Klein Association of Retired Employees



KARE NEWSLETTER for September 2020

For our August "Meeting" we began accepting donations to the Houston Food Bank in memory of Robert Laughlin.

Make out your check to Houston Food Bank. It will be your record for your contribution. Mail your check and, if you wish, a card or note for Penny, to Linda Carroll, 18206 Navajo Trail Dr., Spring, Texas 77388-9007. Linda will keep a record of the contributions and forward them to the food bank, and forward your cards and notes to Penny with the information about our total contribution.

The deadline for your contributions has been extended to September 23.

KARE HOLDS ITS FIRST VIRTUAL MEETING! September 16, 2020 If you have not received your email invitation to attend the meeting by September 15, contact jmcketta@sbcglobal.net. Send any questions and/or to update your email address to KAREMembership@Outlook.com.

Keeping Up with KARE

An update on KARE Technology: Jane McKetta

Due to the COVID-19 pandemic and an order from TRTA, <u>all KARE meetings for 2020</u> <u>will be held online via Zoom.</u> If you are a member of *KARE*, you will receive an email with a ZOOM meeting invitation. Just click on the blue link when the meeting is scheduled to start, and you will be admitted to the meeting. To get an invitation to the Zoom meetings, you must be a current KARE member with a current email address on file with KARE. Contact <u>imcketta@sbcglobal.net</u> for more information

Remember, our KARE webpage can be found on the TRTA website at: <u>https://localunits.org/klein/</u> Our KARE Facebook page can be found by searching for KARE – Klein Association of Retired Employees.

Klein Association of Retired Employees Tentative Events Schedule for 2020 – 2021 For KARE, TRTA and District IV				
August 12:	KARE Board Zoom Meeting			
September 8: September 9: September 16:	KARE Board Zoom Meeting Foundation Meeting KARE Zoom Meeting – Installation of Officers President - Bob Hrncir Past President - Dale Robinson 1st Vice President (Membership) - Sandy Smith 2nd Vice President - (Programs) - Susan Alter 3rd Vice President (Trips) - Kathy Bell Treasurer - Linda Carroll Secretary - Mary Young			
September 29:	TRTA District IV Virtual Fall Conference for Officers and Chairs			
October 21:	KARE Zoom Meeting – Candidates Doug James – Klein ISD Board of Trustees President Georgan Reitmeier – Klein ISD Board of Trustees Position 1 Dr. Jim Cain – Lone Star College Board of Trustees			
November 18:	KARE Zoom Meeting – Dr. Jenny McGown			
December 16:				
January 20:	KARE Meeting – Nomination of officers			
February 17:	KARE Meeting			
March 17:	KARE Meeting			
April 7: April 14:	A Day at the Capital KARE Meeting – Election of officers			
May 19:	KARE Brunch Meeting Installation of Officers			

Keep an eye on the events schedule each month for any changes or additions. Trips will be added when the trip schedule is announced.

KARE members or spouses who died between September 2019 and September 2020:Lynne DozierRobert LaughlinLinda MassieSusan MeyerMoyese Williams husband of Dora Williams

Voter Information from: [Only 1 and 2 are included in this KARE Newsletter. 3 & 4 in October] Welcome to TRTA District 4-CAST Legislative News!

This is the second issue of our new District 4 Legislative Newsletter.

In this issue of our newsletter you will find information on 1) A Calendar for Voter Registration and Election Dates; 2) Information on "How to Vote by Mail in Texas"; 3) Useful tools for researching candidates and 4) Useful websites for accessing voter information. We hope this information is helpful to you in your planning. Feel free to share it with other educators, retirees, family and friends.

Remember - Each voter should have a plan on how they will cast their vote this year. Ask yourself the following questions: a) Who will I choose to vote for? b) What method will I use to cast my vote? c) When will I vote?

Mark Your Calendar! ("Borrowed" from James Bailey, Clear Creek ART)

September 7 A good week to check to see if you are registered to vote and to ask your county clerk to send you a ballot by mail.

