

PRESIDENT'S MESSAGE

Happy Fall, Y'all!!

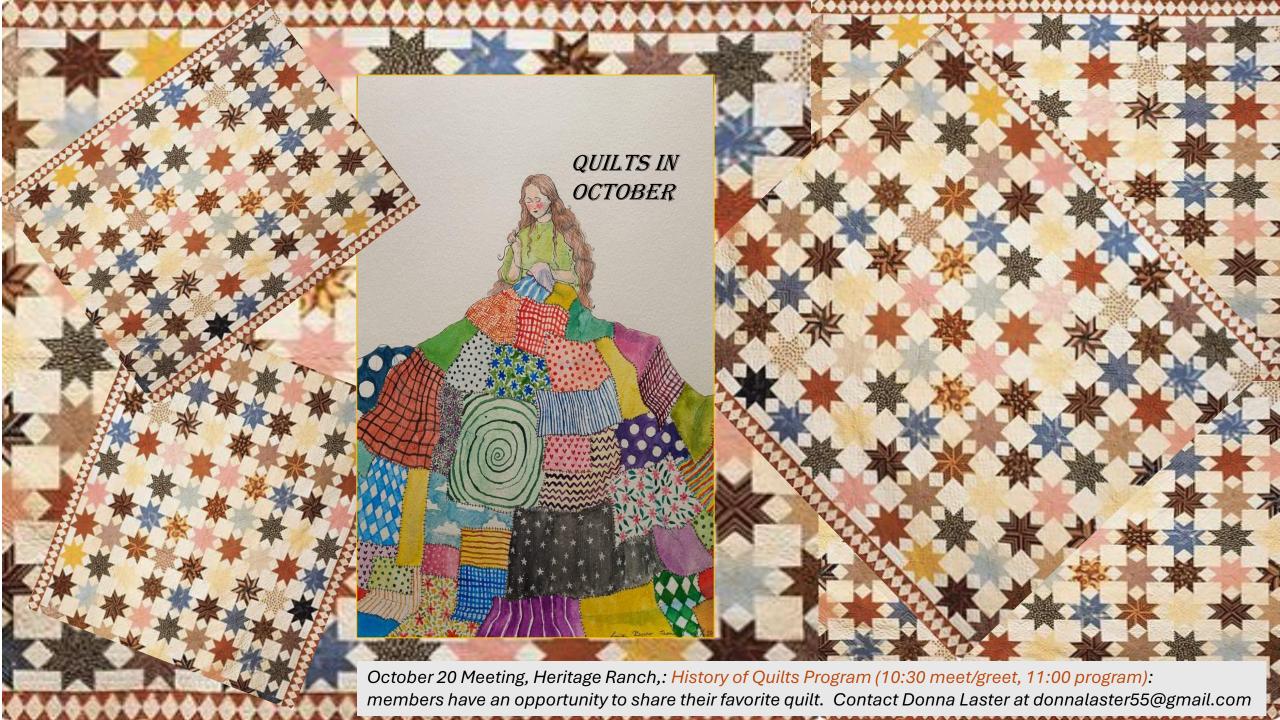
I am so ready for cooler weather and falling leaves!! We have some exciting events coming up in the next few months! On October 20th, Betty Matthews will share her love of quilts with us! Remember to register to bring your favorite quilt to share - lots of special memories!! And on November 10th, we will have our auction benefiting TRTF! Keep in mind that Christmas will be just around the corner, and this will be a perfect time to shop!! Also, please start planning what you might like to donate to the auction. This year's theme is "Treats & Treasures!"

We also have some wonderful outings in the works!! On Wednesday, October 29th, please join us at the Credit Union of Texas Event Center to watch the Allen Americans play the Rapid City Rush! The ticket price is \$33 pp (a really good price!!) and the game begins at 7:00 PM. We will also be celebrating the holidays with a Christmas Tea to be held on December 9th at 3:30 PM at the Chocolate Angel in Richardson at 635 W. Campbell. Please sign up to attend at the back table during our regular AREA meetings. The cost will be \$38.

