

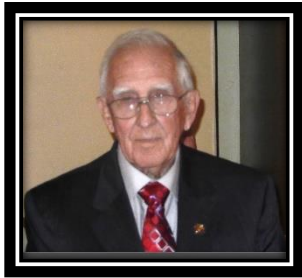


# Keeping You in the Loop

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*

## President’s Message...



Hello BCRSPA Members

Come on Punxsutawney Phil, let’s have an early spring!!! Either way, happy Valentine’s Day!

The Scholarship Committee is working hard preparing to evaluate applications for scholarships. It’s not too late though. **If you know a BCPS senior, let them know that we have eight \$2,000 scholarships available to be awarded.** Have them go to [bcrspa.org](http://bcrspa.org) to download an application. But they need to get going because the application deadline is approaching!

Our Executive Board is preparing for the Annual Spring Luncheon Meeting scheduled for April 21, 2020. We will hold our business meeting starting at 10:00 A.M. We will have the election and induction of officers, hear from MRSPA representatives about what is new at the state level, hear from the BCPS Benefits Office, and hold our yearly Remembrance Service. After lunch we will introduce the scholarship awardees and have the drawing for our Quilt for a Cause. **This is an important meeting for BCRSPA so please try to attend.** The registration form is attached and will also be in the March UPDATE.

Hope to see you at the April 21<sup>st</sup> meeting. And by the way, bring a friend that might be interested in joining our organization!

Sincerely,  
Parker

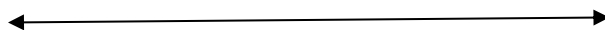
### On the Horizon:

- *Early March: Newsletter distribution*
- *Executive Board Meeting—March 17, 2020 @ 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 21, 2020 at Columbus Gardens. See early bird registration page 3.*

# FYI...

## 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 2020 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 13, 2020.



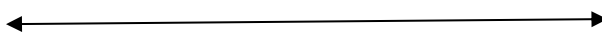
## 3<sup>rd</sup> Quilt for a Cause Raffle

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. The last chance to purchase tickets will be at the April 21, 2020 Annual Luncheon Meeting at Columbus Gardens.



You can also purchase your chance(s) to win the prize of a lifetime by contacting Parker Koons at 410.828-5852. The winning ticket will be drawn at the Spring Luncheon on April 21, 2020. You do not need to be present to win! 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!



## 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.



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

Name: .....

Address:.....

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

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

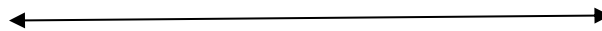
Number of Reservations:.....

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 21, 2020 — \$25 Registration Fee**



*Happy Valentine's Day*

# Health Tips

## From The Professor



### 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))

# This n That

## Clever Ideas and Solutions – a new ½ dozen for 2020

- 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.



## 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.