

ARSEA

Newsletter

December 2025
Volume 53, Issue 4

ARSEA November Highlights and December Events

President's Notes

Recap of November Meeting

In November, our group was honored to welcome Dan Henry, the Chief Meteorologist at Fox 4 in Dallas, as our guest speaker. During his presentation, we gained valuable insights into various aspects of weather and were captivated by the themes discussed in his book, *Menacing Skies: Texas Weather and Stories of Survival*.

Charitable Contributions

Each November, we come together to collect donations for the Texas Retired Teachers Foundation. This year, we are proud to announce that our group collected over \$700 for the Foundation, which will be used to support fellow retirees in need. Your generosity is genuinely appreciated—thank you!

December Scholarship Luncheon –

Tuesday, December 16, 11:30 a.m.

This month, our Scholarship Luncheon will be catered by Cracker Barrel. Please note that reservations must be made in advance, as on-site reservations will not be accepted. Be sure to secure your spot if you have not already done so. RSVP by email to arlingtonrsea@yahoo.com by December 10.

Continued on Page 2

Ways to Keep in Touch with ARSEA:

- Email
arlingtonrsea@yahoo.com
- Website
<https://arlingtonrsea.wixsite.com/arsea>
- Volunteer Reporting 2025
<https://docs.google.com/spreadsheets/d/1yzuQmaN3T8cyxw3xchpgOmDzbzclwSRiX22W2i7xchY/edit?usp=sharing>

Next Meeting

**Tuesday, December 16, 2025
11:30 a.m.**

Scholarship Luncheon

**Location: PDC
1111 W. Arbrogue Blvd.
Arlington, TX 76015**

President's Notes Continued

Part of your luncheon payment contributes directly to the Scholarship Fund. This fund enables ARSEA to award two \$2,000 scholarships to Arlington ISD seniors who plan to pursue a career in education. As a special treat, the Martin High School Show Choir will provide entertainment and help us all get into the holiday spirit!
Have a wonderful Holiday Season!

Remember: WE are Educators, WE advocate, WE inform, WE vote.

Looking forward to seeing you at the December luncheon.

Sincerely,

Cynthia Waller
ARSEA President

ARSEA Executive Committee Nominations for 2026 - 2028

The Nominations Committee is happy to announce the ARSEA Executive Committee Nominees for 2026 - 2028.

They are:

Co-Presidents. Patti Belknap and Cynthia Waller
President Elect. Martine Thomas

1st VP. Leticia Graham

2nd VP. Polly Walton

3rd VP. Jo McGovern

Secretary. Terri Nedderman

Treasurer. Cindy Calaluca

Parliamentarian. Jo Kelley

We will vote on these nominees at our meeting in January.

Health and Safety Report

Three articles are included in the newsletter email. The topics this month are:

- Holiday Shopping Tips from ADT
- PNC Public knowledge Get Smart on Scams
- Do the AARP Shred 'Em Two-Step

Please open the links in the newsletter email to access this information.

Martine Thomas
Safety Chair
mthomas9230@gmail.com



Dear Members,

Thank you for your responses to RSVP for the luncheon. We have extended the deadline for continuing to RSVP and pay for the luncheon to **December 10th**. **The luncheon is Tuesday, December 16, at 11:30 at the PDC.**

If you would still like to attend, you may continue to RSVP by email to arlingtonrsea@yahoo.com or call or text 817-798-4910 (voice mail) and then send your check (made out to ARSEA) to ARSEA, 7106 Royal Gate Dr., Arlington, TX 76016.

Please come and enjoy the lunch and the beautiful music by the Martin Show Choir.

Please remember to report your volunteer hours either on the form at the meeting or on the online form on this newsletter email. The end of the year is fast approaching, and your hours will be due.

Happy Holidays to you all!

Leticia Graham
1st VP Membership
ARSEA
School922@yahoo.com
817-798-4910

December Meeting News

You won't want to miss our December meeting! Everyone will receive a small party favor that's both comical and surprisingly useful during the holidays. Because our ARSEA members are so important, each person will receive a *pickle with purpose* in a little box — after all, ARSEA members are a pretty big **DILL**! (See what we did there?) You'll have to attend to discover the pickle's true purpose — it's part of the fun!

And, back by popular demand, we're thrilled to announce four *Holiday Shoe Boxes* as door prizes this year! Each box is packed with classic fun, including marbles, jacks, an Etch A Sketch, a Slinky, a Rubik's Cube, Old Maid cards, Pick-Up Sticks, a Cat's Cradle book with string, a yo-yo, a harmonica, and a Dolly Parton Golden Book. The fifth door prize is an "On the Shelf" bundle featuring an Elf on the Shelf — plus two extra helpers for the season: *Martha on the Mantel (A Holiday Tradition)* and *Snoop on the Stoop (A Hood Tradition)*. And that's not all! Another special door prize is a one-of-a-kind 12" x 12" piece of altered art created around the theme "*A Bicycle Built for Two*" created by Terri Nedderman. It's a lineup you won't want to miss!

