



Downtown Altrusan

Altrusa International of Downtown Dallas, Inc.

March 2016

A Message from the President



Niki Payne

Growing up in New York fall was my favorite season of the year. We would enjoy mostly clear, bright blue skies, the air crisp, and the leaves a kaleidoscope of color. The fall season felt like a gift to help us brace against the long winter soon to come. Spring in the Northeast is often grey skies, cold rain and mud. But spring in Texas is something entirely different! It brings perfect temperatures and mild winds, sunny skies and the world so vibrantly green you want to spend as much time as possible outside. It is the gift we get before we start melting from July through September, and I have been enjoying it most of the month of March already.

We had two service projects in March. Some of our members signed up to present seminars to the young women at Irma Rangel Young Women's Prep, addressing the themes of the importance of giving back to the community, the role of community service, and ways to get

involved in the community. Our second service project was making Easter cards for Meals on Wheels. Robin Gillespie hosted members at her home and the Altrusans let their creativity loose once again to brighten up someone's day. Both service projects were enjoyed very much and a great way to give our support.

Our members also really enjoyed our speaker at our Program Meeting in March. Marsha Reynolds reached out to her friend Cindy Ward, who spoke about caring for the elderly and the information needed to be ready when the care is needed. Many members found the information very timely, and many others took notes to be prepared for those who may have to care for us in the distant (we hope!) future.

April will most likely bring showers and flowers but will most certainly bring District Conference in Ft. Worth! Our club is preparing for all things Conference, and I know it will another wonderful experience of learning and visiting with other District Nine Altrusans. Hope to see you there-

Don't forget to sign-up for District Conference coming April 22-24 in Fort Worth!! The application is available on the [District 9 Website](#)

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Service

Meals on Wheels

By Donna Gavin

On Wednesday, March 16th a group of Altrusans met at the home of Robin Lightstone to make 200 Easter and Spring cards for Meals on Wheels. We had lots of great food, beverages and laughter. Some people immediately say, "I am not creative" and to their surprise, they are able to turn out some wonderful cards that are greatly appreciated by Meals on Wheels. If you haven't tried it, think about trying it the next time we get together.



Tamika Jones Abendroth, Donna Gavin, Judy Sall, Robin Lightstone, Monica Urbaniak, and Dorothy Nowlin



Robin Lightstone, Monica Urbaniak, and Dorothy Nowlin



Monica Urbaniak, Dorothy Nowlin, and Robin Lightstone



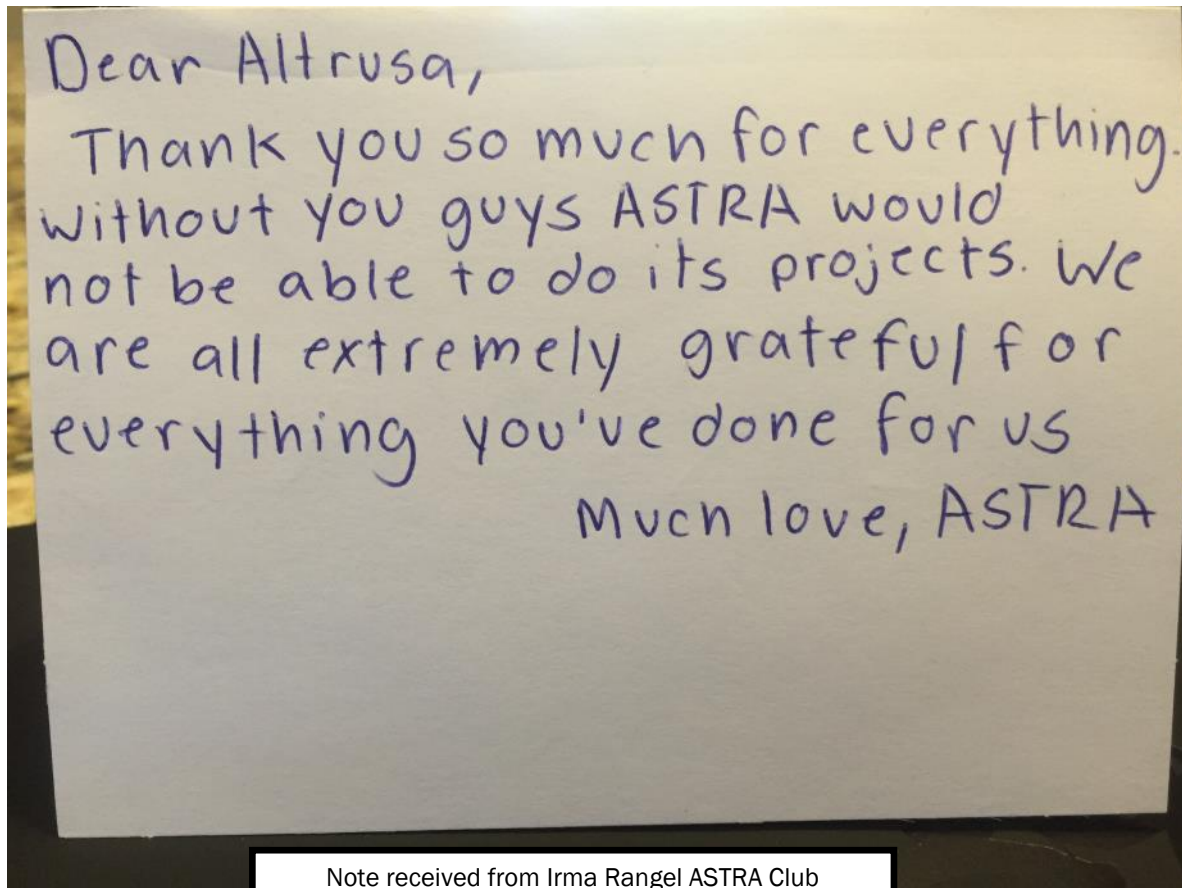
Ann Worthy, Judy Sall and Tamika Jones Abendroth

