

March 1, 2019



Keeping You in the Loop . . .

From the desk of C. David Copenhaver



Sunday, March 10, 2019

Hello BCRSPA Members,

This past week I represented BCRSPA at a Presidents' meeting at the MRSPA Office to learn new approaches to gain and retain members. We were asked to "think outside of the box" and create activities and events that would appeal to our members' wide variety of interests.



BCRSPA currently offers periodic one day bus trips to theatrical productions, garden tours, concerts or historical attractions. We also have held an annual crab feast in September and Breakfast with Colleagues in December. If you enjoy any other type of event or activity, let us know because someone else may have the same interest. Then, if like minds get together, maybe they could create a new BCRSPA sponsored activity.

On February 22, 2019, representatives from BCRSPA met with other MRSPA retiree units to share methods to attract new retirees and retain our present members. As a result of these discussions, each county has been asked to develop an action plan to increase our membership.

Once our plan is developed and approved by our Executive Board, we will inform you of the plan and ask for your help in this endeavor. Remember, "word of mouth" is one great way to recruit new members and it doesn't take a plan to accomplish it.

Sincerely,
Parker

On the Horizon:

- *Executive Board Meeting – March 19, 2019@ St. Isaac Jogues Church Hall.*
- *Articles due to Editor –April 15th for June UPDATE Newsletter*
- *Annual Spring Business Meeting – April 16, 2019 at Columbus Gardens (Registration in March UPDATE)*
- *Dutch Apple Theatre Trip - Joseph and the Amazing Technicolor Dreamcoat March 21st - Sold Out*
- *Bull Roast and Shrimp Feast -September 7, 2019 @ Columbus Gardens, 1pm -5pm (See attached flyer)*

FYI...

BCRSPA...A New Tradition Begins

"Saturday in September"

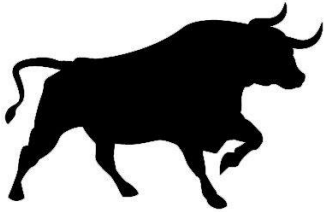
Bull Roast and Shrimp Feast

All You Can Eat

&

Open Bar

**September 7, 2019 @ Columbus
Gardens • 1pm—5pm**



Since our Annual Crab Feast has run its course, it's time to start a "New Tradition" Please take a look at the attached **Bull Roast/Shrimp Feast** flyer for additional information.

If you are **genuinely** interested in attending, please contact me by phone (410.515-0456) or eMail (cdauidcopenhaver@gmail.com) to reserve a seat **We have limited seating available.**

2nd Annual Quilt for a Cause Raffle

Della Curtis has made another gorgeous quilt (featured here) and has generously donated it once again. This masterpiece was on display at the October 16th luncheon and we began selling chances at that time. The last chance to purchase tickets will be at the April 16, 2019 Annual Luncheon Meeting at Columbus Gardens.



Scholarship Fund.

You can also purchase your chance(s) to win the prize of a life time by contacting Parker Koons at 410.828-5852 or eMail at koonspek@aol.com. The winning ticket will be drawn at the Spring Luncheon on April 16, 2019. You do not need to be present to win! All proceeds will go directly to the

For only \$1 per chance, here's a way to support BCRSPA causes and possibly win a valuable quilt. Good Luck!

Visit... <https://bcrspaevents.shutterfly.com>
(password is lower case bcrspa)
& www.bcrspa.org 

Join our BCRSPA Facebook page!

MRSPA Legislative Priorities 2019

Pension Protection

MRSPA seeks to protect defined benefit pensions which contribute to the state economy and promote personal security. Full actuarial funding of the state system ensures sustainability of the fund and is in the best economic interest of all taxpayers.

Health Care

MRSPA supports legislation that provided full-funding of local school systems as they provide health benefits/options for retired school personnel. MRSPA supports legislation to control the cost of prescription drugs.

Consumer Protection

MRSPA supports legislation that provides protection for all citizens from identity theft and scams. The State recognizes that this is a particular concern among the elderly.

Secure Choice Retirement

MRSPA supports a secure retirement for all Marylanders. State assistance to achieve this goal is commendable and encouraged.

Long Term Care

Legislation supporting long term care insurance encourages older adults to provide for their own care in advance. This benefits individuals' families and the State.

