

December 1, 2018

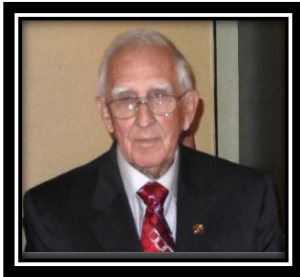


Keeping You in the Loop

From the desk of C. David Copenhaver

Wishing you a Merry Christmas and Happy Holidays

From the President



Happy Holidays!

We are now in a season of reflection and giving to our fellow man.

BCRSPA, in the spirit of giving and as stated in the December UPDATE, awards \$1,000 to two schools through its Library Project. Since the writing of that article, I am pleased to announce that the recipients of these awards are Orem Elementary School and Perry Hall Middle

School. These schools use this money to purchase print materials for their media centers. Both are extremely appreciative of our gift.

December 6th is a joyous occasion for our members. That's the day when more than 100 members and guests will attend our annual Breakfast With Colleagues. This is a free breakfast event provided by our organization. However, each participant is asked to bring an unwrapped toy for Toys for Tots and/or donate to the American Cancer Society. The Perry Hall High School Steel Drum Band will once again entertain us on this festive morning event and there will be an abundance of door prizes.

In closing, it is my fervent wish that each member and his/her family have a joyful and healthy holiday season.

Best wishes,
Parker

On the Horizon:

- *December Trip to U.S. Navy Band Holiday Concert with a special tour of Arlington Cemetery and Lunch @ Union Station on December 16, 2018—Sold Out*
- *Articles due to Editor for March UPDATE Newsletter, January 15, 2018*
- *Executive Board Meeting: January 16, 2018 @ St. Isaac Jogues – Church Hall (Please consider attending. Just eMail dmcopenhaver@gmail.com for directions and details.*

FYI...

Dutch Apple Theatre Trip (Spring 2018) Interest Survey

Joseph and the Amazing Technicolor Dreamcoat Possible March—2019 Date

A lively and colorful journey through ancient Egypt, following the rags-to-riches story of Jacob's favorite son, his eleven jealous brothers and the coat of many colors. This magical musical is full of catchy songs in a variety of styles, from a parody of French ballads (Those Canaan Days), to country-western (One More Angel In Heaven) and calypso (Benjamin Calypso), along with the unforgettable Any Dream Will Do and Close Every Door. A dream of a show and irresistible musical for the whole family.



Trip cost approximately \$125 includes the bus, driver gratuity, lunch and snacks. If genuinely interested email C. David Copenhaver at cdcopenhaver@gmail.com or call him at 410-515-0456.

(Limited Seating Available)



2nd Annual Quilt for a Cause Raffle

If you attended the April 2018 luncheon meeting at Columbus Gardens, you saw that Dr. Bob Dubel won the 1st Quilt for a Cause Raffle. A beautiful king size throw was crafted and donated by Della Curtis.



Well, Della has made another gorgeous quilt (featured here) and has generously donated it once again. This masterpiece was on display at the October 16th luncheon and we began selling chances at that time.

To purchase your chance(s) to win the prize of a life time, contact Parker Koons at 410.828-5852 or eMail at koonspek@aol.com. Tickets will also be available at the Breakfast w/Colleagues on December 6, 2018. All proceeds will go directly to the Scholarship Fund.

For only \$1 per chance, here's a way to support BCRSPA causes and possibly win a valuable quilt. Good luck!



Will Roger's advice - on growing older



Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved!



Holiday Shopping Security

- Be careful while you're out doing your holiday shopping. Now is the time when theft is on the rise. Never walk out into a parking lot when you feel unsafe. Ask the store or mall security to escort you to your car.
- Don't leave packages in plain sight in your car. Don't leave your purse on the seat of the car while pumping gas, etc. "Smash and Grabs" are prevalent at this time of year.
- Be aware of people following you and keep your purse close to your side. Stay off your cell phone while walking along so that you don't become an easy target for theft.
- Be aware when ordering packages online. If you see suspicious vehicles in your neighborhood that don't belong there and appear to be looking for packages left on doorsteps, notify your local police.



Oak Crest Presents Check to BCRSPA

Oak Crest Village donated \$3,000 to the BCRSPA Scholarship Fund on behalf of six new Oak Crest residents. Trina Gelfond, Carole Mentzer, Clair Price, Carolyn Mollenkopf, Regis Kegel, and Kathi Sergi recently decided to make Oak Crest their home. The money will be used to help a deserving young person with college tuition. Thank you, Oak Crest!

Remember that BCRSPA has a partnership with Oak Crest Village! If you are contemplating a move to Oak Crest Village, be sure to mention that you belong to BCRSPA, and you will earn \$500 for our scholarship program. Also, remember to send a change of address to MRSPA/BCRSPA Membership, 8379 Piney Orchard Parkway Suite A, Odenton, MD 21113-1508 so you continue to receive your newsletter.



“Healthy You” by Gabrielle DeGroot Redford

M. Shazam Hussain, M.D., at the Cleveland Clinic contends that symptoms of stroke are often ignored. In the article, he explains why and discusses new treatments to reduce the damages of a stroke. Statistics indicate that every 40 seconds a person in America has a stroke, while within every four minutes a person dies of a stroke. Though these statistics seem grim, the number of deaths from stroke has declined in the past 30 years. These results have been attributed to widespread use of blood pressure and cholesterol medications.

Having a stroke remains the leading cause of disability in the American population and it is affecting a greater number of younger people (about a quarter of all stroke victims are younger than age 65). Recognizing the symptoms of stroke and seeking immediate medical attention can mean the difference between the disabling brain disorders affecting the body. Dr. Hussain stated that about 2 million brain cells are lost per minute during the episode of a stroke. He recommends that the public be educated, so that people will know if they the signs and symptoms and act quickly to call 911.

The American Heart Association has been widely known for the FAST acronym and the Cleveland Clinic added the BE. Combining the two acronyms, you come up with BE FAST.

Know the Signs

- B** Balance Difficulties
- E** Eyes (vision)
- F** Facial Weakness
- A** Arm Weakness
- S** Slurred Speech
- T** Time to Call 911

Dr. Hussain suggested that people not second guess their suspicions of a stroke and respond quickly by calling for help. Patients with severe symptoms would be served better by going to a major medical center which may have more doctors on staff with experience, as well as equipment to handle the treatments.

(Source: AARP —The Magazine)

Did you know...

Enjoy a few fascinating facts and trivia factoids: some serious, some fun, covering a wide variety of topics.

1. Lemons contain more sugar than strawberries.
2. August has the highest percentage of births.
3. The average person falls asleep in 7 minutes.
4. Reindeer like bananas.
5. The 3 most common languages in the world are Mandarin Chinese, Spanish and English.
6. Switzerland eats the most chocolate equating to 10 kilos per person per year.
7. Macadamia nuts are toxic to dogs.
8. Honey is the only natural food which never spoils.
9. M&M's chocolate stands for the initials for its inventors Forrest Mars Sr. and Bruce Murrie.
10. You burn more calories eating celery than it contains (the more you eat the thinner you become).
11. The only continent with no active volcanoes is Australia.
12. Toilets use 35% of indoor water use.

*Wishing you a joyous Christmas and a
Holiday Season filled with Peace,
Love & Laughter*



David and Donna