14 Another good week to request a ballot by mail. Remember: This will likely be a high-voter turnout election.

21 A good week for studying and researching the candidates on the ballot. Remember to check your school board and city races also. They were delayed from last May.

28 Another good week for studying and researching the candidates on the ballot including your local candidates for school and city offices.

October 3 Last day to register for the General Election (30 days before Election Day).

5 A good week to mail your ballot by mail to your county clerk. Remember the post office will be unusually busy during this time.

12 The mail will likely be slow so get that mail ballot to the county clerk.

13 Early in-person voting for the General Election begins. The first day attracts the super citizens, so vote in person on Wednesday, Thursday or Friday and avoid the crowd.

23 Last day to apply for mail ballot (received, not postmarked).

30 Early voting for the General Election ends.

November 3 General Election – Ballots by mail must also be delivered on this date by 7 pm.

To check on Voter Registration: Texas Secretary of State www.VoteTexas.gov –or League of Women Voters www.Vote411.org – or The County Clerk or Tax Assessor of your county of residence

To request a Ballot by Mail: Harris County www.harrisvotes.com. Click on Voting by Mail Montgomery County https://elections.mctx.org

Membership/First Vice President - Sandy Smith

The KARE leadership has been working hard to get our meetings virtual so that we can all continue to be involved. Zoom is very easy to use and a good way for all of us to interact. A big thank you goes to Jane McKetta who offered to help us get our technology going and to keep us in touch until we can once again meet in person. I hope that all of you are safe and well. Please feel free to reach out to me at

KAREmembership@outlook.com if you have any questions about membership.

September Meeting Information

Minutes for our last meeting:

KARE Meeting 02/19/2020

Meeting called to order at 10:05.

Guest speaker Jennifer Salazar from BBB. She spoke about the top 10 scams of 2020. A handout with the list of scams and helpful numbers was available for all members.

The trip scheduled for this Friday has been cancelled and will be rescheduled at a later date. Next month's trip is to McFaddin Ward and Stark house.

Minutes were approved as corrected.

Linda Carroll reported the bank balance as 3,755.26.

Susan Alter shared the posters which will be distributed to schools to give information for future retirees. A sign-up sheet was provided for members to deliver to schools.

Speaker for March is still in the works.

Glen Peterson reminded us to Vote. At District meeting it was reported TRTA is at 98,000 members. If you have not gotten your 1099, it can be retrieved at trs.tx.gov. Proposition 3 was discussed by Dr. Cain and what it will mean for our professional organizations.

Sandy shared for Dora, Heart Healthy tips which included eating tips, exercise daily, stop smoking and visiting your doctor regarding your health.

Linda Carroll shared we have over 900 Volunteer hours reported for last year.

Dagmar shared an article on spotting fraud.

Wayland Kidd shared information is on our history information at tinyurl.com/kareshare.

Jane McKetta reported our website at trta.com has been updated. It is found at the button for Klein.

There were no reports for Retirement Education or Hospitality.

Janet Flynn reminded us to donate books. 273 books were donated last year.

Kathy Bell reminded us to donate to the pigs at each table for the Foundation.

New Business

Sandy reported Bob Hrncir has been nominated to become our President for the upcoming year. We are also in need of an alternate delegate for the TRTA state convention.

Jim Cain informed us of the ALL program at Lone Star Campuses. The University is looking for instructors for these courses and if you are interested, please let him know.

Door prizes were awarded.

Meeting adjourned at 11:47

Respectfully submitted by Jo Ann Colson.

