

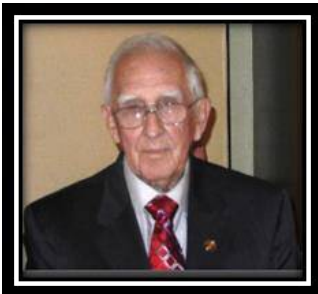
April 1, 2020



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,



This past month has been disturbing, watching the Coronavirus creep across the world changing the lives of everyone.

To comply with all regulations concerning group gatherings, I have cancelled all Executive Board meetings until it is safe to meet and the BCRSPA Annual Spring Meeting. If you have paid for the luncheon, the treasurer has refunded your money. If you have recently sent the organization a check for the luncheon, the treasurer either has returned it or will soon do so.

The awarding of the scholarships will continue, but the recipients will receive notification by mail. Also, the budget and the election of officers was done by the Executive Board under this emergency.

The drawing for the beautiful quilt and matching pillow made by Della Curtis will take place at the October luncheon meeting. You will be able to purchase tickets before the drawing.

On a lighter note, please have an enjoyable Easter and stay healthy during this unsettled time.

Sincerely,
Parker

On the Horizon:

- *Executive Board Meeting – TBA, 2020@ St. Isaac Jogues Church Hall.
(Please consider attending. Just eMail cdavidcopenhaver@gmail.com for directions and details*
- *Articles due to Editor – April 15th for June UPDATE Newsletter*
- *Fall Members Meeting at Columbus Gardens, October 20, 2020 registration 9.30am.*

FYI...

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 2020 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 May 31, 2020.**



\$ Switch and Save \$

YOU ARE INVITED!

Thank you for being a member of MRSPA! There is truly strength in our numbers!



MRSPA asks that you [Switch and Save](#) by changing your method of membership dues payment to one annual deduction from your state retirement/pension check. It is safe and easy. Currently 8,800 members pay by deduction. We will need your social security number. Your number is shared **ONLY** with the state retirement agency, to ensure you are a state retiree, and the paper is destroyed by our administrative staff.

Signing up for dues deduction can help MRSPA stretch your valuable dues dollars by saving the huge paper, printing, and postage costs of three mailings a year, while saving many trees in the process.

Paying by deduction saves you postage and the cost and time of writing a check. Dues deduction makes membership renewal automatic. It's a win-win! As a bonus, when you switch to dues deduction, you will save by receiving a one-time \$10 reduction in MRSPA dues for the 2020-2021 membership year. That's \$35 rather than \$45 for the entire year! Your local association dues will remain unchanged.

If you would like to Switch and Save, click [here](#) for a form to print, complete, and mail to the MRSPA Office. You will need to put your entire social security number on the form, not just the last four digits.

If you would prefer not to mail your social security number, you may call the MRSPA Office at 410-551-1517 or toll-free at 877-625-6782 to relay your number. You will still need to print and mail the authorization form with your signature.

If you have any questions, please contact the MRSPA Office by email at mrspa@mrspa.org.

(Source: MRSPA <https://www.mrspa.org/switch-and-save>. Some changes were made)

A Few April Dates to



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|--|---|
| 1 st - April Fool's Day | 17 th - National Ellis Island Family History Day |
| 2 nd - International Children's Book | 18 th - National Animal Crackers Day |
| 5 th - Palm Sunday | 22 nd -Earth Day (U.S.) |
| 9 th - National Winston Churchill Day | 24 th -Pig in a Blanket Day |
| 11 th -Barbershop Quartet Day | 26 th -National Arbor Day |
| 12 th -Easter Sunday | 27 th -Babe Ruth Day |
| 14 th - National Library Workers Day | 30 th -National Honesty Day |



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



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](https://www.mayoclinic.org)

Do The Five

Help stop coronavirus



1. **HANDS** Wash them often
2. **ELBOW** Cough into it
3. **FACE** Don't touch it
4. **SPACE** Keep safe distance
5. **HOME** Stay if you can



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

