

## DFW RETIREE NETWORK COMPLETES ONE YEAR!

Hello DFW Retirees,

I can't believe it has already been a year since we first organized. On behalf of our inaugural president, Linda Valdez Thompson and the executive team, we thank everyone for your support during the first year of the DFW Airport Retiree Network. It has been a pleasure serving and supporting retirees. We have spent many hours together planning events and discussing opportunities to be of value to members. We remain committed to advancing our network. We hope you will join us in celebration on November 12th at our first Annual Holiday Brunch (see page 2).

In the upcoming year, the first year officers will remain involved but in different roles. This will enhance the continuity and sustainability of the organization.

The current officers are as follows:

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

Past President Linda Valdez Thompson will continue to be fully engaged in supporting and encouraging our Network while providing ongoing guidance to the officers.

Going forward the network will focus on providing informational content to members and conducting informal networking opportunities and events. The Community Engagement aspect will focus on recognizing contributions individual members are making through their preferred avenues with less focus on requesting volunteers through the network supported activities.

In this issue we want to review some of the past years activities and events.

Going forward, we encourage retirees to continue sending us your stories and photos of your activities and endeavors, along with any comments, ideas and suggestions to:

[www.dfwretireenetwork@gmail.com](mailto:www.dfwretireenetwork@gmail.com)

Heartily,  
 Debra Sanford  
 DFW Retiree Network President 2022–23



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# DFW RETIREE HOLIDAY BRUNCH

Who: Retiree's & 1 guest  
When: Saturday Nov. 12, 2022  
Time: 10 am – 12: noon  
Where: DFW AHQ Learning center

Blanket and board game drive

*Fall holiday time is upon us! We are so thankful for our wonderful first year of the DFW Retiree Network. We hope you will join us to celebrate the holidays together.*

*The Holiday Brunch will take place from 10:00a – 12:noon the DFW AHQ Learning Center. Light brunch/Lunch will be served. Vegan options are available.*

**RSVP NOW!** so we can get an accurate headcount for the food! Go to: <https://dfw-retiree-network.ticketleap.com/dfw-retiree-holiday-brunch/>

*Also in honor of the Thanksgiving holiday let us share our bounty by bringing a donation of NEW Blankets and/or Board games to donate to Irving's Alliance Network. See you on Nov 12th!*

The Alliance  
A Neighbor's Collaboration

**JOIN US BY  
DONATING NEW  
BLANKETS  
AND  
BOARDGAMES**

**October 1- November 15**

**DROP OFF LOCATIONS**

Salons & Plaza  
CRISIS MINISTRIES  
main place  
ATMN  
TOYOTA of IRVING  
This is your place  
IRVING HISPANIC CHAMBER  
BUSINESS PROSPERITY THROUGH UNITY

Benefitting Participants,  
Neighbors, and Clients of

Learn about The Alliance  
[www.theallianceirving.org](http://www.theallianceirving.org)

