



Keeping You in the Loop . . . From the desk of C. David Copenhaver

“The world's favorite season is the Spring. All things seem possible in May.”
- Edwin Way Teal

From the President



Well, May is off to a roller coaster start weatherwise. But my Dogwood trees are blooming beautifully!

I understand that the April 19th Spring Meeting was a huge success. I owe a special thank you to Joyce Cummings for handling the meeting and Patsy Holmes for handling the Scholarship presentations. Thanks also goes to Stu and Ruth Tucker, Parker Koons, Cindy Schulz, and BJ Rounsaville for all their help. A special thank you to Mary Ellen Zimmerman for a lovely Memorial ceremony.

For those who did not attend the meeting, Drew Montgomery from Oak Crest Village presented us with \$1,500 for our Scholarship fund. Three BCRSPA members recently moved into Oak Crest. We thank

them for their continued support and partnership.

I also want to thank all those who sent me well wishes as I recover from knee replacement surgery.

Happy Mother's Day,

Donna

On the Horizon:

- May 17 Executive Board Meeting, St. Isaac Jogues Church Hall
- June 21 Executive Board Meeting, St. Isaac Jogues Church Hall
- September 20 Board Meeting, St. Isaac Jogues Church Hall
- October 18 all Membership Luncheon

FYI...

How to Organize a Yard Sale



If you've never organized your own yard sale before, don't worry: It's not rocket science. It is, however, something you'll want to prepare for and put some thought into. Address each of these basics, and you should be well on your way to a successful sale:

- **Plan ahead** -- Give yourself time to pull it together. Gather up and assess your discards, recruit help, and prepare and place signs around the neighborhood. Do you need a permit and permission from your homeowners' association?
- **Get help** -- Ask friends, neighbors or family members to help you out.
- **Advertise** -- Ways to advertise for free include Craigslist and yard-sale-specific Web sites, neighborhood newsletters, grocery-store bulletin boards and handmade signs around your area.
- **Make it look good** --Wipe down appliances, wash, iron and hang clothing, and lay everything out nice and neat on clean tables and shelves.
- **Direct** -- Make it as easy as possible for people to find your house on the day of the sale. In addition to putting your address in all of your ads, you might want to put up arrow signs starting at the main road on the morning your sale starts.
- **Be safe** --Do not let people in your house to try on clothes or use the bathroom, and keep your doors locked. Don't take personal checks from strangers, and rather than a cashbox keep earnings on your person in a fanny-pack-type device or safely in your pocket. Take periodic trips inside to deposit the cash.
- **Price everything!** --Put price tags on every item You'll sell more this way.

Source: <https://www.bonstuffworks.com/about-author.htm#layton>

Did you know?

1. Keeping a strong social life can lead to significantly improved memory in old age.
2. Facebook has a snooze button. If you need a break from a friend, group, or page but don't want to permanently unfollow them, you can hit the snooze button to mute their updates for 30 days.



A Few May Dates to Ponder

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| 1 st - May Day | 15 th - Peace Officer's Memorial Day |
| 2 nd - Brothers and Sisters Day | 8 th - National No Dirty Dishes Day |
| 4 th - Star Wars Day | 20 th - National Rescue Dog Day |
| 5 th - Cinco de Mayo | 23 rd - Lucky Penny Day |
| 6 th - National Nurses Day | 25 th - National Missing Children's Day |
| 8 th - Mother's Day | 26 th - Sally Ride Day |
| 11 th - Eat What You Want Day | 28 th - National Burger Day |
| 13 th - 13 Leprechaun Day | |
| 30 th - Memorial Day | |



How to Have a Healthy Lifestyle

- 1.) A healthy lifestyle can significantly reduce cancer risks. Studies estimate that adults who stay at a reasonable weight, are physically active, eat a healthy diet, limit alcohol, and don't smoke are 36 percent less likely to be diagnosed with cancer and 40 percent less likely to die from it.
- 2.) Did you know that deep breathing can be greatly beneficial to the body? Deep breathing cleans the blood as it removes carbon dioxide and increases oxygen. Breathing deeply regenerates the body as we take in new, fresh oxygen and it contributes to better physical, mental and over-all well-being. The technique for deep breathing involves breathing into the abdomen. You should breathe in slowly; use your diaphragm to circulate oxygen in the lungs. When you exhale, it should be done slowly (about twice as long as inhaling) pushing air out of the lungs. Deep breathing health benefits make it worth taking the time to practice deep breathing.

