



As we approach the end of summer and the kids go back to school, remember to slow down in those school zones. I can't think of anything worse than hurting a youngster. After school starts and we attend sporting events outdoors, be very careful of the heat. Most of us have spent this very hot summer in the air conditioning and thus are not use to the heat. Just be careful and take care of yourself.

The latest Face Book scam is to send you a text telling you that you need to follow the attached link and verify your Face Book information. They want your information so they can hack your account. Another Face Book scam is to set up a new account in your name and send out friend requests to you family and friends. Never accept a friend request from someone you are already friends with. Look before you leap; check your friend list before accepting a friend request.

If someone is pretending to be you, you can report them to Face Book by:

1. Log into your account. If successful then your account has been cloned not hacked.
2. When your account has been cloned, two or more accounts will be returned in your name.
3. Determine the fake account(s) by looking at the number of friends listed for each account. Your true account will have many, but the clone will only have a few.
4. Click on the clone account.
5. In the upper right you will see three horizontal lines, click on them.
6. In the pull down menu click on "this person is pretending to be me".
7. Face Book will remove the clone and attempt to identify the owner.

Everyone should review their security (privacy) settings on Face Book and only allow your friends to see your information. This will go a long way toward preventing the cloning of your account. While you are working on your Face Book account, make sure your password is strong. A strong password has at least eight (8) characters. It consists of upper and lower case letters, numbers, and special characters. Never put any part of your name in your password. Never use a word that appears in the dictionary in your password.

While we are talking about Face Book, I have found out that an AT&T retirees group exists and has members from all across the country. It is named SWBT, SBC, AT&T RETIREES and you can search for it. It is a closed group, so to join you fill out a short questionnaire.

Have you joined our AT&T PIONEERS – DALLAS LIFE COUNCIL Face book group?



## Letters to the Editor

Loretta Cherry, 515 W. Red Bird  
Lane, Duncanville, TX, 75116,  
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Thanks for all your hard work...*Larry Smegner* Thanks for all the news. Hope to see you at Spring Creek in Sept...*Mary Don Wilkerson* Thanks for the great job you have been doing for so many years!! Enclosed is a "belated" check. God bless...*Bert Whitehead* Enclosed is a little something to help with publishing the "Spotlighter". Thanks for the hard work you and others do to keep it going...*Louise Heder*

Also heard from *Leo McPherson*.

# Just F.Y.I...

## Continued By:

Judy McCallum-Lee.



Beware of Medicare card scams – as you know, new FREE Medicare cards are being mailed out through April 2019. Remember Medicare never initiates phone calls to verify information over the phone.

“I’m going to keep on kicking, singing, loving and living life like there’s no tomorrow.”

Godmother of Soul *Patti LaBelle*

Koi-no-nia – Noun: intimate spiritual communion and participative sharing in a common religious commitment and spiritual community. The word spelled correctly by a 14 year old student in McKinney to win the *2018 Scripps National Spelling Bee*.

GasBuddy - simply shopping around can easily save you \$60 per month in major cities according to the consumer app GasBuddy or [www.gasbuddy.com](http://www.gasbuddy.com). Try to fill up whenever you see a station with a good price regardless of whether you’re close to empty.

Senior Discounts – <https://www.theseniorlist.com/>

“Plogging” - an exercise regimen combining taking a run while picking up litter along your route.

*CityLab.com*

Selecting a seat? – it is said the safest is in a middle seat in the rear third of the aircraft.

For a helpful read log on to <https://hammerle.com/blog/coping-with-the-aftermath-be-prepared-for-a-spouses-death/> - recently published in the *Dallas Morning News*.

Hurricane Maria – was one of the most destructive natural disasters in recent American history and its chaotic aftermath in Puerto Rico led to at least 4,645 deaths, according to a new estimate based on household surveys - thousands more than the 64 official storm-related deaths counted from death certificates. Harvard University Study, published in the *New England Journal of Medicine*.

