

February 1, 2019



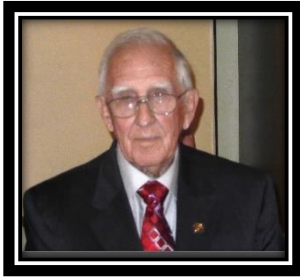
# Keeping You in the Loop

From the desk of C. David Copenhaver

**Generosity: “the useful effort to bring cheer to others will be the beginning of a happier life for ourselves”** *Helen Keller*

Hello BCRSPA Members,

In February, we recognize our loved ones at Valentine’s Day and we recognize our past presidents on President’s Day. It is now time to merge our thinking about the above-mentioned holidays and plan to bring recognition to others that will begin a more relaxed life for us and others.



BCRSPA helps improve:

1. Retirees’ lives by following the activities of the state legislators and, with the help of the MRSPA legislative committee, we have a voice in Annapolis.
2. Active teachers’ lives by contributing to the newly established exchange that enables teachers to obtain school supplies for free.
3. Students’ lives through our library project by awarding \$1,000 to designated schools that are in need of print material. This year, Perry Hall Middle School and Orem Elementary School were the recipients of this gift.
4. BCPS select Seniors’ lives by awarding six \$2000 BCRSPA sponsored scholarships, plus scholarships in the names of Matthew Tress and Mildred Murray to graduating high school seniors.

These are a few examples of BCRSPA’s activities that contribute to a happier life for both the recipient and the members of this organization

Sincerely,  
Parker

## *On the Horizon:*

- *Early March: Newsletter distribution*
- *Executive Board Meeting—March 19, 2019 @ St. Isaac Jogues Church Hall (Please consider attending. Just eMail me for directions and details.)*
- *Articles due to Editor—April 15th*
- *Annual Spring Business Meeting —April 16, 2019 at Columbus Gardens*
- *Dutch Apple Theatre Spring Trip —March 21, 2019 (See FYI page 2 for details.)*

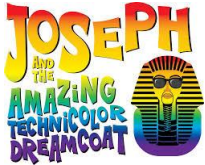
# FYI...

## BCRSPA Spring Trip

March 21, 2019

### Joseph and the Amazing Technicolor Dreamcoat

A lively and colorful journey through ancient Egypt, following the rags-to-riches story of Jacob's favorite son, his eleven jealous brothers and the coat of many colors. This magical musical is full of catchy songs in a variety of styles, from a parody of French ballads (Those Canaan Days), to country-western (One More Angel In Heaven) and calypso (Benjamin Calypso), along with the unforgettable Any Dream Will Do and Close Every Door. A dream of a show and irresistible musical for the whole family.



Trip cost \$100 includes bus, driver gratuity, lunch, show and snacks. Send in your registration today! If you should have any questions contact me, by eMail...[cdcopenhaver@gmail.com](mailto:cdcopenhaver@gmail.com) or call me at 410-515-0456. **(Registration and Payment deadline has been moved up to February 4th)**  
**(Limited Seating Available)**



### Perry Hall Middle School Receives \$1,000 Donation

The Baltimore County Retired School Personnel Association presented a donation of \$1,000 to the



Perry Hall Middle School library media specialist, Mr. Zachary Reed-Harris for the purchase of hardcover books on Monday, January 4th. For numerous years, the organization has given scholarships to local high school seniors and wanted to help out more. "My thought was we needed to do something to forge more of a connection with BCPS," said Donna Copenhaver, the current vice president of BCRSPA.

BCRSPA decided that every year they would donate \$1,000 to an elementary and middle school in Baltimore County. Perry Hall Middle School was chosen to receive the 2018 donation. Orem Elementary School also received a \$1,000 donation in December which was presented by Parker Koons, BCRSPA President.

Mrs. Copenhaver said that the majority of the schools' library budget goes towards buying e-books, so the donation has to be used only for hardcover print books. "We still like kids to have books in their hands," she

said. Every year BCRSPA picks two new schools to receive the donations. For more information on the organization, visit [www.bcrspa.org](http://www.bcrspa.org).

## The Maryland Senior Citizens Hall of Fame, Inc

MSCHF is seeking nominations of Maryland residents, 65 years of age or older, who as active volunteers have made outstanding contributions to improve the lives of others in the community. Nominations will be reviewed and up to 50 qualified nominees will be selected for induction into the 2019 Maryland Senior Citizens Hall of Fame. To obtain specific details and/or questions, please send an email to [mschf.mail@verizon.net](mailto:mschf.mail@verizon.net) or call 410-828-5852. Nomination forms may be downloaded @ [www.msCHF.org](http://www.msCHF.org). All nomination forms must be received by April 10, 2019.



