

## President's Message



Happy 56<sup>th</sup> Birthday Richardson Altrusa!!

It's hard to believe that one year has passed since last year's birthday celebration. This year, we are so fortunate to finally be able to celebrate in person. The celebration and program promises to be an exciting night of wonderful friends and exciting fellowship. In addition, we will be welcoming our very special guest, Linda Hurt, District nine's Second Vice Governor. Vice Governor Hurt will attend the Board Meeting that will convene prior to the Monthly Meeting. Then afterwards, at the Monthly Meeting, Vice Governor Hurt will be our honored speaker, bringing us up to date on important news and events from District Nine.

The program committee has worked hard and has planned a delightful evening with a tasty dinner catered by Desperados. After the meeting, we will continue the celebration by ending the night with an Altrusa Happy Hour at Desperados. All in all, it promises to be a very festive evening with so much to celebrate.

We have come through so much this past year, and it truly is a time for us to celebrate our club and especially our dedicated members who have done so much to beat the odds even during the difficulties of the pandemic. Please make plans to attend as we celebrate this special birthday event.

### SLATE OF OFFICERS CLUB BOARD OF DIRECTORS

President: Ginger Tonne

President Elect: Robbin Murley

Treasurer: Linda Calkin

Recording Secretary: to be determined

Corresponding Secretary: Cindy McIntyre

Directors: Christine Hart and Mouna Rouani

Returning Directors are Carol Ruszkowski and Sylvia McCloskey

Past President: Samantha Slaight

Email: [contact@altrusarichardson.com](mailto:contact@altrusarichardson.com)

Facebook: [@AltrusaRichardsonTexas](https://www.facebook.com/AltrusaRichardsonTexas)

Website: [altrusarichardson.com](http://altrusarichardson.com)

District Nine Website: [www.altrusadistrictnine.org](http://www.altrusadistrictnine.org)

### SLATE OF OFFICERS FOUNDATION BOARD OF DIRECTORS

Donna Buhr

Susan Fischer

Gayle Ingle

Janie Jaquier

Marsha Peters

Sarah Wagner

Members may vote absentee by sending their vote to the chair of the nominating committee Brenda Duckett.

### COMING EVENTS

Feb 1		January Volunteer Hours Due
Feb 10	6:30	Board of Directors Meeting at Friends Place
Feb 17	6:30	Monthly meeting – Speaker will be Linda Hurt from District Nine BIRTHDAY CELEBRATION
Feb 19	1:30	Vera's Birthday at Ability House 615 Woodhaven, Richardson
Feb 28	6:00	Altrusa Wine and Chocolate Literary Society (AWCLS), at Christine Hart's house, 1952 Eastpark
Mar 1		February Volunteer Hours due
Mar 5	1:30	Ability House – Kathleen's Birthday
Mar 10	6:30	Board of Directors, Friends Place
Mar 17	6:30	Monthly Club Meeting, <u>Election of Officers</u> , Speakers are Committee Chairs
Mar 19	1:30	Ability House, Henry's birthday
Mar 26	9:00	Richardson Public Library, main Basement Program Room

### MORE CATCH UP

#### New Friends New Life Trunk or Treat Event

On Thursday the 28<sup>th</sup> of October, Altrusans decorated the back end of Robbin Murley's truck to participate in the New Friends New Life (NFNL) Trunk or Treat event. The theme of the event was a "Haunted Pumpkin Patch." Robbin provided an inflatable, scary pumpkin-headed scarecrow that glowed in the dark, and hay to cover the back end of the pick-up. There were seven Altrusans dressed in

their Kindness Ninja shirts with headbands. To the delight of the children and the clients, we gave away 36 small pumpkins stuffed with candy. These pumpkins were placed in the hay in the pumpkin patch to complete the theme. We proudly placed our Altrusa pop-up banner by the truck. There was a total of eleven decorated vehicles where the children picked up their treats. The kids voted on their favorite trunk but, alas, ours did not win. The staff of NFNL supported the event with games, pizza and popcorn. It was a fun time for all involved!



