

March 1, 2018



Keeping You in the Loop . . .

From the desk of Donna Copenhaver



Tuesday, March 20, 2018 at 12:15 P.M. EDT

Hello BCRSPA Members,

Tuesday, March 20th is the official first day of spring. This is an exciting time, not just because we look forward to better weather, but also because it is time for another year of BCRSPA activities. Take a look at what we are working on:



- Annual Spring Membership Luncheon Meeting.....April 17
(Registration information attached to this eNewsletter and March UPDATE Newsletter)
- President’s Seminar: Essential Legal Documents.....May 3
(Registration information attached to this eNewsletter)
- Trip to Longwood Gardens.....early May
(Survey information attached to this eNewsletter)
- Trip to St. Michael’s.....in June
- Crab Feast.....September 30
(Registration information attached to this eNewsletter and March UPDATE Newsletter)
- Fall Membership Luncheon Meeting.....October
- Trip to Sight & Sound.....in November
(To see the play “Jesus”)
- Christmas with Colleagues Breakfast.....December 6
- Trip to Arlington National Cemetery & Navy Band Concert
(Constitution Hall).....in early December

Be on the lookout for more information on all of these activities and try to join us.

Sincerely,
Donna

On the Horizon:

- *Executive Board Meeting – March 20, 2018 @ St. Isaac Jogues Church Hall (Please consider attending. Just eMail me for directions and details.)*
- *Articles due to Editor – April 15th for June UPDATE Newsletter*
- *Annual Spring Business Meeting – April 17, 2018 at Columbus Gardens*
- *5th Annual Crab Feast, September 30, 2018, 3pm-6pm @ Camp Running Bear. (See attached registration for details)*

FYI...

Legislative Update

Each year, MRSPA establishes legislative priorities for not only its members, but all retirees.



This legislative session is approximately mid-way through this year's term and the legislative committee has been active reviewing both House and Senate bills to select those that affect retirees. There have been many "Quality of Life Issues" such as: Nursing Home regulations emphasizing care, A Hospital Patient Bill of Rights and Prescription Drug Access and Demand.

The committee has been monitoring the above-mentioned bills as they make their way through the hearing process.

One important issue is a Long-Term Care Task Force created by the Department of Aging. This task force is NOT specifically suggesting that people in Maryland purchase long term care insurance, BUT, that they begin to plan for their long-term health care as they age, through savings, aging at home with assistance, family care, nursing home care, and become aware of the limited health care coverage through Medicare or Medicaid. This report will be given to Governor Hogan in June.

Submitted by Parker Koons, BCRSPA Legislative Chairperson. Some changes were made.



A Note from MRSPA

Why wait for the mail?

Receive MRSPA News up to two weeks earlier with email delivery!

If you'd like to receive MRSPA News via email, just let us know, and we'll add you to our electronic distribution list. You'll receive the publication faster AND help us reduce printing costs.

Email your request to: mrspa@mrspa.org and put "Newsletter by Email" in the subject line of the email and please include your full name and your email address.



Five Exercises for Arthritis Joint Pain Relief

There's no cure for arthritis, but sufferers have a powerful, cheap way to manage their achy joints: exercise. But where do you start if you're a beginner? Take a look at the 5 best exercises for people seeking joint pain relief, plus easy tips to get you started. And the best part, these workouts are fun, stress-relieving, and will ease symptoms.



When your arthritis makes it hurt to just get out of your chair, it's no surprise you're tempted to stay put. But arthritis exercises are exactly what you need. To read the complete article, click on the URL below...

http://www.lifescrpt.com/health/centers/osteoarthritis/articles/got_arthritis_5_exercises_that_relieve_pain.aspx.

Source: Tricks to Manage Pain in Achy Joints by Priscilla Lister. Some changes were made.

Five 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 SIM PLE Magazine, By Time Inc. Some changes were made.



- **Chocolate:** For obvious reasons, Valentines-themed chocolate goes on sale after Valentine's day, so you can stock up for cheap. If you miss out, wait until Easter passes by, then grab yourself some cheap chocolate rabbits.
- **Frozen Foods:** As silly as it sounds, March is National Frozen Food Month, which means you're likely to find some deals in the frozen food section at your local grocery store. Since frozen food lasts a long time—and since frozen produce is often just as nutritious as fresh—now would be the time to stock up. Just make sure you're storing everything properly.
- **Golf Clubs:** Spring is on the way, which means new golf clubs are coming out, says LIVESTRONG and SaveAMillionShots.com. If you can deal with having last year's models, you can nab them for a cheaper price as the pro shop clears them out. Keep an eye out around Father's Day, too, when golf clubs tend to go on sale.
- **Luggage:** Dealnews found that March is a good time to pick up travel gear at a discount, likely because it's between vacation seasons. If your old bags are starting to feel a little worn, now's a good time to prepare for your spring and summer vacations.

Quilt for a Cause Raffle!