We have an exciting year planned that will be full of amazing activities! Please mark your calendars and join us!!

Always,

DONNA



Starry Crown:

Women connecting generations through story telling while quilting'

In Starry Crown, a majestic trio of women work together on a traditional African quilt. The quilt in the painting features patterns of quilts crafted by the artist's own mother and the string symbolizes the spoken word that passes traditions and knowledge through generations.



One of the overriding themes in this piece, and other works by Biggers, is the transfer of knowledge by women across generations. The three figures depicted here reference important women in Biggers' life, and the string that connects them alludes to the sharing of knowledge, traditions and family history through dialogue.

What significant woman has passed down wisdom, sayings or stories to you? Tell us and we'll include in a future ECHO.

John Biggers, Starry Crown, 1987, Dallas Museum of Art, Museum League Purchase

2025 AREA OUTINGS

1. Allen Americans Hockey Game

Date: Wednesday, October 29, 2025

Cost: \$33 per person

Time: 7:00 pm

Location: Credit Union of Texas Event Center, 200 E Stacy Road

*October 20 – Last Day to Purchase/No Refunds
After This Date

2. Annual Holiday Tea

Date: Tuesday, December 9, 2025

Cost: \$38 per person

Time: 3:30 pm

Location: Tea Room inside Chocolate Angel 635 W. Campbell Rd. #310, Richardson, TX

*November 10 – Last Day to Purchase December 1 – No Refunds After This Date

You can pay by cash, check or card. Judith Fishman – THANK YOU for arranging these exciting outings.



SCHOLARSHIP COMMITTEE

Scholarship Committee meeting – Monday, October 13, @ 11:00 am.

We will meet at the home of Karen Malinowsky – 805 W. Concord Ln, Allen, 75002.

This will be our one and only meeting, all other communication will be through email, text or at our monthly AREA meetings.

For additional information contact Carole Smithwick smithwickcarole@gmail.com or 469-585-3862.

GAME DAY

Monday, February 23, 2026.

This event is the Scholarship Committee fundraiser providing funds to support two \$1,000.00 college scholarships. You will have the opportunity to purchase your ticket and make a table reservation at our Nov, Dec and Jan AREA meetings.

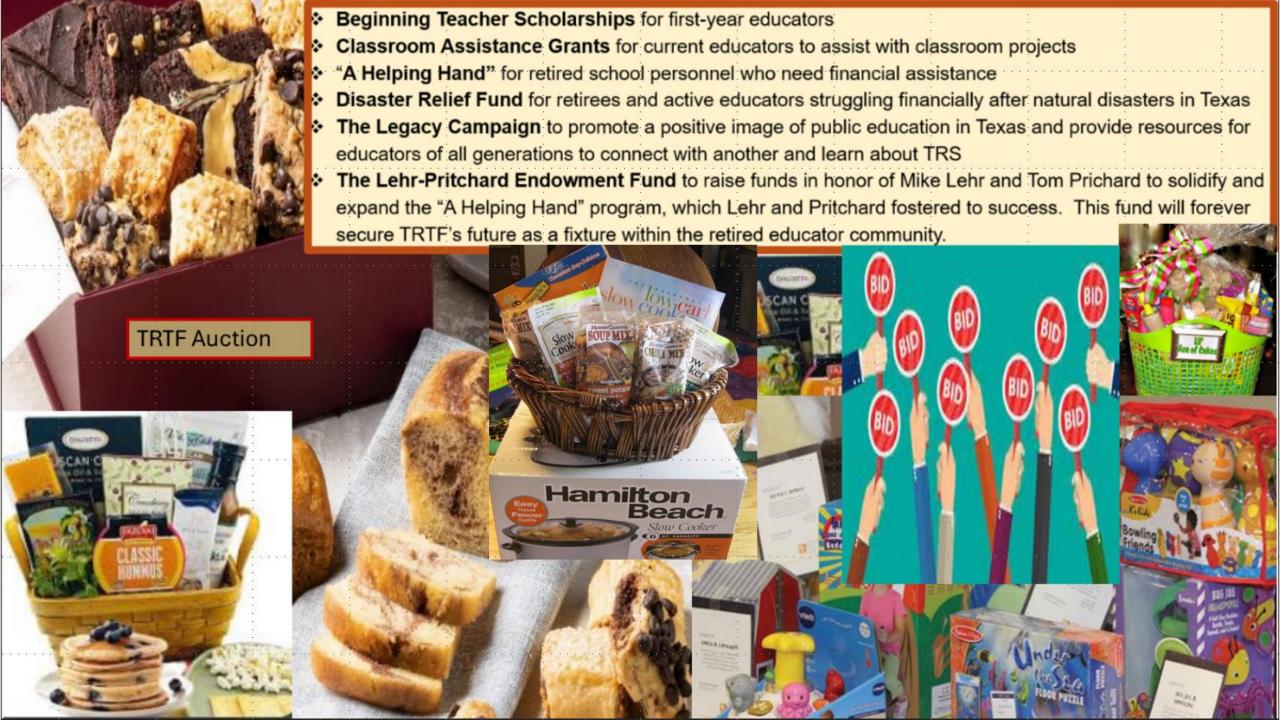
You do not have to have a group to participate, we will find a group/game for you. Tickets are \$25.00 and include a box lunch, coffee, tea, water, lots of door prizes, a CHICO'S Fashion Show, and the opportunity to win amazing raffle items. Tickets for the raffle are \$2.00 and can be purchased throughout GAME DAY.

