

July 1, 2016



# Keeping You in the Loop . . .

From the desk of Donna Copenhaver

"Live in each season as it passes: breathe the air, drink the drink, taste the fruit."  
- July thoughts- Henry David Thoreau

## Getting to Know You...

It is with great pleasure that I extend a sincere hello as your President for the next two years.



I would like to introduce myself. I am married to David, my wonderful husband of 33 years, and we have two terrific sons, Jonathan and Matthew, and a 10 year old grandson whom I simply adore. I served in education for 40 years as a teacher and administrator. In addition, I taught for the Loyola University for 8 years and Towson University for 7 years. Retired for 5.5 years, I spend my time serving BCRSPA, doing a little traveling, and enjoying my family and friends.

During my tenure as your President, I hope to continue the numerous initiatives of our Past President and to start a few of my own. I want to thank you for the honor of serving as your President. I will work hard to meet the challenges ahead. Please feel free to contact me with any questions, concerns, or suggestions, at [dmcopenhaver@gmail.com](mailto:dmcopenhaver@gmail.com) or by phone at 410-515-0456.

I look forward to meeting as many of you as I can over the next two years.

Sincerely,  
Donna

## On the Horizon:

- *3<sup>rd</sup> Annual Crab Feast, September 18, 2016, 3pm-6pm @ Camp Running Bear. (See attached registration for details)*
- *Early September: Newsletter "UPDATE" distribution*
- *Executive Board Meeting: September 20, 2016 @ St. Isaac Jogues Cronin Center, Room 1 (Please consider attending. Just eMail me for directions and details.)*
- *3<sup>rd</sup> Annual Breakfast with Colleagues, at Columbus Gardens, December 8, 2016 @ 10:00am. (See attached registration for details)*
- *Navy Band Holiday Concert to be held at the DAR Constitution Hall in Washington, D.C. on December 18, 2016. To express an interest, call C. David Copenhaver at 410-515-0456, or eMail: [cdauidcopenhaver@gmail.com](mailto:cdauidcopenhaver@gmail.com)*

# FYI...

## Helping Seniors To Beat the Summer Heat

We've heard it so many times it has almost become a cliché: seniors need extra attention in the



searing summer heat. But how many of us know what signs should alert us to the serious problems that summer temperatures can bring to seniors in our care?

**Edema:** Hands, feet and ankles may swell. Usually harmless and goes away as the individual adjusts to changing temperatures.

**Syncope:** Faintness, dizziness. Usually not serious. Less likely once the individual is used to the heat, be alert to complications.

**Rash:** Excess sweating when it is hot and humid irritates thinning skin, which appears red, often with small pimples. Keep dry and use powder. Lotions and creams tend to make the rash worse.

**Cramps:** Activity and sweating change the water and salt balance in the body causing cramping in the abdomen, arms or legs. If the senior has heart problems or is on a low-salt diet, seek medical help. Otherwise, resting in a cool place, drinking liquids, and gently stretching helps.

**Exhaustion:** Prolonged high heat and insufficient liquids may cause heavy sweating, paleness, cramps, muscle pain, irritableness, fatigue, weakness, dizziness, headache, nausea, fainting, cool, moist skin. Cool the entire body by shower or bath, stay in an air conditioned area. If symptoms worsen or last longer than an hour, get medical attention. Those with heart problems or high blood pressure should seek immediate medical help.

**Heat Stroke:** The most serious heat illness occurs when the body is so overheated that it cannot regulate its temperature. Seniors may have a fever above 103 degrees, but not sweat. Hot, red, dry skin, throbbing headache, dizziness, nausea, confusion, hallucinations, aggression, and ultimately, unconsciousness may occur. Heat stroke is an emergency. Call 911 and cool the senior's body as rapidly and completely as possible.

