

March 2, 2017



Keeping You in the Loop . . .

From the desk of Donna Copenhaver



Sunday, March 12th at 2am

Hello BCRSPA Members,

Top of this fine March morning to ya! In February we had the great pleasure of presenting Chesapeake Terrace Elementary School and Stemmers Run Middle School with \$1,000 checks to be used for purchasing hardback books for their libraries. Both schools were delighted to receive these funds. BCRSPA bookplates will be affixed to each book they purchase with that money.

We are planning a Meet & Greet so interested members can meet members of the Executive Board personally and also get to make some new friends. We are nailing down the date and location now. Specific information will be forthcoming.

On another note, please consider attending an Executive Board meeting, joining a committee, attending at least one activity/trip, or sharing an idea you have! Hope to see you at a meeting or activity and/or hear from you. I can be reached at dmcopenhaver@gmail.com. You can also stay informed by visiting our website at <http://www.bcrspa.org/index.html> or our "Shutterfly site" at <https://bcrspaevents.shutterfly.com/>.

Let's hope that we are in for an early spring!

Sincerely,
Donna

On the Horizon:

- *Executive Board Meeting: March 21, 2017@ Eastern Technical High School, 1100 Mace Ave, Essex, MD 21221 (Meeting Time 9:30am)*
- *Early March: Newsletter "UPDATE" distribution*
- *Cherry Blossom Luncheon Cruise, Washington, D.C., April 11, 2017 (Sold Out)*
- *Annual Spring Business Meeting at Columbus Gardens, April 18, 2017 (Registration, 9:30 am)*

FYI...

How To Talk So Your Doctor Will Listen



Studies report that busy doctors often interrupt patients who are explaining their symptoms. This practice by doctors can often lead to patient frustration and misdiagnosis. The following strategies may help the patient maximize the office visit and talk in a manner that will encourage your doctor to listen.

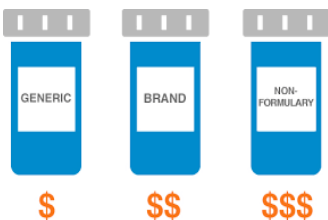
- Make a human connection: break the ice with a greeting or a joke
- Stick to the point when explaining medical concerns
- Tell all symptoms explicitly
- Rehearse your message prior to the appointment: use medical terms that may make you seem uncomfortable without practice
- Don't accept "It's just aging": seek solutions by asking if other testing would be more conclusive
- Don't save questions for the end of the appointment: develop a list of questions prior to the visit and ask them at the onset of the appointment
- Explain what you can afford: if a prescription is very expensive, ask if there is an alternative one; prioritize medications so you know which benefit you the most and which may be eliminated
- Have the end of life discussion: talk to family about what you want to have done when you are near death; share this with your doctor and it can be documented in your medical chart
- Don't go it alone: take a family member/loved one to the visit to take notes, ask questions, help you remember the doctor's instructions
- Don't be afraid to make a switch: if your doctor does not consider your question, find a doctor who will listen to you

Source: AARP BULLETIN January – February 2017 VOL. 58. Some changes were made.



Did Your Doctor Prescribe A Medication That Is Very Expensive, Even After Insurance?

Before heading to the pharmacy, search the name of the medication on your computer. It can save

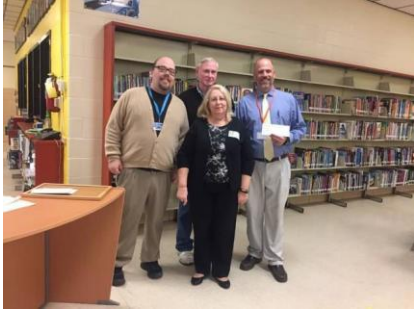


you hundreds of dollars. There are many pharmaceutical companies that offer coupons for their medications. Some have coupons that are good for an entire year, saving sometimes over a hundred dollars a month. If you can't find anything, ask your pharmacist. Sometimes they will search for you. Some pharmacies will even offer free medications. Check out **GoodRx.com** to find the best prices and sometimes coupons.

Source: MRSPA Consumer Education, Jan.-Feb. 2017. Some changes were made

Stemmers Run Middle School Receives \$1,000 Donation

The Baltimore County Retired School Personnel Association presented a donation of \$1,000 to the Stemmers Run Middle School library media center for the purchase of hardcover books on Monday, January 6. For numerous years, the organization has given scholarships to local high school seniors and wanted to help out more. “My thought was we needed to do something more to forge more of a connection,” said Donna Copenhaver, the current president of BCRSPA.



They decided that every year they would donate \$1,000 to an elementary and middle school in the area. Stemmers Run Middle was chosen to receive the first donation. Chesapeake Terrace Elementary in Edgemere will be receiving the second donation later this month. Copenhaver said that the majority of the schools’ library budget goes towards buying e-books, so the donation has to be used only for hardcover print books. “We still like kids to have books in their hands,” she said. Every year the BCRSPA will pick two new schools to receive the donations. For more information on the organization, visit www.bcrspa.org.

