

NEWSCASTER

Dallas Retired Teachers Association

Mission Statement

The Texas Retired Teachers Association promotes the professional, economic, intellectual and social well-being of retired school personnel.

President: Cynthia Hawkins-Bowland, 972 850-9718 chbowland@swbell.net

Editor: Dena Rhoades, 972-965-3988, denarhoades@outlook.com

Volume 63, Issue 3

November 2025

President's Message

Welcome to Fall weather (we hope!) and the season of Thanksgiving.

There was some consternation regarding the date that Thanksgiving would be celebrated nationally. Abe Lincoln declared it to be the final Thursday in November. In 1939 F.D.R. declared it to be a week earlier. Such opposition occurred that in 1941 it was settled as the fourth Thursday in November.

Many family traditions are passed down at Thanksgiving, both in celebrating and with special food. In asking folks about some of their favorite Thanksgiving memories or traditions, I got several replies:

DG: Homemade tea cakes and homemade vanilla ice cream!!

CHB: My grandmother's sweet potato pie! I still make it, but of course, it just isn't as good!

K.C.: Gathering with family for pumpkin pie, turkey, twice baked potatoes, deviled eggs, watching the Cowboys, and family pictures. Kids playing football in the front yard.

A.B.: My grandmother's cornbread dressing and gravy, ambrosia and pickled peaches. Today the kids want a giant tray of deviled eggs and persimmon pudding with rum sauce.

S.W.: Pumpkin pie, banana pudding and carrot cake. Watching football and taking a nap!

L.C.: Bringing home a Yankee boyfriend for Thanksgiving and the look on his face when he tasted cornbread dressing! I didn't know there was any other kind!

C.K. Ice Cream and Oranges. I got the nickname "Oranges" because of it!!

G.T.B. Being with as many family members as possible!

Be sure to come to our November 14 meeting at the Turney Leonard Building to hear Texas House Representative John Bryant discuss the past legislative session and implications for public education. We look forward to seeing a full house! Come at 9:30 for refreshments and visitation. A brief TRTF meeting will be held before Rep. Bryant speaks.

*May your dressing be tasty,
May your turkey be plump.
May your potatoes n' gravy have nary a lump.
May your yams be delicious,
May your pies take the prize,
May your Thanksgiving dinner stay off your thighs.*



Cynthia Hawkins-Bowland, Co-President
Alice Martinez, Co-President

Children's Book Project

Esther Stoker, 2nd VP, Book Project Chair
469 360-2639, esread@aol.com

The DRTA Book Project Team is ready to deliver to four excited schools this semester. They are William Anderson, L. O. Donald Elementary, Dan D. Rogers Elementary and Medrano E. "Hope" Elementary Schools.

Dan D. Rogers has given us their reservation date to deliver on *December 18th*. Our team, please set that date aside. We'll let you know immediately when dates are selected by other campuses.

We will continue to give each month towards the smiles and awe to each child's face as we explain who we are and why we do what we do as *retired teachers*. There is always such a stillness in the air as we can't wait for the first time this year to hear what it means to be a retired teacher. That is the most precious time to await for every teacher in the room. Of course we're ready to recruit on the spot those who are ready to commit!

DRTA HOLIDAY LUNCHEON

When: Friday, December 5, 2025
10:45 a.m.

Where: Dallas Athletic Club,
4111 Dallas Athletic Club Dr.,
Dallas, TX 75228

Costs: \$35

Entertainment: Saxy Lisa, Music

Make check to DRTA and send to

Patty Boren
9870 Shoreview Rd.
Dallas, TX 75238-4306

Deadline: November 22, 2025 (Saturday before Thanksgiving week)

LEGISLATIVE UPDATE

TRTA summary of recent WEP/GPO repeal and continued challenges:

- *TRTA secured \$1.9 billion in benefits for Texas retirees after the repeal of WEP and GPO.*
- *Challenges remain: spousal benefit rebate errors, Medicare reimbursements, and looming tax issues.*
- *SSA has responded with professional, productive meetings.*



TRTA continues pressing for fair implementation and urges members to stay engaged.