Klein Association of Retired Employees Financial Report for September 2020

Since we have not had meetings since February, the report is from February 1 to August 30. Submitted by Linda Carroll

Balance on Ja	nuary 30, 2020			\$3,865.99
3 Feb 2020	Hospitality	-76.99		3,789.00
11 Feb 2020	Membership	-33.74		3,755.26
25 March 2020 TRTA Draft		-210.00		3,545.26
8 April 2020	TRT Foundation Contribution	-100.00		3,445.26
24 April 2020 Dues Deposit			1,005.00	4,450.26
27 April 2020	TRTA Draft	-525.00		3,925.26
18 May 2020	Membership, Checks & Books	-35.96		3,889.30
18 May 2020	Dues Deposit		1,650.00	5,539.30
20 May 2020	Membership Renewal Contest	-200.00		5,339.30
	One Winner Donated Back		10.00	5,349.30
20 May 2020	Food Service (Feb.)	-35.00		5,314.30
20 May 2020	Treasurer Expenses (stamps)	-33.00		5,281.30
26 May 2020	TRTA Draft	-1,855.00		3,426.30
5 June 2020	TRTA Refund for large renewals		100.00	3,526.30
18 June 2020	Dues Deposits		1,455.00	4,981.30
18 June 2020	District 4 Incentive Check		250.00	5,231.30
15 June 2020	Excess Withdrawal Fee	-9.00		5,222.30
26 June 2020	TRTA Draft	-385.00		4,837.30
15 July 2020	Excess Withdrawal Fee	-1.00		4,836.30
30 July 2020	TRTA Draft	-35.00		4,801.30
25 August 2020 Dues Deposit			190.00	4,991.30
26 August 2020 TRTA Draft		-70.00		4,921.30

TRTA Draft = the dues payment they withdraw from our account based on memberships entered.

TRTA Refund was for 52 renewals and 1 new member in May.

District 4 Incentive Check to be used toward membership efforts.

Excess Withdrawal Fee for check cashing over our activity limit.

KARE Trips on Precinct 4 Buses by Kathy Bell

Due to precautions related to Coronavirus (COVID-19), bus reservations are tentative and may be curtailed, postponed, or canceled. At this time the dates for bus trips are December 11, 2020 and January 8, 2021. Destinations are being worked out and will be publicized as soon as they are scheduled. Don't know where we are going but... "We're outa here." Look for more information in the October Newsletter. If you have any interesting trip ideas or requests, please share with Kathy Bell, KARE Trip Coordinator.

Texas Retired Teacher Foundation NEWS

TRTF has raised over \$191,000 in donations this calendar year to date. The Foundation had an especially successful Covid-19 appeal during the month of April that raised more than \$54,000. These funds were used to help many retirees who lost income as substitute teachers when schools closed during the pandemic. The "A Helping Hand" program has provided more than \$20,000 in grants to 38 recipients in 2020. If you, or someone you know, needs assistance with medical bills, home or auto repairs, utility bills, purchasing groceries, etc. please reach out to <u>Sarah@trta.org</u> for "A Helping Hand" application today!

Beginning Teacher Scholarships The program provides funds to recent college graduates who plan to become educators in Texas. Applicants must be referred by a member of TRTA. The scholarship assists recipients with paying for certification tests and materials for their very first classroom. The Foundation will award 25 \$750 scholarships in 2021. Applications will be available on the TRTF website by September 15, 2020 and are due February 25, 2021. **Classroom Assistance Grants** are awarded to public school teachers who demonstrate a daily commitment to public education and Texas children through the creation of programs, events or other learning platforms. TRTF will provide 30 \$500 classroom assistance grants to public school teachers in Texas in 2021.

TRTF Introduces New Tutor Initiative Program in 2020!

