBER MEETING HIGHLIGHTS

GUESTS AND SPEAKERS

BRAG BOOT!



FLU SHOTS FUN NEWS!



1 Meeting in Estes Park, CO for lunch were Jan & Jack Boatman, Sarah Wursche, and Mary & John Widmier.**2 GO ASTROS!** **3** Carolyn Monroe recently attended an International Gathering of Clan Munro



4 Susan and Bill Burroughs celebrated their 50th wedding anniversary in Ireland! **5** Bill Beard & Carolyn Monroe took a funny photo at the Highland Games at the Humble Civic Center. **6** Carolyn Mashburn celebrated her 75th birthday on Lake Travis. **7** Pat Kahak, Carolyn Monroe & Carolyn Mashburn toured a Cooking School.



JOIN THESE HAPPY HARTA MEMBERS TODAY! FILL OUT AND MAIL IN THE MEMBERSHIP FORM

Humble Area Retired Teachers Association & Texas Retired Teachers Association Membership Enrollment Form

TRTA DUES \$35.00 PER YEAR / HARTA DUES \$5.00 PER YEAR/TOTAL DUES \$40.00

NAME: _____ **DATE:** _____ **AMOUNT PAID** _____

STREET: _____ **CITY** _____ **STATE TX ZIP** _____

PHONE _____ **EMAIL:** _____

From which school/dept./district did you retire? _____ Your Birthday (mo. & day) _____

Referred by _____

Make checks payable to HARTA. Mail to: HARTA, PO BOX 5102, Humble, TX 77325, Attn: Marjo Stach

HARTA SCHOLARSHIP DONATION

"In Memory or In Celebration"

Your Name _____ Amount _____

Check one: _____ In Memory _____ In Celebration Of (name) _____

Name and Address for Acknowledgement Letter:

Make checks to HARTA & indicate SCHOLARSHIP DONATION on the memo line. Mail to HARTA, PO Box 5201, Kingwood, TX 77325

ATTN: Sunny Smith