

THE TATTLER



THE MICHIGAN ASSOCIATION OF RETIRED SCHOOL PERSONNEL CLARE COUNTY CHAPTER NEWSLETTER

June 14, 2022

FROM THE PRESIDENT'S DESK

Thank you for your patience regarding the length of our May 10th meeting. Unfortunately, technical difficulties caused a 15-20 minute delay to the start of our meeting along with a lot of information that needed to be covered once it started.

Due to a scheduling conflict, we had to reverse our June and July speaker schedule.

Terry Petrongelli will be guiding us through the MARSP and Clare County websites today. Emails and phone calls were made, notifying members of those changes and encouraging them to bring an electronic device (phone, iPad, lap top computer) to help you better follow along.

Tim Hood, MMC's president will speak at our July 12th meeting. He has been asked to share a little about himself, MMC's Lifelong Learning classes, and programs that are unique to Harrison's and Mt. Pleasant's campuses. A question/answer period will be available.

Liz Smith, President
M.A.R.S.P. Clare County Chapter



BCBS MEDICARE ADVANTAGE REWARDS PROGRAM

BCBS has been rewarding members for participating in health Wellness Check-ups (\$25) and Flu Shots (\$15), just to name a couple.

In order to access your Medicare Advantage Rewards, you can do one of two things:

1. Call 1-866-572-0155. Your reward(s) can be taken care of over the phone.
2. Download the BCBS App or log onto bcbsm.com
 - Log in and create an account using your insurance card.
 - Click Health & Well-Being.
 - Next Click on Medicare Advantage Rewards.
 - Then create a Rewards account.
 - Finally, you will be directed to Available Rewards.

If you have any questions, call Kathy Laubon, our Chapter Insurance Chair, at 989-429-2577 or the above BCBS phone number.





RECYCLE OLD PRESCRIPTION EYE GLASSES

Our Chapter used to participate in this activity as a more way to help Clare County residents. We would like to renew this tradition.

Please bring your clean, unusable, prescription eye glasses to our Membership meetings. A container will be available at the head table at each of our remaining meetings. Liz will drop them off at Member's First Credit Union where there is a Lion's Club donation container.

MARSP CHAPTER AND MEMBERSHIP RENEWAL DATES

Chapter and State Membership dues will expire on June 30, 2022. If you renew before the 30th you'll get credit for this year and the 2022-2023 year.

The MARSP Lansing office sends "*Early Bird Renewal*" reminders via email or in THE VANGUARD in February. Anyone who hasn't renewed their Chapter and State Memberships are mailed reminders at the end of April. Lifetime members receive a letter two weeks later reminding them to renew their Chapter dues.

Currently, Lifetime members do not have the ability to renew at the MARSP website. Since our Chapter has been proactive and questioned this inability, Lansing is working to fix this issue.

CHAPTER MEMBERSHIP AND LEGISLATIVE CHAIR VACANCIES

The Membership position still remains vacant. It has a little bit of everything, which includes computer knowledge, printed renewal letters and thank you notes that can include a personal handwritten note, contacting new retirees, and occasional phone calls to order materials to do this job or to remind a member to renew their Membership dues. As you can see a small committee of people would work well. Currently, these things aren't getting done.

GREAT NEWS ABOUT THE LEGISLATIVE CHAIR POSITION! Tom House has volunteered for it! Thank you, Tom.

Information is more readily available to help with the Legislative position. The MARSP website has been better about keeping the Legislative section updated. You may have noticed there are monthly articles in THE VANGUARD and the E-VISION NEWSLETTER that is emailed, as to what MARSP is doing to support repealing the Pension Tax law along with other things that affect retirees.

MAMA MIA— WHAT TODAY'S MOMS ENCOUNTER

My six-year old: "I figured out the password to the tablet and bypassed the parental controls to download all my shows."
Also my six-year-old: "Help! I put both my legs in the same pant hole and now I'm stuck!"



@not_the_nanny *Reader's Digest* May 2022



UPDATE... CONTACTING OUR STATE LEGISLATORS—Liz

Last fall, I contacted Speaker Jason Wentworth's office to learn what happened to letters once they arrived at his Lansing office. At the time, I was told by a clerk that no one would see them and they would be filed unless a bill that was related to our letters was "on the House floor." I sent emails to you regarding this conundrum. Do you remember?