None of this information takes the place of forewarning. To avoid heat illness, keep track of the weather forecast so that you know whenever a heat wave is coming. Follow the eight simple steps to beat the heat outlined by the Center for Disease Control listed below, and, of course, know your senior's medical history thoroughly. Seniors should:

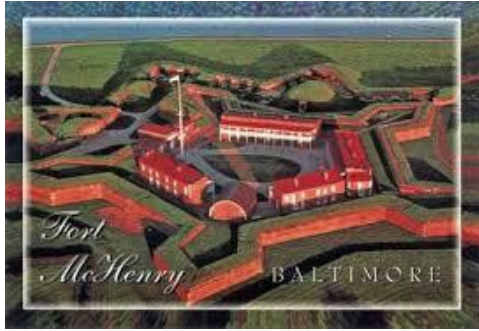
- Visit air-conditioned buildings in their community if their home is not air-conditioned.
- Take cool shower or bath if overheated.
- Drink plenty of water.
- Wear lightweight, light-colored and loose-fitting clothing.
- Avoid strenuous activities during a heat wave.
- Ask their health care provider if any of their medications increase their risk during excessive heat events.
- Watch for the warning symptoms outlined above.

# BEAT THE HEAT!

(Source: Compiled by Ron Clyma, Area 4 Agency on Aging)

## Get a \$10 Lifetime Senior Pass to U.S. National Parks

One of the best senior travel bargains anywhere is a low-cost lifetime national park pass that admits



seniors free of charge to most U.S. national parks, forests, refuges, monuments and recreation areas, from Denali National Park in Alaska to the Florida Everglades.

### Senior Pass Eligibility

As part of the American the Beautiful - National Parks and Federal Recreational Lands Pass program, U.S. citizens or permanent residents who are at least 62 years old can purchase a Senior Pass for a one-time processing fee of \$10. This Senior Pass to national parks and lands offers

benefits to you and your traveling companions. Access the link below to apply for a pass...

<http://ebookinga.com/pdf/america-the-beautiful-senior-pass-application>

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## BCRSPA 3rd Annual Crab Feast

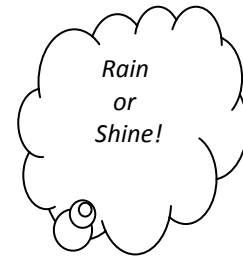
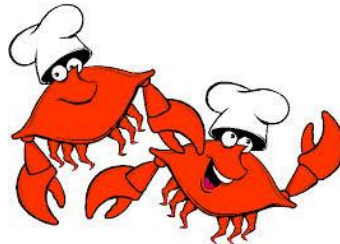
### BCRSPA 3rd Annual Crab Feast

Crabs/ Shrimp/ Fried Chicken/ Cole Slaw/ Potato Salad/ Beer/ Soda/ Dessert

Sunday, September 18, 2016

3:00 p.m.–6:00 p.m.

Camp Running Bear in Monkton



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## *Perry Hall High School Steel Drum Band*

Perry Hall High School's Steel Drum Band, "Pan Grove", under the direction of Mr. Scott Engel who has been selected by School Band and Orchestra as one of the "50 Directors Who Make a Difference" will be performing at our "Breakfast with Colleagues" on December 8, 2016. You will want to register as soon as possible as space is limited! Just eMail:

Clair Price, [brightleaf@comcast.net](mailto:brightleaf@comcast.net).

# Special Thanks

to C. David Copenhaver for composing, formatting, and sending this issue of "Keeping You In the Loop"!

# This n That

## Clever Ideas and Solutions (A new ½ dozen)

I just love it when I get emails with hints like these — you're never too old to learn.

1. To clean calcium buildup, from hard water, off your faucets use vinegar. Soak a soft cloth with vinegar and put on buildup for a couple hours. Rinse. Use old toothbrush on lingering spots.
2. Cut open a toilet paper roll and use cuff to save your wrapping paper and keep it from unrolling.
3. Use a staple remover to save your fingernails when trying to add things to your key ring.
4. Grandkids visit? Put a pool noodle under the side edge of a fitted sheet to keep them from rolling off the bed.
5. Use a soda pop tab to offset hangers and save space in your closet.
6. Use a clothespin to hold a nail while hammering.



**BCRSPA working together to Engage and Empower!**