

DFW Retiree Network Newsletter



DFW Retiree Network

JUL-AUG
2022



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"Beautiful young people are accidents of nature; beautiful old people are works of art."

Eleanor Roosevelt, Former First Lady, 1884-1962

RETIREE GREETINGS

Despite the dog days of summer, DFW Retirees have been busy with travel and long days in the sun. In June, we had a picnic at the Bear Creek country club. In July, the Retiree Network hosted an Insurance workshop.

Take a minute to find a new Blue Zone recipe (Linda's favorite!) and see where your fellow retirees are traveling to and what they're doing.

Please send us your photos and updates to dfwretireenetwork@gmail.com

Enjoy the rest of your summer!

Sincerely,

Your DFW Retiree Network team

Linda Valdez Thompson, President
Irene Clark, Vice President
Debra Sanford, Secretary
Joanne Garcia, Committee chair
Tomas Rivera, Committee chair

INSURANCE WORKSHOP ANSWERS QUESTIONS



Insurance options for retirees under 65!

Thursday, July 14th, retirees met online for an informative workshop on insurance options for those under 65. If you missed it, you can still get the information directly by contacting Tanya Boyd, to answer your questions directly. Learn more about Tanya by visiting her website.



Tanya Boyd & Associates
Health Insurance Specialists
(972) 203-8180 tanyaboydassociates.com

Medicare options for retirees over 65! Still have questions... a second workshop for you!

Save the Date! Go out and RSVP Today!

Who: Retirees under 65

When: Thursday, July 27th, 6:00 pm

Where ZOOM

How: Register on Ticketleap @

dfw-retiree-network.ticketleap.com/dfw-retiree-network-insurance-workshop-for-over-65-retirees/

Reserve your spot and get your zoom link and instructions.

Featuring guest presenter: Chris Renfro, of Tanya Boyd & Associates, Health Insurance Specialist.



Rangers vs the Astros! Let's go out the Ball game!

"Let's go out to the Ball Game, let's go out to the crowd. There will be peanuts and cracker jacks. We don't care if we ever get back again. Let's root, root, root for the ball game! If the Rangers don't win it's a shame! For it's 1-2-3 strikes, you're OUT! At the old ball game!"

We are so excited, through the generosity of Tomas Rivera we have obtained a block of tickets for the Rangers vs the Astros on August 30th.

Who: Retirees and guests

When: Aug 30th, 7 PM

Where: Rangers Stadium, Globe Life Park

We have 26 seats in Section 106, above the third base. First come first served. RSVP to the Retiree Network. Send email to: dfwretireenetwork@gmail.com with **RANGER TICKETS** in the title. The first 26 RSVPs will receive confirmation and payment instructions. Tickets are \$32.65 each.



DFW RETIREE SUMMER PICNIC

Friday, June 17th, retirees met at Bear Creek Country Club for a gourmet hot dog lunch, door prizes, and an afternoon of casual visiting. The heat and spirits were high, but the shade was gentle with breezes blowing to cool off the almost 60 retirees. Old friends reunited, travel stories were exchanged and friendships were renewed. A game of DFW Retiree BINGO got people up and moving and talking to their neighbors. Those who filled their BINGO cards were placed in the drawing for gift card door prizes.



Joanne Donnenberg



Bear Creek did a stellar job on the gourmet Hot Dogs! They were delicious! Retirees grin in agreement.



Hi, Peter Barwinkle



Grace Obese and Momon Mahmud



Retirees stay cool in the shade, enjoying fellowship, listening to music, and visiting. Kicking back and relaxing while reminiscing with old colleagues!



Irene Clark & Padma Joshi catching up



Lynn Bache and Irene Clark chat with the group, reminiscing about the old days. Ah, that's very interesting, you don't say! What have you been up to since retiring?



Gloria Sheppard, Gary and Bonnie Cooper, LaNell Hardy, and sister Linda catching up on old times. When shall we get together again??

DFW Retirees Transformed . Traveling the world.



Renee Brown (DPS) and her hubby took their three granddaughters to explore Blue Hawaii!



Tomas Rivera spent time, soaking up the sun in beautiful, topical Loiza, Puerto Rico.



Lights! Camera! ACTION! Linda Valdez Thompson traveled to Midlothian to the movie set of "THE CHOSEN". She performed as an extra in the scene, "Feeding of the five thousand".



Tom Hodnett , traveled to Utah for a family reunion in the Mountains and visited the Natural History museum.

BLUE ZONE RECIPE - GREEN SMOOTHIE

(Submitted by
Linda Valdez Thompson)

INGREDIENTS

2 cups spinach
3 cups unsweetened almond milk
1 cup frozen mango chunks
1 cup pineapple, cubed
1/2 avocado

DIRECTIONS. Combine all ingredients in a blender.
Blend until smooth.

Yield: Serves 3

Per serving: calories 164, fat 6g, sodium 145mg,
fiber 5g, Protein 2g **Source:**

<https://www.bluezones.com/recipe/green-smoothie/>



Debra Sanford , cruised to the Caribbean, The Baja, and the last frontier AMAZING ALASKA!

News update provided for you by the DFW Retiree Network, Communication Committee

Find copies of the previous DFW Retiree Newsletters on the DFW Retiree Network Facebook page.

Submit your ideas, photos or stories to: dfwretireenetwork@gmail.com titled **NEWSLETTER**

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