

December 1, 2019



Keeping You in the Loop

From the desk of C. David Copenhagen

Wishing you a Merry Christmas and Happy Holidays

From the President

Now that Thanksgiving Day has come and gone, our thoughts have immediately turned to the next holiday season, Christmas and New Years. We get out decorations, bake special cookies and shop for family and friends. In our rush, please remember those that are less fortunate. Many BCRSPA members will begin celebrating early at our Breakfast for Colleagues and supporting Toys for Tots and the Alzheimer's Association.



This is also a time for us to review the past year in order to move forward in the New Year. One of BCRSPA's biggest challenges is the loss of membership. The executive board is working hard to gain and regain members. But, we need your help. If you know a retiree that is not a member as yet, let us know. In closing, I wish you a happy and healthy holiday season.

Best wishes,
Parker

On the Horizon:

- *5th Annual Breakfast with Colleagues, at Columbus Gardens, December 5, 2019 @ 9:30am.*
- *Articles due to Editor for March UPDATE Newsletter, January 15, 2020*
- *Executive Board Meeting: January 21, 2020 @ St. Isaac Jogues – Church Hall*
(Please consider attending. Just eMail dmcopenhagen@gmail.com for directions and details.
- *April 9, 2020 possible Washington, D.C. Cherry Blossoms Lunch Cruise (Contact, David... cdavidcopenhagen@gmail.com or 410-515-0456 ASAP for reservations)*

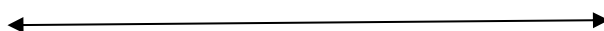
FYI...

A Special Thank You to Weston Dean



Board service is one of the toughest volunteer roles of all, and Wes Dean performed his duties with dedication and tenacity. He distinguished himself as a judicious steward of our organization and never flinched in the face of difficult decisions. Wisdom is knowing what to do next; virtue is doing it. Wes is both wise and virtuous.”

Thank you Wes for all your service to BCRSPA. The Executive Board will miss you.



3rd Annual Quilt for a Cause Raffle



A special “Thank You” to Della Curtis because she has crafted and donated another beautiful quilt for a cause. Della has made a gorgeous lap quilt and matching pillow. This masterpiece was on display at the October 15th luncheon. We will be selling chances at the Breakfast with Colleagues in December and at the April Luncheon Meeting. Tickets can also be requested by contacting Parker Koons at 443-823-1126. All proceeds will go directly to the Scholarship



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!

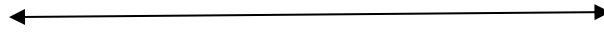
So if you are contemplating a move to Oak Crest Village, be sure to mention that you belong to BCRSPA, and you will earn \$500 for our scholarship program. Also, remember to send a change of address to Charlotte Price at P.O. Box 44016, Nottingham, MD 21236-9998 so you continue to receive your newsletter.





Holiday Shopping Security

- Be careful while you're out doing your holiday shopping. Now is the time when theft is on the rise. Never walk out into a parking lot when you feel unsafe. Ask the store or mall security to escort you to your car.
- Don't leave packages in plain sight in your car. Don't leave your purse on the seat of the car while pumping gas, etc. "Smash and Grabs" are prevalent at this time of year.
- Be aware of people following you and keep your purse close to your side. Stay off your cell phone while walking along so that you don't become an easy target for theft.
- Be aware when ordering packages online. If you see suspicious vehicles in your neighborhood that don't belong there and appear to be looking for packages left on doorsteps, notify your local police.



Little Stories: Lots of Meaning

Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. **That is faith.**

When you throw babies in the air, they laugh because they know you will catch them. **That is trust.**

Every night we go to bed without any assurance of being alive the next morning, but we still set the alarm to wake up. **That is hope.**

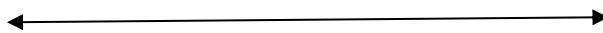
We plan big things for tomorrow in spite of zero knowledge of the future. **That is confidence.**

We see the world suffering, but still, we get married and have children. **That is love.**

On an old man's shirt was written a sentence "I am not 80 years old; I am sweet 16 with 64 years experience." **That is attitude.**

Have a happy day and live your life like these six stories. Remember, Good friends are the rare jewels of life, difficult to find and impossible to replace!! Make the most out of everything. Love everyone and enjoy every minute.