Service

Irma Rangel Astra Club is at Charter Strength!

By Kim Schonwald

I am very pleased to announce that our Irma Rangel ASTRA Club is at Charter Strength. With 17 members and growing the girls are working hard to provide service projects for the middle school girls at Irma Rangel. So far this year they have complete 6 Service Projects and provided 39 Hours of possible service opportunities for their members. They are in the process of crocheting baby blankets for Parkland Hospital. Special thanks goes to Marrie Smith and Nicole LeBoeuf for teaching the girls how to crochet, and Kristi Francis for supporting the efforts of the ASTRA Club. They have made holiday cards for Easter and taken them to the Senior Center which is a few blocks from the school. They also made Valentine's Day cards for the Veterans Hospital. They wanted the primary beneficiaries to be the people who are so often forgotten by our communities. We will have an end of the year celebration where the girls will get their certificates from Altrusa International and ASTRA Pins graciously provide by Kristi Francis. I will announce the date and time as soon as it is set so that our club can enjoy this special moment with the girls. If you are interested in helping with the ASTRA Club, please contact Kim Schonwald.



Note received from Irma Rangel ASTRA Club

Meeting and Fundraising Updates

March Program Meeting

By Marsha Reynolds

We were pleased to have Cindy Ward, independent insurance advisor as our speaker in March. Her words of advice came from her personal experiences caring for loved ones as well as the situations she has encountered during her career in the health insurance industry. She reminded us that no one plans to be a caregiver and most of us take on that role accidentally and without preparation. She reviewed the vast amount of information needed when the situation presents itself and everyone present took home a worksheet for use in gathering the information needed by doctors, hospitals, assisted living facilities as well as family members.

Cindy's entire presentation was included with the March 15 minutes along with the worksheet for those Altrusans who were unable to attend. It was a lively question and answer period and the information proved to be most interesting and needed for many of us.

Altrusans "Savored" their Mondays in February in Downtown Dallas

By Judy Porter

Five Mondays in the month of February gave us five opportunities to savor the first day of the week!

"Savor Mondays," held at Savor Gastropub downtown, brought many Altrusans out over the course of the month. Debby Weber and Nina Cox made it to every one of the evenings, and lots of friends and Altrousers were invited to join us at the Happy Networking Hours. A portion of the payment for the drinks imbibed and delicious food were donated to our club's Foundation.

The final two evenings included a silent auction of awesome items, including one-of-a kind jewelry and deliciously-scented candles, with over \$800 raised in the two auctions.

Consensus on the events were that a great time was had by all, even the February 8 Happy Hour that was held mainly indoors due to the cold weather.

New member Blue McElroy suggested trying a few happy hours in the Bishop Arts area so look for an announcement for more ways to savor your evenings with your Altrusa friends!

There were lots of GREAT pictures taken at the Savor Mondays. If you have some of those, please make sure you upload them to the Altrusa Snapfish account.

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