

August 1, 2017



Keeping You in the Loop . . .

From the desk of Donna Copenhaver

*August
"Fairest of the months!
Ripe summer's queen
The hey-day of the year
With robes that gleam with sunny sheen
Sweet August doth appear."
- R. Combe Miller*

Greetings to all the BCRSPA members:



My husband and I just got back from Ocean City. We had a wonderful time with our grandson and his friend. I hope you are having some fun as well.

We have some terrific activities on the horizon. I'm looking forward to seeing many of you at one of them. For crab eaters, don't forget to sign up for the upcoming crab feast. The food is fabulous and the price is right. Also, don't forget to send your reservation for the ultimate Christmas show, White Christmas. There is nothing better than enjoying a good meal and a great show.

Enjoy the rest of your summer!

Sincerely,
Donna

On the Horizon:

- *Executive Board Meeting, September 19, 2017 10:00am at St. Isaac Jogues – Church Hall (Please consider attending. Just eMail me : dmcopenhaver@gmail.com for directions and details)*
- *4th Annual Crab Feast, September 24, 2017 3pm-6pm @ Camp Running Bear. (See attached registration for details)*
- *Fall Members Meeting at Columbus Gardens, October 17, 2017 registration 9.30am. (Be an "Early Bird" and send in your reservation. See attached registration for details)*
- *4th Annual Breakfast with Colleagues, at Columbus Gardens, December 7, 2017@10:00am (See attached registration for details)*
- *BCRSPA's holiday trip to the Dutch Apple Theatre on December 30, 2017 is a holiday favorite. White Christmas (See article and attached registration. Limited seating available.)*

FYI...

Get a \$10 Lifetime Senior Pass to U.S. National Parks

One of the best senior travel bargains anywhere is a low-cost lifetime national park pass that admits seniors free of charge to most U.S. national parks, forests, refuges, monuments and recreation areas, from Denali National Park in Alaska to the Florida Everglades.



Senior Pass Eligibility

As part of the American the Beautiful - National Parks and Federal Recreational Lands Pass program, U.S. citizens or permanent residents who are at least 62 years old can purchase a Senior Pass for a one-time processing fee of \$10. This Senior Pass to national parks and lands offers benefits to you and your traveling

companions. Access the link below to apply for a pass... FYI: Just learned that the price may go up at the end of August.

<http://ebookinga.com/pdf/america-the-beautiful-senior-pass-application>



Who to Contact ?

The staff of the Office of Benefits, Leaves, & Retirement is available to answer your questions by telephone or e-mail. The staff is listed below by area of expertise. Additionally, links to the insurance companies and service providers are listed on the website. <http://www.bcps.org/offices/benefits/>

Office of Benefits, Leaves, & Retirement E-mail: benefits@bcps.org Call 443-809-8943

Benefits & Retirement Staff:

The following individuals can help you with active and retiree medical, prescription drug, dental, and vision benefits, open enrollment, new employee enrollment, changes in status, flexible spending account, domestic partner affidavits, cancer insurance. The following is a list of specific staff members responsible for that area.

Dolores Cleaver

dcleaver@bcps.org

COBRA enrollment and billing, new employee orientations, 403(b) & 457

Diane Grue

dgrue@bcps.org

Flexible spending account eligibility, new hire enrollment, change in status

Susanne McCoy

smccoy@bcps.org

Life, Personal Accident Insurance

Beth Thomas

bthomas6@bcps.org

Long Term Disability, New employee enrollment, retiree benefits enrollment

Other Support Staff:

Nasrene Mirjafary

nmirjafary@bcps.org

Employee Benefits Manager (443-809-8943)



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, 8379 Piney Orchard Parkway-Suite A, Odenton, MD 21113-1508 so you continue to receive your newsletter.



BCRSPA 4th Annual Crab Feast

Crabs/ Shrimp/ Fried Chicken/ Cole Slaw/ Potato Salad/ Beer/ Soda/ Dessert
Sunday, September 24, 2017
3:00 p.m-6:00 p.m.
Camp Running Bear in Monkton



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.



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SUMMER HEALTH TIPS for Older Adults

As the calendar tips into the month of August, almost all 50 states are enjoying the warmth of summer months. But as temperatures soar higher, there are unique health risks to bear in mind.

Below are 10 tips to help you stay safe (and cool) in the hot weather

1

Avoid Heat Stroke

Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.¹



6

Plan Your Exercise Time

If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.



2

Stay Hydrated

Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.²



7

Keep Cool Inside

Close blinds and curtains to help keep the heat out of your home during daytime hours.⁵



3

Drink Plenty of Water

Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).³



8

Stay Cool

If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches – investing in one good night's sleep can be the respite you need to beat the heat.



4

Manage Caffeine Intake

Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water. A good rule of thumb is at least a glass of water for each caffeinated beverage.⁴



9

Apply Sunblock

When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: [Click Here](#)⁶



5

Exercise Smart

Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).



10

Cool Down

Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.⁷





A Handy “Half-Dozen”

1. When you feel like you need something, but you can't figure out what it is, it's water. It's always water.
2. Avoid forgetting something in the morning by placing it in or near your shoes.
3. When receiving a call from a solicitor, simply press 9; the call will be dropped and your phone number is then put on the companies do not call list. 95% of companies support this feature.
4. To dissolve ink stains, use hand sanitizer.
5. Putting your phone into airplane mode will charge it twice as fast.
6. Pump up the volume by placing your iPhone/iPod in a bowl — the concave shape amplifies the music.

Source: <http://www.buzzfeed.com/community>. Some changes were made.



- 2 - National Ice Cream Sandwich Day
- 4 - International Beer Day - First Friday
- 10 - National S'mores Day
- 22 - Be an Angel Day
- 25 - Kiss and Make Up Day
- 31 - National Eat Outside Day

BCRSPA working together to Engage and Empower