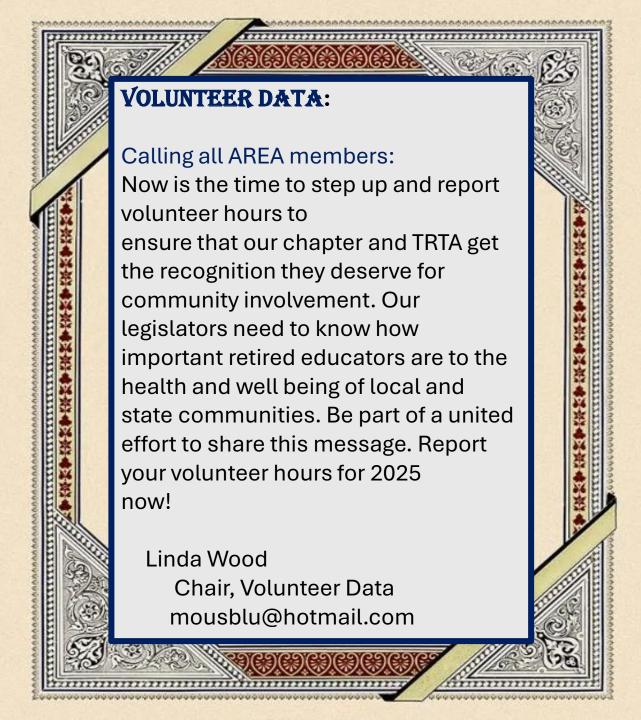
You must purchase a GAME DAY ticket in order to participate in the Raffle. You do not have to attend GAME DAY to support our Scholarship fund raiser. You can purchase a GAME DAY ticket, donate door prizes, raffle items, or make a donation to THE FOUNDATION FOR ALLEN SCHOOLS.

Carole Smithwick









CONSTANT CONTACT

Early Dates:

The AREA Meetings for November and December will be on the 2nd Monday of the month due to the holidays. Earlier dates will mean the invitations & registration deadlines will be sooner than usual.

November Invitation: October 26th

November Deadline: November 2nd, 5:00pm

November Meeting: November 10th December Invitation: November 23rd

December Deadline: November 30th. 5:00pm

December Meeting: December 8th

Please Mark your calendars with the deadlines.

