

MARSP - February 2023

January 2023 Meeting



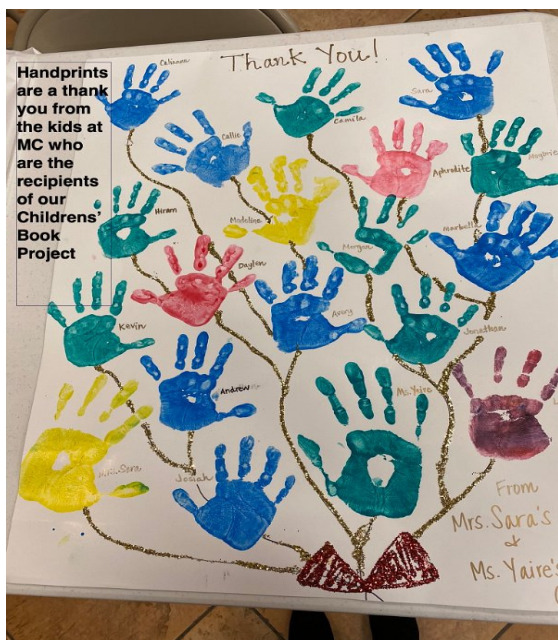
Lifestyle resolutions are made at the start of a new year. MARSP's January 5th, 2023 meeting at 1st Baptist Church in Midland, provided a healthy program for all. The Lifestyle Medical Center provided the program for that day. Ali-

sha Low & Lisa Benton provided information on the services the center provides. Also Dr. Denise McKown made a updated presentation on the progress of the Midland College Pre-K building construction and thanked the association for the donation that purchased Weekly Readers as well as 35 library books for the students.



SPECIAL POINTS OF INTEREST

- January 2023 Meeting
- Manor Park Honoree
- Healthier You!
- Membership news
- Volunteer Hours needed
- Legislature update
- Retirement Seminar
- February Meeting Cancelled
- Thinking of you!
- President's Note
- Gardening Classes



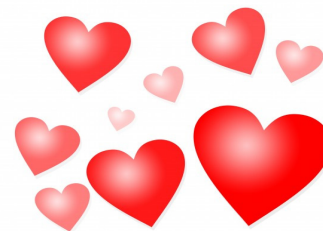
MANOR PARK HONOREE

At the January Council Meeting at Manor Park, our very own MARSP Hospitality Chair Joyce Watts received the Manor Park Resident Volunteer Honor for 2022. MARSP's own Barbara Stooksberry received it for 2021.

Way to Represent, Ladies!

Lifestyle Medicine Center

All the ways we can help achieve a heal for you!



What is Lifestyle Medicine?

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle changes to treat and, when used intensively, often reverse such conditions.

Lifestyle Medicine Consultations with LM certified Physician: This offers an in-depth review of your lifestyle behaviors, assessing chronic disease burden, understanding the relationship between lifestyle behaviors and chronic diseases, and offering a personalized lifestyle prescription to improve your health and wellbeing. All these services are covered as a physician's office visit, billed to your insurance, and delivered either in-person or on a telehealth platform.

Whole Person Health Program: This program will focus on the whole patient by addressing both physical health and mental/emotional well-being through our top-rated and successful program, an intensive therapeutic lifestyle change program in combination with the Lift Project. We will offer a team-based approach using a shared medical appointment model to deliver this innovative program.

Pritikin Intensive Cardiac Rehabilitation: Heart disease is the No. 1 killer in the US. We are the only program in our area that offers an intensive cardiac rehab program for cardiac patients. It is a unique lifestyle program that provides the support and education you need to commit to a new and healthier lifestyle. It offers medically supervised exercise tailored to your current fitness level, Pritikin-exclusive workshops, cooking classes and education. Changing your lifestyle behaviors after having a cardiac event is critical in avoiding another cardiac event.

Health and Wellness Coach Service: We realize that sometimes we need more than just a prescription to manage our health. That is why we offer a health and wellness coaching option to help you develop and implement a personal wellness plan. They highlight your strengths and help you set realistic yet achievable goals. We offer a variety of packages for this service with nominal fees.

Pivot Tobacco Cessation Program: Pivot is a self-paced program that helps people reduce or quit smoking, vaping, and other tobacco products. Pivot's non-judgmental approach has been proven to increase motivation and help people deal with the triggers that lead to smoking. Access Pivot through your smartphone - there are no classes, no phone calls and no pressure to quit. Best of all, Pivot is available free of charge for a limited number of participants currently. The Lift Project: We are excited to offer an innovative, evidence-based wellbeing program. It is a program that uniquely brings together scientifically proven strategies drawn from research in the fields of Neuroscience, Lifestyle Medicine, and Positive Psychology. Research in positive psychology has expanded in the past three decades. One of the most exciting research areas is the effect of positive psychology activities on subjective wellbeing and our physical health.

