



Happy Spring, Retirees!

Spring is in the air 🌱🌸. Weather is becoming pleasant ☺️. Enjoy the outdoor activities. We are planning one for y'all too. More details on **next event** page below.

We had two Retiree Network events since our last newsletter (1) **Holistic Health Tips from Ayurveda** and (2) **Bingo and Bites**. We received useful tips from the doctor that are easy to understand and follow in daily life. We also had a fun-filled Bingo & Bites event. Thanks to those who took time out to attend.

See you next time. Until then **relax, reconnect, and rejuvenate**.

Best regards from DFW Retiree Network
Steering Committee:
President - Padma Joshi
Vice President - Irene Clark
Secretary - Diana Jones
Committee chair - Joanne Garcia
Immediate Past President - Debra Sanford
Founding President - Linda Valdez Thompson

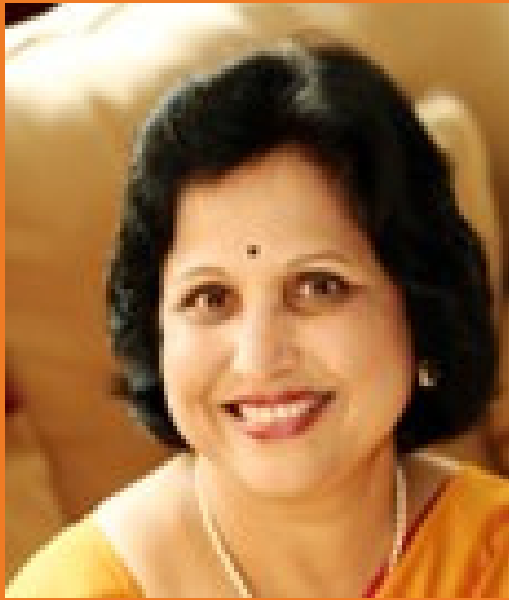
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- MESSAGE FROM STEERING COMMITTEE
- PHOTOS AND INFO OF TWO PAST RN EVENTS
- NEXT EVENT INFO
- WHAT'S NEW WITH DFW



HOLISTIC HEALTH TIPS FROM AYURVEDA

*Retirees enjoyed health and wellness zoom session
On January 30th, 2025*



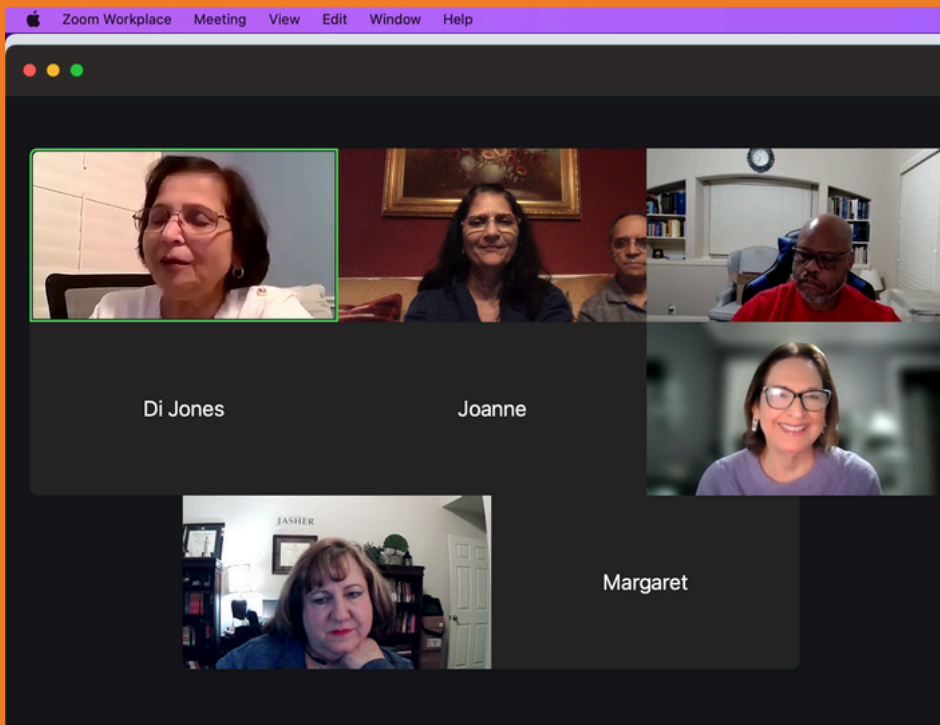
DFW Retiree Network Presents:

"Holistic Health Tips from Ayurveda"

The science of life, combining old
world Eastern philosophy with
western medicine



Featuring Jay (Vaijayanti) Apte, one of the most
experienced Ayurvedic doctors in the U.S.



Feedback from participants

- Great Presentation. Thank you so much for your time.
- I enjoyed your concepts. It all makes sense and I have learned that we must be proactive about our health because no one else will.
- Great event!! I've already de-briefed my husband about the things we are going to do differently. He's on board.
- I thought it was a great session. Very informative with simple, natural and effective health tips
- *I enjoyed the event . Lots of good tips!*

HOLISTIC HEALTH TIPS FROM AYURVEDA

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On January 30th, 2025



Things to remember

- Your health depends more on what you do - diet and lifestyle wise
- Take a hint from clothes you wear every season, and change your diet and lifestyle accordingly - stay in tune with mother nature
- Ayurveda will help you prevent health issues. "An ounce of prevention is worth the pound of cure", so follow Ayurveda!

You don't stop playing because you get old,
You get old because stop playing,
So, keep on playing and enjoying life!



DIW AYURVEDA



Lifestyle Tips

- Exercise every day. Walking is the king of exercises
- Do meditation, Pranayama
- Take short naps, when you feel tired
- Join play groups, hobby classes, be around people
- Do volunteer work as a selfless service for good karma



DIW AYURVEDA

Diet Tips

- Eat all food groups – Carbs, protein, fat, veggies, fruits and nuts
- Eat only 3 meals a day. Zip your lips in between. stop munching
- Make lunch as a main meal and eat light breakfast and dinner
- Fast one day a week
- Eat seasonal and local



DIW AYURVEDA



Bingo fun at the LiveWell



Prize Winners

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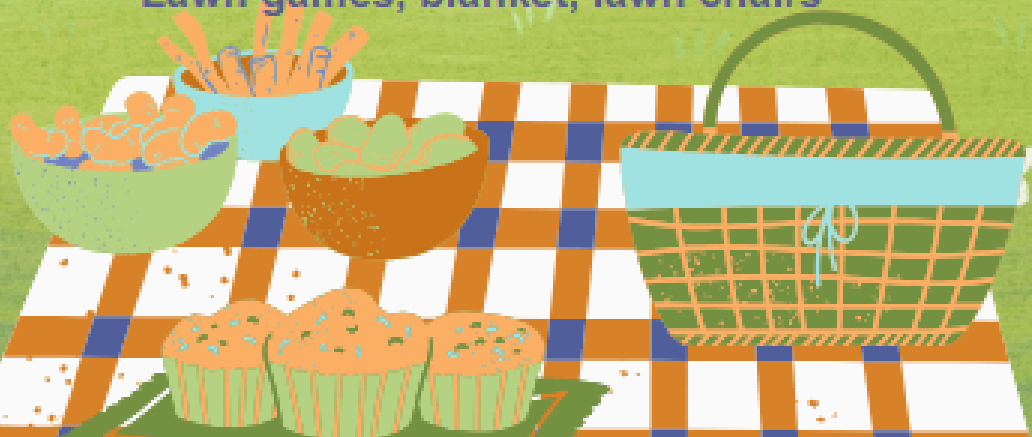


The DFW Retiree Network Summer Picnic in the Park

Wednesday, 14th May
6 pm to 7:30 pm
(note in case of rainout 21st May)

Andrew Brown Park East,
260 Parkway Blvd
Coppell, Texas

BYOS (Bring your own Sandwich
Lawn games, blanket, lawn chairs



Spring is in the air Retirees! Come on out and play in the park with your colleagues and friends from days of yore. Come out, bring your own sandwich (Picnic dinner), picnic blankets, lawn games, lawn chairs and activities. We will just have a relaxing evening in the park.