Consider a sign in your garage – if you have the keyless ignition, it’s easy to forget to push the button to turn the car off. Dozens of people have died from carbon monoxide fumes when cars were accidentally left on in the garage. Some keyless cars do shut off automatically, but a big sign might be the best reminder.

Drones are everywhere - 1.1 million FAA registrations in the U.S. - 918,000 hobbyists and 194,000 commercial. Source: *FAA*

Machine washing cloth grocery bags – and scrubbing plastic-lined bags with soap and hot water can reduce bacteria levels by more than 99%, but according to surveys few people bother. And best to use separate bag for raw meat, etc. which should be placed in a plastic bag first to contain leaks. And don’t store dirty grocery bags in your car because bacteria levels spike quickly in the heat.

At American schools this year - more people have been killed than have been killed while deployed in the U.S. military. *Washington Post*

“Can’t say I have been intimidated by anyone.” *Serena Williams* when it was implied that a super-model’s good looks might intimidate her in a tournament.

People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.



## Help to avoid phishing attacks

**Be cautious with links** - If you get an email or notification that you find suspicious, don't click on its links. It's better to type the website's address directly into a browser. Before you ever click on a link, hover over it with your mouse to see where it is going to take you. If the destination isn't what the link claims, do not click on it.

**Do NOT enable macros** - You should never download Word or Excel files attached to unsolicited emails to begin with. If you do open one of these documents and it says that you need to turn on macros, close the file and delete it immediately.

**Do an online search** - If you get a notification about something that seems shady, do an online search on the topic. If it's a scam, there are probably people online complaining about it and you can find more information.

**Watch for typos** - Phishing scams are infamous for having typos. If you receive an email or notification from a reputable company, it should not contain typos.

**Know what phishing emails look like** - Typically, there are suspicious signs that give away the fact that an email is fake.

**Use multi-level authentication** - When available, you should be using multi-level authentication. This is when you have at least two forms of verification, such as a password and a security question before you log into any sensitive accounts.

**Have strong security software** - Having strong protection on your family's gadgets is very important. The best defense against digital threats is strong security software.

## Just thinking,

To increase the heart rate of your over 65 year old husband; tell him you're pregnant.

To avoid elderly wrinkles; take off your glasses.

A good reason to use valet parking; valets don't forget where they park your car.

Is it common to have problems with short term memory storage. Storing is not a problem, retrieving is the problem.

As people age, do they sleep more soundly? Yes, but usually in the afternoon.



**Need some filing cabinet space?** Consider the following retention guidelines.

**Income taxes:** The IRS has only three years to audit any return, unless you've seriously underreported income, but no more than 5 years.

**Stocks and mutual funds:** you need records on stock and other securities transactions until three years past the day you sell. If your brokerage provides the details in each year-end statement, those are all you need.

**Medical receipts:** most people won't need since you can't deduct medical expenses totaling less than 10% of adjusted gross income.

**Real-estate records:** keep purchase information and receipts for upgrades and renovations for as long as you own a property.

## Prepare For Doctor Visits

Asking the right questions is one of the best ways to make sure that you get the most out of a doctor appointment. What questions should you ask? If you have an undiagnosed problem (or are experiencing a flare-up of a known condition), consider the following 10 Questions to Ask Your Doctor .

