



YRSEA News

President's Message

We had 78 in attendance for our March meeting. We had an exceptional program about Transfer on Death Deed presented (TODD) by county attorney, Christina Sanchez.

Also at our March meeting, Lydia Almeida presented the Ysleta Education Foundation, which started in 1992. This foundation provides an opportunity to help deserving students overcome financial barriers to education. We used our "chip-in" bags and collected \$710 for this high school senior scholarship. Thank you for being generous!

On March 25, we had our first virtual House of Delegates at the Ysleta Board Room. Delegates conducted essential association business, elected state officers, and considered proposed bylaw amendments. All the decisions made at this meeting shape TRTA's leadership and future.

We are looking forward to our April 10th guided tour of the Mission Trail. We will begin at the Ysleta Mission, travel to Socorro Mission, Presidio Chapel of San Elizario, Old County Jail, and lastly, the Veterans Museum. We thank you ahead of time, Laura Ramirez, for organizing another interesting outing for our members.

It's time to renew your membership in YRSEA/TRTA or to join if you're not a member. Remember that TRTA is the only organization that advocates for you, protecting and improving the retirement benefits of Texas educators. We need to present a unified voice and big numbers matter! See this newsletter for more information about joining from Jackie Dean, our 1st Vice President and our Treasurer, Nancy Evans.

Our April meeting reservations or cancellations must be made to Steve Evans by noon Tuesday, April 7th. Cost is \$20.

Steve's phone number is (915) 422-0561.

Looking forward to seeing you on April 14th at the Ysleta ISD atrium!

Cathy Czapla, President



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Newsletter Staff:

Jane Almeida
Linda R. Reece
Jean McDaniel
Armida Olivas
Nancy Evans

April 14, 2026

YISD Atrium
9600 Sims

Registration 10:30
Program/Meeting 11:00
Lunch 12:00

Program: Pure Water Center

Speaker: Scott Reinert, El Paso Water

Reservations Required

\$20 (tip included)
Cash or Check only

Luncheon Menu

El Paso Chicken
Penne Poblano Pasta
Creamy Calabacitas
Dinner Roll
Strawberry Shortcake
Ice Tea

Contact us: ysletarsea@gmail.com

Find us: <https://www.ysletaretired.org>

Visit us: [YRSEA Facebook Page](#)



Don't Forget...

Reservations and cancellations required by April 7th. Call Steve Evans at 915-422-0561 or email him at steveevans0208@gmail.com

Important Information!

- Be sure to submit your Hall of Fame nomination to Martha Tipton by March 27.
- The Haskell R. Street Wastewater Treatment Plant Tour will be rescheduled for the fall.



Board Meeting April 28, 2026

Meeting Details:

St Luke UMC (9915 Montwood)
Time: 9:30 AM

Refreshments

Paula Wulff
Mary Ann Chacon



Membership

What's up, peeps? Just wanted to let you all know that you are egg-strawesome! We all know the old saying about not putting all of your eggs in the same basket, but I'm encouraging you to put at least a few of your eggs in the YRSEA/TRTA basket.



Membership renewal time is fast approaching for the YRSEA year starting July 1st. If you are a continuing member, your TRTA membership will roll on but you will need to renew your YRSEA membership. Membership forms and renewal forms will be available at our meetings and we will do a mailout of membership forms this summer. Please take a few minutes to encourage your peeps to join. Every bunny is welcome – you don't have to be retired to join!

Our voices are so important as decisions are being made that affect us now and in the future. Let's get egg-cited! Together we make a difference and can shell-ebrate together! That's all, yolks!

Jackie Dean, 1st Vice President

Future Meetings

May 12, 2026

Wyndham El Paso Airport

Updates will be provided by email and in the newsletter

YRSEA April Field Trip

Join us for the El Paso Mission Trail Association Tour on Friday, April 10, 2026,



at 10 a.m. We will visit the Ysleta Mission, Socorro Mission, Presidio Chapel in San Elizario, Old County Jail, and the Veterans Museum. A \$10 donation is appreciated.

We will meet at 10 a.m. at the Ysleta Mission at 131 S Zaragoza Rd. Call Laura Ramirez at 915-497-5851 to RSVP, if you have questions or need more info.

Laura Ramirez

ARE YOU A CM OR M MEMBER OF TRTA/YRSEA?

TRTA has 2 types of memberships for the state association:

- 1. **Annual dues** (M) paid in one amount yearly **OR**
- 2. **Monthly dues** paid by payroll deduction (CM) through TRS

Annual Dues are \$35 for TRTA and \$15 for YRSEA. (Total of \$50) This amount can be paid any time after **March 1, 2026**

Monthly dues are paid through TRS deductions of \$2.93/month from your annuity payment. You still need to pay your local YRSEA dues in the amount of \$15 between March and July.

