



Keeping You in the Loop

• • • From the desk of D.M. Copenhaver

*"April hath put a spirit of youth in everything."
- William Shakespeare*

Hello BCRSPA Members,

It appears that "Spring has Sprung"! The April showers have begun, the trees and early flower bloomers are sprouting, Easter is coming soon, and schools are preparing for spring break.



BCRSPA is getting ready for our Annual Membership Meeting/Luncheon on April 18. We have chosen 6 worthy students to receive college scholarships of \$1,500 each at the luncheon and the BCPS Benefits Office has assured me that they will be present to discuss insurance updates. We are prepared to present a slate of new officers to be elected and installed. Also, we will hold our annual Memorial Service, remembering those members who are no longer with us. This promises to be a meaningful meeting and celebration. If you have not already sent in your reservation, please do it soon. This meeting is "right around the corner".

In addition, David has been working diligently to plan a Christmas trip. He has been able to secure 50 tickets to "White Christmas" at the Dutch Apple Dinner Theater for a matinee performance on December 30. If you're looking for a fun way to unwind after the hustle and bustle of the holidays, this could be just the answer. If you are definitely interested in attending, get in touch with David at cdauidcopenhaver@gmail.com or 410-515-0456. Fifty tickets will go FAST!

Here's wishing everyone a safe and happy Spring!

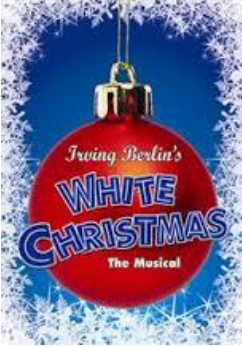
On the Horizon:

- *Annual Spring Business Meeting at Columbus Gardens, April 18, 2017 (Registration, 9:30 am)*
- *Executive Board Meeting: May 17th TABCO - 305 Joppa Rd Towson Maryland 21286 (Please consider attending. Just eMail me for directions and details.)*
- *Early June: Newsletter "UPDATE" distribution*
- *Executive Board Meeting June 20th @ St. Isaac Jogues ...Church Hall (Please consider attending. Just eMail me for directions and details.)*
- *4th Annual Crab Feast, TBD...Late September /Early October, 3pm-6pm @ Camp Running Bear. (Registration for details will be sent...)*
- *BCRSPA Holiday Trip ...Dutch Apple Theatre to see "White Christmas" December 30, 2017 (Contact C. David Copenhaver at cdauidcopenhaver@gmail.com or call 410.515-0456)*

FYI...

Dutch Apple Dinner Theatre Holiday Trip 2017 Interest Survey

BCRSPA's holiday trip to the Dutch Apple Theatre on December 30, 2017 is a holiday favorite.



White Christmas is based on the beloved movie, veterans Bob and Phil are a successful song and dance team when they meet a sister duo and follow them to an inn in Vermont. They discover it's owned by their old General who fell on hard times, so they decide to put on a show to save the inn and their General's future. The Irving Berlin score features Blue Skies, Sisters, Count Your Blessings and the favorite White Christmas.

The cost of the trip is estimated to be \$100 which includes the new Superior Tours, Motor Coach of Baltimore County, Holiday Buffet, gratuity and the Bus Driver's gratuity. We have a limit of 50 participants. In order to reserve a seat, eMail me at cdauidcopenhaver@gmail.com or call... 410-515-0456



BJ's Wholesale Club **Special Offer for MRSPA Member**

Three Reasons to Join or Renew with BJ's through MRSPA:

1. Join BJ's Wholesale Club through MRSPA, and save \$15 off the \$50 annual fee, OR save \$25 off the Rewards \$100 annual fee.
2. You will get an additional month free = 13 months!
3. You will get a second membership card free!
 - See attached detailed flyer.
 - See attached application and benefit instructions page.

