

JANUARY 2022

DFW Retiree Network News

HAPPY NEW YEAR!

Happy New Year! Hope everyone had a wonderful Holiday season and enjoyed time with family and friends.

As you have noticed in your first pension payment of the year... we got a raise! The Airport made a Cost Of Living Adjustment (COLA) of 3% tied to the social security payment increase. By now everyone should have received a letter in the mail with this information. Also in the letter we announced our Network and invited all retirees to join us. The notice also announced the promotion of Jennifer Horlsey to Senior Total Rewards Manager and Renee Wilson to Retirement Specialist, who is now our primary contact and can be reached at 972.973.1124. There is also a general email box: retirees@dfwairport.com

Unfortunately there has been a surge in Omicron positive cases around the country and in our community. Although we had hoped to get together in January, we will delay the event in an abundance of caution.

In the meanwhile the officers and committee chairs have continued to meet virtually to map out communications, health & wellness and community opportunities in 2022. Look for us on Facebook soon!! And make plans to join us for a Heart Month event in February.

We hope you are enjoying your retirement and have great plans for 2022!

Until next time... stay safe & warm!

Linda Valdez Thompson
President

Irene Clark
Vice President

Debra Sanford
Secretary



DFW Retiree Network

Newsletter Highlights

New Year Message from your DFW Retiree Network

New Year's Resolutions ... in One Word

Retiree deals on National Park Entrance

Honoring Martin Luther King Jr

LiveWell Calendar of events

NEW YEAR'S RESOLUTIONS - IN ONE WORD

Instead of a traditional new year's resolution, here's a twist on the idea. How about selecting one word - a word of meaning and value - to be a powerful guide for your actions and directions for the year? That's what Ariana Huffington, CEO and founder of Thrive, is doing. Her word? Resilience.

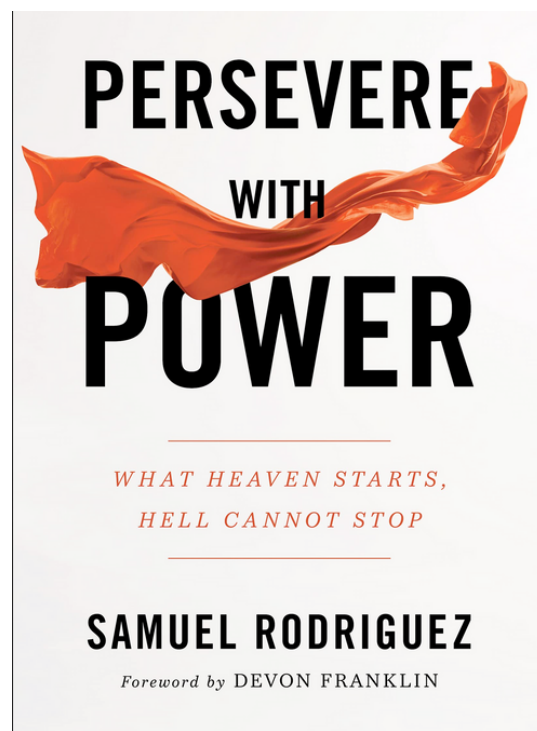
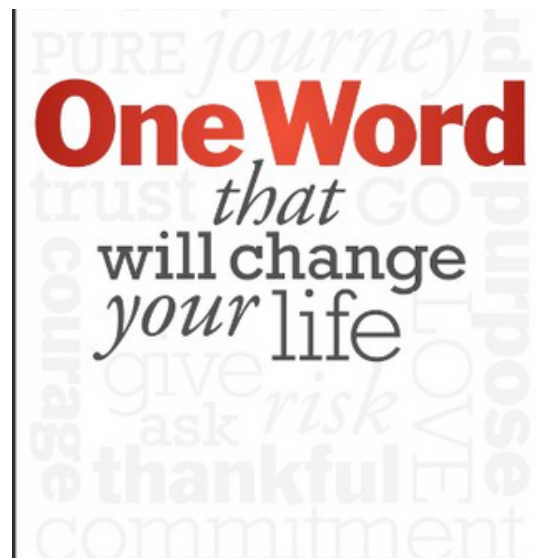
Inspired by the approach to a new year's resolution, Linda Valdez Thompson, President of DFW's Retiree Network, has selected **Perseverance**.

