

July 1, 2017



Keeping You in the Loop

From the desk of D.M. Copenhaver

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

Hello BCRSPA Members and Happy Summer!



I've got red tomatoes on my plants and the cucumbers and peppers are really growing. Oh, and David's sunflowers are the envy of the neighborhood. I hope your gardens are doing well too!

Besides gardening, my work for BCRSPA continues, as does the work of the Social Committee. Be sure to note the upcoming events that require registration. Those forms are attached.

Remember our new focus, **"Each one, reach one"**. In the last couple of months, over 100 BCPS employees have announced their retirement. If you know a recent retiree, why not reach out to them!

Wishing you a fun and safe holiday weekend,

Donna

Have a "Safe" July 4th!



Thanks to all who have served our great nation!

On the Horizon:

- July 15th Articles due to editor for September UPDATE
- Executive Board Meeting September 19th, 10:00am @ St. Isaac Jogues ...Church Hall *(Please consider attending. Just eMail me for directions and details.)*
- 4th Annual Crab Feast, September 24, 2017 - 3pm-6pm @ Camp Running Bear. *(See attached Registration and detail)*
- Fall Members Meeting at Columbus Gardens, October 17, 2017 registration 9:30a.m. *(See attached "Early Bird" registration for details)*
- 4th Annual Breakfast with Colleagues, at Columbus Gardens, December 7, 2017 *(Save the date. Additional details will follow)*
- BCRSPA Holiday Trip ...Dutch Apple Theatre to see "White Christmas" December 30, 2017 *(See attached Registration for details)*

FYI...

Can You Hear Me Now?

With Verizon dropping their email services, a number of **BCRSPA** members receiving “Keeping You in the Loop” electronically could have new eMail addresses. If you went with another email provider and changed your email address, to assure that you continue to receive the newsletter via the Internet, we will need to update our database.



If you have changed your email, simply eMail us at cdavidcopenhaver@gmail.com and give us your new email address. It would help if you would include your full name and old email address with the new address for verification purposes.

Source: AARSPA. Some changes were made.

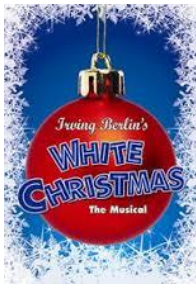
BCRSPA 4th Annual Crab Feast

Crabs/ Shrimp/ Fried Chicken/ Cole Slaw/ Potato Salad/ Beer/ Soda/ Dessert
Sunday, September 24, 2017
3:00 p.m.–6:00 p.m.
Camp Running Bear in Monkton



BCRSPA 2017 Holiday Trip

BCRSPA’s holiday trip to the Dutch Apple Theatre on December 30, 2017 is a holiday favorite, White Christmas! It is based on the beloved movie. The Irving Berlin score features Blue Skies, Si0+sters, Count Your Blessings and the favorite White Christmas.



The cost of the trip is \$100 which includes the new Superior Tours Motor Coach of Baltimore County, Holiday Buffet, gratuity and the Bus Driver’s gratuity. We have a limit of 50 participants. Please complete the attached “Trip Registration” and mail it today. To guarantee a ticket, email me ASAP and I will reserve a spot for you. Send the eMail to cdavidcopenhaver@gmail.com or phone 410.515-0456



Keys to Senior Wellness

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort. See below: 4 easy to follow tips...

1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

3. Floss Daily

You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV -- and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

4. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, rollerblading, or swimming -- to shed that cooped-up feeling of gym workouts.

And remember, the family that plays together not only gets fit together -- it's also a great way to create bonding time.



Source: WebMD



A Handy “Half-Dozen”

- 1.) For iced coffee and ice cappuccinos, use frozen coffee cubes to ensure the drink doesn't get watered down!
- 2.) Use toothpaste to clear up hazy car headlights.
- 3.) To suck the pain out of a burn, use mustard.
- 4.) Add a few drops of vodka and a teaspoon of sugar, to make cut flowers last longer.
- 5.) To get rid of sunburn, use Earl Grey teabags!
- 6.) To soothe a sore throat, eat marshmallows.

Source: <http://www.buzzfeed.com/community>. Some changes were made.

A Little 4th of July Humor

... almost makes you want to be back in the classroom!

The Fourth of July weekend was approaching, and Miss Pelham, the nursery school teacher, took the opportunity to tell her class about patriotism. “We live in a great country,” she announced. “One of the things we should be happy about is that, in this country, we are all free.”

Trevor, who was a little boy in her class, came walking up to her from the back of the room. He stood with his hands on his hips and said loudly, “I'm not free. I'm four.”



BCRSPA working together to Engage and Empower