This is a limited time offer, and not available in stores or online. You must print, complete and mail the application to Melissa Lynch at the address on the application. For more questions, please contact Melissa Lynch at mlynch@bjs.com

A Few April Dates to Ponder



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| 1 st - April Fool's Day | 16 th - Easter |
| 2 nd - International Children's Book | 17 th -Blah Blah Blah Day |
| 7 th - No Housework Day | 22 nd -Earth Day |
| 9 th - Palm Sunday | 22 nd -National Jelly Bean Day |
| 11 th - Pesach (Passover) | 26 th - New Moon |
| 11 th - Full Moon | 27 th - Babe Ruth Day |
| 14 th - Good Friday | 30 th - National Honesty Day |

CONSUMER EDUCATION

For information on programs and services for older Marylanders and their families visit the Maryland Department of Aging web site at: www.mdoa.state.md.us.

*Avoiding Scams and Fraud - download the Maryland General Attorney Consumer Guide http://media.wix.com/ugd/640edf_3222f67627014c0bb25c9d71171d7c09.pdf

*For more information on aging visit www.elderlawanswers.com and www.eldercare.gov.

*To print a copy of the FYI File:

http://media.wix.com/ugd/867f1a_ffb6814234784646b22f4d1d1253969c.pdf

*To print a copy of the Medical Information Card

http://media.wix.com/ugd/867f1a_b0de817a7b14406fad4d206c50979869.pdf



Eight easy health tips for Seniors to help baby boomers live longer and thrive:

1. Quit smoking. ...
2. Keep active. ...
3. Eat well. ...
4. Maintain a healthy weight. ...
5. Prevent falls. ...
6. Stay up-to-date on immunizations and other health screenings. ...
7. Prevent skin cancer. ...
8. Get regular dental, vision and hearing checkups.



Strolling through the Park...



“Jack Lalanne once said walking was the king of exercises? He is right in that walking improves not only our mood, but our endurance and strength as well. Walking keeps the joints lubricated and nourished, strengthening the ligaments and tendons throughout our ankles, hips and knees. Walking works to strengthen our heart and lungs by increasing our respiratory and heart rates.

Can You Hear Me Now?

With Verizon dropping their email services, a number of **BCRSPA** members receiving “Keeping You in the Loop” electronically could have new eMail addresses. If you went with another email provider and changed your email address, to assure that you continue to receive the newsletter via the Internet, we will need to update our database.



If you have changed your email, simply eMail us at: (cdavidcopenhaver@gmail.com) and give us your new email address. It would help if you would include your full name and old email address with the new address for verification purposes.

Source: **AARSPA**. Some changes were made.

2017 Legislative Updates



The **MRSPA** Legislative Committee supported seventeen bills in the General Assembly and opposed eight. The bills opposed included several attempts to change the State Retirement and Pension System in significant ways. These bills failed. The other two were SB 704 and HB 878 The Public Charter School Act of 2017, which would have established a state commission to govern charter schools instead of the local Boards of Education. These bills also failed. On the plus side, we supported a number of bills that would enhance the lives of retirees and seniors. Many of these bills are on track to become law. To check the details, go to the Legislative page on the MRSPA website www.mrspa.org.

Source: **AARSPA**. Some changes were made.



Clever Ideas and Solutions

- When storing shoes in your closet, keep the soles of dirty pairs away from your clean clothes by wrapping them in shower caps.
- You can blame the titanium dioxide powder in toothpaste for those stains on your new T-shirt. Your best shot at removing those stains is by spot-cleaning with a bit of detergent.
- Keep a cereal container in your car so that your empty soda cups and used napkins don't end up on the floor or in the back seat of your car.
- Hang a tennis ball inside your garage so you know when to brake while parking.
- Soak a sponge in water, then freeze it inside a Ziploc bag to make a drip-free icepack.
- Putting your phone into airplane mode will charge it twice as fast
- Put a small amount of water in a glass when you microwave your pizza to keep the crust from getting chewy.
- Use a staple remover to save your fingernails when trying to add keys to your key ring.
- Chinese containers are designed to fold out into plates.
- Clean an old plastic sun lotion bottle for your beach bag and put your phone, money, and keys in it for safer keeping at the beach.
- Soft-drink lids can double as coasters

