

THE TATTLER



THE MICHIGAN ASSOCIATION OF RETIRED SCHOOL PERSONNEL CLARE COUNTY CHAPTER NEWSLETTER

October 14, 2025

FROM THE PRESIDENT'S DESK

As the leaves turn and the air grows crisp, it's hard to believe that another year is winding down. On behalf of the executive board, I want to extend my heartfelt thanks to each of you for the camaraderie, wisdom, and spirit you continue to bring to our group.

It has been a pleasure spending time again together this year—sharing stories and laughter. Whether you joined us for meetings, events, or simply stayed connected from afar, your presence made a difference.

As we head into the winter months, here's to wishing you all a peaceful, safe, and healthy season. Whether you're staying local or heading to warmer places, please take good care of yourselves.

We will look forward to seeing you in the spring to make more memories!

Respectfully submitted,
Terry Petrongelli
President
MARSP Clare County Chapter



IMPORTANT NEWS:

**NEW MEMBER ID
CARDS
COMING SOON**



**BlueCross.
BlueShield.**

You'll receive a new Blue Cross member ID card in the mail before the end of the year. This new member ID card will be effective Jan. 1, 2026. Please continue to use your current card until Dec. 31, 2025.

Your newly issued member ID card will include a new enrollee ID number, group number and issue date.

What should I do?

- Continue using your current ID card until Dec. 31, 2025. The new card will not work before this date.
- Begin using your new ID card for all medical services on Jan. 1, 2026.
- Discard the old ID card on Jan. 1, 2026.
- Always keep your member ID card with you. Your member ID card is essential for accessing your retirement system medical benefits.
- Keep your government issued Medicare ID card in a secure place.

Best of Health Newsletter
Fall 2025

**A POLICING
ACT OF KINDNESS
AFTER LITTLE BOY IN DETROIT
CALLS 911
TO CHAT ABOUT SOCCER**

After doing laundry last Saturday, Ken Porter noticed a missed call on his phone from the local police department.

“When I returned the call, I learned that my 4-year-old had called 911 and struck up a conversation about soccer and swimming,” Micah’s father told GNN.

“What sounded like the start of a crisis turned into one of the most unforgettable moments of my two sons’ lives.”

Eighteen police vehicles ended up at their home in Farmington Hills, Michigan, over the next day—a parade of kindness sparked by the child’s enthusiasm.

“Instead of treating it as a misuse of 911, the officers invited my sons, Micah and Mitch, to tour their patrol cars, test the sirens, and speak on the loudspeaker.

During the visit, Micah proudly mentioned that the next day would be his big brother Mitch’s 7th birthday, and one of the officers mentioned he might stop by to celebrate.

“The next morning, as we were leaving for Mitch’s birthday breakfast, nearly ten police cars filled our street.



“Officers were waiting in the yard with gifts, and made Mitch an honorary officer with a sticker badge and a toy police hat. Every single officer wished him a happy birthday.”

And the kindness didn’t stop there.

Later that evening, a second shift of officers returned—this time with a soccer goal net that they purchased, ready to play a game. They even introduced Mitch and Micah to the police K9 dog named Kane.

“This simple act of kindness transformed into a story of empathy, joy, and community my sons will never forget,” said Mr. Porter.

“We are deeply grateful to the Farmington Hills Police Department for showing what good policing looks like at its very best.

Good News Network
goodnewsnetwork.org
25 August 2025



“You’ll have to get behind me and push.”

Andrew Getty/Getty Images

EIGHT HEALTHIEST SNACKS TO EAT BETWEEN MEALS

Snacking often gets a bad rap — but it can actually be helpful for staying energized and full throughout the day. The key is to choose foods that are rich in satiating nutrients, such as complex carbohydrates, fiber, lean protein, and healthy fats. Ahead, learn about the top eight healthiest snacks you can enjoy between meals.



1. Dark chocolate-covered almonds

Satisfy your sweet tooth — and energy levels — with dark chocolate-covered almonds. When made with minimal ingredients (i.e., nothing more than melted dark chocolate and almonds), this snack will keep you full, according to Maddie Pasquariello, MS, RDN. That's because it contains good fats, fiber, and plant-based protein, all of which support satiety and provide fuel.

2. Popcorn

If you're a fan of crunchy snacks, you'll be glad to know that popcorn is on the list of healthy energy-boosting options. "Popcorn is a whole grain and a source of fiber," explains Kristen Lorenz, RD. The fibrous carbs in popcorn provide a steady source of energy, along with digestive benefits.

