

ARSEA

Newsletter

October 2025
Volume 53, Issue 2

President's Pen

Dear ARSEA Members,

Wow, what a fantastic turnout for our first meeting of the year! Over **70 people** were in attendance, and we truly enjoyed the pizza and brownies for lunch. A special thank you to **Mayor Jim Ross** for sharing so many exciting updates about the city of Arlington.

Upcoming October Meeting Highlights

Our October gathering will be a mix of solemn remembrance and vital health education.

Annual Memorial Ceremony

We will begin our meeting with our **annual memorial ceremony**, led by **Polly Walton**, to honor and remember those members who have left us.

Feature Presentation: Nourishing Resilience in Retirement

We are thrilled to welcome **Melissa Hagan**, a **Functional Nutritional Therapy Practitioner**, who will present "Nourishing Resilience in Retirement."

After years of dedicating yourselves to others, retirement brings new changes in routines, hormones, health, and

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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, October 14, 2025
1:30 p.m.

Speaker: Melissa Hagan,
Functional Nutritional
Therapy Practitioner

Location: PDC
1111 W. Arbrook Blvd.
Arlington, TX 76015

President's Pen Continued

sometimes new caregiving roles. Melissa will discuss how stress impacts the body and mind and how **nutrition** serves as a powerful tool to support your **resilience, energy, and overall well-being** in this next phase of life.

Highlights you will take away from this session:

- **Foods for Memory and Focus:** Discover everyday foods that can help protect brain health and reduce frustrating brain fog.
- **Energy Without the Crash:** Learn how to balance your meals to avoid blood sugar spikes and that draining midafternoon fatigue.
- **Stress and Sleep Connection:** Get simple nutrients and bedtime strategies that naturally improve your sleep quality.
- **Strong Bones & Steady Joints:** Find out how minerals, protein, and Vitamin D/K2 support mobility and bone health.
- **Resilient Heart Health:** Understand how healthy fats and hydration can calm your nervous system and support healthy circulation.

Thank you for being an active member of **ARSEA** and **TRTA**. Your participation is critical! Without your membership and engagement, nothing can happen on your behalf in the Legislature. ***Invite a friend to our next meeting!***

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

We look forward to seeing you on Tuesday, October 14, at the PDC. It's a week early this month, so don't miss it!

Sincerely,

Cynthia Waller
ARSEA President

Health and Safety Report

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

- Robocalls
- What Are Social Security-Related Scams
- Not All Sales Agents Are Deceptive

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

Martine Thomas
Safety Chair
mthomas9230@gmail.com

Membership News



Happy Halloween

October Membership News

Thank you for renewing your membership in ARSEA and TRTA. Our membership numbers are still growing. Please encourage your friends to join us. We support TRTA's goal of protecting our retirement while also supporting AISD active teachers through grants, AISD students through scholarships and the Children's Book Project, and provide retirees with information and fun activities.

Please continue to record your volunteer hours through the link provided in the email and you may also record your volunteer hours on the form at the monthly meetings.



Watch your mail for the ARSEA 2025-26 directory. We still have a few hard copies of the directory for \$5.00 each. If you notice any errors in the directory, please let me know.

There is a link in this email for the digital ARSEA directory.

Please join us for the October 14th meeting at 1:30 p.m. at the AISD Professional Development Center.

Sincerely,

Leticia Graham

1st VP Membership

ARSEA

School922@yahoo.com

817-798-4910

Sunshine News

A card was sent to Suzanne Stidom who was in a car accident and Dora Graham who had eye surgery. A card was also sent to the family of Ruth Ann Currie who recently passed away.

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
cjlemonds44@gmail.com
817-991-7076



Memorial Ceremony at October Meeting

Please join us at the October 14th ARSEA Meeting at 1:30 p.m. at the PDC. At this meeting, we will hold a brief Memorial Ceremony to pay our respects to 13 of our members who have recently passed away.

Those being remembered are Lucille Abbott, Martha J. Brown, Patricia Burdette, Barbara Burkins, Ruth Currie, Brenda Gordon, Barbara Hughes, Donald Lockwood, Eddie Mayhugh, Betty L. Melton, Carla Owens, Nelda V. Shipley, and Weldon Wright.

Please be with us at the October 14th ARSEA Meeting as we honor these special friends and co-workers.

Polly Walton
Communications Chair
pw Walton88@yahoo.com

Retirement News

Dear Members,

This is a reminder for those of you on the **TRS Medicare Advantage plan**. You receive **\$40 each quarter** to spend on over-the-counter items. On **October 1**, an additional \$40 will be added to your account.

