



Keeping You in the Loop . . .

From the desk of C. David 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,

Greetings once again as your President. I want to thank Parker Koons for serving as our leader for the past two years. He did a yeoman's job!



2020 has certainly proven to be a strange year so far and unfortunately, I don't think the remainder of the year will be much different. We will continue to operate as best we can even if some of our usual events must be altered or cancelled. At this time, we are proceeding with plans for our Fall Membership Luncheon Meeting and our December Breakfast with Colleagues. We do not know what the CDC and Governor's guidelines will be like at that time, but we will certainly abide by them. If that means masks and social distancing must continue, we will make it happen. If it means we need to cancel, we will handle business by other methods.

It goes without saying that we cannot plan any day trips or other activities at this time. When this virus is under control, we will resume our active social scheduling.

In the meantime, be smart and stay safe. BCRSPA will continue to work for you and keep you informed!

Sincerely, Donna

Have a "Safe" July 4th!



Thanks to all who have served our great nation!

On the Horizon:

- *Executive Board Meeting September 15, 2020—10:00am. @ St. Isaac Jogues Church Hall. (To be determined.)*
- *Fall Members Meeting at Columbus Gardens, October 20, 2020 registration 9:30a.m. (To be determined.)*
- *5th Annual Breakfast with Colleagues, at Columbus Gardens, December 3, 2020 (To be determined.)*

FYI...



This year's COLA rate is 1.812%

The Maryland State Retirement and Pension System has announced that a COLA of 1.812% for retirees on service earned prior to the 2011 reform and 1% post reform service. The COLA is based on the increased cost of living in 2019 and the consumer price index. Members will see the COLA beginning with their July 31, 2020 pension check/deposit.

Retired Maryland teachers, state and municipal employees, correctional officers and police will notice an increase to their monthly retirement benefit in July as the annual cost-of-living adjustment (COLA) takes effect. The increased monthly benefit will be shown on the Automatic Deposit Advice mailed to the homes of all retirees on July 31.

Source: MRSPA. Some changes were made.

The Coronavirus State of Emergency, as declared by Governor Larry Hogan, will have no effect on the payment of monthly pension benefits.

The one-ring con

In a longtime calling scam, crooks leave voice messages asking you to call back a specific number



because you have won a sweepstakes or have an undeliverable package. Now they simply program calls to smartphones to ring only once or disconnect when you answer. Your curiosity over a missed-call alert results in you spending upwards of \$30 to call back. The reason: Despite a seemingly American area code, the call is to an international phone number—often in the Caribbean—that charges a premium connection fee and per-minute rate, which is

extended through long holds and frequent transfers.

You might also find charges crammed onto your bill with such innocuous language as "special services," "Internet advertising" or "minimum monthly usage fee."

What to know: Beware of any unfamiliar calls—one ring or otherwise—with area codes 268, 284, 473, 649, 664, 767, 809, 829, 849 or 876.

(Source: aarp.org. Some changes were made.)

Don't forget "Freebie" days in July!

- 7-11 Day on July 11th offers free Slurpee's
 - Free French fries on July 13th (check your local fast-food restaurant)
- (Source: MRSPA. Some changes were made)



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.





Walking: Trim Your Waistline And Improve Your Health

Starting a walking program takes initiative. Sticking with it takes commitment. To stay motivated: 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.



Calling All Seniors!

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

Noteworthy...

Walking gets the feet moving, the blood moving, the mind moving.

And movement is life. " — Carrie Latet

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 schoolteacher, 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."

Have a "Safe" July 4th!





*Sometimes you just have to make
your own sunshine!*