The Andrew Brown Park East in Coppell has covered picnic pavilion and plenty of space to spread out and enjoy the evening. RSVP and let us know you are coming!

dfw-retiree-network.ticketleap.com/dfw-retiree-network-picnic-in-the-park/

We will provide water, water balloons and some games. See you there! (Or be square!)



RSVP for the DFWRN Picnic

What's new with DFW?



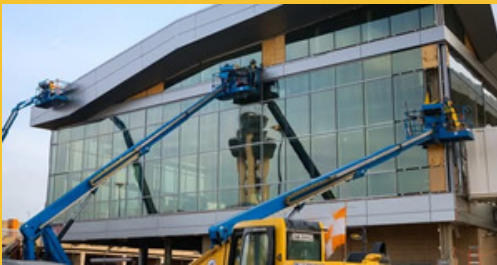
3/10/25: DFW named best Airport in North America serving over 40 million passengers for third consecutive year.



DFW Airport is recognized for best Overall Concession Program for 2025



2/10/25: DFW Airport "One DFW Team" won the STAR TEAM - FRONTLINE - Americas category at the 2024 Travel Retail Superstars Awards, presented by Moodie Davitt Report



1/14/25: Was officially DEMO DAY for the parking garage at Terminal C.



Dallas Area Rapid Transit (DART) is nearing completion of its Silver Line project, a 26-mile regional rail service connecting East Plano to DFW Airport's Terminal. (1/18/25)



2/19/25: The first of six modules for the new American Airlines gate in Terminal F was installed and is now prepped for fireproofing, glazing, and ancillary components.



3/23/25: Monumental progress update! Three modules have come to life, with a fourth module in the making, at Terminal F pre-fabrication site where DFW Airport is taking modular construction to an all-new scale for airports with plans to bring six of these megastructures together to create DFW Airport's new sixth terminal.



4/2/25: DFW's innovative mindset and the use of modular construction has taken core construction activity away from the busy DFW Terminals to a separate pre-fabrication site where the construction teams have made major headway on building the expansions coming to both Terminal C and Terminal A. When ready, these modules will be transported across the airfield, and set into place at the terminals.



New DFW Airport Hybrid Fire Rescue Striker. (4/5/25)



A new Braun Chief XL ambulance has been completed for DFW Airport DPS! It will be delivered to DFW Airport soon.



2/1/25: DFW Airport transitioned to digital payments at the Exit Plazas.



2025 DFW Win Conference. Who remembers our annual WIN events at the DFW Airport? They were always a fun and informative event.



2/14/25: DFW Airport honored the memory of Corporal Richard David Barreda, a dedicated DFW Airport Dept. of Public Safety Officer who made the ultimate sacrifice in the line of duty on Feb. 28, 1997.



January 18, 2025, DFW Airport Celebrates Employees Years of Service.

Do you recognize any of your friends?



FAMILIAR FORMER DFW AIRPORT EMPLOYEES PREPARE FOR RETIREMENT:



Kevin Smith former DFW Airport AVP is getting ready for retirement. He left the DFW Airport and went to have a very successful career as the Director of Aviation for the City of Corpus Christi, TX



Tampa International Airport CEO Joe Lopano retired on April 5, 2025. Joe Lopano retired after 14 years of service for TPA. Many of us may remember Joe Lopano because he was the EVP of Marketing & Terminal Management for DFW Airport from

RETIREE RESOURCES: Find the DFW Retiree Network at these locations:

- **Email:** dfwretireenetwork@gmail.com
- **Webstie:** www.dfwwairport.com/business/opportunities/resources/retirement
- **FB:** <https://www.facebook.com/groups/dfwretireenetwork>

Do you have questions for HR on your retirement? HR email: retirees@dfwwairport.com

Want to be featured in the Newsletter? Or Facebook?

Send us your photos, comments, and suggestions to: dfwretireenetwork@gmail.com