

# THE TATTLER



## THE MICHIGAN ASSOCIATION OF RETIRED SCHOOL PERSONNEL CLARE COUNTY CHAPTER NEWSLETTER

October 10, 2023

### FROM THE PRESIDENT'S DESK

This month I am feeling incredibly thankful. Thankful for all your kind words of support. Thankful for your smiles. Thankful for our monthly meetings just to be together. MARSP Clare County Chapter feels more like a family than an organization.

Saying goodbye to my family after each visit has always been hard for me. Our family tradition is to step outside onto the driveway and wave vigorously at the departing car. To be honest, I am getting a bit weepy typing... at the thought of saying goodbye to all of you this October. Regardless, in MY mind, I will be waving to each of you this winter, wherever you may go.

I have been humbled by this opportunity to be your president. I will be praying for the "Happy Trails" of each member, until we meet again...in the spring.

Thanks for everything.

Respectfully Submitted,  
Terry Petrongelli  
President  
MARSP Clare County Chapter



### HOW TO...



*I often get asked to accept cookies when I go to a website. I don't know what to do.*

Check to see if the website is secure by looking for the lock symbol to the left of the URL. If locked, you can click "accept all cookies." If unlocked, click on "accept only necessary cookies" if that's an option. If not, reject cookies.

- J.U.Z.

*I am always running out of photo/video storage space on my phone. What can I do?*

Adjust the settings so only thumbnails of photos are stored on the phone while the original images are in the cloud.

On an iPhone:

- Launch settings, tap on the Photos option.
- Turn on the virtual switch for iCloud Photos.
- Tap on the Optimize Iphone Storage option.

On an Android:

- Launch the Camera app, then tap on the Settings icon.
- Turn on the virtual switches for High efficiency pictures and High efficiency video.

-J.R.R.

AARP Magazine: August/September 2023



## SEVEN TIPS FOR AGING WELL

Wellness refers to the pursuit of a healthy, balanced lifestyle focused on both the mind and the body. By focusing on preventing diseases before they occur, people of all ages can live healthier and happier lives.

You've probably heard a lot about wellness in the past few years—from “wellness initiatives” in the workplace to fitness classes promising that they will “restore your wellness.”

Healthcare plans emphasize wellness now too—Medicare covers an annual wellness visit as well as a variety of other preventive health services.

But what exactly is wellness, and how can you implement it in your everyday life? Wellness refers to the pursuit of a healthy, balanced lifestyle focused on both the mind and the body. Pursuing wellness also means following healthy aging strategies, and implementing lifestyle changes that can prevent diseases before they occur.

According to the CDC, about half of all American adults have one or more chronic conditions (such as heart disease, stroke and obesity). Even worse, around 70% of Americans die from chronic diseases and conditions each year—many of which are completely preventable.

By focusing on preventing diseases before they occur, people of all ages can live healthier and happier lives.

So what are some tried and true strategies for achieving wellness in your life? Check out our 7 tips below:

1. Eat right
2. Stay active—in a way that's fun for you
3. Try meditation
4. Learn a new skill
5. Volunteer
6. Learn more about falls prevention
7. Don't forget the sunscreen!

For more information on any of these seven steps, visit the National Council on Aging's website at: [ncoa.org](https://www.ncoa.org) under the Health and Wellness tab.

- [ncoa.org](https://www.ncoa.org)

### FIND A VACCINE NEAR YOU!

Visit: <https://www.vaccines.gov/>

Or call: the **COVID-19 Hotline**  
at **888-535-6136** (press 1)

8 a.m. to 5 p.m., Monday-Friday,  
10 a.m. to 2 p.m., Saturday and Sunday.



## FUTURE TRAVEL DESTINATIONS!



Members of MARSP's Travel Interest Group recently took a survey to help us whittle down our list of potential Travel Program destinations.

We're now bringing the survey to ALL MARSP members for further input.

Please take a few minutes to share your travel interests with us! Results from the survey will guide us in coordinating tours that best suit you and your fellow MARSP members.

The French Riviera? New York City? Tuscany? Morocco?

Please help us determine upcoming destinations for the MARSP Travel Program by visiting:

**HELP MARSP DECIDE**

[www.marsp.org/destination-survey/](http://www.marsp.org/destination-survey/)

## BIG

For as long as I can remember  
I wanted to  
Make it big.  
Super big.  
Rock. Star. Big.