Linda says she recently read a book by Samuel Rodriguez entitled "Persevere with Power" and was encouraged to continue to live a great life in spite of all the difficulties around us, especially the impact of the ongoing pandemic.

Irene Clark, Vice President of the DFW Retiree Network chose the word **Build**. Her inspiration comes from her desire to build new relationships at work and in her community, and her enthusiasm to build the foundation for this next phase of her life in semi-retirement.

Debra Sanford, Secretary of DFW's Retiree Network, says her word for 2022 is **Cherish**. Cherishing our shared past, but paying it forward. Taking the lessons learned and relationships we've gained, and looking forward to what good can I do today? And just enjoying the present.

Ariana Huffington's full article is available here:
<https://thriveglobal.com/stories/words-and-phrases-new-year-2022-mantras-well-being/>



What is your inspirational word for 2022?
Share your thoughts on the new DFW
Retiree Network facebook page.

Retiree Deals on National Parks Access

As an FYI for retirees, people 62 and over can buy a lifetime Senior pass to the national parks for \$80. Veterans can enter the parks for free, regardless of age.

Currently, veterans can receive a Military pass that is valid for one year.

By the end of 2022, they will be able to acquire a free lifetime pass.

Both the Senior and Military passes cover entrance fees at national parks and national wildlife refuges as well as standard amenity fees (day use fees) at national forests and grasslands and at lands managed by the National Park Service, the US Fish and Wildlife Service, the US Forest Service, Bureau of Land Management, Bureau of Reclamation and US Army Corps of Engineers.

For More Information

Go to www.usgs.gov/product/519537 to order your senior lifetime pass to the US National Parks.