## Camp Puh'tok Is Looking For Spring Volunteers

We are launching a new environmental science field trip program and need station leaders during the day. If you have an interest in nature and children, then this is the opportunity for you! We are looking for volunteers for the month of APRIL. We have schools booked each week, therefore we need staffing for the Tues and Wed 8am-4pm. \*will need to be background checked/fingerprinted\* FOR MORE INFORMATION PLEASE REACH OUT!!! See below...  
[elizabethczaplicki@ymaryland.org](mailto:elizabethczaplicki@ymaryland.org)—410-329-6590.



Elizabeth Czapliski, Environment and Education Director—The Y In Central Maryland  
Camp Puh'Tok—17433 Big Falls RD, Monkton, MD 21111 <https://camppuhtok.com>



## 2<sup>nd</sup> Annual Quilt for a Cause Raffle

Della Curtis has made another gorgeous quilt (featured here) and has generously donated it once again. This masterpiece was on display at the October 16<sup>th</sup> luncheon and we began selling chances at that time.



To purchase your chance(s) to win the prize of a life time, contact Parker Koons at 410.828-5852 or eMail at [koonspek@aol.com](mailto:koonspek@aol.com). A winning ticket will be drawn at the Spring Luncheon on April 16, 2019. All proceeds will go directly to the Scholarship Fund.

For only \$1 per chance, here's a way to support BCRSPA causes and possibly win a valuable quilt. Good luck

The 6th annual Kindness for Paws - Name your Donation Art Sale will take place on **Sunday, February 17 from 11:00 a.m. - 2:00**



**p.m.** in White Marsh Mall (8200 Perry Hall Blvd, Baltimore, MD 21236). This animal welfare inspired art collection will consist of thousands pieces of original art created by local students from the following schools: Arbutus Middle, Calvert School, Carney Elementary, Chatsworth Elementary, Chesapeake Terrace Elementary, City Neighbors High, Deep Creek Middle, Featherbed Lane Elementary, Franklin High, Grange Elementary, Guilford Elementary/Middle, Harford, Elementary, Hawthorne Elementary, Holy Angels Catholic,

Jacksonville Elementary, John Ruhrah Elementary/ Middle, Joppatowne Elementary, Kenwood High, Krieger Schechter, Martin Blvd. Elementary, Middle River Middle, Monarch Academy, Oakland Mills Middle, Owings Mills Elementary, Padonia International Elementary, Perry Hall Middle, Pine Grove Middle, Ridgely Middle, Ring Factory Elementary, Roland Park Country School, Seneca Elementary, Stemmers Run Middle, Sudbrook Magnet Middle, Summit Park Elementary, Villa Cresta Elementary, Vincent Farm Elementary and Woodmoor Elementary.

**Artwork will be available for viewing starting on Saturday, February 9 through Sunday, February 17,** but sales will only take place on Sunday, February 11 from 11 a.m. - 2 p.m. All proceeds from "Kindness For Paws" goes to support homeless pets at the Maryland SPCA.



### **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/BCRSPA, 8379 Piney Orchard Parkway-Suite A, Odenton, MD 21113-1508 so you continue to receive your newsletter.



... and send in your reservation for the Annual Spring Luncheon Meeting today!

Name: .....

Address:.....

City:..... State:..... Zip:.....

Name (s) of Guest(s):.....

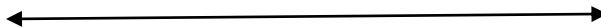
Number of Reservations:.....

Scholarship Donation: \$ .....

Total Amount Enclosed: \$.....

Make checks payable to BCRSPA  
Send Reservation(s) and check(s) to:  
Luncheon Chairperson — PO Box 44016 — Nottingham, MD 21236-999

April 16, 2019 — \$23 Registration Fee



**Do You Know Where These Members Are?**



Patricia S. Heil  
Elizabeth P. Dyett  
Elizabeth Z. Steiner

If so, please call Mary Ellen Zimmerman at 410-668-2563 and give her an update.