YRSEA has over 300 members who are categorized as "CM". The advantage to this option is the fact that you don't have to remember to pay the state dues; they are automatically deducted monthly. You can cancel at any time by contacting TRS and TRTA. If you are currently categorized as an Annual Member (M) and want to change to the (CM) monthly dues deductions, please contact Nancy Evans, Treasurer (nevans1947@gmail.com).

Children's Book Project

The Children's Book committee has been hard at work getting books into the hands of children in the El Paso area. On your annual membership registration form there is a place to include a donation to this worthy project. Please consider adding a monetary donation when you renew your membership!

David and Gloria Olivas





The Big 4 Lifestyle Pillars of Longevity (Part 1; Part 2 coming in May)

The four big lifestyle pillars of longevity - Nutrition, Stress Management, Physical Activity, and Sleep, - are widely recognized as the foundation for increasing health span and reducing chronic disease. These pillars focus on eating nutrient-dense foods, consistent movement, restorative rest, and emotional resilience. No single habit determines longevity on its own. All of the major lifestyle factors play a role. It’s not about getting an A-plus in one category. It’s about balance, because they all matter.

1. Exercise: Move More, Sit Less

Physical activity is one of the behaviors most consistently linked to living longer. Research suggests, for example, that just 10 extra minutes of exercise a day may lower the risk of early death by 15 to 35 percent. In a large study of older women, those who spent more than 11.5 hours per day sitting had a higher risk of death than those who sat less — even if they regularly got moderate exercise. (<https://www.everydayhealth.com/fitness/brief-daily-exercise-can-lower-your-risk-of-dying-from-too-much-sitting/>)

2. Stress: Learn How to Manage Cortisol Levels

Chronic stress raises cortisol levels and is associated with inflammation, heart disease, and metabolic dysfunction. (<https://www.everydayhealth.com/cortisol/guide/>). Experts believe that, over time, biological wear and tear may accelerate aging, including faster shortening of the “protective caps” on DNA that help keep cortisol levels stable. Factors such as chronic stress inflammation, and oxidative damage can speed up that process. (<https://www.everydayhealth.com/emotional-health/stress/illnesses-caused-stress/>)

Rubina Ortega

It’s Scholarship Time!

We are proud to announce the **2026 Allen and Patsy Reaves Scholarship**.

Qualifications:

- 1) Graduate of a high school in the Ysleta or Socorro ISD or currently an employee in the Ysleta or Socorro ISD
- 2) Currently a Junior or Senior at UTEP with 60 or more credit hours
- 3) Currently pursuing a college Teacher Certification degree or Alt. Education Certification



Considerations:

- 1) Financial Need
- 2) College Grade Point Average (GPA) based on current official sealed transcript provided by student (**must be hard copy**)
- 3) Written Scholarship Application in final format (*may be digital or hard copy*)

If you know students that our scholarship will help, please let them know.

Paula Wulff

Free Lunch Winner: Buy a raffle ticket to support the Children’s Book Project. Get a chance to win a free luncheon ticket or other prizes!



Book Exchange: Come find a book to purchase at the book exchange table (at the luncheon). All money collected goes to the Children’s Book Project.



Cards Sent

Ramona Cook, 915-594-1029



None for this month. Please remember, if you hear of a member that is either ill or in need of a “pick me up” call Ramona and she will send a card to them. Also notify her about the death of any member.



Ysleta Retired School
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El Paso, Texas 79936-1230

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Reminder: The **April** luncheon registration will begin on *April 14*, 10:30 AM at YISD in the Atrium. For reservation, email Steve Evans at steveevans0208@gmail.com or call 915-422-0561 (no texting) by noon on Tuesday, **April 7**.

<u>Officers</u>	
President	Cathy Czapla
1 st Vice President	Jackie Dean
2 nd Vice President	Laura Ramirez
Treasurer	Nancy Evans
Secretary	Rosie Rocha
Immediate Past President	Steve Evans
<u>Committees</u>	
Children’s Books	David/Gloria Olivas
Community Volunteers	Mary Ann Chacon Jeanie Ford
Courtesy	Ramona Cook

<u>Committees (Cont.)</u>	
Communication	Jane Almeida
Foundation	Armida Olivas
Hall of Fame	Martha Tipton
Health and Safety	Rubina Ortega
Hospitality/Parliamentarian...	Erma Nelson
Legislative	Paul Haupt
Memorium	Lydia Almeida
Publications	Linda Reece
Retirement Education	Pat Hoemberg
Scholarship	Paula Wulff
Social Media	Terry Briones