Pat Hill pat.hill@att.net 214-215-2563









Calling all readers! Please join us at 11:30 AM on 10/8 at Lupe's Tortilla as Betty Moss leads us in a discussion of

<u>All the Colors of the Dark.</u> On November 12, Judi Parks treats us to a discussion of <u>The Heiress</u> at Scotty P's in Allen. We will conclude 2025 with reading Kristen Hannah's <u>Comfort & Joy</u>. Barb Lye will be the leader at Kelly's in Allen on 12/10. To RSVP to any of these events or for further information, contact <u>barblye71@gmail.com</u> or <u>valerielapp77@gmail.com</u>.

Valerie Lapp & Barb Lye, Book Club cochairs



October Health & Wellness Tips As the leaves change and the air gets crisp, October is a perfect time to focus on your well-being. Here are some simple tips to keep you feeling your best this month. 1. Get Your Flu Shot This is the most important health tip for October. Flu season typically starts in the fall, and the flu vaccine is the best way to protect yourself and those around you from the influenza virus. The Centers for Disease Control and Prevention (CDC) recommends that everyone aged six months and older get an annual flu shot. It can reduce your risk of getting the flu and if you do get sick, can lessen the severity of your symptoms. Don't wait! Get your flu shot as soon as it's available in your area. Talk to your doctor: You can get a flu shot at your doctor's office, a local pharmacy, or a community clinic. 2. Boost Your Immunity with Seasonal Foods Fall is a season of harvest, and many of the foods in season are packed with vitamins and antioxidants that can help strengthen your immune system. Pumpkins and Squash: These are rich in Vitamins A and C, which are crucial for immune function. Try roasting them, making a hearty soup, or adding them to a stew. Apples: A classic fall fruit, apples are a great source of fiber and antioxidants. Dark, Leafy Greens: Greens like kale and spinach thrive in cooler weather and are loaded with vitamins and minerals to keep you healthy.

3. Stay Hydrated, Even in Cooler Weather It's easy to forget to drink enough water when it isn't hot outside. However, staying hydrated is just as important in the fall. Proper hydration helps your body function optimally, supports your immune system, and can even help with joint health. Keep a water bottle handy: This is a simple visual reminder to sip throughout the day. Warm up with tea: Herbal teas, broths, and decaffeinated beverages are also great ways to increase your fluid intake. 4. Prioritize Mental Health As the days get shorter and sunlight decreases, some people may experience what is known as Seasonal Affective Disorder (SAD). Get outside: Take advantage of the pleasant autumn weather. A daily walk can boost your mood, provide you with valuable Vitamin D, and help you stay physically active. Stay social: Continue to connect with family and friends. Join a club, volunteer, or participate in social activities that you enjoy. Be mindful of sleep: The shorter days can disrupt your sleep patterns. Try to maintain a consistent sleep schedule by going to bed and waking up at the same time each day. 5. Practice Good Hygiene With more time spent indoors and the start of the cold season, germs can spread more easily. Wash your hands often: Use soap and water and scrub for at least 20 seconds. Avoid touching your face: This is a way to prevent germs from entering your body through your eyes, nose, and mouth. Cover your coughs and sneezes: Use a tissue or the inside of your elbow to prevent the spread of germs. Cindy Blair, Healthy Living Chair

Tip of the Week: The Power of Movement

Regular physical activity is one of the most powerful tools we have for staying healthy and vibrant at any age. Even small bursts of movement throughout the day can make a big difference.

- Aim for a Walk: Try to get in at least 15-30 minutes of brisk walking each day.
 It's fantastic for heart health, mood, and maintaining a healthy weight.
- Stretch it Out: Take a few minutes to stretch daily. This can improve your flexibility, reduce stiffness, and prevent injury.
- Strength is Key: Incorporate simple strength exercises, such as lifting light
 weights or doing bodyweight squats. Building and maintaining muscle mass is
 crucial for supporting your joints and metabolism.

Recipe Spotlight: A Deliciously Healthy Meal

This week, try a simple and nutritious recipe that's packed with flavor and healthy ingredients.

One-Pan Lemon Herb Salmon and Roasted Asparagus

This meal is a winner because it's easy to make and clean up, and it's full of protein and healthy fats.