1. What do you think is going on, and how much do I need to worry? Even if it's too early for a definitive diagnosis, it's good to get your doctor's first impressions. Getting your doctor's impressions on the seriousness also helps ease the anxiety of not knowing.
2. Will the test you're recommending affect my treatment? If test results won't change a diagnosis or treatment plan, they may belong in an "optional" category.
3. When will I get the results? Instead of just waiting (and worrying), ask when you'll get results, how you'll be contacted, whether you can access the results through the patient portal, etc. Call if you don't hear anything by the expected date, and ask for a copy of your results.
4. What is your experience with this medication? If a drug is being prescribed, it also helps to discuss the benefits (and downsides) of a newer medication versus an older, less expensive drug.
5. How much will this test (or drug) cost? Your insurance might not pay for that state-of-the-art test or the newest drug. Find out before you commit.
6. Do I need all these drugs I'm taking—and can I lower any of the doses? Prescriptions tend to multiply over time, so try to review all of your medications every time you see your doctor.
7. Should I do any home-testing between visits? Over-the-counter technology now allows patients to track many of their signs and symptoms—such as blood pressure and blood sugar—at home.
8. What can I do for myself? Lifestyle changes—what you eat, how much you sleep, whether or not you exercise, etc.—can augment just about every treatment you're likely to get. Many doctors now have a health psychologist in their offices to discuss such lifestyle changes and/or can make a referral to a health coach or behavioral specialist.
9. What else should I know that I haven't thought to ask? Asking an open-ended question is a good way to wrap up details shared during an office visit (including the use of medications).
10. What is the best way to contact your office with questions? If you do not use one already, ask your physician if his/her electronic health record system has a patient portal that can be used for communication. Some offices also take questions via phone calls and/or e-mail, but more and more favor use of a patient portal.

### On a Plumber's truck:

"Don't sleep with a drip. Call your plumber."

### Outside a Muffler

**Shop:** "No appointment necessary. We hear you coming."

### On an Electrician's

truck: "Let us remove your shorts."



A SIGN IN A SHOE REPAIR STORE IN VANCOUVER READS:

We will heel you. We will save your sole. We will even dye for you.

## UPCOMING LUNCHEONS

September 11 Spring Creek Barbecue \*See note below  
December 11 Dallas Athletic Club

James Mason—817-562-3257 Site & Program  
Charlie Sorrels for reservations, 972-530-1492

**DAC LUNCHEON RESERVATIONS ARE ESSENTIAL TO INSURE FOOD & DINING SPACE!**

\*Please note that the September luncheon will not be at DAC!

Since our turnout at the DAC has been rather low the past couple of years, we thought we would see if there is interest in something different for our September 11 luncheon get together. We decided to just try a meet at Spring Creek Barbecue and keep it simple – reservations are not necessary, no entertainment, go through the serving line, purchase your lunch (sorry coupons only good between 5 and 9pm) and head to the Banquet Room.

We hope you can join us. So mark your calendar for Tuesday, September 11 and meet at **11:00 am** (that's when the doors open):

Spring Creek Barbeque, 270 N. Central Expy, Richardson, TX 75080, 972-669-0505, <https://springcreekbarbeque.com/>

FYI, for now we do plan to have our December 11 luncheon at the DAC.

## Talking Books

Group meets on Wednesday at Pinnacle Park, 4331 Communications Dr., Dallas, 75211 to repair recorders for the blind and severely handicapped. Call **Chuck Hayes, 972-723-8579**, for additional information.



## 2018 EXECUTIVE BOARD

Pres.	Chuck Hayes	972-723-8579
1st VP	Charlie Sorrels	972-530-1492
2nd VP	Whitney Wolf	214-341-4151
Past Pres.		
Sec.	Judy McCallum	214-543-4749
Treas.	Loretta Cherry	972-741-6962

## Other Executive Board Members

<u>Hotline:</u>	Mary Lou Adcock	972-722-2000
<u>Special Projects:</u>	Gail King	972-564-5317
	Jeanene Clark	817-267-8239
<u>Education:</u>	Charlie Sorrels	972-530-1492

## CHANGE OF ADDRESS OR DEATHS

Call **1-800-416-2363** to report address changes or deaths to the Benefit Group.

Call the Pioneer Hotline at **214-464-8425** or Charlie Sorrels at 972-530-1492 to report the death of a Pioneer.

Call **972-741-6962** to report address changes for the **Spotlighter**.

