



# 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 knit, and due to be repaid next January.”

- Hal Borland

## From the President



My term of office is quickly coming to a close and I can not let this pass without recognizing and thanking the BCRSPA Executive Board for their contributions to insure that we continue to represent our retirees. Above all, I need to thank you, our 1500 plus members, for continuous support, suggestions, and attendance at our events.

These past months have been difficult for all of us, staying self-quarantined and conducting BCRSPA’s business from home or meeting in neutral areas to exchange material, all done within governmental precautions to keep safe.

Then, at the end of this month, I will be presenting the President’s gavel and duties to Donna Copenhaver. We all know that BCRSPA will be in good hands as Donna has served BCRSPA as President and Vice President promoting this organization’s goals.

Thank you for allowing me to serve you these past two years and please keep healthy as we, both the state and the nation, are still not out of this crisis.

Sincerely,

Parker

**Happy Father’s Day**

### On the Horizon:

- *Early September... “UPDATE Newsletter” distribution...*
- *Fall Members Meeting at Columbus Gardens, October 2020?*
- *Breakfast with Colleagues, December 2020?*

# FYI...

# NEWS

## Summer is almost here!

It's time to make sure that you have proper sun protection!

What kind of sunglasses are the best protection? Your sunglasses should block 99 to 100 percent of the sun's ultraviolet rays, which can raise the risk of cataracts and some cancers. Look for UV-protection info on a sticker or tag. Gray-tinted lenses are usually a good option and frames with larger lenses will protect more of the area around your eyes. Wraparounds may be even better if the "arms" don't block your side vision. Polarized lenses cut glare but can make it difficult to see your car's dashboard screens.



Which is the best sunscreen for you? You'll want a sunscreen with broad-spectrum or multi-spectrum protection for both UVB and UVA of SPF 15 or higher for protection. The SPF factor rates how effective the sunscreen is in preventing sunburn caused by UVB rays. If you'd normally burn in 10 minutes, SPF 15 multiples that by a factor of 15, meaning you could go 150 minutes before burning. For the vast majority of people, SPF 15 is fine but people who have fair skin, a family history of skin cancer, or conditions like lupus that increase sensitivity to sunlight should consider SPF 30 or higher.



Keep in mind that the higher the SPF, the smaller the increased benefit: contrary to what you might think, SPF 30 isn't twice as strong as SPF 15. While SPF 15 filters out 93% of UVB, SPF 30 filters out only 97%, only a slight improvement.

Source: MRSPA - *CONSUMER CONNECTION*. Some changes were made

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### **A Few Dates to Ponder- 2020**

- 12<sup>th</sup> Red Rose Day
- 14<sup>th</sup> Flag Day
- 18<sup>th</sup> National Splurge Day - Oh yeah!!
- 21<sup>st</sup> Father's Day
- 26<sup>th</sup> Forgiveness Day



## **Senior Call Check Program**

Maryland is the first state in the country to start a free, opt-in, telephonic service to check on Maryland's older residents, all across the state.



### **How Does It Work?**

Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls will take place between 8 a.m. and 4 p.m. as close as possible to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, they will be tried two more times. If those calls go unanswered, additional calls will be made to notify an alternative person who is selected by the participant during program enrollment. This could be an adult child, a neighbor, or another loved one. The alternate will then be encouraged to check on the older adult program participant.

### **Who Can Participate?**

Any Maryland resident who is 65 years of age or older who has a landline phone or cell phone. The participant and alternates should not have automated call blocking technology (or they should disable that phone feature for this program).

### **How To Apply?**

Each person must apply on his or her own behalf. The information that is mandatory includes:

- \*First and last name.
- \*County of residence.
- \*Telephone number.

Date of birth (to determine eligibility to participate - this information will not be stored);

Name and telephone number of one Alternate Contact Person; and Time between 8:00-10:00 AM or 2:00-4:00 PM when the participant would prefer to receive a daily telephone call.

### **When Do Calls Begin?**

Daily automated calls have NOT BEGUN yet. Daily calls will NOT BEGIN until participants receive a call to verify all of their information.

### **Resources:**

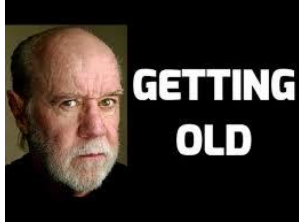
- [Senior Call Check Program Brochure](https://aging.maryland.gov/) (<https://aging.maryland.gov/>)
- [Senior Call Check Program Poster](https://aging.maryland.gov/) (<https://aging.maryland.gov/>)
- [Senior Call Check Program Infographic](https://aging.maryland.gov/) (<https://aging.maryland.gov/>)

Source: B.J. Rounsaville's contribution reprinted from the MD Department of Aging, Maryland.gov  
(Some changes were made.)

## George Carlin's Views on Aging

**Do you realize that the only time in our lives when we like to get old is when we're kids?**

If you're less than 10 years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five!



That's the key. You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16!

And then the greatest day of your life . . . you become 21. Even the words sound like a ceremony . . . YOU BECOME 21. . . YEAS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk. He TURNED, we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 . . . and your dreams are gone. But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70!

After that it's a day-by-day thing; you HIT Wednesday! You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime.

And it doesn't end there. Into the 90s, you start going backward; "I was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!" May you all make it to a healthy 100 and a half!

## How To Stay Young

1. Throw out nonessential numbers. This includes age, weight, and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's family name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

**Source: Parker Koons contribution of George Carlin's views on Aging.(Some changes were made.)**

## Important Facts to Remember as You Grow Older

Today I received these funny words of wisdom through a chain email. They are funny and insightful, enjoy!

1. Life is like a jar of jalapeno peppers. What you do today might burn your butt tomorrow.
2. In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.
3. All of us could take a lesson from the weather. It pays no attention to criticism
4. Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
5. Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
6. Good health is merely the slowest possible rate at which one can die.
7. Life is sexually transmitted.
8. Death is the number 1 killer in the world.

And, as someone recently said to me: Don't worry about old age; it doesn't last that long

**Source: Parker Koons contribution. (Some changes were made.)**

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### God's plan for aging

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it is God's will. It is all in your best interest even though you complain and mutter under your breath.

#### **And Always Remember:**

Life is not measured by the number of breaths we take, but by the moments that take our breath away!

**Source: Parker Koons contribution. (Some changes were made.)**