I wanted to leave a mark.

But it's in the little things  
That we truly make a mark.

The opened door.  
The smile at a stranger.  
The children held.  
The friend encouraged.  
The time given.

I never made it big  
And I'm okay with that  
Because in little ways  
Every single day  
I'm learning how to make a mark.



## HALLOWEEN HUMOR



A cabbie picks up a nun.  
She gets into the cab, and the cab driver  
won't stop staring at her.

She asks him why is he staring and he  
replies, "I have a question to ask you but I  
don't want to offend you."

She answers, "My dear son, you cannot  
offend me. When you're as old as I am and  
have been a nun a long as I have, you get a  
chance to see and hear just about everything.  
I'm sure that there's nothing you could say or  
ask that I would find offensive."

"Well, I've always had a fantasy to have a  
nun kiss me."

She responds, "Well, let's see what we  
can do about that: #1, you have to be single  
and #2 you must be Catholic."

The cab driver is very excited and says,  
"Yes, I am single and I'm Catholic too!"

The nun says "OK, pull into the next  
alley."

He does and the nun fulfills his fantasy.

But when they get back on the road, the  
cab driver starts crying.

"My dear child, said the nun, why are  
you crying?"

"Forgive me sister, but I have sinned. I  
lied, I must confess, I'm married  
and I'm Jewish."

The nun says, "That's OK, I'm  
on my way to a Halloween party my  
outfit is just an old habit."



*-Therapeutic Humor With Dr. Steve  
Steven M. Sultanoff, Ph.D.  
humormatters.com*

## MEMBERSHIP INFORMATION

As we attend our last membership meeting and read the last TATTLER for the 2023 season, I want to share some MARSP Clare County Chapter traditions and reminders.

- The 2023-2024 Directory of Members will be mailed to **all** whose membership expires on June 30, 2024. A Renewal Dues form will be included unless you have a credit of \$45 or more on your account. I have contacted those members. They will receive a reminder note stating **DO NOT** pay for the 2024-2025 membership year.
- I asked for clarification from Kelli Cherrette, MARSP Membership Coordinator regarding a Regular vs. Associate member.
  - **Regular membership** in MARSP is open to (1) **all retired annuitants** (members receiving an annuity--associated with their pension fund) of the Michigan Public School Employees Retirement System (MPERS); (2) **spouses of living retired annuitants**, and the annuitant spouses of deceased members of that system; and (3) **non-MPERS retired annuitants** who submit conclusive evidence of (a) bona fide retirement status and (b) not less than ten (10) complete years of service in Michigan tax-supported educational institutions upon payment of either the annual or life membership dues in effect at the time of application.
  - **Associate membership** in MARSP shall be open to **active school employees**, and other persons interested in the purposes and programs of MARSP.

If this is confusing to you, please ask and I will explain in easier terms.

- The postcard that is mailed in May and includes our meeting dates, topics, and speakers is also a *Thank You* for renewing and continuing to be a MARSP member.
- Lastly, please encourage someone you see or know on a regular basis, who isn't a member, to become a MARSP member. Have a conversation with them regarding some of the many things MARSP has done for retirees.
  - In the early years, MARSP promoted vision, hearing, and dental benefits. In time, they became part of our health benefits.
  - MARSP is the only retired organization to have a seat on the MPERS Board of Directors.
  - In 2013/2014, MARSP proved to Lansing legislators that all school retirees (superintendents to bus drivers, classroom aides, etc.) didn't earn a yearly \$50,000 pension. They left our health benefits alone that year because they realized all retirees couldn't afford that kind of a loss.
  - Legislators wanted to completely, eliminate any kind of pension plan in 2017 for newly hired school personnel. Again, MARSP stepped up and helped negotiate, not a great retirement plan, but the best that would be accepted by the legislature, compared to none.
  - Most recently, MARSP actively supported and discussed with legislators the repeal of the longtime pension tax that was finally eliminated last fall.

If you need help with ideas, let me know. If you need brochures, I have ordered plenty. They are free.

Chapters continue to fail and numbers keep dropping. We had approximately 200+ active Chapter with State memberships in 2015. Today we have 153.

Please do your part to keep our chapter healthy and strong.

Sincerely,

Liz Smith

MARSP Clare County Chapter

Membership Chair