3. Yogurt

Yogurt is a stellar source of protein, which "helps maintain energy levels and prevents the mid-afternoon energy slump," says Lorenz. "Full-fat Greek yogurts are extra creamy, yielding a seemingly indulgent snack while packing in protein to keep you full and satisfied," she adds. This snack also offers bone-healthy calcium and gut-friendly probiotics, giving you a nutritious bang for your buck.



4. Trail mix

Of course, all trail mixes are different — but when made at home with whole, minimal ingredients, trail mix can be a nutritious and energizing snack. "Let's say you made your own with half an ounce each of almonds and walnuts, plus some chocolate candies and dried cranberries," says Pasquariello. This mixture offers a healthy combination of carbohydrates, fiber, good fats, and plant-based protein, all of which will keep you satiated and energized.

5. Avocado toast

"Avocado toast contains a balance of healthy fats, vitamin A, potassium, fiber, and carbs," explains Pasquariello. "Given the balance of healthy fats and carbs, this is another good snack to help you power through an afternoon of work," she notes. The reason? Both nutrients provide fuel for the body, keeping you energized and ready to take on the day.

6. Hard-boiled eggs

If you're looking for a snack that's nutritious and energizing to boot, reach for hard-boiled eggs. "They contain protein and healthy fats, which provide sustained energy and keep hunger at bay," says Lorenz. "Hard-boiled eggs are also a source of complete protein, meaning you'll get all nine essential amino acids you need," she adds.

7. Bananas and nut butter

Bananas and nut butter, such as almond butter, provide a generous helping of carbs, fiber, fat, and protein. "Together, these nutrients offer a satiating combo in terms of overall energy," says Pasquariello. "Bananas also provide micronutrients like potassium, [and] the nut butter will provide B vitamins and minerals like magnesium," she notes.



8. Chia pudding

For an energizing make-ahead snack, whip up a simple chia pudding by combining chia seeds and your milk of choice. According to Lorenz, chia seeds are rich in three satiating nutrients: fiber, omega-3 fatty acids, and plant-based protein. As these nutrients reduce hunger, they'll quell the fatigue and tiredness that comes with it, keeping your energy levels up.

WHEN I'M AN OLD LADY

When I'm an old lady, I'll
live with each kid,
And bring so much
happiness...just as they
did.

I want to pay back all the
joy they've provided.
Returning each deed! Oh,
they'll be so excited!

(When I'm an old lady and
live with my kids)

I'll write on the wall with
reds, whites and blues,
And I'll bounce on the
furniture...wearing my
shoes.

I'll drink from the carton and then leave it out.
I'll stuff all the toilets and oh, how they'll shout!
(When I'm an old lady and live with my kids)
When they're on the phone and just out of
reach,

I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then shake
their head,

(When I'm an old lady and live with my kids)
When they cook dinner and call me to eat,
I'll not eat my green beans or salad or meat,
I'll gag on my okra, spill milk on the table,
And when they get angry...I'll run...if I'm able!

(When I'm an old lady and live with my kids)
I'll sit close to the TV, through the channels I'll
click,

I'll cross both eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud 'til the end of the day!

(When I'm an old lady and live with my kids)
And later in bed, I'll lay back and sigh,

I'll thank God in prayer and then close my eyes.
My kids will look down with a smile slowly
creeping,

And say with a groan, "She's so sweet when
she's sleeping!"



KEEP THE HOME LOSE THE STUFF

Americans are moving at the lowest rate
in decades. And the longer we stay put, the
more our homes become glorified storage
units. A key to decluttering is to act as if
you're getting ready to move, even when
you're not. Here are some tips to tackle this
task.

1. Go room by room

"You can better evaluate
completion," says Nicole
Gabai, author of *The Art of
Organizing*. "You can look
around that one room and
double-check that you
have gotten rid of
everything you can."



2. Make easy decisions first

"This is the 'first pass,'" Gabai says,
recommending clothes closets or kitchen
drawers as a good place to start; they're less
emotionally charged than a box of photos.

3. Skip the 'maybe' pile

"All you're doing is putting off a hard
decision," says Mary Kay Buysse, co-
executive director of the National
Association of Senior & Specialty Move
Managers. Sort items into these groups:
keep, discard, sell/donate.

4. Get your kids involved

Buysse notes that children and
grandchildren often want things you don't
expect, such as a favorite holiday ornament
or a certain knickknack.