Source: Inspire Health Magazine. Some changes were made.

How Much Alcohol Is Too Much?

Do you drink too much at one time, drink too often, or both? Not sure? Many people don't realize that their drinking habits could be a problem. Find out how risky your drinking is with NIH's "Rethinking Drinking" interactive website. (<https://www.rethinkingdrinking.niaaa.nih.gov/>) Perhaps you now spend time drinking instead of doing something else you used to enjoy. Or, maybe being sick from drinking has caused you trouble at work. By recognizing symptoms early, you can take steps to reduce your risk of developing alcohol use disorder.

Visit "[How Much Is Too Much?](#)" to take a quiz to see if your habits are a cause for concern. If you want to make a change, another module can help you set goals and chart strategies for your success.



Quirky Summer Health Tips – That Actually Work

- 1.) **Stop Sneaker Odor:** Tea bags in your footwear. This sounds wacky, but believe it or not, it's a wonderful way to reduce odor in shoes. The tea bags absorb the moisture and the stink. First, wipe the inside of the shoe with a cotton ball moistened with rubbing alcohol, to kill bacteria. Second, place a dry unused tea bag inside the shoe and let it sit overnight.
- 2.) **Go to The Tape:** A remedy to protect your heels. Tape your feet. Surgical paper tape, which can be found at most drugstores, reduces the instance of blisters by 40%.
- 3.) **Honey For Scrapes:** It's sticky and gooey but research shows that honey reduces healing time when applied to wounds. Honey has both antibacterial and anti-inflammatory properties. Honey also reduces scarring, just spread it over the affected area and apply a bandage.
- 4.) **No More Sore Throat:** The summer "cold" has a new enemy—marshmallows. The gelatin in marshmallows coats the throat and relieves irritation and pain. Just don't eat them to hot.

Source adapted from AARP Magazine. Some changes were made.



No Nursing Home For Me!!!!



No nursing home for me. I'll be checking into a MARRIOTT! With the average cost for nursing home care being \$275.00 per day, there is a better way when we get old and too feeble .I've already checked on reservations at The FAIRFIELD. For a combined long term stay discount and senior discount, it's \$79.00 per night. Breakfast is included, and some have happy hours in the afternoon.

That leaves \$196.00 a day for lunch and dinner in any restaurant we want, or room service, laundry, gratuities, and special TV movies. Plus, they provide a spa, swimming pool, a workout room, a lounge, and washer dryer, etc. Most have free toothpaste and razors, and all have free shampoo and soap. \$10 worth of tips a day you'll have the entire staff scrambling to help you. They treat you like a customer, not a patient. There's a city bus stop out front, and seniors ride free. The handicap bus will also pick you up if you fake a decent limp. To meet other nice people, call a church bus on Sundays.

For a change of scenery, take the airport shuttle bus and eat at one of the nice restaurants there. While you're at the airport, fly somewhere. Otherwise, the cash keeps building up. It takes months to get into decent nursing homes. Marriott will take your reservation today. And you're not stuck in one place forever -- you can move from Marriott to Marriott, or even from city to city.

Want to see Hawaii ? They have COURTYARD there too.
TV broken? Light bulbs need changing? Need a mattress replaced? No problem.. They fix everything and apologize for the inconvenience.

The Marriott has a night security person and daily room service. The maid checks to see if you are ok. If not, they'll call an ambulance . . .or the undertaker.

If you fall and break a hip, Medicare will pay for the hip, and Marriott will upgrade you to a suite for the rest of your life. And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini vacation. The grand-kids can use the pool.

What more could I ask for? So, when I reach that golden age. I'll face it with a grin.

Source: Facebook. Some Changes were ma



*Sometimes you just have to
make your own sunshine!*

*Happy
Mother's Day!*

A decorative arrangement of purple flowers and green leaves, with several yellow butterflies fluttering around it. This arrangement is positioned on both sides of the 'Happy Mother's Day!' text.

William Shakespeare.

*"Better is not good enough; the best is yet to
come!"*