Terri Nedderman
3rd VP Programs
terrinedderman@gmail.com

Retirement News

Questions about Social Security? This link will take you to the 2026 Retirement and Social Security Center. It should answer most of your questions about Social Security:

<https://www.carrolladvisory.com/retirement-reference>

Dick Powell
Retirement Education Chair
powell050@gmail.com

Book Project News

THANK YOU !!!

Thank you to all you wonderful ARSEA Members who responded to the November Book Project newsletter article! What an amazing blessing you all are!

You very kind folks donated books and money to help close in on the goal of 2,200 books to give to kids at the next Back-to-School Backpack Event on August 1, 2026. We are not to our goal yet, but we are much closer thanks to your generosity!

If you know a teacher who is retiring this month at mid-year, and has personal classroom books he/she will no longer be needing, suggest he/she donate these spare books to the Book Project. Polly Walton, Chair, will gladly arrange to pick up donated books. Text or call Polly at 817 637-6415, to make arrangements to [pick up these books](#).

Thank you so much for helping and supporting the ARSEA Book Project!

Happy Holidays!!

Polly Walton
2nd VP Book Project
pw Walton88@yahoo.com

Sunshine News

As the Sunshine Chair, please keep me informed of any needs for words of encouragement, get-well, or sympathy cards for our members and/or families.

Carole Lemonds
Courtesy Committee Chair
cilemonds44@gmail.com
817-991-7076



Foundation News

I want to thank every ARSEA member that donated to the Texas Retired Teacher Association Foundation. Your generosity is so appreciated! The funds will support first year classroom teachers, disaster victims, scholarship recipients and those members in great need. We have helped so many retirees through the years with medication, repairs, rent, groceries and more.

If you are ever in need there is an application to fill out and we can get that application to the Foundation!

Hope you all had a wonderful Thanksgiving and are preparing for a very Merry Christmas!

Regards,

Jeanne Paull-Turner
Innovative Outreach Specialist TRTA
Foundation Chair ARSEA
214-783-2914
jtpprincipal@yahoo.com

Healthy Living News

In the newsletter email you will find two links to the articles “Healthy Meal Planning: Tips for Older Adults” and “Healthy Eating Infographic.” Please open the links in the newsletter email to access this information.

Franya Wilhelm
Healthy Living Chair
fwilhelm49@gmail.com

Member Benefits News

DID YOU KNOW.....?

Did you know that you may be eligible for free membership with Silver Sneakers as part of some insurance plans? This program is much more than just an exercise regimen. It is a great way to get fit and make new friends at the same time.

When I retired almost five years ago, I heard about the Silver Sneakers program through my TRTA health plan and began going to the gym. Slowly, but surely, I have been going on a regular basis. I see so many of my AISD friends at the gym and have made several new friendships as well with people my age. I feel better about myself, my aches and pains have diminished, and I can select the type of classes that I like, at a day and time that is good for me and with fellow seniors who are doing the best they can JUST LIKE ME.

These programs and classes are designed for nearly every interest and skill level. I take my classes at the YMCA, but in the Arlington area, you can also apply your Silver Sneaker benefit at ACTIV Center, Cliff Nelson Recreation Center, Workout Anytime Gym, Planet Fitness, Crunch Fitness and LA Fitness in Mansfield. If you like to exercise at home or prefer a combination of home and gym, there are 17,000+ classes online in 50+ categories with 100+ instructors. There are videos that are not just about exercising, but information sessions on healthy eating and “how to” videos. These are designed for nearly every interest and skill level. There are also articles you can read on their website. Please take a few minutes to go to the website: <https://www.silversneakers.com>.

I wish you all a blessed holiday,

Paula Morone
Member Benefits Chair
moronepaula@yahoo.com

Pictures from the November Meeting



Leticia Graham, Membership Chair and Cynthia Waller, President asked members to carry a membership form with them to give out whenever they are with someone who needs to join TRTA and ARSEA.



Cynthia Waller introduced our guest speaker Dan Henry, Channel 4 weatherman, who talked about how and why some weather events happen and shared some weather stories.

Jeremy Brown with AMBA talked about some new programs they have to offer.



Cynthia also talked about the Thanksgiving treat bags everyone received, and 3 members were door prize winners.