## Important Telephone Numbers

Hotline	214-464-8425
AT&T Connect	1-877-722-0020
Pensions & Savings	1-800-416-2363
Long Term Care	1-800-247-3020
Life Insurance	1-877-722-0020
Care Plus	1-877-261-3340
Retiree Discount Information/Contacts:	
Eligibility:	1-888-251-0645
Wireline Voice & U-verse	
	1-877-377-9010
Wireless	1-800-331-0500
Benefit	1-877-722-0020

## THE ONE WHO DRIVES

WHEN HE'S BEEN  
DRINKING

DEPENDS ON YOU

TO DO HIS THINKING.

Burma Shave

We of a certain age have been blessed to live in changeable times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging.



# Just for Grins



Husband takes the wife to her high school reunion. After meeting several of her friends and former school mates, they are sitting at a table where he is yawning and overly bored. The band cranks up and people are beginning to dance. There's a guy on the dance floor living it large, break dancing, moon walking, back flips, buying drinks for people, the works. Wife turns to her husband and says, "See that guy? 25 years ago he proposed to me and I turned him down. Husband says: "Looks like he's still celebrating!"

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A blond, wanting to earn some extra money, decided to hire herself out as a "handywoman" and started canvassing the neighborhoods. She went to the front door of the first house and asked the owner if he had any odd jobs for her to do. "Well, I guess I could use somebody to paint my porch," he said. "How much will you charge me?" The blond quickly responded, "How about \$50?" The man agreed and told her that the paint and everything she would need was in the garage. The man's wife, hearing the conversation, said to her husband, "Does she realize that our porch goes all the way around the house?" He responded, "That's a bit cynical, isn't it?" The wife replied, "You're right. I guess I'm starting to believe all those dumb blond jokes we've been getting by e-mail lately." A short time later, the blond handywoman came to the door to collect her money. "You finished already?" the husband asked. "Yes," the blond replied, "and I had paint left over, so I gave it two coats - no extra charge." Impressed, the man reached into his pocket for the \$50 and handed it to her. "And by the way," the blond added, "it's not a Porch -- it's a Lexus."

\*\*\*\*\*

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good. Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch. And God looked down and saw that it was good. Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good. So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath!

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Q: What can a man do while his wife is going through menopause?

A: Keep busy. If you're handy with tools, you can finish the basement. When you're done, you will have a place to live.

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A New York lawmaker, called and asked, "Do airlines put your physical description on your bag so they know whose luggage belongs to whom?" I said, 'No, why do you ask?' He replied, "Well, when I checked in with the airline, they put a tag on my luggage that said (FAT), and I'm overweight. I think that's very rude!" After putting him on hold for a minute, while I looked into it. (I was dying laughing). I came back and explained the city code for Fresno, Ca. is (FAT - Fresno Air Terminal), and the airline was just putting a destination tag on his luggage.

In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

# FAYE'S FAITH CORNER



By: Faye Spencer 972-240-7836,  
5324 Pensacola Dr., Garland, TX 75043,  
faithfulfaye@TWC.com



A priest, a minister, and a rabbi want to see who's best at his job. So each one goes into the woods, finds a bear, and attempts to convert it.

Later, they all get together. The priest begins: "When I found the bear, I read to him from the catechism and sprinkled him with holy water. Next week is his first Communion."

"I found a bear by the stream," says the minister, "and preached God's holy Word. The bear was so mesmerized that he let me baptize him."

They both look down at the rabbi, who is lying on a gurney in a body cast. "Looking back," he says, "maybe I shouldn't have started with the circumcision."

## The fully organized refrigerator

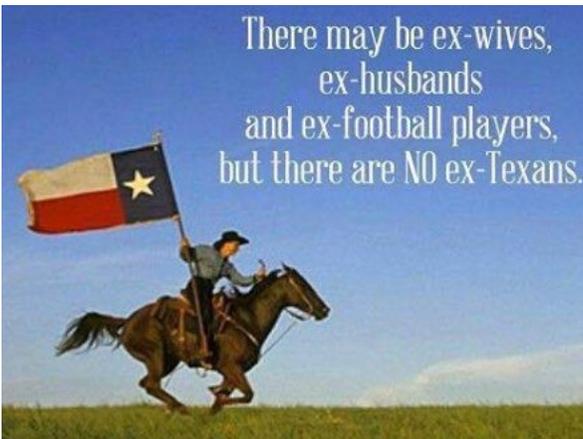
**Upper Shelves:** the warmest areas-use for items that don't need the cold – leftovers to be consumed quickly, snack cups and yogurt.

