
~~~~ RETIREWIRE ~~~~

☀️ Happy Summer 2020 ☀️



**RPEA Chapter 096 Zoom “Virtual Meeting”
Friday July 10, 2020 @ Noon (see future email invite)**

I, Evelyn McGarry, will attempt to host a chapter Zoom “virtual meeting” to stay in touch with our members. Unfortunately the Zoom Basic (free) plan does not allow access to phone-in calls.

🎂 *Happy Summer Birthdays 🎂: Linda Boylan, Barbara Desilets, Richard Dick, Esther Duran, Ruth Johnson, Rebecca Mayeaux, William Norton, Connie Roberts, Mary Schlegel, Lily Silva, Louis Silva, Kathy Sullivan, Larry Sullivan, Guadalupe Tellez and Andy Wilson!*

There are no April 10, 2020 RPEA Chapter 096 Board & General Meeting minutes because those meetings were cancelled due to COVID-19 health order restrictions.

Our current chapter bank account balance is \$3104.29.

You're Retired, So Now What?

Remember: this is your time, so do what you enjoy!

Are You At Risk For A Stroke? (excerpts from AMBA article, 6/25/20)

Here are two sobering statistics:

- Someone in the United States has a stroke every 40 seconds.
- According to the Centers for Disease Control and Prevention, almost three-quarters of all strokes occur in adults over age 65.

Healthy lifestyle choices can dramatically decrease your risk for stroke. Tips for preventing stroke include:

- Monitor your blood pressure and cholesterol levels with your doctor
- Maintain a healthy weight
- Stop smoking
- Eat fiber rich foods, including whole grains, beans, fruit and vegetables
- Reduce sodium and sugar intake
- Get seven to nine hours of sleep every night
- Exercise at least 30 minutes per day by walking, swimming, cycling or even a gentle yoga class

Still, if a stroke does happen, you want to be as prepared as possible. Through your association, AMBA offers members a Stroke Policy that pays a benefit directly to you to help cover out-of-pocket expenses related to stroke diagnosis and treatment. You owe it to yourself and your loved ones to look into a stroke policy.

Call AMBA at 866-979-0497.

Larry's Corner

Please be informed that our tireless Area Director IX and Chapter President, Larry Sullivan, suffered a stroke in June. He is recuperating at his home in Albuquerque. His vision was affected by the stroke so he is not reading emails. Larry welcomes your support by contacting him at 505-242-4981.

We all wish Larry a speedy and healthy recovery.

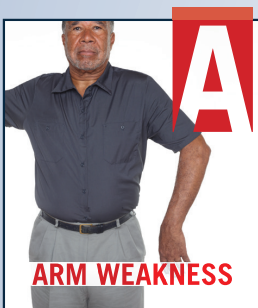
SPOT A STROKE F.A.S.T.

F.A.S.T. is an easy way to remember the sudden signs of a stroke.



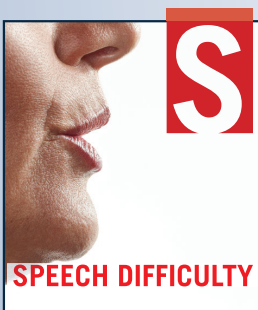
Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile.



Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



Speech Difficulty

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?



Time to call 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Beyond F.A.S.T. – Other Symptoms you should know

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



 American Heart Association | American Stroke Association®
Together to End Stroke™

[StrokeAssociation.org/warningsigns](https://www.StrokeAssociation.org/warningsigns)

Roadrunner® Food Bank of New Mexico provides **food** directly to member partners in 16 counties. This statewide network of hundreds of organizations provides food to 70,000 **hungry people** each week. To reach the 17 remaining counties in New Mexico, they supply food to regional food banks in **Clovis, Farmington, Gallup** and **Santa Fe**. These regional food banks provide food to additional hunger relief partners in their respective counties, primarily located in northern New Mexico.

Our chapter board officers approved a \$250 donation in June 2020 to the Roadrunner Food Bank of NM via an email vote.

Did You Know?

- In his travels, Marco Polo believed that he had stumbled across unicorns...he was actually viewing rhinoceros.

In Memoriam

~ Dana Rohr ~

Your participation is always welcome and encouraged. If you would like to contribute to the RETIREWIRE newsletter please contact your newsletter editor, Evelyn McGarry, at mcgarrye2004@yahoo.com

[Please contact me if you no longer want to receive your newsletter in paper format and receive it in an email.]

Your RPEA Chapter 096 Board Officers:
Larry Sullivan: President, Lou Silva: V-P, Evelyn McGarry: Secretary & Newsletter Editor, Lucy Lopez: Treasurer

Next RPEA Chapter 096 Meeting (hopefully):

October 9, 2020 @ Noon at 'La Peep'