

January 1, 2017



Keeping You in the Loop . . .

From the desk of Donna Copenhaver

The birds are gone, The ground is white,
The winds are wild, They chill and bite;
The ground is thick with slush and sleet,
And I barely feel my feet."

- Winter Poem

Hello BCRSPA Members,



With Christmas 2016 in the history books, we set our sights on a new year filled with possible new beginnings and experiences. We have welcomed numerous new members into the organization and have enjoyed their company on a trip or at an activity. 2017 promises to be a good year for BCRSPA. We are considering several exciting trips and activities. Watch the monthly Keeping You in the Loop and the March and June UPDATE newsletter for announcements.

Sincerely,
Donna



Breakfast with Colleagues, a Huge Success

On December 8, approximately 100 members and potential members came together to celebrate the season and give generously to Toys for Tots and the Alzheimer's Association. We collected 4 large boxes of toys and \$142 for Toys for Tots as well as \$527 for Alzheimer's. We had a wonderful time and contributed to two worthy causes.

On the Horizon:

- January 15, 2017 Articles for March UPDATE are due to Editor, C. David Copenhaver.
- Executive Board Meeting: January 17, 2017 @ St. Isaac Jogues Cronin Center, Room 1, *(Please consider attending. Just eMail me for directions and details.)*
- Executive Board Meeting: March 7, 2017 @ St. Isaac Jogues Cronin Center, Room 1, **if needed to assist with organizing the folders for the screening process.**
- Early March: Newsletter distribution
- Cherry Blossom Luncheon Cruise, Washington, DC, April 11, 20157 *(Now forming a waiting list)*

FYI...

5 Exercises for Arthritis Joint Pain Relief

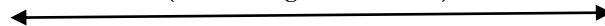
There's no cure for arthritis, but sufferers have a powerful, cheap way to manage their achy joints: exercise. But where do you start if you're a beginner? Take a look at the 5 best exercises for people seeking joint pain relief, plus easy tips to get you started. And the best part, these workouts are fun, stress-relieving, and will ease symptoms.



When your arthritis makes it hurt to just get out of your chair, it's no surprise you're tempted to stay put. But arthritis exercises are exactly what you need. To read the complete article, click on the URL below...

http://www.lifescrpt.com/health/centers/osteoarthritis/articles/got_a_rthritis_5_exercises_that_relieve_pain.aspx.

Source: Tricks to Manage Pain in Achy Joints by Priscilla Lister, Special to Lifescrpt.
(Some changes were made.)



Senior Discounts

Enjoy ways to save on entertainment, food, travel and more



For details: Ctrl + Click to follow link... https://www.retailmenot.com/blog/senior-discounts.html?utm_medium=social&ch=social&utm_source=facebook&utm_content=7995705&utm_campaign=bp



Looking for Rockin' Retirees

If you know of a fellow retiree who does something cool or different or noteworthy or laudable, **Tell Us About It!** It is a wonderful (and easy) way to put the spotlight on a deserving colleague. Send that person's name and email address (or phone number) to C. David Copenhaver at P.O. Box 44016, Nottingham, MD 21236-9998 or call 410-515-0456 or eMail me at cdavidcopenhaver@gmail.com. We can feature him or her in an upcoming newsletter.



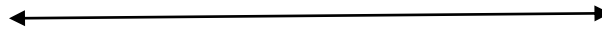
(With the person's permission, of course!)

AARP MD and United Seniors of Maryland 2017 Legislative Forum
Annapolis, MD on 1/25/17

This is an opportunity for AARP members, volunteers and individuals 50+ to meet with and actively speak with Maryland elected and appointed officials including but not limited to the Governor, the Senate President, the House Speaker, and the leadership in the House and Senate. There will be an opportunity to caucus with your local delegation.



Continental breakfast, lunch, and promotional items will be available. Bus transportation will also be available while seats last in the following areas: the Eastern Shore, Baltimore County, Frederick, District Heights, and Gaithersburg...**Register for more details.**



Interested in Volunteering at the Jewish Museum of Maryland?

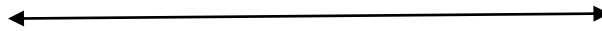
Volunteering is a great way to get involved at the Jewish Museum of Maryland. Volunteers at the Museum help us to carry out our mission while enjoying opportunities for growth and community service.



The Jewish Museum relies heavily on its many volunteers. The Museum has more than 60 regular volunteers who serve as receptionists, docents (guides), shop assistants, archival, curatorial, and office assistants.

Volunteers also help to staff the Museum for special events.

Volunteers at the Jewish Museum are treated as colleagues. Professional training, supervision, and evaluation are offered to all volunteer staff. For more information, contact Sue Foard, at 443-873-5162 or sfoard@jewishmuseummd.org.



Most Where's That Spare?

Most car buyers aren't in the habit of checking for a spare while they're kicking tires. But if you're in the market for a new car, it might be worth a peek in the trunk.

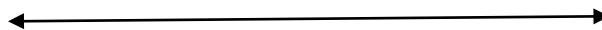


Nearly all car companies are eliminating spare tires from their models. Some upscale and performance cars are instead coming with run-flat tires - tires especially designed to operate for a limited distance after losing air from a typical puncture. If you're looking for something more mainstream, the chances are all you're going to get is a small air

compressor and sealant kit for minor punctures.

Carmakers say the reason to skip the spare is due to increased pressure to squeeze more miles out of every gallon of fuel. And, ditching a 40 or 50 pound tire and jack helps to increase mpg.

(Source: MRSPA Consumer Connection-Sept-Oct 2016)



Cost-of-Living Adjustment (COLA) 2017

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in 2017. **See attached Fact Sheet for more information.**



Clever Ideas and Solutions – a new dozen for 2017

1. Take a picture of business cards people hand you, just in case you lose it.
2. When ironing a button- up shirt, flip it inside-out to easily iron over the button side.
3. Put old newspaper at the bottom of your trash can to absorb food juices.
4. Use your cell phone underneath a water bottle to make a lantern that distributes light better than the direct beam.
5. Put pancake mix in a ketchup bottle for a no-mess experience.
6. Freeze grapes to chill white wine without watering it down.
7. Take a picture of friends holding items you've lent them with your iPhone, so you will remember down the road.
8. When boiling eggs add one teaspoon of baking soda. It will make the shell come off effortlessly.
9. Rub stuck zipper teeth with a graphite pencil tip to fix them.
10. Use a loaf of bread tab to hold your spot on a roll of tape.
11. Put a small amount of water in a glass when you microwave a slice of pizza to keep the crust from getting chewy.
12. Keep plastic wrap on the banana stems to make them stay fresh over a week and longer. Cut bananas off as needed.



BCRSPA working together to Engage and Empower!