



# *the Loop* • • • From the desk of C. David Copenhaver

## From the President...

Dear BCRSPA Members,



Hope your summer has been going well and that you have been enjoying yourself with family, friends, and others important to you. Please know that BCRSPA Executive Board Members have been working on numerous tasks to support you as members of your local retiree association. For example, recently I participated in the MRSPA President's meeting that was held virtually. I appreciated learning about how MRSPA supports all members of the local associations, and what has been achieved and planned by members of the local associations across the State.

It was especially gratifying to hear that BCRSPA was recognized by a certificate from MRSPA for "Local Community Service" conducted in 2021-2022. Our community service activities resulted in:

- A \$270 donation to the Cancer Society
- A donation of two large bins of new toys to Toys for Tots
- Donations of eight bags of groceries/toiletries, and \$237 to the Assistance Center of Towson Churches
- Donations of \$1000 to each of the libraries at Westowne Elementary School and Southwest Academy
- Awards of Memorial Scholarships totaling \$16,000 to eight BCPS Seniors
- Awards of stipends awarded to the Baltimore County Historical Society and two local churches
- Receipt of \$2,500 from Oak Crest Community as a donation to our scholarship fund

Thank you to Dave Peters, Chair of Community Service, Patsy Holmes, Chair of Scholarships, and to all of you who have contributed to the success of BCRSPA's community service efforts.

**Sincerely, Margaret Kidder, Ph.D.**

***On the Horizon:***

- *Executive Board Meeting September 20, 2022—10:00am. @ St. Isaac Jogues Church Hall.*
- *Fall Membership Meeting October 18, 2022, —10:00am. Columbus Gardens.*
- *Executive Board Meeting November 15, 2022—10:00am. @ St. Isaac Jogues Church Hall.*
- *6<sup>th</sup> Annual Breakfast with Colleagues, at Columbus Gardens, December 8, 2022*

# FYI...

## **Retiree Benefits**

On July 14, BCRSPA officers Margaret Kidder and Joyce Cummings met with staff from the Division of Human Resources, Office of Benefits and Retirements. During the meeting, they were assured that resolving the issues of overpayment/underpayment of health insurance was a top priority for that office. Additionally, BCPS has committed to sending additional communication in the coming days.

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## **Maryland State Retirement News**

The Advice Slips from the Maryland State Retirement Agency will be mailed out in early August. It is important that you retain this form for reference should you have questions about your account. The agency has two websites which allow you to access important forms and information related to your retirement account, [sra.maryland.gov](http://sra.maryland.gov) and [mySRPS](http://mySRPS) . If you need to speak with a counselor, please call between 8:30 and 4:30, Monday – Friday. Contact numbers for the Maryland State Retirement Agency: 1-800-492-5909 or 410-625-5555



# August ... 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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## Loneliness Affects All Ages



Human beings are social creatures. We are social not just in the trivial sense that we like company, and not just in the obvious sense that we each depend on others. We are social in a more elemental way: simply to exist as a normal human being requires interaction with other people

— Atul Gawande

Feeling like we're part of a community helps us thrive. But we sometimes have a hard time making and keeping the relationships that sustain us. Many Americans report feeling lonely for long periods of time. Connections with others are important for your health.

Having a sense of purpose in life may be another way to fight the effects of loneliness. Research has found that having a strong sense of mission in life is linked to healthier immune cells. "And when you start to pursue a goal that's important to you, you almost always have to cooperate with others to do that," Dr. Steve Cole, an NIH-funded researcher says. "That helps bring people together."

For additional information visit <https://newsinhealth.nih.gov/>

# Health Tips

## From The Professor



### 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](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.

**Baltimore County Retired School Personnel Association**  
**Annual Fall Luncheon Meeting**

Tuesday, October 18, 2022 at Columbus Gardens

**AGENDA**

Registration.....  
..9:30a.m.  
Meeting.....  
.10:00a.m.

Student Entertainment \* Teacher of the Year, Alicia Freeman \*  
Updates from CASE and MRSPA \*

Representative from the Employee Benefits Office and Labor First have been invited.

Social Time – cash bar available

Luncheon.....  
12:00 noon

**LUNCHEON MENU**

House Salad served with Ranch or Italian dressings  
Chicken Parmesan\* Mushroom Steak\*  
California Veggie Medley\* Sauteed Red Potatoes\* Hot Rolls and Butter  
Ice Cream Sundae Bar with Assorted Toppings  
Regular and Decaffeinated Coffee, Hot and Iced Tea with Lunch

**Cost: \$25.00**

**Please include your phone number on the check  
for easier notification in case of cancellation.**

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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 supplies\**

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

Deadline for Registrations: Friday, October 7, 2022 (No refunds after this date)





**RESERVATION FOR OCTOBER LUNCHEON MEETING – October 18, 2022**

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, 6 Lagan Court, Baltimore, MD 21236

**Please include your phone number on the check for easier notification in case of cancellation.**



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**5 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 Rosenth

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