

June 1, 2018



Keeping You in the Loop

From the desk of D.M. 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,

How quickly time flies! This is the final message to you of my two-year Presidency. With the work of a wonderful Executive Board and a supportive membership, BCRSPA has made some fantastic strides. Our Scholarship program has flourished, our charitable causes have expanded, our social opportunities have been active, and we have vigilantly monitored the Maryland Legislative Sessions in regard with our pensions and benefits. We welcomed a large number of new members into our organization and have remembered an even larger number who have passed away.



It has been a pleasure to serve as your President. I look forward to working with your new President, Parker Koons, to help the organization remain relevant and effective.

Sincerely,

Donna

Thank You for your Support!!

On the Horizon:

- June Newsletter "UPDATE" already distributed.
- Executive Board Meeting June 19th @ St. Isaac Jogues ...Church Hall (Please consider attending. Just eMail me for directions and details.)
- Delaware Park Casino Trip July 12th (For additional information, contact C. David Copenhaver, cdavidcopenhaver@gmail.com or call (410.515-0456)
- 5th Annual Crab Feast, September 30, 2018 - 3pm-6pm @ Camp Running Bear. (Registration and details will be sent.)
- BCRSPA Holiday Trip ...Sight and Sound Theatre to see "Jesus" November 14, 2018 (Contact C. David Copenhaver at cdavidcopenhaver@gmail.com or call 410.515-0456)

FYI... *Bus Trip(s)*



Delaware Park Casino Wilmington, DE...Plan for a day at Delaware Park Casino!



On July 12, BCRSPA is taking a trip to Delaware Park. Join us at this multi-faceted gaming facility with live table games and over 2,500 slots. Trip cost is \$40, however, upon arrival at the casino, each guest will receive a \$30 free play card to enjoy the games. The cost includes bus transportation, driver gratuity, and snacks on the bus. Lunch is on your own at one of the eateries at the Park.

We must have a minimum of 40 guests to receive this great deal. Tickets are sure to go fast, so contact David Copenhaver at

cdavidcopenhaver@gmail.com or **410-515-0456** as soon as possible!

Sight and Sound Theatre, Lancaster, PA

Looking for a wonderful religious holiday show to see? How about joining BCRSPA on a trip to



Sight & Sound Theatre on November 14 to see "Jesus"? The cost of the trip is \$115 and includes bus transportation, ticket to the show, lunch at the Hershey Restaurant, continental bag breakfast on the bus, and all gratuities. We only have 20 tickets left. If genuinely interested, contact C. David Copenhaver at cdavidcopenhaver@gmail.com or call

410-515-0456. You don't want to miss the opportunity to see this very popular show, **so act now!**

BCRSPA - 2018 Holiday Trip

Interested in celebrating the Christmas season in a Patriotic way? We are looking into taking a trip on December 16, 2018. **The literary would be:**

- Special tour at **Arlington National Cemetery**...visiting the following, up close and personal...The Welcome Center, President John F. Kennedy Gravesite, and the Tomb of the Unknown Soldier and Changing of the Guard Ceremony.
- **National Museum of African American History and Culture** and lunch, on your own, at the Sweet Home Café.
- Attend the **U. S. Navy Band Holiday Concert** at DAR Constitution Hall.

If I can get all the necessary tickets and there are enough genuinely interested individuals, we will be in for a very memorable trip. Only 50 seats available. Let me know ASAP if interested, send eMail to cdavidcopenhaver@gmail.com or **call me at 410.515-0456**.

HAPPY HOLIDAYS!



Hot Weather Is Coming - Don't Overdo It!

It's important to recognize when hot weather is making you sick, and when to get help. Heat stroke is a very dangerous rise in your body temperature. It can be deadly. Warning signs include a body temperature of 103 degrees F or higher; red, hot and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.



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Wise Choices **Do You Need Your Hearing Tested?**

If you answer yes to several of these questions, you may want to get a hearing test:

- Is it hard to hear or understand others?
- Do you get frustrated trying to hear things?
- Do people get frustrated because they need to repeat what they say to you?
- Do you turn up the TV or radio louder than those around you would like?
- Do you have trouble hearing what people are saying in restaurants or at the movies?
- Is your social life, school, or job limited by your problem with hearing?



Wise Choices **Keep Your Inner Clocks on Track**

- Stick to a regular sleep schedule every day of the week.
- Sleep in a dark, quiet, and comfortable place.
- Avoid heavy meals two to three hours before bedtime.
- Avoid caffeine, nicotine, and alcohol late in the day.
- Exercise daily, but not within two hours of bedtime.
- Limit the use of electronics with bright screens before bedtime.



Get your Fall Luncheon Members Meeting registration in early! We will be featuring “Great Expectations” Show Choir from Patapsco School High School and Center for the Arts as well as the 2018-2019 Teacher of the year Brendan Penn from Lyons Mill Elementary School. This will prove to be fabulous entertainment and showcase some of BCPS’s finest. So, put the date on your calendar and send in the attached “Early Bird” reservation form today!

Cost-of-living adjustment to boost monthly payments in July



The 2018 COLA will be 2.13% for all retirees retired one full year as of July 1, 2018. The COLA will begin with your July 2018 check.

For more information, please visit the Maryland State Retirement Agency's website at <http://www.sra.state.md.us/>

BCASCO New Meeting Location



Beginning in 2018, BCASCO will meet in the Randallstown Community Center, 3505 Resource Drive, Randallstown, MD 21133-4769, behind the Liberty Senior Center. This facility is FULLY accessible, and parking is readily available.

Contact information for the Office of Benefits, Leaves, and Retirement



Phone: 443-809-8943
Fax: 410-887-8950
Email: benefits@bcps.org
Office Hours: Monday-Friday, 8:30am-4:45pm



Quirky Summer Health Tips – That Actually Work

- 1.) **No More Sore Throat:** The summer “cold” has a new enemy—marshmallows. The gelatin in marshmallows coats the throat and relieves irritation and pain. Just don’t eat them to
- 2.) **Go to The Tape:** A remedy to protect your heels. Tape your feet. Surgical paper tape, which can be found at most drugstores, reduces the instance of blisters by 40%.
- 3.) **Honey For Scrapes:** It’s sticky and gooey but research shows that honey reduces healing time when applied to wounds. Honey has both antibacterial and anti-inflammatory properties. Honey also reduces scarring, just spread it over the affected area and apply a bandage.
- 4.) **Stop Sneaker Odor:** Tea bags in your footwear. This sounds wacky, but believe it or not, it’s a wonderful way to reduce odor in shoes. The tea bags absorb the moisture and the stink. First, wipe the inside of the shoe with a cotton ball moistened with rubbing alcohol, to kill bacteria. Second, place a dry unused tea bag inside the shoe and let it sit overnight.



A Few Dates to Ponder

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| 1 st - National Doughnut Day | 17 th - Father’s Day |
| 2 nd -National Trails Day | 20 th - National Bald Eagle Day |
| 4 th - Hug Your Cat Day | 22 nd - Take Your Dog to Work Day |
| 6 th - D-Day, WWII | 26 th - Forgiveness Day |
| 7 th - National Chocolate Ice Cream Day | 27 th - Sun Glasses Day |
| 8 th - Best Friends Day | 29 th - Camera Day |
| 11 th - National Corn on the Cob Day | 29 th - Hug Day |
| 14 th - Flag Day | 29 th - International Mud Day |
| 15 th - National Nature Photography Day | 30 th - Meteor Day |

BCRSPA working together to Engage and Empower!