If you have not used your previous quarterly funds this year, you could have up to **\$160 available**. Please note that these funds must be used before the end of the year.

You can access your Over-the-Counter benefit here:



HealthyBenefitsPlus.com/TRSCareMA

If you have questions about your Over-the-Counter benefit, please call the number on the back of your United Healthcare card.

Best regards,

Dick Powell
Retirement Education Chair
powell050@gmail.com

Healthy Living News

In the newsletter email you will find links to the articles “Falls and Fractures: Causes and Prevention,” and “Osteoporosis and Older Adults.” Please open the links in the newsletter email to access this information.

Franya Wilhelm
Healthy Living Chair
fwilhelm49@gmail.com

Foundation News

Greetings ARSEA Members:

Go to the TRTA website. Once you are at the TRTA website, you can click on ABOUT at the top of the screen. **One of the options under ABOUT is Our Foundation.** Click on Our Foundation, then click on Visit TRTF'S Website. Initiatives is listed at the top.

If you click on INITIATIVES you will see:

- A Helping Hand
- First-Year Teacher Scholarships
- Classroom Assistance Grants
- The Lehr-Pritchard "A Helping Hand" Endowment Fund
- Disaster Relief
- Dr. Kate Bell and E. L. Galyean Assistance funds

If you click on RESOURCES you will see:

- News
- Volunteer Materials (Resource Guide is located here)
- IRA Distribution Donations
- Contact Us (Call Sarah to order the brochures about the Initiatives)
- Donation Card

Read the "Resource Guide." You will find so much valuable information if you want more to read.

Don't forget November is Foundation Month. Happy fall. Hope the weather catches up with the season soon!

Best Regards,

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

Legislative News

Please be aware of these important dates. Primaries will be here soon in November!

Best Regards,

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

★ IMPORTANT ★ ELECTION DATES

For the November 4, 2025, Election

Monday, October 6, 2025:

Last day to register to vote

Monday, October 20, 2025:

First day of early voting

Friday, October 24, 2025:

Last day to apply for ballot by mail

Friday, October 31, 2025:

Last day of early voting

Tuesday, November 4, 2025:

Election Day

Last day to receive ballot by mail





Technology News

SPOTTING FAKE NEWS STORIES

- Check the URL of the story: abcnews.com is a legitimate news source. Abcnews.com.co is not. Anything that ends with something other than .com is likely to be a spoof.
- If someone important is quoted, [google the quote](#). It can be tracked back to an event or a statement if it is legit.
- [Reverse search the questionable](#) image on google. Right click the image and copy the URL. Go to images.google.com and paste the URL to find out where it came from.

Check with these tools:

- Politics – Factcheck.org and Politifact.com
- General Scams – Snopes.com
- Email and FB hoaxes – Truthorfiction.com and Hoaxslayer.com

Pamela Elza

District 11 Technology

ARSEA Technology

arlingtonrsea@yahoo.com

Member Benefits News

DID YOU KNOW.....?

Did you know as a retired Texas teacher, you can avail yourself of the additional insurance opportunities to fit your specific needs and budget. I want to encourage you to go to the TRTA website at www.trta.org, look at all the information about services and opportunities, and join if you haven't done so already. You can also call them at 1-888-698-1650, ext. 0975.

Once you open the TRTA website, you will see the full menu of benefits offered through AMBA. For example, I would like to highlight the advantages of signing up for MASA, which is Medical Air Services or Medical Transportation. This service provides life-saving transportation services and medical transportation for members. By joining, members are provided financial protection for out-of-pocket expenses. This coverage bridges the gap between what our insurance provides and the high costs of an ambulance or helicopter to move a patient from one location to another when medical transportation in an emergency is warranted. This service assures financial protection for out-of-pocket medical related services, which can easily cost thousands of dollars. Other advantages of this service include:

- Emergencies at home or while traveling in or outside of the United States
- Ambulance or airlift services
- Return of minor children
- Pet Return
- No deductibles
- No co-pay fees
- No dollar limits
- No restrictions on age or medical condition

You will find the cost of the MASA plans, plus additional coverages for this service in the TRTA newsletter.

See you at the next ARSEA meeting on October 14th at 1:30 p.m.

Paula Morone
Member Benefits Chair
moronepaula@yahoo.com

ARSEA September Meeting



Over seventy members came and enjoyed pizza with the mayor.

Cindy Hathaway's shirt says it all,
"The KIDS are our main squeeze."



Mayor Jim Ross updated us on all the exciting changes that are and will be happening in the city of Arlington.

Everyone got to take home a lovely journal handmade by our very own Terri Nedderman. Each one was different.

