



# Keeping You in the Loop

From the desk of C. David Copenhagen

*Wishing you a Merry Christmas and Happy Holidays*

## From the President



Season's Greetings!

Holiday decorations are going up, gift buying is underway, and we are wondering if traditional family celebrations will be safe. Despite the restrictions that the virus has caused, your Executive Board, although not able to meet in person, has still been working for the organization.

The Scholarship Program will go forward this year. The information has been distributed to schools and students and we are ready for the applications.

We approved a Slate of Officers for the 2021-2023 term. The full listing will be in your December UPDATE newsletter. I extend my gratitude to Dr. Margaret Kidder for accepting the nomination for President-Elect for 2021-2022 and President for 2022-2024. She will be a terrific leader.

Although our Breakfast with Colleagues was cancelled for this year, BCRSPA continued our "tradition of giving" by donating to these charities: Toys for Tots, the Alzheimer's Association, and the Cancer Society.

Hopefully you have all received your BCPS Benefits Booklets. Look carefully at the prescription drug plans that are offered. If you have questions, call the Benefits Office at 443-809-8943.

Unfortunately, because BCRSPA has no voice in benefit matters and were not involved in the process or negotiations, I can't offer much more information on the plans.

Your UPDATE should be arriving within the next couple of weeks. Enjoy reading it. Be safe!

Sincerely,  
Donna



# FYI...

## On the Horizon:

- Breakfast with Colleagues @ Columbus Gardens. (Cancelled)
- January 19, 2021 Executive Board Meeting @ St. Isaac Jogues Church Hall  
(To be determined)
- March 16, 2021 Executive Board Meeting @ St. Isaac Jogues Church Hall  
(To be determined)
- April 20, 2021 Annual Spring Business Meeting @ Columbus Gardens.  
(To be determined)



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## 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.



## 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.



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## 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.**



## 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.

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.

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Happy Holidays



*May the holiday season fill your home with joy,  
your heart with love, and your life with laughter.*

*Wishing You a ...*

*Holiday Season filled with Peace,  
Love & Laughter*



*Donna and David*