QR code



# DFW Retiree Network Kickoff Event



DFW Retiree Network



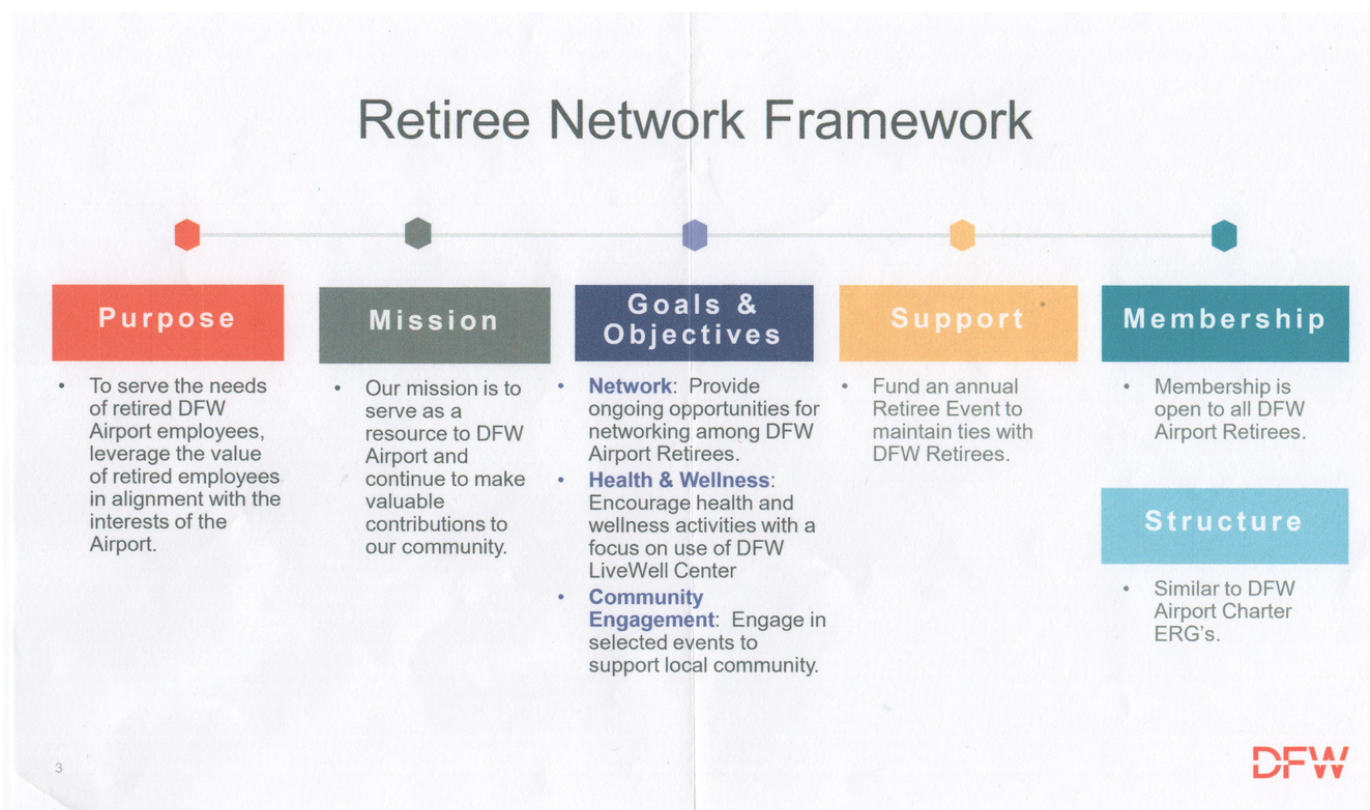
On November 13, 2021, the Network held its inaugural kickoff event at the Airport Headquarters

Among the activities attended by attendees were:

- Formally electing officers and appointing them
- \*Choosing the official logo for the DFW Retiree Network
- Committee Chair nominations accepted

Retirees participated in various events and activities throughout the remaining charter year that furthered the network's purpose, mission, goals & objectives.

*The DFW Retiree Network Charter was formally adopted by a steering committee on the 29th day of September 2021. The charter went into effect on October 1, 2021. with Linda Valdez Thompson as provisional President.*



## Several Retirees Supported Go Red for Women and Black History Month

# Did you wear **RED**?

Friday February 4th in support of “Go Red for Women” in honor of and to raise awareness for cardiovascular disease the No. 1 killer of women, causing 1 in 3 deaths each year. This supports the Network Health & Wellness goal.



IN honor of Black History Month, the DFW Airport AACTION Employee Resource Group provided link to Retirees to view the 2022 Black History Month event. The theme was Black Health and Wellness. The AACTION event featured Keynote speaker Dr. Jill Waggoner's enlightening discussion on the history of health care for African Americans.

