



# 'Keeping You in the Loop'

From the desk of C. David Copenhaver

## From the President...



Olympics, Olympics, Olympics!!! During the hot humid spells in the Baltimore area, it's nice to be able to entertain ourselves in the air conditioning by watching some exciting sports competitions on TV.

Remember, as the fall approaches, we are planning to hold our October Membership meeting and luncheon. A registration form is attached to this document and will also be included in the September UPDATE. I hope to see our usual group of attendees as well as many of our newer members. Let's get those registration forms to our treasurer!

Don't forget to put December 2<sup>nd</sup> on your calendar. That's the day of our Breakfast with Colleagues! It will be so nice to celebrate the holidays together once again.

Stay cool and most importantly stay safe!

*Sincerely, Donna*

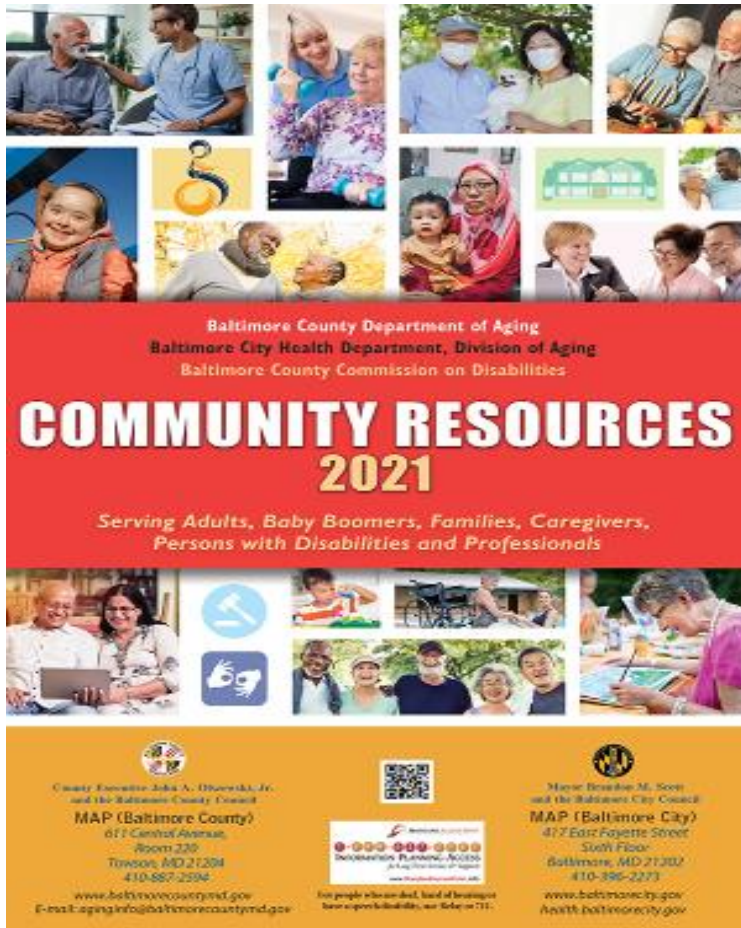
### On the Horizon:

- *Executive Board Meeting September 21, 2021—10:00am. @ St. Isaac Jogues Church Hall.*
- *Fall Membership Meeting October 19, 2021, —10:00am. Columbus Gardens.*
- *6<sup>th</sup> Annual Breakfast with Colleagues, at Columbus Gardens, December 2, 2021*
- *Executive Board Meeting November 16, 2021—10:00am. @ St. Isaac Jogues Church Hall.*

# FYI...

## Community Resources Directory

*This* annual directory is developed and published by the Baltimore County Department of Aging (BCDA). BCDA has partnered with the Baltimore County Department of



Planning/Commission on Disabilities as well as Baltimore City to create one regional resource directory for Baltimore residents. The directory's content has been updated and expanded to accommodate resources and services that range from adult day care to recreation and travel. The publication also contains a comprehensive category supporting developmental disabilities ranging from children to adults.

BCDA is pleased to offer free copies of *Community Resources 2021* to the public. Pick up copies of *Community Resources* in the foyer of the BYKOTA Senior Center

in Towson without entering the building's lobby. Interested parties may also call 410-887-

2002 for one mailed copy. We are pleased to offer an accessible 2021 [Community Resources directory online](#) (PDF). For those who wish to access the publication using their smart phones, please note the QR code on the cover.

Advertising in *Community Resources* is a powerful way to connect to baby boomers, older adults, caregivers, families, adults with disabilities and professionals. To learn more about the many benefits associated with advertising in this valued publication and well-known publication, please call 410-887-2012 to learn about the many options available to showcase your business or nonprofit. Help educate and empower your family, friends and community with *Community Resources 2021....Revised April 9, 2021*

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... wacky dates to ponder...

- 7 - August (Campfire Day) - First Saturday in August
- 12 - Annual Perseid Meteor Shower - Peak Night
- 13 - International Lefthanders Day
- 19 - National Potato Day
- 21 - Senior Citizen's Day
- 25 - Kiss and Make Up Day
- 31 - National Eat Outside Day

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Why wait for the mail? Receive MRSPA News up to two weeks earlier with email delivery! If you'd like to receive MRSPA News via email, just let us know, and we'll add you to our electronic distribution list. You'll receive the publication faster AND help us reduce printing costs. Email your

request to: [mrspa@mrspa.org](mailto:mrspa@mrspa.org) and put "Newsletter by Email" in the subject line of the email and please include your full name and your email address



## 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.

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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](https://go4life.nia.nih.gov/workout-to-go), at <https://go4life.nia.nih.gov/workout-to-go>

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

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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.

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**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.

# Annual Fall Luncheon Meeting

Tuesday, October 19, 2021 at Columbus Gardens

## Program

Registration.....9:30a.m.  
Call to  
Order.....10:00a.m.  
*Recognition of guests*  
Representative from the Employee Benefits Office will be invited.  
Social Hour – cash bar available.....11:30a.m.  
Luncheon.....12:00 noon

## LUNCHEON MENU

House Salad served with Ranch or Italian dressings  
Turkey Cutlet w/stuffing\*Baked ham  
Green Bean Amandine\* Bacon & cheese twice baked potato\* Hot Rolls and Butter  
Ice Cream Sundae Bar with Assorted Toppings  
Regular and Decaffeinated Coffee, Hot and Iced Tea with Lunch

**Cost: \$25.00**

**Deadline for Registrations: Monday, October 11, 2021 (No refunds after this date)**

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**Please remember to support our Community Services Project for the ACTC**  
(Assistance Center of Towson Churches)

### **Food/Personal items needed**

Canned and nonperishable food items\* Personal hygiene items\* School Items

**If you prefer, a check may be written payable to the Assistance Center of Towson Churches**



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RESERVATION FOR October LUNCHEON MEETING – October 19, 2021

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

Name of Guest(s): \_\_\_\_\_

Number of Reservations: \_\_\_\_\_ Scholarship Donation (\$) \_\_\_\_\_

Total Amount (\$) Enclosed: \_\_\_\_\_

Make checks payable to BCRSPA.

Send reservation(s) and check(s) to: Luncheon Chairperson, P.O. Box 44016, Nottingham, MD 21236

THANK YOU!  
*thank you!*