

THE TATTLER



THE MICHIGAN ASSOCIATION OF RETIRED SCHOOL PERSONNEL CLARE COUNTY CHAPTER NEWSLETTER

August 12, 2025

FROM THE PRESIDENT'S DESK

Our very own MARSP member, Carol Santini (also our guest speaker today), has served as the president of the Clare County Arts Council for the past several years.

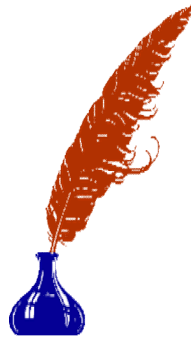
On the last page of this month's Tattler, you will read just a portion of the weekly newsletter from the Clare County Arts Council. If you decide to become a member, each week you will receive an email loaded with updates and events happening around Clare County.

Supporting the arts fosters creativity, strengthens communities, and drives economic growth. Please support the council in their future endeavors.

As for our chapter's endeavors, don't forget to consider donating to our public school grant fund for school employees in Clare County and to the MMC Foundation to support local student scholarships. The jar is located near the entrance door. Thank you!

Respectfully submitted,

Terry Petrongelli
President
MARSP Clare County Chapter



THIS IS MY WISH FOR YOU

Comfort on difficult days,
smiles when sadness intrudes,
rainbows to follow the clouds,
laughter to kiss your lips,
sunsets to warm your heart,
hugs when spirits sag,
beauty for your eyes to see,
friendships to brighten your being,
faith so that you can believe,
confidence for when you doubt,
courage to know yourself,
patience to accept the truth,
love to complete your life.

*Ralph Waldo Emerson
1803 - 1882*





LONGEVITY TIPS: HOW TO LIVE LONG AND PROSPER

Act Like you're Rich:

Even if you are not wealthy, one researcher recommends adopting the habits of the affluent – prioritizing sleep, managing stress and eating as healthily as possible.

Don't Skip Screenings:

Researcher Thomas Perls emphasizes the importance of continuing cancer screenings, even past the age when most people think they're unnecessary. Staying vigilant can catch diseases early and keep you on track for a longer life.

The Right Kind of Drugs:

Four FDA approved drugs, including GLP-1 agonists (think Ozempic) and SGLT2 inhibitors (used for diabetes), are showing great potential in extending health span, making them worth a conversation with your doctor.

Faith and Connection:

Whether it's a link to a higher power, a lifelong partner or a group of friends, having something other than yourself to rely on can be a powerful force in aging well.

AARP the Magazine
June-July 2025

NUMBERS GAME



1. 24 = H in a D
2. 1 = W on a U
3. 5 = D in a Z C
4. 57 = H V
5. 11 = P on a F T
6. 1,000 = W that a P is W
7. 29 = D in F in a L Y
8. 64 = S on a CB
9. 100 = P in a D
10. 365 = D in a Y
11. 200 = D for P G in M
12. 7 = D
13. 101 D
14. 50 = W to L Y L
15. 5 = S on the B D

3 STEPS TO STOP “DOOM SCROLLING”



*Feeling overwhelmed by
negative news?
Set boundaries
and cut your
bad news consumption
with these steps.*

Try This Today

- **Set limits.** Decide on specific windows of time to check social media and news sites — perhaps two sessions a day, for no more than 20 minutes each. (Use a timer.) If you usually start your day by scrolling, commit to changing that habit to set a more positive tone for the day.
- **Find healthy substitutes.** Come up with a list of constructive things to do in place of scrolling. Take a walk or do a short strength-training session. Meditate. Read a book. Knock a few things off your to-do list.
- **Edit your social media feeds.** Unsubscribe to doom-and-gloom accounts, and replace them with fun and useful accounts. Follow your favorite comedians, accounts with heartwarming nature videos or groups where you can learn about gardening, music, astronomy or other topics that interest you.

Why

Breaking the “doom scrolling” habit takes effort, sure, but it’s an investment in your mental health.

Excessive scrolling through bad news may lead to psychological distress and lower levels of well-being and life satisfaction, according to [a study involving 460 adults](#) 18 to 55, reported in 2022 in *Applied Research in Quality of Life*. Ditching the habit is beneficial in and of itself; replacing it with an activity that’s good for you, such as exercising or meditating, is even better.



AARP Staying Sharp
Updated July 24, 2023



ANSWERS to Numbers Game:

1. 24 Hours in a Day
2. 1 Wheel on a Unicycle
3. 5 Digits in a Zip Code
4. 57 Heintz Varieties
5. 11 Players on a Football Team
6. 1,000 Words that a Picture is Worth
7. 29 Days in February in a Leap Year
8. 64 Squares on a Checker Board
9. 100 Pennies in a Dollar
10. 365 Days in a Year
11. 200 Dollars for Passing Go in Monopoly
12. 7 Dwarfs
13. 101 Dalmations
14. 50 Ways to Leave Your Lover
15. 5 Stars on the Big Dipper



CLARE
COUNTY
ARTS
COUNCIL

Ongoing and Upcoming Events

Help spruce up Art Alley

August 18: 10-2

August 19: 6:30-9

August 20: 9-11:30

August 21: 3-5

You can volunteer to work at any of these dates or times. Bring old jewelry, paint and brushes. Our goal is to work on the donut pans and replace the jewelry on the mural. Contact Carol Crawford with questions at 352.568.5800.

CCAC Classes:

If you are interested in classes, PLEASE sign up ahead of time. This ensure that the artist has enough materials and that the class can be held.

August 14: @ 6 Paint a summer sunflower on a 18 round wooden door hanger for \$47 or 11 x 14 canvas for \$35. This class is held at the Clare Union Railroad Depot

August 21 @ 6 Cold press soap making \$40. This class is held at the Clare Union Depot.

August 25 @ 6 Glass cylinder candle holder at HAYES TWP HALL \$35

You must preregister by calling Carron at 989.698.6539 to make sure there are enough materials. If you go to the Clare County Arts Council Facebook page, you can see pictures of the items you will make.

Cat's Creations

August 14 at 2 pm at the Clare Depot. Cost is \$28 for 6 cards. Contact Cathy if you have questions at 989.600.4916.

Harrison District Library

August 13: Kids crafts

August 19 @ 4 The World of Kristen Hannah by Northern Michigan Author

August 20: Rock painting with Caroline

Farmer's Market in Farwell

is still being held on Saturdays from 9 to 2.

Just down the street from the Farmer's Market is the Farwell museum. They are open on Saturday from 10-2.

Clare County Historical Society

has the Dover School House/museum open on Saturday from 1-4 from now until the end of September. This is a free event and a nice way to spend a couple of hours learning about Clare County History.

Summer Concert Series

Clare City Parks and Rec will hold their summer concert series at Shamrock Park in Clare.

August 14: Country Express

Friends of Clare Parks and Recreation Logo Contest

You have until Monday, September 15 to submit an entry for a new logo. Submissions will be voted upon at the Friends Board meeting and will be announced at the Gateway Affair on September 27. The winning artist will receive \$100 cash. Go to their Facebook page for complete details.

Pere Marquette Library

August 21: Crafts with Caroline. (Rock Painting) These are free events, but you must preregister to ensure they have enough materials.

If you have a local cultural event, please let me know. Please use

cjsantini72@gmail.com

or

clarecountyarts@gmail.com

to communicate with CCAC. I do not check the Hotmail account. If you have ideas for classes or programs, please contact me.

The new website should be complete by next week. Just a reminder, CCAC is also switching over to clarecountyarts.org. Watch for the changes soon.

*Carol J. Santini
President*

Clare County Arts Council