

June 1, 2016



Keeping You in the Loop . . .

From the desk of C. David Copenhaver

*"Summer is a promissory note signed in June,
its long days spent and gone before you know it,
and due to be repaid next January."
- Hal Borland*

Hello BCRSPA Members,

We all know the familiar message that comes at the end of a ride on the roller coaster at an amusement park, **"the ride is over"**, please exit to the left. Enjoy the rest of your day!

I wanted to take a minute to reflect on our successes over the past two years. We have increased our membership significantly, even though we said goodbye to many dear friends. We enjoyed several trips and social functions. In addition to our traditional web site, the more inclusive Shutterfly site was developed. Our UPDATE newsletter has gotten a much needed face lift, and "Keeping You In the Loop" eNews was initiated. Also, our Bylaws were updated to reflect a more modern tone.

These accomplishments would not have been possible without the unwavering support of the BCRSPA Executive Board members and our wonderful membership.

As I **"exit, stage left"**, I leave knowing that our next president will have your continued support. Thank you for allowing me the opportunity to serve.

Sincerely,
David

On the Horizon:

- *Early June: Newsletter "UPDATE" distribution*
- *Executive Board Meeting/ Executive Board Retreat: "Standing Rules: June 21, 2016 @ St. Isaac Jogues Cronin Center, Room 1 (Please consider attending. Just eMail me for directions and details.)*
- *3rd Annual Crab Feast, September 18, 2016, 3pm-6pm @ Camp Running Bear. (See attached registration for details)*
- *3rd Annual Breakfast with Colleagues, at Columbus Gardens, December 8, 2016@ 10:00am.*
- *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: cdavidcopenhaver@gmail.com*

FYI...



BCRSPA is planning an afternoon trip to the Navy Band Holiday Concert to be held at the DAR Constitution Hall in Washington, D.C. on December 18, 2016. This concert combines the musical forces of multiple ensembles from the U. S. Navy Band for an entertaining family-friendly show that promises to delight all ages.

The cost of the trip is estimated to be \$30-\$35 which includes the bus and the driver gratuity. We must fill the bus with 50 people. Tickets are not available until September or October. We are currently compiling a list of seriously interested people. To express an interest, eMail C. David Copenhagen at cdavidcopenhagen@gmail.com or call him at 410-515-0456.

No Raise

Cost-of-Living Adjustment (COLA) Information for 2016

With consumer prices down over the past year, monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 65 million Americans will not automatically increase in 2016.



Social Security beneficiaries won't get a cost-of-living adjustment (COLA) because of low inflation. This will be the third time since 2010 that beneficiaries won't get a raise.

Stroke Signs: Act **FAST!**

Do you know the common signs of a stroke? Recognition of this medical emergency and calling 911 will determine how quickly someone will receive help and get treatment. Getting to a hospital rapidly will more likely lead to a better recovery. "FAST" is an easy way to remember and identify the most common symptoms of a stroke.



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?



TIME: If you observe any of these signs, call 911 immediately.



The Primary Stroke Centers at both UM UCH hospitals received the American Heart Association/ American Stroke Association's *Get With the Guidelines—Stroke Gold Plus Achievement Award* as well as the Target Stroke Elite Honor Roll recognition. This achievement brings national recognition to our Stroke Centers for improving patient care and outcomes for our stroke patients.

crab & feast fall fun fest

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

WHEN: Sunday, September 18, 2016

TIME: 3:00 p.m.–6:00 p.m.

WHERE: At Camp Running Bear in Monkton

DIRECTIONS: Take I-83 N to Exit 27, Hereford. Turn right on Mt. Carmel Road. At light turn right on York Road. Make an immediate left turn on Monkton Road. Turn left on Big Falls Road. Camp is on the right.

WEBSITE: www.camprunningbear.com

QUESTIONS: Email or call David and Donna Copenhaver at: cdavidcopenhaver@gmail.com or call (410.515-0456) ... **Remember: Bring your own crab mallets.**

Please fill out the form below and send it along with your check(s) made payable to BCRSPA.

Mail check(s) and reservation form to: C. David Copenhaver, 419 Amy Drive, Abingdon, MD 21009.



Print Name: _____ eMail: _____

Address: _____

Phone Number: _____ No. of Reservations: _____

List names of all attendees on the back of this form. Need for name tags!

Total Amount Enclosed: \$ _____

This n That

Clever Ideas and Solutions (A new 1/2 dozen)

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

1. How to hull strawberries, all you have to do is poke em' with a straw! You start at the bottom of the strawberry, push the straw up, and the stem and white bit just pop right up!
2. Can you hear me now? Place your iPhone in a bowl and crank up the volume. The concave shape of the bowl will amplify the music.
3. Recycle disinfectant cloth containers by making it into a container for "doggie poop bags." But it could work for plastic grocery bags too.
4. Microwave Popcorn in a brown paper bag. Add a 1/2 cup scoop of bulk popcorn kernels to your brown paper bag. Fold the bag over twice. Don't use staples to secure the bag — this might spark in your microwave. Stick the popcorn bag into your microwave. I set mine for 3 minutes on high. Stop the microwave when the popping slows to one to two pops per second. A pinch of salt with a dab of butter is the most popular way to eat popcorn or add gourmet toppings.
5. A simple way to find small lost objects is by placing pantyhose over the head of the vacuum hose, securing it with a rubber band (so the pantyhose don't get sucked up!), and vacuuming under tables and chairs. The objects are quickly picked up without getting sucked away into the vacuum!
6. Flattened pillow? Put it in the sun for 30 minutes. The sun will absorb the moisture and plump up your pillow.

It's been a Great Ride! Many thanks,
David



BCRSPA together, creating a moment!