

April 1, 2019



Keeping You in the Loop . . .

From the desk of C. David Copenhaver

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

Hello BCRSPA Members,

Last month, we had a time change and this month we begin to feel a change in the weather. However, these are not the only changes that we will be experiencing.



This month, the state legislature ends its 90-day session giving us new laws that may affect our lives. Personally, we all try to budget our finances to satisfy our life styles, but do our legislators do the same with our tax money? We will soon find out.

On the brighter side, spring is here ushering in a renewed energy to get outside and prepare our yards and gardens. It is also a time to renew our focus on the BCRSPA organization. We need you to attend our annual business meeting on April 16, 2019 to have a say in our future. We need you to take a step and volunteer to be on a committee or on our executive board. These duties are not difficult, and it only takes a small amount of your retirement time. Why not join us and help keep our organization strong and viable. Our executive board could really use some "new blood" to keep our energy going.

Enjoy this eNewsletter. We hope to see you at the April 16th meeting/luncheon. Meet the eight recipients of scholarships awarded by BCRSPA and the Memorial Trusts of Mr. Tress and Ms. Murray.

Sincerely,
Parker

On the Horizon:

- *Executive Board Meeting – May 21, 2019@ St. Isaac Jogues Church Hall.*
- *Articles due to Editor –April 15th for June UPDATE Newsletter*
- *Annual Spring Business Meeting – April 16, 2019 at Columbus Gardens.*
- *A new tradition begins! Bull Roast and Shrimp Feast –September 7, 2019 @ Columbus Gardens, 1pm –5pm (See page 2)*

FYI...

Slate of Officers 2019-2021

The Executive Board recommended the following slate of officers to be elected:



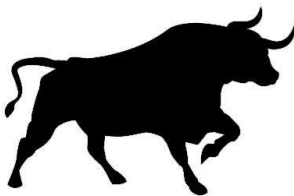
Nominating Committee's proposed Slate of Officers

President – elect.....Donna Copenhaver
Treasurer.....E. Stuart Tucker
Recording Secretary.....Barbara Barzyk
Corresponding Secretary.....Linda Yaffe
Director.....Clair Price
Director.....Carol Rowell

Nominations for these positions will also be accepted from the floor at the Spring Business Luncheon Meeting on April 16, 2019 at Columbus Gardens. After being elected, the slate of officers will be installed.

BCRSPA...A New Tradition Begins

**“Saturday in September”
Bull Roast and Shrimp Feast**



**All You Can Eat
&**

Open Bar

**September 7, 2019 @ Columbus Gardens
1pm—5pm
\$35 per person**



Just wanted to touch base with you to find out how many tickets to the Bull Roast/Shrimp Feast you would like me to reserve for you? **Please remember that family and friends of members are invited to attend.**

To reserve tickets, please email C. David Copenhaver at cdcopenhaver@gmail.com or call him at 410-515-0456.

The Maryland Senior Citizens Hall of Fame, Inc

MSCHF is seeking nominations of Maryland residents, 65 years of age or older, who as active volunteers have made outstanding contributions to improve the lives of others in the community. Nominations will be reviewed and up to 50 qualified nominees will be selected for induction into the 2019 Maryland Senior Citizens Hall of Fame. To obtain specific details and/or questions, please send an email to mschf.mail@verizon.net or call 410-828-5852. Nomination forms may be downloaded @ www.msCHF.org. All nomination forms must be received by April 10, 2019.





Moving to Oak Crest Village?

Did you know that BCRSPA has a partnership with Oak Crest Village? Well we do! Any time a BCRSPA member moves into Oak Crest and informs them that they are a member of our association, Oak Crest will donate \$500 to our scholarship fund. That's a significant contribution that you can make to BCRSPA, and it won't cost you a dime!

So, 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, 8379 Piney Orchard Parkway-Suite A, Odenton, MD 21113-1508.

A Few April Dates to Ponder



1st - April Fool's Day
2nd - International Children's Book
7th - No Housework Day
9th - Winston Churchill Day
11th - Barbershop Quartet Day
12th - Grilled Cheese Sandwich Day
14th - Palm Sunday

17th -Blah Blah Blah Day
21st - Easter Sunday
22nd -Earth Day (U.S.)
24th -Pig in a Blanket Day
26th -National Arbor Day
27th -Babe Ruth Day
30th -National Honesty Day

Celebrate Earth Day - April 22nd

This Earth Day be part of a movement. On April 22, 2019, more than 1 billion people in 192 countries are expected to join together to protect our common home. People will clean up their communities, talk to local leaders about their environmental concerns and spend time with their families outdoors. Are you interested in volunteer opportunities to help the environment? Or, maybe you're interested in another volunteerism? You can go to serve.gov and type in the type of volunteer event that interests you. It's a great way to make an impact as well as meet some great people along the way. You can also check with your local county, church, senior center or library for some other volunteer events in your area.





Web Sites and Message Center

Visit BCRSPA's web page at: www.bcrspa.org Visit BCRSPA's Shutterfly page at:
<https://bcrspaevents.shutterfly.com>
(password is bcrspa)

BCRSPA's Telephone Message Center
443.793-5867

Visit MRSPA's Web Page at mrspa.org for information on:
Consumer Education Services Events & Photos
Legislative Information Member Benefit List
Job Opportunities Travel & many others



To Join Our Facebook Page for Updates!

BCRSPA's Facebook page encourages group communication and an opportunity for people to share their common interests and express their opinion. A place for members to come together around a common cause, issue or activity to organize, express objectives, and discuss issues, post photos and share related content.