Have you ever wished you had a gorgeous handmade quilt, but realized it was too expensive to buy? Well now is your opportunity! BCRSPA is selling raffle tickets for a chance to win a King size throw quilt, handmade and donated by member Della Curtis. This beautiful quilt has been appraised at \$1,200, but you could take chance to win it for \$1.00 per ticket. The drawing will take place at the Annual Luncheon Meeting in April 2018 (need not be present to win).



To purchase your chance(s) to win the prize of a life time, contact Parker Koons at 410.828-5852 or eMail at koonspk@aol.com. Tickets will also be available at the Annual Spring Luncheon Meeting. All proceeds will go directly to the Scholarship Fund.

Here's a way to support BCRSPA causes and possibly win a valuable quilt. Good luck!

NO. FPO	BCRSPA QUILT RAFFLE	Name _____	City _____	Phone # _____	 BCRSPA Quilt for a Cause Raffle Beautiful King Size Throw 94" x 66" Quilt valued at \$1,200. ⁰⁰ <i>All proceeds go to the Baltimore County Retired School Personnel Scholarship Fund</i> Drawing: April 17, 2018 \$1.00 per Ticket	NO. FPO
		Address _____	State _____			
		Zip _____				
				<i>Need not be present to win.</i>		

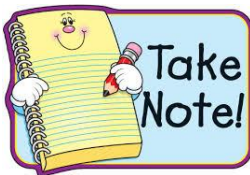
Please Join Our Facebook Page for Updates!

BCRSPA's Facebook page encourages group communication and an opportunity for people to share their common interests and express their opinion. A place for members to come together around a common cause, issue or activity to organize, express objectives, and discuss issues, post photos and share related content.



If you would like to join our closed group, simply click the + JOIN box below our profile picture. As long as you are a member of BCRSPA, you can be added to this page. Once your membership is verified, you will be added to the group!

Phone Number Changes



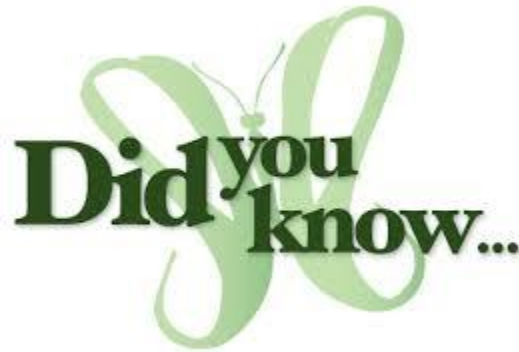
BCRSPA has recently changed phone carriers. Our old system was antiquated and no longer functioning properly. As a result of this change, we now have 3 numbers available for your questions/concerns.

The numbers are:

***President - 443.793-5867, *Scholarship - 443.793-6261, *Membership - 443. 793-6260**

The Maryland Senior Citizens Hall Of Fame, Inc

MSCHF is seeking nominations of Maryland residents, 65 years of age or older, who as active volunteers have made outstanding contributions to improve the lives of others in the community. Nominations will be reviewed and up to 50 qualified nominees will be selected for induction into the 2018 Maryland Senior Citizens Hall of Fame. Nomination forms and specific details for eligibility are available at mschf.org or by calling 410.828-5852. All nomination forms must be received by April 10, 2018.



Enjoy a few fascinating facts and trivia factoids: some serious, some fun, covering a wide variety of topics.

1. Breaking eye contact makes you a better conversationalist. Studies show people who are forced to maintain eye contact take longer to recall words than those who are allowed to take a break from the mental stimulation of staring into someone else's eyes. Though maintaining eye contact is important for building emotional connections, looking away is key for having focused and productive conversations.
2. The search engine Ecosia uses 80% of its ad revenue to plant millions of trees in Africa.
3. According to a Harvard psychologist, dogs probably have dreams about their owners.
4. If you have a bottle of champagne that has recently gone flat, drop a raisin in it. The carbon dioxide left in the bottle will cling to all the grooves in the raisin and release back into the liquid, making it bubbly again.
5. Keeping a strong social life can lead to significantly improved memory in old age.
6. If you want to know whether a diamond is real, breathe on it. Diamonds are very efficient heat conductors, so the fog from your breath will disappear almost immediately if it is real. If the fog sticks around a few seconds before clearing up, the rock is probably a fake.
7. Facebook has a snooze button. If you need a break from a friend, group, or page but don't want to permanently unfollow them, you can hit the snooze button to mute their updates for 30 days
8. Charles Darwin was the first person known to put wheels on an office chair. He liked being able to roll around his office, so he could study different specimens more quickly.

Slate of Officers - 2018-2020

The Executive Board recommended the following slate of officers to be elected:

Nominating Committee's proposed Slate of Officers

Vice President - Donna Copenhaver
Assistant Treasurer - Cindy Schulz
Director - Patsy Holmes
Director - Dale R. Rauenzahn



Nominations for these positions will also be accepted from the floor at the Spring Business Luncheon Meeting on April 17, 2018 at Columbus Gardens. After being elected, the slate of officers will be installed.

Submitted by C. David Copenhaver, Nominating Committee Chairperson.



“Word of mouth is the best way to recruit new members.
Remember, “Each One, Reach One!”



BCRSPA working together to Engage and Empower! ⁶