The Texas Retired Teachers Foundation (TRTF) is launching a new endeavor that benefits Texas public education students, teachers, and retirees alike. TRTF's mission has been to help educators of the past, present and future through grants and scholarships. Now, we want to reach every Texas child! TRTF's dream and goal is to provide access to reduced cost tutoring services to the 5.9 million public school students in Texas. Many students, teachers, and retirees are struggling due to the abrupt changes made to our public education system because of the Covid-19 pandemic. These circumstances prompted TRTF to launch a program that connects schools and parents to retirees across the state who will tutor students in an online setting on an hourly basis. TRTF's tutoring service will employ retired and certified Texas public school teachers who have the experience, time, and dependability needed to engage successfully with students of all ages and educational needs. Retirees can earn between \$30-\$40 per hour without TRS penalty concerns. Children will receive the educational support they need as they adapt to virtual learning environments that are quickly becoming the primary mode of education for most Texas families. Their parents will have access to reduced cost, reliable tutoring services that focus on empowering the student to succeed, not on profits! Public school teachers who are already overloaded with the abrupt changes required for our education system will have a valuable and trusted resource for their students when additional help is needed outside of their daily classroom setting. Our program will help bolster students' learning and support public school teachers, not take away from our much-needed public

education system. Please consider joining our program as a tutor by contacting us at 1.800.880.1650 or <u>help@trtf.org</u>. TRTF is also striving to raise donations for the program to help alleviate the cost of tutoring services for families in need.

Community Volunteer Services – Linda Carroll

If you have been keeping track of your monthly volunteer hours, you may send those to Linda at carroll.lindalou@gmail.com. Volunteering is anything someone would have to pay for if you did not do it. If you have ideas for volunteering from home, please share those with me, so I can share them with others.

Informative and Protective Services from Dagmar Kidd

TIPS SHEET

The following is a list of Texas and US agencies/organizations that provide services and/or materials on a variety of issues for which many retirees might need help or assistance:

American Association of Retired People (AARP), https://www.aarp.org Benefits Check Up, National Council on Aging (NCOA), www.benefitscheckup.org Better Business Bureau, www.bbb.org Cancer Information Service, National Cancer Institute, www.cancer.gov/about-nci, 800-422-6237 Caregiver Action Network, https://caregiveraction.org Charity Fraud, www.consumer.ftc.gov/features/feature-0011-charity-scams Consumer Reports, https://consumerreports.org Do Not Call Registry, 888-382-1222, www.donotcall.gov Federal Citizen Information Center, 888-878-3256, healthfinder.gov/FindServices/Organizations/Organization.aspx?code=HR2468 FEMA, 800-621-3362, www.fema.gov and www.ready.gov Finding Help in Texas, dial 211 or call 877-541-7905, http://www.211texas.org Free Publications, www.consumer.ftc.gov Health Fraud, www.fda.gov/healthfraud Medicaid Client Hotline, 800-252-8263 Nursing Home Complaints (DADS), 800-458-9858 Office of the Inspector General Hotline, 800-869-4499, www.justice.gov/oig/hotline Office of the Texas Attorney General, 800-252-8011, www.oag.state.tx.us Scam Alerts, www.consumer.ftc.gov/scam-alerts [also available under free publications] Social Security, 800-772-1213, www.ssa.gov [also available under Texas Health and Human Services] Social Security/Food Stamp Hotline, dial 211, www.211texas.org Tax Help, www.aarp.org/findtaxhelp Texas Abuse Hotline, 800-252-5400, www.txabusehotline.org Texas Comptroller, 800-252-5555, www.window.state.tx.us Texas Consumer Protection Hotline, 800-621-0508, Office of the Attorney General, www.oag.state.tx.us/consumer/index.shtml Texas Department of State Health Services, 512-438-3011 Aging and Disability Resource Centers (ADRC), 1-855-937-2372 Area Agencies on Aging (AAA), 1-800-252-8263, AAA.help@hhsc.state.tx.us Texas Health and Human Services Commission, dial 211TEXAS, http://hhs.texas.gov Texas Legislature Online, www.capitol.state.tx.us Texas United Way Help Line, dial 211 Unwanted Mail, www.consumer.ftc.gov/articles/0262-stopping-unsolicited-mail-phone-calls-and-email Texas Retired Teachers Foundation ("A Helping Hand" grants), 1-800-880-1650, http://www.trtf.org/

All Aboard the TRTA Express Informational & Protective Services Newsletter September 2020

In these Covid-19 times full of uncertainty, self-care is more important than ever. Self-care is the practice of protecting and improving your physical and mental health.