**The Door:** another hot spot - 40 deg. in a refrigerator set for 37 – good for butter, juice, soft drinks, jams, and condiments.

**Lower shelves:** because cold air falls, the bottom of the fridge can be 5 deg. cooler than the top. Some fridges have a low drawer made for meat and deli, or use the lowest shelves along with milk and eggs.

**Crisper drawers:** the higher humidity drawer for leafy greens, carrots, and broccoli – and the other drawer for grapes, peaches, melon, avocado, mushrooms, and summer squash.

Source: "Consumer Reports"



## In Loving Memory

DAWSON, JERRY D	Oct 09, 2015
WILMORE, MICHAEL	Oct 31, 2017
LANIER, MARY	Dec 29, 2017
ROGERS, JOHN	Dec 2017
HILSCHER, FLOSSIE	Jan 03, 2018
CUCINITTI, LONNIE O	Mar 15, 2018
DARR, JOYCE N	Mar 17, 2018
SAWYER, JOE D. (DAVID'S FATHER)	Mar 25, 2018
FRANKLIN, DIANNA M	Mar 27, 2018
SEBRING, MABEL	Mar 28, 2018
DANIEL, BONA B	Mar 30, 2018
MARTINEZ, FRANK A	Mar 30, 2018
PHYTHIAN, PATRICIA C	Apr 02, 2018
SWAIN, SONYA J	Apr 12, 2018
MATHEWS, GWENDOLYN	Apr 14, 2018
PEARSON, DOROTHY L	Apr 14, 2018
IRBY, CAROLE T	Apr 17, 2018
HARRIS, VERNON L	Apr 18, 2018
HULSE, MARY	Apr 22, 2018
JONES, ERNEST BRADY	May 1, 2018
GODFREY, GLYNN (PAT'S HUSBAND)	May 4, 2018
MCDONALD, JOE D	May 06, 2018
FREEMAN, DARRELL G	May 08, 2018
ROBINSON-PICKETT, CAMELLIA	May 09, 2018
MCMANNERS, DOROTHY LEE	May 20, 2018
HANEY, GENEVA	May 23, 2018
TYSON, DAVID C	May 27, 2018
MCCAULEY, JACK B	May 28, 2018
ROEBUCK, NELL	Jul 22, 2018
DREWS, WAYNE	Jul 27, 2018

## Prayer List

Roy Draper

Karen Turner



The Spotlighter August 2018



NONPROFIT ORG

U.S. POSTAGE

PAID

RETURN SERVICE REQUESTED

The Spotlighter

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TO BE ANNOUNCED

Directions to Dallas Athletic Club—From the North: Take I635 east & exit on La Prada, turning right. Club is one mile on the right. From the South: Take I20 east to I635 north & exit on Oates turning left; go right on Galloway. At La Prada, turn left. Club will be on right.

RESERVATION COUPON

Dallas Athletic Club

December 11, 2018

Social Hour 10-11 am; Lunch 11 am

NAME: \_\_\_\_\_ SPOUSE/FRIEND \_\_\_\_\_

TOTAL # RESERVATIONS \_\_\_\_\_ TELEPHONE # \_\_\_\_\_

Mail coupon for reservations to Charlie Sorrels, 2819 Hickory Bend Dr., Garland, TX 75044. Please notify Charlie, 972-530-1492, as soon as possible but no later than December 5, if unable to keep your reservations. Our Club has to pay for no-shows! Thank you.

Volunteer hours: \_\_\_\_\_ Partner: \_\_\_\_\_