If you would like to join our closed group, simply click the + JOIN box below our profile picture. As long as you are a member of BCRSPA, you can be added to this page. Once your membership is verified, you will be added to the group!



Practicing Gratitude

(Ways to Improve Positivity)

How often do you feel thankful for the good things in your life? Studies suggest that making a habit of noticing what's going well in your life could have health benefits.

Taking the time to feel gratitude may improve your emotional well-being by helping you cope with stress. Early research suggests that a daily practice of gratitude could affect the body, too.

The first step in any gratitude practice is to reflect on the good things that have happened in your life. Next, let positive feelings of gratitude bubble up.

When you make gratitude a regular habit, it can help you learn to recognize good things in your life despite the bad things that might be happening.

“Put some effort into experiencing gratitude on a daily basis and see how it goes. And feeling grateful may help improve both your mind and your body.



Wise Choices

Gratitude Tips

- Create positive emotions by being thankful every day:
- Take a moment. Think about the positive things that happened during the day.
- Journal. Make a habit of writing down things you're grateful for. Try listing several things.
- Savor your experiences. Try to notice positive moments as they are happening.
- Relive the good times. Relive positive moments later by thinking about them or sharing them with others.
- Write to someone. Write a letter to someone you feel thankful toward. You don't have to send it.
- Make a visit. Tell someone you're grateful for them in person.

Source: NIH - a monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services.

Ten Healthy Habits

The author suggests that you not become overwhelmed by all the changes you want to make this year. Instead he states the benefits of assessing your day-to-day actions to determine which of these good habits you may already be tuned into for a healthy mind and body.

1. Walk every day while doing your routines such as grocery shopping, walking in your neighborhood or on a treadmill.
2. Say “Thank You” to express gratitude for your life and relationships. Being positive can have health benefits. You can step it up by writing thank you notes or text messages.
3. Spend time with others because being social is a sign of good health. You can increase social interactions by meeting with people face-to-face and expressing your feelings and emotions.
4. Cook at home. Cook with vegetable oil, rather than butter. Substitute avocado for mayonnaise to reduce some calories and increase taste.
5. Spend time outdoors to get fresh air and sunshine, while possibly improving mental health, movement and connections with others.
6. Avoid sugary sodas. In addition, you should reduce your consumption of diet drinks.
7. Make sleep a priority. Seven to nine hours of sleep a night meets the recommended amount for adults 18 to age 60.
8. Schedule medical appointments with your regular doctor. It is also important to schedule appointments with specialists such as dentists, dermatologists, and eye doctors.
9. Stay out of the sun to avoid wrinkles, sun spots, and skin cancer. Use sunscreen every day to reduce harmful UV rays that can affect your skin.
10. Look on the bright side to promote a positive attitude about life circumstances. Use positive language rather than the language of complaints.



(Source: Joyce Cummings from Living Better Newsletter at WebMD.com Some changes were made)

Best times to drink water!



- 2 Glasses of water after waking up—helps activate internal organs
- 1 Glass of water 30 minutes before a meal—helps digestion
- 1 Glass of water before taking a bath —helps lower blood pressure
- 1 Glass of water before going to bed—water at bed time can prevent night time leg cramps. When your leg muscles cramp up, many times they are seeking hydration.

“The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.” MayoClinic.org



New Member Recruitment Incentive!

Earn a \$10 gift card for each **NEW MEMBER** you sign up as a **DUES DEDUCTION** member.



This allows automatic renewal, so no membership interruption while

saving trees  , time  , and postage  !

Write your name on the membership application, as recruiter.
Return the completed application to:

MRSPA
8379 Piney Orchard Parkway, Suite A
Odenton, MD 21113

Questions: Email MRSPA at mrspa@mrspa.org or call MRSPA at 410-551-1517



Connecting, Protecting, Making a Difference

<https://www.mrspa.org/>



Clever Ideas and Solutions (A “Baker’s dozen”)

- Easiest way to save a scorched pan without scrubbing. 1st add water to the pan, 2nd squirt a little liquid dish soap, 3rd add a Dryer Sheet and let sit for an hour. Amazing results.
- A frozen wet sponge in a Ziploc bag makes for a great icepack that won’t leak.
- Have trust issues with your GPS? Highway sign tip: If the exit sign is on the left of the sign, the exit itself will be on the left. If it’s on the right, the exit will be on the right.
- Use cold cucumbers to reduce eye puffiness. Cucumbers contain antioxidants that are thought to reduce irritation, while the cooling effect reduces swelling.
- Use two-sided tape on area rugs to keep them in place.
- Mark the side of your water bottle by hours so that you can keep track of what you’ve had to drink and will stay hydrated.
- Wrap a wet paper towel around your beverage and put it in the freezer, in about 15 minutes it will be almost ice cold.
- Use a clothespin to hold a nail while hammering.
- Take a photo with your phone of where you park your car at the mall.
- To make your smile look bigger in photos, squint your eyes just a little.
- Use a hanging shoe rack to store cleaning supplies inside the pantry door.
- When a friend borrows a tool or book, snap a photo of them holding it so you’ll remember later where it went.
- Give charitable donations as gifts. Most charities notify the honoree only that a donation was made in their name from you and leave the amount out. You can appear to be a bigger spender and do some good in the meantime.

Source: http://www.huffingtonpost.com/life-hacks-for-those-over-50_n_6173276.html.

Some changes were made