- Maintaining good personal hygiene
- Eating a nutritious diet
- Getting enough hours of sleep, and ensuring that your sleep is actually restful and restorative
- Engaging your body in a mix of exercise and relaxing activities
- Maintaining financial wellness and security
- Nurturing feelings of self-reliance, confidence and empowerment
- Taking care of your spiritual needs
- Participating in your community
- Following a treatment plan prescribed by your doctor
- Tending to your relationships and building strong networks of social support

The clear intention of self-care is to help you live a longer, happier life.

Simple lifestyle choices, including regular exercise and a nutritious diet, have been proven to drastically reduce the risk of chronic diseases, including heart disease, diabetes and some types of cancer. Even applying sunscreen every morning is a form of self-care.

Chronic stress causes not only bothersome headaches and heartburn, but is also shown to weaken your immune system, accelerate the signs of aging, and worsen conditions like depression, diabetes, heart disease and asthma.

Studies show that people who experience frequently high levels of emotional distress often rely on harmful coping mechanisms, including smoking, drinking alcohol and eating unhealthy foods. But practicing self-care can help you manage these feelings in healthy ways.

Parade Sunday Magazine May 18, 2020 By: Allison Scerbo

https://parade.com/1039023/allisonscerbomusante/what-is-self-care/

Of course, 2020 would be the year that two hurricanes are in the Gulf of Mexico hurtling toward the United States coast at the same time.

Unfortunately, you will not receive this newsletter before "Hurricane Laura" hits the gulf coast. But when you do.... Go to: TRTA.org

CLICK: Menu, Standing Committees, Informative Protective Services, **Disaster Preparedness** Guide

Follow the information listed to be ready before for the next disaster hits.

Download the free Red Cross Emergency App for real-time weather alerts, open shelters and expert advice on floods. The Emergency App includes an "I'm Safe" feature that helps people check on loved ones. Search "American Red Cross" in app stores, or go to redcross.org/apps.

Turn around, don't drown. Stay off the roads. If you must drive and you encounter a flooded roadway, turn around and go another way. If you are caught on a flooded road and waters are rising around you, get out of the car quickly and move to higher ground. Most cars can be swept away by less than two feet of moving water. Head for higher ground and stay there. https://www.redcross.org/

Informative & Protective Services Committee Members: Eugene Buford, Dana Jordy, Mary Sexton, Alicia Smith, Ruth Stewart

Historian Report by Wayland Kidd

District 4 challenged all unit historians to document how they individually coped during the first phase of the pandemic. Now the district wants to hear from the unit membership. So, issue 2 will focus on our units. What have they been doing? I have initiated a new kareshare2 link so, those of us who wish, may depict how they spent time during the "lock down".

Control Click name or Click on link <u>Original Entire Scrapbook</u> <u>https://tinyurl.com/kareshare</u> <u>Editable Members' Pages</u> <u>https://tinyurl.com/kareshare2</u>

Children's Book Project: Janet Flynn, Chair

Thank you to everyone who contributed books to our Children's Book Project for 2019-2020. We collected over 250 new and gently used books. These books were donated to Tomball ISD where the books will be used in their libraries and classrooms. Please continue to save your books for 2020-2021. We already have a very good start on our next collection. If you have books to donate, please plan to bring them when we begin meeting in-person. If you have a large number of books to donate, please e-mail me at <u>jkmf@postpro.net</u> and I will make arrangements to pick them up.

From Kathy Peterson, Past Chair: KARE is still participating in the TRTA project to get new or gently used books into the hands of children. From now to Dec. 31, keep an eye out for good book sales; e.g., drug stores, grocery stores, discount stores, "going out of business" locations, garage sales and more. They concentrate on pre-kindergarten through eighth grade. Contact Janet Flynn or Glen Peterson (281-290-6487), if you need books to be picked up.