The Texas Retired Teachers Association (TRTA) returned to Washington the first week of September to continue its fight for retirees following the historic repeal of the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO).

That repeal—driven by TRTA members—ended four decades of unfair penalties on retired public workers and delivered more than \$1.9 billion in retroactive Social Security payments to Texas educators.

But challenges remain. When the Social Security Administration (SSA) determined rate eligibility for recipients, it used the date forms were filed rather than the date of life events, such as the passing of a spouse, which led to some retirees reporting that they had been shortchanged. For years, SSA staff even advised widows and widowers not to apply for spousal benefits, guidance that now may be costing retirees six months or more of lost payments. TRTA has been reporting on this issue since March and continues to bring it to the attention of both SSA and Congress.

TRTA members have also raised concerns about Medicare premium reimbursements and the tax implications many will face when filing in 2025 due to retroactive payments. TRTA is working on ideas with Congress and SSA that may help on these and other matters. In the meantime, TRTA encourages anyone who received a retroactive rebate thanks to the repeal of the WEP and GPO to keep records of their previous Medicare premium payments, as well as talk to a tax expert or trusted financial planner about tax concerns.

For more information, follow on the [TRTA website](https://www.trta.org).

Holiday Shopping Safety Tips

Plan Ahead-Go Early

Create a shopping list with shopping destinations. Avoid peak hours. Shop mornings and weekdays. Check for stores that offer special shopping hours to create a relaxed experience for seniors.



Be Comfortable

Wear comfortable clothes and stay hydrated. Carry only necessary items (purse or wallet, medications, mobility/health aids).

Take a Buddy



Shop with a friend or a family member for added safety and an enjoyable experience. You can help each other make decisions and carry bags. To avoid holiday traffic, consider a carpool or rideshare service.

Share Your Plans With Others

Inform a family member or friend about your shopping destinations and when you expect to return home.

Plan Your Route

Minimize your shopping time by using store maps or floor guides to navigate stores quickly.



Park Safely

Park close to the store entrance to be in a more active environment. Be as visible as possible. Do not park between large vehicles. Always keep your car locked and place all packages in the trunk.

Be Aware of Your Surroundings

Watch for suspicious behavior and trust your instincts. If you feel uneasy, walk away. Locate store staff for assistance.



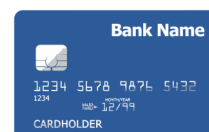
Avoid using your phone while walking in the parking lot or store. If you need to use your phone, use one earbud so that you can hear other sounds around you.

Secure Valuables

Ladies, carry a crossbody purse. Keep your purse in front of you, close to your body. Men, carry your wallet in your front pocket.

Avoid Carrying Large Amounts of Money

Use credit cards with fraud protection. If you use a debit card, do not let it leave your hand. If possible, use your credit card instead of your debit card and make a payment to the credit card equal to the amount of your purchases.



In Memoriam

Member of DRTA

Bettye Horace

Non Members of DRTA

Chester Ball
Billy K. Walker
Alicia Zapata



Verna Mitchell, Healthy Living Chair, 214-334-0431
grangran@swbell.net

IMPROVING HEALTH TO ENRICH YOUR LIFE AND INCREASE LONGEVITY

Try engaging in these suggestions to improve your physical, mental and social health:

