

January 1, 2018



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,



An egregious error has been made! In the December 2017 issue of the UPDATE newsletter, we listed names of deceased members in the "In Memoriam" section as we do regularly. However, after publication I was contacted by several people on the list. Obviously, they were not deceased! Both BCRSPA and MRSPA are sincerely sorry for this upsetting mistake. I have included the original faulty list at the end of this message and have highlighted the members who we now know were incorrectly reported as deceased. If you are a person on this list, or know someone who is listed in error, please contact me immediately (dmcopenhaver@gmail.com or 410-515-0456) so further corrections can be made. I wholeheartedly apologize to Nancy Freeberger, Sharalyn Luciani, Del Weimer, Joan Weimer, and Rhoda Wyman for this horrible mistake.

To date, the cause of this error has not been discovered. Please be assured however that changes for "reporting the death of a member" have been instituted and will be published in the March UPDATE, as well as below. Again, I offer my sincere apology for this horrendous mistake.

Barbara Abramson
Jeanne Bayer
David Fantasia
Nancy Freeberger*

Hellana Johnson
Richard Kapfhammer
Sharalyn Luciani*
Daniel March

Edwin Rinehart
Rolland Schultz
Cheryl Skinner
Anne Taylor

William Thibeault
Del Weimer*
Joan Weimer*
Rhoda Wyman*

Sincerely,
Donna

How to Report the Death of A BCRSPA Member

If you know a member who has passed away, please call Mary Ellen Zimmerman, BCRSPA Remembrance Committee Co-Chair (410.668-2563).

On the Horizon:

- *January 15, 2018 Articles for March UPDATE are due to Editor, C. David Copenhaver.*
- *Executive Board Meeting: January 16, 2018@ St. Isaac Jogues Church Hall, **(Please consider attending. Just eMail me for directions and details.)***
- *Executive Board Meeting: March 6, 2018@ St. Isaac Jogues Church Hall, if needed to assist with organizing the Scholarship folders for the screening process.*
- *Early March: Newsletter distribution*

FYI...



Seven Winter Safety Tips for Seniors

1) Avoid Slipping on Ice

Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to make walking easier.

Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

2) Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the [CDC](#), more than half of hypothermia-related deaths were of people over the age of 65.

So, don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

3) Fight Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.

To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

4) Check the Car

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your [AAA membership](#) is up-to-date in case of emergencies. Learn the [Warning Signs a Senior Shouldn't Be Driving](#)

5) Prepare for Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature. Check out this [winter weather checklist](#) from the CDC to make sure you have everything you may need.

6) Eat a Varied Diet

Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits - especially Vitamin D deficiency -- can be a problem. [Nicole Morrissey](#), a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

7) Prevent Carbon Monoxide Poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments-many communities have shuttle services specifically for seniors. [Finding a caregiver](#) to assist your senior on a regular basis can also help keep them safer all year round. Don't be afraid to reach out for help.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.



Five 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_arthritis_5_exercises_that_relieve_pain.aspx

Quilt for a Cause Raffle!

Have you ever wished you had a gorgeous handmade quilt, but realized it was too expensive to buy?



Well now is your opportunity! BCRSPA is selling raffle tickets for a chance to win a King size throw quilt, handmade and donated by member Della Curtis. This beautiful quilt has been appraised at \$1,200, but you could take chance to win it for \$1.00 per ticket. The drawing will take place at the Annual Luncheon Meeting in April 2018 (need not be present to win).

To purchase your chance(s) to win the prize of a life time, contact Parker Koons at **410.828-5852** or eMail koonspek@aol.com. Tickets will also be available at the Annual Spring Business Meeting at Columbus Gardens on April 17, 2018. All proceeds will go directly to the Scholarship Fund. Here's a way to support BCRSPA causes and possibly win a valuable quilt.

Good Luck!



Join Our Facebook Page For Updates!

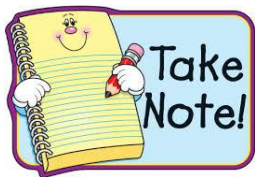
BCRSPA's Facebook page encourages group communication and an opportunity for people to share their common interests and express their opinion. It provides a place for members to come together around a common cause, issue or activity to organize, express objectives, and discuss issues, post photos and share related content.



If you would like to join our closed group, simply click the + JOIN box below our profile picture. As long as you are a member of BCRSPA, you can be added to this page. Once your membership is verified, you will be added to the group! Once you join, visit BCRSPA "wall" by searching (top of your window or screen) for BCRSPA



Phone Number Changes



BCRSPA has recently changed phone carriers. Our old system was antiquated and no longer functioning properly. As a result of this change, we now have 3 numbers available for your questions/concerns.

The numbers are:

- **President 443.793-5867**
- **Scholarship 443.793-6261**
- **Membership 443.793-626**

Breakfast with Colleagues, a Huge Success

On December 7, approximately 105 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 for Toys for Tots as well as \$484 for the Alzheimer's Association.

The festivities started with a delicious breakfast and then featured a fun filled concert by the Perry Hall High School Steel Drum Band under the direction of Scott Engle.

We had a visit from Santa and Mrs. Clause and everyone got a chance to pick a door prize. If you did not have the opportunity to join us this year, mark your calendar for Dec. 6, 2018 right now and plan to join us for this Holiday Celebration.



Clever Ideas and Solutions – a new ½ dozen for 2018

- To soothe a sore throat, eat marshmallows
- To dissolve ink stains, use hand sanitizer
- To suck the pain out of a burn, use mustard
- To erase water stains from wooden furniture, use mayonnaise
- To clear the steam after a hot shower, use a blow-dryer on a mirror
- To light hard-to-reach candle wicks, use raw spaghetti strands

May your health be good, your life peaceful and your days filled with lots of joy.



BCRSPA working together to Engage and Empower!