Source: Article and Photo by Gianna DeCarlo, The Avenue News in Essex. Some changes were made.

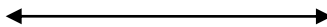


5 Reasons the World is Still a Wonderful Place

Things are—how shall we say it?—a little bananas these days. “Real Simple” asked five experts to remind us about some of the good stuff that can get lost in the shuffle.

- 1.) Libraries still exist: A place where you can go without a penny in your pocket, be given a chair, a book, and access to the world. — Caitlin Moran
- 2.) We are not alone: Just by being together, we can lift each other up. — Jill MacFarlane
- 3.) Beauty surrounds us: Being in nature improves your mood and gives you a sense of balance. You will feel better about the world and yourself when you are out in a beautiful spot. — Janice Kaplan
- 4.) We have the power to change our perspective: Instead of focusing on the negative within others, seek the positive. — Zach Brittle
- 5.) We look out for each other: The simplest acts of kindness make the world better in ways we may never know. — Amy Krouse Rosenthal

Source: REAL SIMPLE Magazine, By Time Inc. Some changes were made.



A Few Dates to Ponder in March

Just because St. Paddy’s Day is in March, doesn’t mean it’s the only thing we remember about spring’s lead-off month. Other days are significant too. So just for fun, let’s march through some of the good ones.

3rd - Florida becomes the 27th state (1845). Where did people go on vacation before that?

5th - The Hula Hoop is launched in 1963. 25 million sold in 4 months. **FYI**, only 6 million iPhones sold the first year.

6th - A 3-year-old McNugget sold on eBay for \$8100 in 2012 because it looked like George Washington. Really! * Rebekah Speight of Dakota City sold the McNugget to raise money for a drive to raise \$15,000 and send 50 children to summer church camp in Sioux City, Iowa.

BCRSPA Makes Donations To Two School Libraries

The month of January was an exciting time for two Baltimore County Schools' libraries.



Chesapeake Terrace Elementary School and Stemmers Run Middle School each received a \$1,000 check from the Baltimore County Retired Schools Persons Association to enable them to purchase additional books for the school libraries.

Donna Copenhaver, President of BCRSPA, presented the checks and commented, "We believe in our schools and teachers and in the power of reading to encourage academic success. As retirees from the Baltimore County Schools system, we are thrilled to help put more books in the hands of students."

BCRSPA gives student scholarships annually for graduating seniors from BCPS, and is excited about forging new connections with schools serving younger students. BCRSPA's goal is to select two schools each year from the various geographic areas of the county and continue to provide support for school libraries.

Source: Sharon Norman. Some changes were made.



Great Buys in March and April

March is National Frozen Food Month so you can expect to see discounts and coupons from frozen food brands. It might be a great time to stock up if you have room in your freezer! As the weather starts to warm up, prices actually drop on athletic shoes. Look for shoe sales during these months with discounts of 45% to 60%. Perfume sales peak around both Christmas and Valentine's Day and retailers will discount perfume heavily after these holidays have passed. Expect prices to be slashed as much as 50% with the best sales at web sites dedicated to perfume.



If you need new luggage, don't wait until the eve of your next trip. Spring for luggage in March when retailers mark down prices between the busy holiday travel season and summer vacations. Look for discounts ranging from 20% to 70%. Those boxes of chocolates that didn't get snapped up for Valentine's Day will be marked down by as much as 50% in March. You'll find the best deals at high end chocolate shops.

Source: MRSPA Consumer Connection-March-April 2016.

Some changes were made.



A Few Dates to Ponder in March (Cont.)

- 7th** Oreo Cookies turn 105 in 2017! Celebrating with a new choice: Peeps-flavored Oreos
- 12th** The first Coke in bottles hits the stores in Vicksburg, MS. (1894) Things go better...
- 14th** Einstein's birthday reminds us that everyone is genius at something.
- 20th** The first day of spring (Spring Equinox)
- 23rd** Women get to vote in 1920.
- 30th** U.S. buys Alaska for 2 cents an acre in 1867. That's \$7.2 million or about what it cost to build the Titanic.

Source: RJA Blog - Tiffany Mosig. Some changes were made.

This n That

Clever Ideas and Solutions

You're never too old to learn.

- Add a few drops of vodka and a teaspoon of sugar, to make cut flowers last longer.
- To dissolve ink stains, use hand sanitizer.
- To open sealed plastic packaging, use a can opener.
- To light hard-to-reach candle wicks, use raw spaghetti strands.
- To get rid of a sunburn, use Earl Grey teabags.
- To suck the pain out of a burn, use mustard.
- To clear the steam after a hot shower, use a blow-dryer on a mirror.
- Amplify the volume of your iPhone or iPod by placing it in a bowl.
- To soothe a sore throat, eat marshmallows.
- To erase water stains from wooden furniture, use mayonnaise.
- To cut soft cheeses and cakes, use (unscented) dental floss.
- To release wrinkles from clothing, use fabric softener and vinegar in a spray bottle.



BCRSPA working together to Engage and Empower!