## Walking: Trim Your Waistline And Improve Your Health

Starting a walking program takes initiative. Sticking with it takes commitment. To stay motivated:



*Calling All Seniors!*

Set yourself up for success. Start with a simple goal, such as, "I'll take a 10-minute walk during my lunch break." When your 10-minute walk becomes a habit, set a new goal, such as, "I'll walk for 20 minutes after work." Find specific times for walks. Soon you could be reaching for goals that once seemed impossible.

Make walking enjoyable. If you don't enjoy solitary walks, ask a friend to join you. If you're invigorated by groups, join a health club. You might like listening to music while you walk. Vary your routine. If you walk outdoors, plan several different routes for variety. If you're walking alone, be sure to tell someone which route you're taking. Walk in safe, well-lit locations.

Take missed days in stride. If you find yourself skipping your daily walks, don't give up. Remind yourself how good you feel when you include physical activity in your daily routine, and then get back on track.

Once you take that first step, you're on the way to an important destination — better health. Ready to reap the benefits of walking? Here's how to get started — and stay motivated.

### **Know the benefits**

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

(Source: The Mayo Clinic Staff...for additional information visit [www.mayoclinic.org/about-this-site/welcome](http://www.mayoclinic.org/about-this-site/welcome))



# Walk Like a Penguin!

## *Steps you can take to prevent slips and falls this winter.*

The Facilities Department works diligently to keep our sidewalks and parking lots safe and clear of ice and snow. Please keep in mind, however, that winter conditions can be dangerous and require everyone's attention to prevent slipping and falling. Remember that we are all responsible for exercising good judgment when walking in icy conditions. No matter how well snow and ice is removed from parking lots and sidewalks, it's important to be prepared and continually aware of slippery surfaces.

### *Keep the following safety tips in mind:*

- ❁ **Walk Like a Penguin:** Point your feet out slightly and shuffle. Spreading your feet out slightly improves your stability. Bend slightly and walk flat-footed with your center of gravity directly over your feet as much as possible. Keep your hands **out of your pockets** and extend your arms out to your sides to maintain balance. Keep the weight of whatever you are carrying distributed evenly to provide better balance.
- ❁ Wear shoes or boots that provide traction on snow and ice. Neoprene and non-slip rubber are best. Avoid shoes with smooth soles and heels. Various products are available that can be strapped onto your shoes to provide better traction.
- ❁ Use caution when entering/exiting your vehicle as the ground may be slick.
- ❁ Walk S-L-O-W-L-Y. Plan extra time so you are not rushing. Shorten your stride. Overly long strides affect both traction and your center of gravity.
- ❁ Use designated walkways as much as possible and avoid shortcuts.
- ❁ When using steps, always use handrails.
- ❁ If you take all precautions and still slip and fall backwards, you can take steps to lessen the chance of injury. Tuck your chin to avoid hitting the back of your head on a hard surface. Don't tense your muscles.

*Walk like a penguin and stay safe this winter.*



# New Member Recruitment Incentive!

Earn a \$10 gift card for each **NEW MEMBER** you sign up as a **DUES DEDUCTION** member.



This allows automatic renewal, so no membership interruption while

saving trees  , time  , and postage  !

Write your name on the membership application, as recruiter.

Return the completed application to:

**MRSPA**  
8379 Piney Orchard Parkway, Suite A  
Odenton, MD 21113

Questions: Email MRSPA at [mrspa@mrspa.org](mailto:mrspa@mrspa.org) or call MRSPA at 410-551-1517



**Connecting, Protecting, Making a Difference**



# This n That

## Clever Ideas and Solutions – a new ½ dozen for 2019

- Have trust issues with your GPS? Highway sign tip: If the exit sign is on the left of the sign, the exit itself will be on the left. If it's on the right, the exit will be on the right.
- Wrap a wet paper towel around your beverage and put it in the freezer, in about 15 minutes it will be almost ice cold.
- Use two-sided tape on area rugs to keep them in place.
- Easiest way to save a scorched pan without scrubbing. 1<sup>st</sup> add water to the pan, 2<sup>nd</sup> squirt a little liquid dish soap, 3<sup>rd</sup> add a Dryer Sheet and let sit for an hour. Amazing results.
- Soothe a sore throat, eat marshmallows.
- Erase water stains from wooden furniture, use mayonnaise.



## Hear Ye, Hear Ye



A few great seats are available for our BCRSPA Spring Trip  
March 21, 2019 Dutch Apple Dinner Theatre Lancaster, PA. Call or email  
David today to reserve your seat! ( Call 410.515-0456 or eMail me at  
[cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com))



*Happy Valentine's Day*