I recently called both Senator Rick Outman's and Speaker Wentworth's office. This time I was very encouraged to learn that letters arriving at the Speaker's office *were* given to him. The same procedure was and has always been done at Senator Outman's office. Two things were then done. Both men either passed our letters along to the Committee Chair who originated the bill(s) OR if there were many letters, they spoke personally to the Committee Chair about our concerns.

The MARSP website now has a section where you can easily contact our Congressmen. Their contact information is also found on page 5 of our Members Directory where you can send a letter or call them.

IT PASSES THE SMELL TEST

"Muffins" spelled backward is what you do when you take them out of the oven.
@SAIORSERAE1

BARBEQUING WITH FRIENDS THIS SUMMER?

If you are a bartender at a cookout, family reunion, or tailgate party, use the lines on those **Red Solo Cups** to make the perfect drink.

The bottom line represents one ounce—a modest shot of your favorite liquid for a celebratory round of either a non-alcoholic or alcoholic toast.



The second line from the bottom is 5 ounces which could hold your favorite wine or Sangria pour.

The third line is 12 ounces which could serve a soda, a cold beer, or one refreshing Shirley Temple composed of one ounce of Grenadine, 5 ounces of Sprite, and ice.

Reader's Digest May 2022



WITBECK'S FUNDRAISER RESULTS

Once again, Witbeck's patrons were incredibly generous. They donated \$465.00 to our Scholarship Fund. Amazing!

Thank you to Chris Schuster for organizing it and spending the day to make sure it ran smoothly. Thank you to all who volunteered to work the various shifts and to Fred Schuster who used his truck to bring all the needed cooking items. Superb effort by all!

TO LIVE LONGER, GET STRONGER

In just one hour each week, you can change your health—and your life.



Everyone knows that cardio exercise is crucial for overall health. But the secret for staying strong is in your muscles.

Researchers found in a 2021 review of 16 studies that just 30 to 60 minutes a week of muscle-strengthening or “resistance” exercise increased life expectancy by 10 to 17 percent.

Muscle-strengthening exercise consists of the obvious, “weightlifting” but also includes yoga, Pilates, calisthenics, carrying groceries, and even a grandchild.

Eating protein in the proper time is also crucial for preserving muscle. According to the book, *The Whole Body Reset*, science shows that women who are 50 and older need 25 grams of protein at every meal and 30 grams for men which will stimulate protein synthesis.

Studies show that when people in their 60’s combined this style of protein timing with resistance exercise, their bodies respond as if they were in their 20s. Here’s why combining resistance exercise and protein timing is so important for your health. It creates the possibilities to do the following:

1. Keeps your brain healthy—helping to drop the risk of Alzheimer’s.
2. Reduces your risk of future weight gain.
3. Keeps your blood pressure under control—helps reduce the risk of developing high blood pressure among men with prehypertension.

4. Slashes your risk of heart disease—the greater your muscular strength, the lower levels of inflammatory compounds which may also lower this risk.
5. Be better poised to battle cancer—patients with higher muscle mass have a greater chance of surviving some cancers.
6. Stay happier.

Strong, healthy, and happy. Make your muscles a top priority and get 25-30 grams of protein at every meal.

AARP BULLETIN May 2022

CORKS FOR STARTING, NOT STOPPING

If you have a firepit in the backyard or a camping trip coming up soon, start saving wine corks in a Mason jar. Fill the remainder of the jar with just enough rubbing alcohol to submerge the corks, but leave enough space at the top of the jar for them to swell. In a few days, each cork will make an excellent upcycled firestarter.



*We Found a **FIX***
HELP, HACKS, & HOW TO
Reader’s Digest June 2022

NEWS TRAVELS FAST



These days, it only takes a millisecond for information to travel 1,000 miles, but how long would it have taken in past modes of communication???

By Foot Messenger: 11 Days, 20 Hours

By Carrier Pigeon: 1 Day, 10 Hours

By Telegraph: 3 Minutes

By Switchboard Phone Call: 40 Seconds

SPIKE CARLSEN, IN THE BOOK *A WALK AROUND THE BLOCK* *Reader’s Digest* June 2022