**Sue McElveen, Teri Morgan, Marsha Peters, Thanh Tran, Janie Jaquier, Robin Shaw, Robbin Murley**

### **FEBRUARY BIRTHDAYS**

- Feb 3 - Jennifer Davidson
- Feb 12 - Alma Benoit
- Feb 15 - Marsha Peters
- Feb 16 - Sylvia McCloskey
- Feb 17 - Jane Tucker
- Feb 24 - Deb Bourland
- Feb 27 - Cindy McIntyre

### **Altrusa Isn't Just in Richardson**

#### INTERNATIONAL COMMITTEE



“Please pass our heartfelt gratitude to your group for allowing our students to have more books in our library. Thank you so much.” Marquetta D. McMahon, Teach Haiti Founder.

### **DID YOU KNOW? If not, you need to!**

Cindy McIntyre recently met Cheryl Acres, president of her own company “Comprehensive Care Management, LLC. She gave me a tip that I felt deserved sharing with the group. She asked me who my emergency contact was since I live alone. I said, my daughter who lives close by. Does she have your emergency paperwork? No, but she knows where to find it in my office. Why not give her a copy so she doesn't have to come look for it in your house then run to the hospital?

And what if the paramedics come for you and you are not conscious? What do they need to know about you? Did you know paramedics are trained to look on the refrigerator for your emergency info? Really? No, I didn't know that.

so, here's a list of documents you should have on the fridge and in the hands of your emergency contacts. I think you should do it even if someone lives with you. You never know. And it would be good to take with you to all your doctors.

1. Emergency contact(s). Name, phone #s and relationship
2. All medications, dosage, day/night, doctor who prescribed and phone number.
3. Any overarching conditions like diabetes, COPD, etc. Or metal implants or allergy to latex, etc.
4. Advance Directive
5. Medical Power of Attorney
6. Also, Cheryl suggested having a page with all doctors' business cards. It can help discern various specialties such as cardiologist or electrophysiology cardiologist, etc.