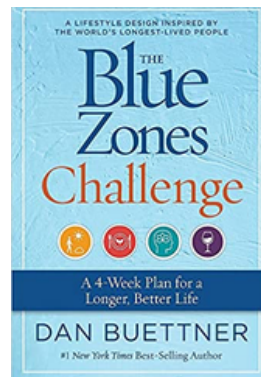




On March 26, 2022, retirees held an informational and fun meeting at DFW Airport at the AHQ Learning Center members donated clothes and household goods to the GRACE MISSION.

DFW Retirees gathered at the Spring Refresh Retiree Event on March 26 at DFW Headquarters. Attendees were greeted with a delicious breakfast provided by DFW Airport. Old friends got reacquainted.

Irene Clark, kicked off the meeting with a fascinating look at Generations over time. What motivated us then and what motivates today's generation; a fun look at the way we were and how it shapes our thoughts and feelings today. The educational portion of the meeting, we explored the DFW Ambassador volunteer program, talked about Blue Zones and Medicare plans with the Medicare guy. This activity aligned with both the Networking and Community Engagement goals.



*Network retirees furthered the Community Engagement goal by participating and assisting in the DFW Airport Chaplaincy "Swing into Spring Golf Tournament" on Friday, April 29, 2022, at the Bear Creek Golf Club on the DFW Airport campus. The Chaplaincy's purpose is "To be a ministry of presence, spiritual counseling, and personal support to the DFW Airport community at large, providing places of worship and reflection for people of all faiths and religious traditions."*





To support this year's Carry The Load campaign, the DFW Retiree Network augmented the "SERVE" Employee Resources Group with volunteers and participants on May 30, 2022.



**WHO ARE YOU CARRYING?**

The Carry The Load campaign helps raise awareness to honor and remember the sacrifices of our nation's military heroes. The campaign makes Memorial Day matter. Several DFW Airport retirees are military veterans.



## 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



*In July, the Network organized three virtual health & wellness informational sessions for members. The first two, with the help of Tanya Boyd and Chris Renfro educated us on our Insurance options, just in time for open enrollment. The Retiree Network strives to be a source of relevant and timely information.*



DFW Retiree Network

## DFW RETIREE NETWORK

**Insurance workshop for retirees under 65!**

Retirees – Know your options. Be prepared.

Who: Retirees under 65  
When: Thursday, July 14th, 6:00 pm  
Where: ZOOM  
How: Register on Ticketleap @  
<https://dfw-retiree-network.ticketleap.com/dfw-retiree-network-insurance-workshop/>  
Reserve your spot and get your zoom link and instructions.

Featuring guest presenter: Tanya Boyd, of Tanya Boyd & Associates, Health Insurance Specialist. Voted "Most Influential Woman in Benefits Advising X3!"

**SAVE THE DATE!**



### **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 14th, 6:00 pm  
Where: ZOOM  
How: Register on Ticketleap @  
[dfw-retiree-network.ticketleap.com/dfw-retiree-network-insurance-workshop-for-over-65-retirees/](https://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.



*The third session was a Texas Health Resources presentation which was a virtual exercise program called, "The Mind Game of Exercise" health and wellness webinar presented by Health/North Texas Healthy Communities and facilitated by Nicole Porter, Stress Coach and Wellness Educator.*



## RETIREEES HIT IT OUT OF THE BALL PARK WITH THE RANGERS!

A small group of retirees met on August 30th to watch the Rangers and Oakland A's play ball. at the new Rangers stadium in Arlington . A great time was had by all.



## DFW RETIREE'S ON THE RUN

Padma Joshi and Mona White enjoyed the 5k American Heart Association walk Saturday Sept 24,. They were happy to see some IOC folks there. They recognized her DFW hat and they came by and and said hi. DFW Retiree Network raised \$500 for the Am Heart association.



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. Send us your stories and photos of your activities and endeavors, along with any comments, ideas and suggestions to:

**[www.dfwretireenetwork@gmail.com](mailto:www.dfwretireenetwork@gmail.com)**