1. Avoid becoming reclusive. Isolation causes loneliness. Maintain a social life to prevent cognitive decline and depression. (Community center, Church, neighbors, family)
2. Don't skip flu, pneumonia, shingles and other vaccinations recommended by your doctor to prevent severe illness. (Often free at pharmacies)
3. Don't skip regular health checkups and screenings which are vital for early detection. (TRS Medicare Advantage U-Card may be helpful)
4. Moderate exercise such as walking or swimming are great for strength, flexibility and mental acuity. Engage in activities you enjoy!
5. Be careful with consumption of alcohol which can interact with medications.
6. Eat a diet rich in fruits, vegetables, whole grains and lean proteins to manage weight and nutrition. Avoid fast food and processed meals.
7. If you smoke, quit.
8. Get good quality sleep.
9. Enjoy hobbies, meditation or spending time in nature for well-being.
10. Practice sun safety by limiting exposure and using sunscreen.
11. Don't overlook dental, eye and ear checkups.
12. Practice good hydration to prevent age-related health issues.
13. Be a life-long learner, always exploring new experiences and interests for happiness.
14. Laughter and humor are powerful stress reducers.
15. Don't neglect getting end-of-life affairs in order for peace of mind.



Pearlie Wallace Corresponding Secretary
214-337-8091; paw2151@sbcglobal.net

Thinking of you card
was sent to Ann
McNutt.



Birthday cards were distributed for the May, June, July, August and September birthdays at the September general meeting.

G. T. Bendy, 1st VP, Membership Chair, 972 475-9424
gtbgtb13@outlook.com

MEMBERSHIP

Fellow Retirees:



- WE have worked with Hundreds of Educators.
- WE have Hobnobbed with Hundreds of Educators.
- We are still in touch with many of the educators from our past.

Let us use all of the above to launch a Campaign to retrieve and recruit educators to ADD to our member number. Adding to our DRTA Member number will speak volumes to our chance of getting a "built in" COLA. So, let's get busy working on getting a built-in/defined COLA for all retired Educators.

Lisa Delatour, Volunteer Chair, 214-356-1513
lpdelatour@gmail.com

COMMUNITY VOLUNTEER

Here are five key ways volunteering can help you grow as a person:

1. ****Skill Development****: Enhance your skills, including leadership, communication, and problem-solving.
2. ****Increased Empathy****: Gain a deeper understanding and compassion for others through diverse experiences.
3. ****Confidence Boost****: Overcoming challenges in volunteer roles can significantly increase your self-esteem.
4. ****Networking Opportunities****: Build connections with new people, expanding both social and professional networks.
5. ****Sense of Purpose****: Contributing to meaningful causes fosters a stronger sense of identity and fulfillment.



Dallas Retired Teachers Association
9870 Shoreview Rd.
Dallas, TX 75238

Address Service Requested.

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
DALLAS, TX
PERMIT NO. 4847

Dated Material

Richard Stoddard, Member Benefits Chair, 214 -324-1089
richgrst@hotmail.com

MEMBER BENEFITS

The DRTA Member Benefits Committee would like to remind you of several member benefits available through your membership in TRTA.

The first benefit is Medical Air Services Association (MASA). MASA provides life-saving emergency assistance from home or while traveling domestically or internationally. It is designed to protect members against catastrophic financial loss when emergencies arise. For information on this benefit, go to the TRTA website under Benefits and ask for more information.



The next TRTA benefit is ID/Fraud Protection. Our world continues to become increasingly connected to the internet. While this can be convenient, it also puts some things that matter most to you at risk, such as your identity, money and assets, family, reputation, and privacy. That's where ID Protection comes in. An all-in-one digital safety net for you and your whole family includes credit monitoring, military-grade encryption, and insurance protection to help cover any eligible losses and fees due to ID theft and fraud. To find out more, visit the TRTA website under Benefits and ask for more information.



On The Horizon

Executive Board Meetings 10:00 a.m.

October 3, 2025
November 7, 2025
North Oak Cliff Library
302 West 10th Street, Dallas, 75208

General Meetings 10:00 a.m.

November 14, 2025
John Bryant, House Representative

**Turney W. Leonard Governance and
Training Center, 5151 Samuell Blvd.,
Dallas**



December 5, 2025 Holiday Luncheon
Saxy Lisa, Music

Dallas Athletic Club
4111 Dallas Athletic Club Dr.
Dallas, TX