



+Loop...

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

Helen Keller

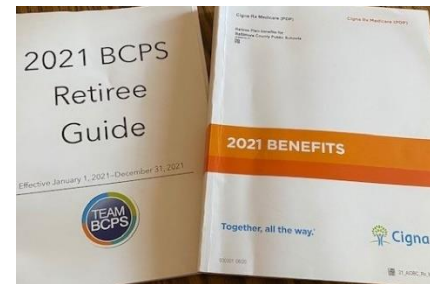
From the desk of C. David Copenhaver

President’s Message...



Well, here we go with Maryland’s winter! Let’s hope Mother Nature is kind to us this time. I hope this message finds you and your family and friends well.

By now you should have received your Benefits and Cigna Rx booklets. The new Medicare Advantage Plan with prescription drug coverage through Cigna that BCPS is offering is explained. Labor First, a third-party administrator, will be able to assist subscribers. **However, if you wish to remain with your current Cigna plan, you may.** Retirees can make changes throughout the year. Medicare eligible retirees can make changes by contacting Labor First at 443-290-3114. **Questions about the plans can be addressed by contacting the BCPS Benefits team at 443-809-8943.**



Have you received your Covid-19 vaccine yet? I am still in the pre-registration phase, hoping to get an appoint soon for my first shot. It’s difficult waiting!

On another note, we have moved the April 20, 2021 Annual Membership meeting and luncheon to May 18, 2021. We are hoping that with adequate distancing we will be able to hold this event at Columbus Gardens. A registration form will be included with the March “Loop” and in the March UPDATE. Please note, that if you register, our treasurer, Stu Tucker will be holding checks until we are sure the meeting/luncheon can happen. In the event that we don’t have enough people registering, BCRSPA will return your check. Let’s hope that we will be able to once again get together. We miss seeing you!

Remember, we are still offering scholarships to worthy BCPS high school seniors. The deadline is approaching fast, so if you know someone who could benefit from one of our scholarships, be sure to have them get an application from our website bcrspa.org (click on scholarships) as soon as possible.

The Maryland Legislature is in session. We will keep you informed about proposed legislation that impacts our members. Right now we know that Governor Hogan has proposed fully funding the benefit contributions and supports putting an additional \$75M into the account.

I apologize for the extremely late arrival of the December UPDATE. It was placed in the mail in a timely fashion but seems to have gotten caught up in the major postal delay. I hope the March issue reaches you in early March as planned.

Please stay safe.

Sincerely,
Donna

On the Horizon:

- *Early March: UPDATE newsletter distribution*
- *Executive Board Meeting—March 16, 2021 @ St. Isaac Jogues Church Hall (To be determined)*
- *UPDATE Articles due to Editor—April 15th, 2021*
- *Executive Board Meeting—April 20, 2021 @ St. Isaac Jogues Church Hall (To be determined)*
- *Annual Spring Business Meeting—May 18th, 2021 @ at Columbus Gardens (To be determined)*



Happy Valentine's Day

FYI...

Moving to Oak Crest Village?

Erickson
LIVING

Add more Living to your Life®

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.



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.

Stay Positive.
Better Days are coming!
CDC

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)



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. 1st add water to the pan, 2nd squirt a little liquid dish soap, 3rd 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.