She's an

with young

old soul

eyes,

and a beautiful

mind.

a vintage heart,

- Ingredients:
 - 2 salmon fillets
 - o 1 bunch of asparagus, trimmed
 - o 1 lemon, thinly sliced
 - o 2 tbsp olive oil
 - o 1 tsp dried herbs (dill, oregano, or thyme work well)
 - Salt and pepper to taste

Instructions: Preheat your oven to 400°F (200°C). 2. On a baking sheet, toss the asparagus with 1 tbsp of olive oil, salt, and pepper. Place the salmon fillets on the same sheet. Drizzle with the remaining olive oil and sprinkle with the dried herbs, salt, and pepper. Arrange the lemon slices over the salmon. 5. Bake for 12-15 minutes, or until the salmon is cooked through and the asparagus is tender-crisp. 6. Serve and enjoy! Wellness Corner: The Importance of Hydration Did you know that staying hydrated is vital for every function in your body? From brain health to joint lubrication, water is essential. Cindy Blair

 Keep a Water Bottle Handy: Carry a reusable water bottle with you throughout the day to remind you to sip regularly.

• Infuse Your Water: If you find plain water boring, try infusing it with slices of cucumber, lemon, or fresh berries for a refreshing twist.

 Listen to Your Body: Don't wait until you're thirsty to drink. Thirst is often a sign that you're already on your way to being dehydrated.

Mindful Moment: A Simple Breathing Exercise

Taking just a few minutes each day to focus on your breath can reduce stress and calm your nervous system.

- Find a quiet, comfortable place to sit.
- Close your eyes and place one hand on your belly.
- Inhale deeply through your nose, feeling your belly expand.
- Exhale slowly through your mouth, feeling your belly contract.
- Repeat this process for 2-3 minutes, letting go of any thoughts or worries.

Did You Know?

Adults should aim for 7-9 hours of quality sleep per night. Good sleep is crucial for a healthy immune system, better mood, and improved memory.

Cindy Blair, Healthy Lifestyle Chair, Cindy_blair@sbcglobal.net

make peace with all the women you once were.

lay flowers at their feet.

offer them incense and honey and forgiveness.

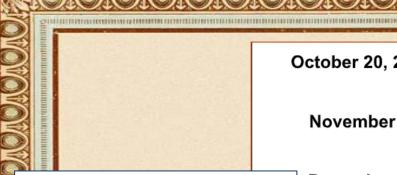
honor them and give them your silence.

listen.

bless them and let them be.

for they are the bones of the temple you sit in now.

for they are the rivers of wisdom leading you toward the sea.



Luncheon/Meetings:

11:00 (meet/greet 10:30)

Heritage Ranch, 465 Scenic Ranch Circle, Fairview October 20, 2025 Focus on Success through Warm Memories

Betty Matthews - History of Quilts

November 10, 2025 Focus on Success by Helping Others

Silent/Live Auction for TRTF

December 8, 2025 Focus on Success during the Holidays

Performance by Class Act Tap Company

January 19, 2026 Focus on Success to be Secure

Gary Schepf – Preventative Steps for Cyberworld Fraud

February 16, 2026 Focus on Success with Future Leaders

AISD Robotics Team & AISD Future Teachers/IPET/PET

March 16, 2026 Focus on Success with Fur Babies

Pet Rescue – Sheryl Harlow

April 20, 2026 Focus on Success through Preventive Care

Leia's Kids – Leia Hunt

May 18, 2026 Focus on Success and Celebrate!

Scholarship Award Winners Introduced, Awards,

Celebrate AREA's 25th Birthday

AREA Luncheons 2025-2026

The cost of lunch this year at Heritage Ranch will be \$23.00. This increase will be effective from August, 2025 – May, 2026. Just a reminder that the lunch at HR includes a plated meal, tea, coffee, and a tip. Members will be asked to pay \$23.00 when paying with cash or by check. If you choose to pay by credit or debit card, there will be a \$1.00 service fee for any transaction for a total meal cost of \$24.00.