KARE BOOK CLUB would like to keep on reading and sharing good books. By Kathy Peterson

If you have had more time to read "recently", please join us! We should have selected the 2020-2021 books in August, however.... I will jump in with a suggestion for November: Stephen King's book, 11/22/63. (It's not his usual genre, thank goodness.) An English teacher from Maine is invited to go back to the late 1950's to try to stop the Kennedy assassination. The descriptions of life in the '50's will ring many bells. It's a lengthy read but quite compelling. I'm sure it's available from Amazon or other used book resources.

We can try a ZOOM meeting format for Nov. 17, at 10:00 am. Our meetings are the third Tuesday, as indicated: Nov. 17, 2020, Jan. 19, 2021, Mar.16, 2021, May 18, 2021, July 20, 2021, and Aug. 17, 2021, to select new books.

Save Manufacturer Coupons For Our Deployed Military

We are still saving manufacturer coupons for the deployed military. **You don't need to cut them out**. Just drop them off at The Home Place, 7135 Louetta Rd., Suite O, Spring, 77379. This is a new location as The Home Place has moved down Louetta, closer to Klein High. Look for them on the south side of Louetta, behind Shipley's Donuts and Taco Bell. **The Home Place** is a life skills training site for adults with intellectual and developmental disabilities. They really like to do the clipping work for you! Once our meetings start up in person we will collect the sheets of coupons, to be delivered in bulk, monthly.

Looking Forward

Klein ISD Board of Trustees https://kleinisd.net/district/board of trustees

The seven-member Board of Trustees governs the Klein Independent School District. Each member is elected to an at-large position for three years in a non-partisan election. An election is held each year for either two or three positions. Board members, like the administrative staff and teachers, are here to serve you to the best of their ability.

The current board consists of: Doug James – President Georgan Reitmeier – Vice President Chris Todd – Secretary Ronnie Anderson – Trustee Julie Benes – Trustee Dr. Jenny McGown - Superintendent

Speaker at October meeting Speaker at October meeting

Cathy Arellano – Trustee Rob Ellis – Trustee Speaker at November meeting

MEMBERSHIP/DIRECTORY FORM KLEIN ASSOCIATION OF RETIRED EMPLOYEES Local Unit of the TEXAS RETIRED TEACHERS ASSOCIATION

Name:			
Street Address:		Apt#:	
City:	Zip:	Birthdate [mo/day]	
Home Phone:	Cell Phone:	Work Phone:	
Email:			
Department(s) worked in Retired employees from d join as associate members	listricts other than Klein	are welcome to join KARE and spouses are eligible t	
Who recommended KAR	E to you?		
Do you know someone w	ho should be a member	of KARE?	
I would be interested in se Hospitality	erving on the following o	committee(s): KAREMembership@Outlook.com Book Club	
Eva Grigg Chair		Kathy Peterson; Interim chair	
TRTA Foundation		Children's Books	
Kathy Bell Chair		Janet Flynn Chair	
Historian		Public Relations	
Wayland Kidd Ch		TT 1.1 T''	
Information & Prote		Healthy Living	
Dagmar Kidd Cha Mambarshin		Dora Williams Chair Sunshine	
Membership Sandra Smith Chair		Dora Williams Chair	
		Retirement Education	
Legislative Glen Peterson Chair		Nadine Krebs Chair	
KARE Trips		Member Benefits	
Kathy Bell Chair			
Community Services		Social Media	
Linda Carroll Chair		Jane McKetta Chair	
Programs		Other activity you might be interested in:	

Return the form and a check payable to KARE to: Linda Carroll, Treasurer 18206 Navajo Trail Drive Spring, TX 77388-9097

KARE will take care of submitting your dues to TRTA, if you are not already in a program that pays them. Dues for both: \$45 (KARE \$10; TRTA \$35) If you are not sure how you pay your TRTA dues, check with Linda.