EatLove Personalized Nutrition Prescription: EatLove is a nutrition system that provides custom meal recommendations to help build lasting, healthy habits around food. Individual nutrition prescription is created by a registered dietitian and the app offers more than 7,000 dietitian approved recipes.

Weekly Educational Classes: We know that it is not easy to make lifestyle changes, and that is why we offer ongoing education support by providing weekly educational classes and partnering with Healthy City, the non-profit organization which offers monthly potlucks, grocery store tours and cooking demonstrations. For more information, call 432.221.5433 or email Lifestyle_Medicine_Center@midlandhealth.org

- ⇒ **TRTA has set February 28, 2023 as the last day for local membership chairs to post membership dues for the 2022-2023 year.** Anyone who has not yet paid MARSP/TRTA dues for this year will be sent a reminder notification this week so no one will miss the opportunity to be a MARSP member. Membership in MARSP is your chance to keep in contact with former colleagues/friends, make new friends, stay updated on legislation and TRTA issues, have access to insurance programs and benefits tailored to retired school personnel, participate in community projects, and attend monthly meetings with informative programs. Not sure if you have paid your MARSP dues? Please email Paula Knight, pvknight432@gmail.com. Try to invite a prospective member to our March meeting!. Make sure others don't miss out on MARSP/TRTA benefits.
- ⇒ **MARSP currently has 13,699 volunteer hours recorded for 2022.** Reminder to turn in any volunteer hours by email to Helen Whitehead (hlwhite54@gmail.com). She needs to record volunteer hours any of our members may have participated this last year.
- ⇒ **The 88th Texas Legislature convened on January 10, 2023.** While the status of many bills may not be known until June, TRS members planning to retire in 2023 may want to know about proposed legislation affecting TRS. View proposed legislation through the library's website at <http://www.lrl.texas.gov> or by visiting **Texas Legislature Online** at www.capitol.texas.gov.



The February 4, 2023 Retirement Ed. Seminar at Odessa College was a huge success— over 100 attendees from across the Basin! TRTA, TRS, and AMBA shared valuable information for navigating retirement. Thought you might like to see part of the crowd. Jimmy and Beth Heath did a terrific job organizing and facilitating the speakers!

“Every new member strengthens our Voice!”

February MARSP Meeting Cancelled due to Winter Storm Conditions. Will see all at March 2nd meeting!

Thinking of you!

Please notify Patti Watson at pnw1000@gmail.com or 432-697-1170 of any death of a member or member of their family, or member in need of our thoughts due to illness or other adversity. A sympathy or thinking of you card will then be sent to them or their family. The following cards have been sent:

Susie Whitsell - Sympathy upon the death of Susie's stepmother and Susie's husband

Family of Tomasine Gotcher - Sympathy upon Tomasine's death

Zoe Carter - Thinking of You

John & Shirley Moreland - Thinking of You

President's Note

The 88th Legislative session is slowly getting started, our representatives and senators have submitted thousands of bills. The bills have to be read and voted out of the committee they pertain to for funding. Then the calendar committee assigns the bills to go to floor, to be read and voted on. Tom Craddick is no longer assigned to the calendar committee, yet Dustin Burrows (Lubbock) is still the chairman of the committee. We should start contacting Dustin Burrows, email: Dustin.Burrows@house.texas.gov or phone: 512-463-0542 to push funding for a COLA bill to go to the floor. The group going to Rally Day from our MARSP unit will be visiting his office, as well as our local representatives and senator. It's important we make our legislators aware of how vital this COLA is to our lives!

Deborah Jordan
MARSP President



Interested In Gardening?

MARSP member Susie Yarbrough shared information at the January meeting concerning the Master Gardener class that begins February 14th, 2023. and the Permian Basin Master Program that meets every Saturday from January-June. She also provided information on the Master Naturalist Classes that meet on the 1st Saturday of each month starting this past January 2023. You can email Susie (Susie.Yarbrough@hotmail.com) for information.

**NEXT MEETING: MARCH 2ND—1ST BAPTIST FELLOWSHIP
HALL, MIDLAND, TX 11:30 AM**

Come have a great time with fellow retired educators!

