



Keeping You in the Loop

From the desk of C. David Copenhaver

From the President...

Hello BCRSPA Members,

Well, here we still are – wearing a mask, social distancing, and hunkering down in our homes. As



retirees, we are fairly well accustomed to staying home quite a bit, but our children and grandchildren are not. It has been tough on families everywhere. I don't know about you, but I miss seeing my granddaughter in Arizona. Fortunately, my grandson lives close by, so I see him often.

The Executive Board has not been able to meet, however we stay in touch through email. Fortunately, business is slow during the summer months. We did have one issue that needed our attention, the October luncheon meeting. Because of the increase in the virus in Maryland lately, we felt it would be prudent for us to cancel that meeting. We are hoping that we may be able to hold the December Breakfast with Colleagues, but we will have to wait and see. Stay tuned for that info!

Until we communicate again, please stay safe.

Sincerely, Donna

On the Horizon:

- *Executive Board Meeting September 15, 2020 — 10:00am. @ St. Isaac Jogues Church Hall. (To be determined.)*
- *5th Annual Breakfast with Colleagues, at Columbus Gardens, December 3, 2020 (To be determined.)*

FYI...



Fall Luncheon Members Meeting

10/20/2020

Cancelled

With Covid-19 still a major health threat to our state and country, the BCRSPA Executive Board has decided to cancel the luncheon meeting. As a vulnerable population, we feel it is in the best interest of our members to proceed with caution. Many members have expressed concern about having 100+ individuals in close proximity eating without masks. We hope that by April, the virus will be under control and that we will be able to hold our Annual Membership Luncheon Meeting.

Currently we are still hoping to be able to hold our December 3, 2020 Breakfast with Colleagues. A final determination will be made in September when we see what is happening with the virus and we have new guidelines from our Governor and the CDC. It must be noted however, that we will not be able to have BCPS student entertainment since students will be participating in virtual learning through the first semester. We also may not be able to have our holiday sing-along since singing has been determined to be a major cause of the spread of the disease. Our intentions will be announced in the December UPDATE, which will be distributed early this year. We apologize for the uncertainty, but we must remember that these are uncertain times.



Five Reasons the World is Still a Wonderful Place!

Things are—how shall we say it? — a little bananas these days. “Real Simple” asked five experts to remind us about some of the good stuff that can get lost in the shuffle.

- 1.) Libraries still exist: A place where you can go without a penny in your pocket be given a chair, a book, and access to the world. — Caitlin Moran
- 2.) We are not alone: Just by being together, we can lift each other up. — Jill MacFarlane
- 3.) Beauty surrounds us: Being in nature improves your mood and gives you a sense of balance. You will feel better about the world and yourself when you are out in a beautiful spot. — Janice Kaplan
- 4.) We have the power to change our perspective: Instead of focusing on the negative within others, seek the positive. — Zach Brittle
- 5.) We look out for each other: The simplest acts of kindness make the world better in ways we may never know. — Amy Krouse Rosenthal

Source: REAL SIM PLE Magazine, By Time Inc. Some changes were made



You're Never Too Old ... Keep Active as You Age

We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger, and improve your health.



Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease,

osteoporosis, and depression.

Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 15% of those between the ages of 65 and 74 and 5% of people age 85 and older.

Experts recommend four types of exercise for older adults: endurance, balance, strength, and flexibility. Brisk walking, dancing, and other endurance exercises improve the health of your heart, lungs, and circulatory system.

To help you get started and keep moving, NIH brought together some of the nation's leading experts on aging, exercise, and motivation. They developed a guide to exercise for older adults. The guide serves as the basis for a national exercise and physical activity campaign for people ages 50 and older. It's called Go4Life.

Go4Life exercises are designed to be done safely at home without special equipment or clothing. The free book is available on line, go to <https://www.nia.nih.gov/health/exercise-physical-activity>. Other free materials, such as tip sheets, are also available. *Workout to Go*, at <https://go4life.nia.nih.gov/workout-to-go>

Source: NIH News in Health. Some changes were made.



Did You Know? the Twitter bird has a name: Larry the Bird. Wonder if he can beat Michael Jordan in an inter-galactic game of horse?



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.



... wacky dates to ponder...

- 7 - August (First Friday of August) - International Beer Day
- 12 - International Youth Day
- 13 - International Lefthanders Day
- 19 - World Humanitarian Day
- 21 - Senior Citizen's Day
- 25 - Kiss and Make Up Day
- 31 - National Eat Outside Day

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.

I'm only sending this to my 'old' friends. I love to see you smile.