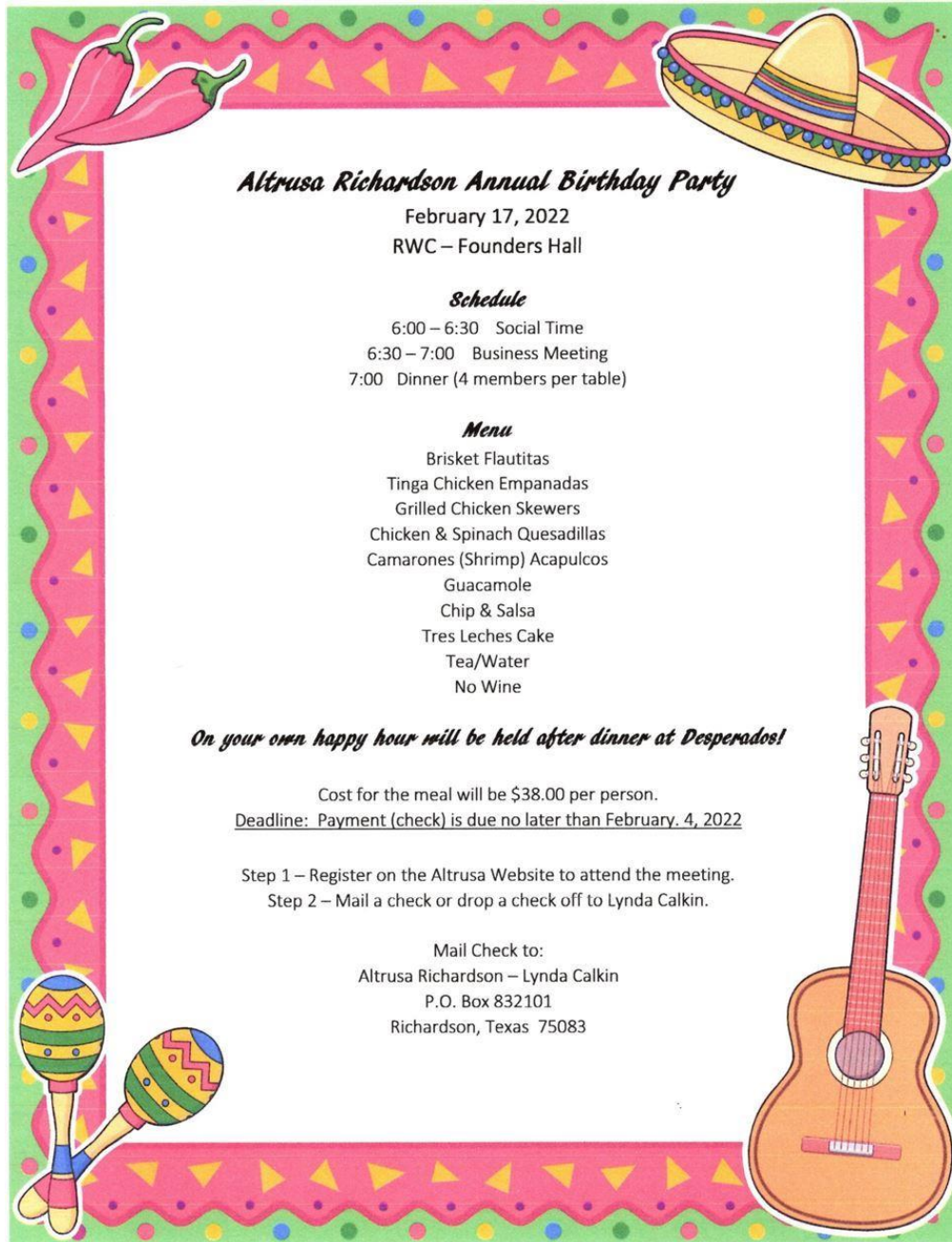
Call Cindy if you have questions. Do this TODAY!!!

### **February Book Club Selection**

#### **Lions of Fifth Avenue, Fiona Davis**

AW AWCLS meets monthly for a book review, wine, chocolate and fellowship. Check the calendar for dates and times.





***Altrusa Richardson Annual Birthday Party***  
February 17, 2022  
RWC – Founders Hall

***Schedule***  
6:00 – 6:30 Social Time  
6:30 – 7:00 Business Meeting  
7:00 Dinner (4 members per table)

***Menu***  
Brisket Flautitas  
Tinga Chicken Empanadas  
Grilled Chicken Skewers  
Chicken & Spinach Quesadillas  
Camarones (Shrimp) Acapulcos  
Guacamole  
Chip & Salsa  
Tres Leches Cake  
Tea/Water  
No Wine

***On your own happy hour will be held after dinner at Desperados!***

Cost for the meal will be \$38.00 per person.  
Deadline: Payment (check) is due no later than February 4, 2022

Step 1 – Register on the Altrusa Website to attend the meeting.  
Step 2 – Mail a check or drop a check off to Lynda Calkin.

Mail Check to:  
Altrusa Richardson – Lynda Calkin  
P.O. Box 832101  
Richardson, Texas 75083

## ALTRUSANS IN ACTION

Committee Chairs reported activities completed in their mid-year reports. Ability House residents celebrated birthdays, Halloween and Christmas with Altrusans. Sophomore Sisters collected and donated clothes, pillowcases and towels to Hope's Door. Ten community groups received Altrusa grants. Community Outreach donated composition books to the Counseling Place, backpacks and coats to Network and art supplies to Annie's Place and Mommie and Me.

Kindness completed Trunk or Treat for New Friends New Life. Updated brochures are in the works and the scholarship committee has requested applications from high school students.

Altrusans are in action!

Mary O., Strategic Planning/Leadership