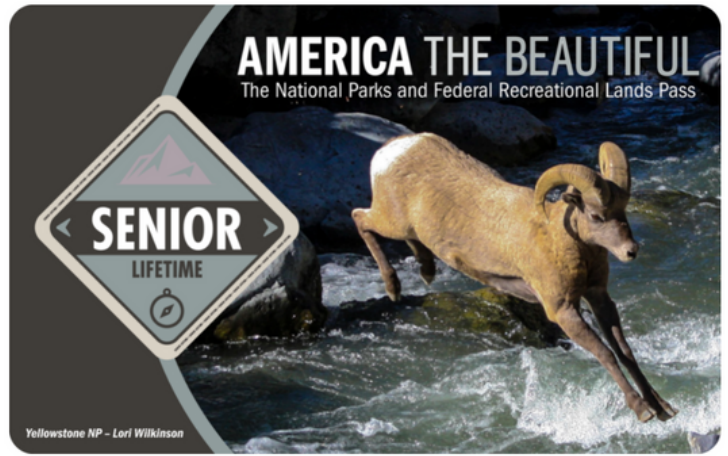
Life in Retirement

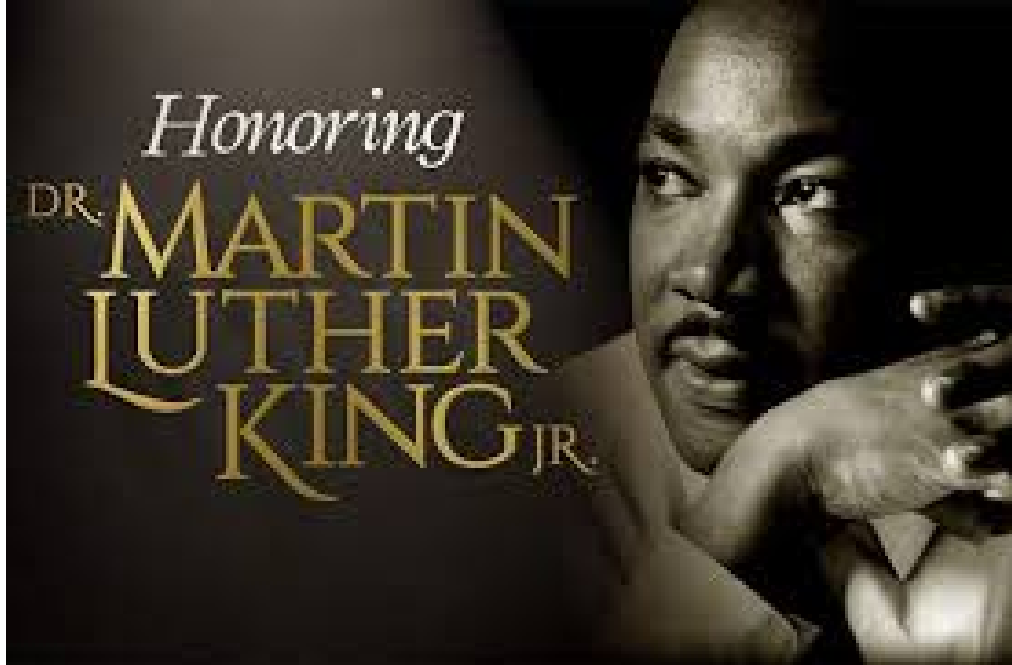
Photo, taken by and information provided by Rob Darby.

"This photo was taken on a recent trip to Yosemite National Park. It's a photo of the Three Brothers rock formation, with its reflection in the Merced River.

I took the photo on December 16, 2021, during a one-week trip to Yosemite. The park received about a foot of snow over three days, which set the scene for some nice photos."

Rob Darby





Ninety-one years after his birth on Jan. 15, 1929, and 57 years after his historic “I Have a Dream” speech, Martin Luther King Jr.’s stirring words and writings remain as relevant and inspiring today as they were when he lived.

Honor King’s lasting legacy by reading 55 of Martin Luther King Jr.’s best quotes—some you may have heard already and some you probably haven’t—but all of them worth repeating and contemplating as we celebrate equality, faith, and the profound truths of his message. Take a few moments on Monday to remember the legacy of courage and conviction that Martin Luther King Jr. gave the world. Thank you Dr. King for your vision and leadership.

Looking for ways to commemorate the day? Here are some great movies to watch in honor of Dr. Martin Luther King Day.<https://parade.com/1149740/lynnette-nicholas/martin-luther-king-jr-movies/>

Stay connected with your colleagues and see what's happening at the DFW Airport. Do you have photos to share? Any questions, ideas or comments, please email dfwretireenetwork@gmail.com.

FY2022 LiveWell Calendar

For more information or to register contact LiveWell Staff at 972-973-1612 or LiveWell@dfwairport.com

January

- 12 - New Year Nutrition Lunch and Learn (virtual), 11:30am
- 17 - LiveWell Center Closed for MLK, Jr. Day
- 18 - Recipe Challenge

February

- 4 - Go Red for Women Day
- 17 - Headaches with Airrosti Lunch and Learn (virtual), 11:30am
- 22 - Diet Trends Lunch and Learn (virtual), 11:30am
- TBD - Golf Challenge
- TBD - Racquetball League
- All Month - Heart Health Month

March

- 8 - Label Reading Lunch and Learn (virtual), 11:30am

April

- 6 - National Start Walking Day
- 13 - Effective Stress Management Lunch and Learn (virtual)
- 27 - Nutrition for Stress Lunch and Learn (virtual)
- TBD - Golf League

May

- 11 - Disrupting Negative Thoughts Lunch and Learn (virtual), 11:30am
- 17 - Running and Walking by Airrosti (virtual), 11:30am
- 30 - LiveWell Center Closed for Memorial Day
- All Month - Mental Health Awareness Month

June

- 6 - Mindfulness Challenge
- 22 - Plant Based Eating Lunch and Learn (virtual), 11:30am

July

- 4 - LiveWell Center Closed for July 4
- 11 - Recipe Challenge

August

- 17 - Meal Prep Lunch and Learn (virtual), 11:30am
- 23 - Using a Lacrosse Ball for Recovery with Airrosti Lunch and Learn (virtual), 11:30am

September

- 5 - LiveWell Closed for Labor Day
- 10 - American Heart Association's Heart Walk