Source: Celeste Marlowe, "One minute read" internet. Some changes were made.





Tips to stay healthy during the holidays for Seniors

While the holidays are a time of gatherings with family and friends, they can also be a source of stress. Staying healthy can be a challenge during this time of year, especially for seniors. To help seniors stay healthy during the holidays keep the following tips in mind:

1. Make healthy choices

Try to plan meals with other events in mind.

You don't want to deny anyone of the food they like to eat at this time of year, but you don't want anyone to gorge themselves, either.

2. Stay hydrated

Drinking water is one way you can stay healthy during the holidays.

3. Follow dietary restrictions

Some seniors must follow special diets. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

4. Drink in moderation

Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects.

5. Keep exercising

Stick to an exercise schedule, by taking a walk around the block or walk a few laps in an indoor mall.

6. Rest after traveling

Whether traveling by car, rail or plane, let that an older relative rest upon arrival.

7. Make homes accessible

If older relatives are visiting your home for the holidays, ensure your home is safe and accessible. Be mindful of hazards in your home.

With a few preventative measures, seniors can stay healthy and follow their diets, while also having fun with their family members this holiday season.

Source: Megan Horst-hatch blog. Some changes were made.



Health Benefits of Human-Animal Interactions



Nothing compares to the joy of coming home to a loyal companion. The unconditional love of a pet can do more than keep you company. Pets may also decrease stress, improve heart health, and even help children with their emotional and social skills.

Possible Health Effects

Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Animals can reduce loneliness, increase feelings of social support, and boost your mood.

While pets may bring a wide range of health benefits, an animal may not work for everyone. Recent studies suggest that early exposure to pets may help protect young children from developing allergies and asthma. But for people who are allergic to certain animals, having pets in the home can do more harm than good.

Source: News in Health, 2019. Some changes were made.



Good Morning Coffee Quotes

- Coffee is not a drink. It is an emotion. Waking up to coffee is the best way to wake up! Good morning your cup is waiting.
- A person as strong as you deserves a strong cup of coffee. Good morning!
- The best way of waking up is to open your eyes to a hot jar of coffee. Open your eyes, your coffee awaits you.
- Hope your day begins with love, happiness and great cup of coffee. Have a wonderful day.
- The day has begun, drink coffee, smile and be thankful for the life you have.
- Good days start with coffee and a smile. Wishing you both today. Good morning.
- A cup of coffee shared with a friend is happiness shared with a friend. Good morning and let's meet soon for some coffee.
- May your coffee be strong and your worries short. Have a happy and joyful day!

Behind every successful person is a large cup of coffee. Wishing you lots of coffee and success today.



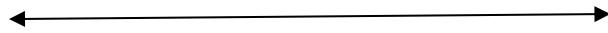
Will Roger's advice on growing older!

Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved!



Clever Ideas and Solutions (1/2 dozen) Best of 2019

1. How to hull strawberries, all you have to do is poke em' with a straw! You start at the bottom of the strawberry, push the straw up, and the stem and white bit just pop right up!
2. Can you hear me now? Place your iPhone in a bowl and crank up the volume. The concave shape of the bowl will amplify the music.
3. Recycle disinfectant cloth containers by making it into a container for “doggie poop bags.” But it could work for plastic grocery bags too.
4. Microwave Popcorn in a brown paper bag. Add a 1/2 cup scoop of bulk popcorn kernels to your brown paper bag. Fold the bag over twice. Don't use staples to secure the bag — this might spark in your microwave. Stick the popcorn bag into your microwave. I set mine for 3 minutes on high. Stop the microwave when the popping slows to one to two pops per second. A pinch of salt with a dab of butter is the most popular way to eat popcorn or add gourmet toppings.
5. A simple way to find small lost objects is by placing pantyhose over the head of the vacuum hose, securing it with a rubber band (so the pantyhose don't get sucked up!), and vacuuming under tables and chairs. The objects are quickly picked up without getting sucked away into the vacuum!
6. Flattened pillow? Put it in the sun for 30 minutes. The sun will absorb the moisture and plump up your pillow.



*Holiday Season filled with Peace,
Love & Laughter*



David and Donna