Education

MRSPA supports public education in all Maryland jurisdictions, including pre-school and lifelong learning options. State support for these programs is essential to forming an educated and productive citizenry.

Supplemental Pension Funding

Promised make-up contributions to the state pension system must be made as legislated. They are economically, legally, and morally important for all state taxpayers.

Quality of Life

MRSPA supports services and communities to help older adults age-in-place and supports programs to help older adults remain healthy, active and independent.

Safety

MRSPA advocates preventing abuse and neglect of vulnerable adults. The State continues to work to identify best practices in an effort to combat elder abuse, exploitation and neglect.

(Source: MRSPA Legislative Brochure 2019 and thanks to SMCPSRA for a good idea.)





BCPS Outdoor Science Looking for Volunteers for the Outdoors

Wanted: Volunteers age 18 and older to work with small groups of fifth graders for a Baltimore County Public Schools outdoor science field study titled BioBitz.



Volunteers will support BCPS Outdoor Science teachers at one of five local parks within Baltimore County (Marshy Point Nature Center, Cromwell Valley Park, Oregon Ridge Nature Center, Benjamin Banneker Historical Park and Museum, or Patapsco Valley State Park, Pickall Area and McKeldin Area). You can join us at a park close to your home or at all five parks...whatever works for you! We are specifically looking for

volunteers to act as chaperones for schools that are unable to provide chaperones for the field study. While knowledge of environmental science is helpful, it is not necessary for volunteering. Volunteers must be comfortable outdoors, comfortable on and off trails and available from 9-12:30PM on the day they volunteer.

For more information go to: <https://vimeo.com/231760267>

If interested, please email Tom Melito attmelito@bcps.org.



Moving to Oak Crest Village?

Did you know that BCRSPA has a partnership with Oak Crest Village? Well we do! Any time a BCRSPA member moves into Oak Crest and informs them that they are a member of our association, Oak Crest will donate \$500 to our scholarship fund. That's a significant contribution that you can make to BCRSPA, and it won't cost you a dime!

So, if you are contemplating a move to Oak Crest Village, be sure to mention that you belong to BCRSPA, and you will earn \$500 for our scholarship program. Also, remember to send a change of address to MRSPA/BCRSPA, 8379 Piney Orchard Parkway-Suite A, Odenton, MD 21113-1508.

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. Some changes were made.



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 2019 Maryland Senior Citizens Hall of Fame. To obtain specific details and/or questions, please send an email to mschf.mail@verizon.net or call 410-828-5852. Nomination forms may be downloaded @ www.msCHF.org. All nomination forms must be received by April 10, 2019.



Lunch with Rosie is riveting!

You are invited to an afternoon lunch with award-winning actress/speaker Mary Ann Jung on Saturday, May 11th, at 12 noon at Trinity Lutheran Fellowship Hall, 109 Main Street, Reisterstown 21136, sponsored by the Woman's Club of Glyndon. Bring your friends and family (including men!) and history buffs! This event will also include Raffle Baskets and Jewelry/Scarf Boutique! Ticket price is \$30 with lunch included. Call Karen at 410-833-1006.





Control Your Cholesterol Protect Yourself from Heart Attack and Stroke

Have you had your cholesterol checked? Most adults should have a cholesterol test every 4 to 6 years. That's because nearly 78 million American adults have high levels of the type of cholesterol that's linked to heart disease and stroke.

Cholesterol is a waxy, fat-like substance that your body needs to function properly. It travels through your bloodstream to reach the cells that need it. Your cells use cholesterol for many important functions, like making hormones and digesting fatty foods.

But too much cholesterol in your blood can cause waxy buildup called plaques in blood vessels. "These plaques can eventually become inflamed and rupture, leading to a clot," explains cholesterol expert Dr. Ronald Krauss at UCSF Benioff Children's Hospital Oakland.

Talk to your doctor about getting tested. And remember that heart-healthy lifestyle changes can not only lower cholesterol levels but also bring many long-term health benefits.

Wise Choices Keep Cholesterol in Check



- Maintain a healthy weight.
- Choose a nutritious diet.
- Limit red meat and get plenty of fish, nuts, whole grains, beans, fruits, and vegetables.
- Get enough physical activity. Before starting, ask your doctor what level is right for you.

Talk with your doctor to see if medication is right for you!

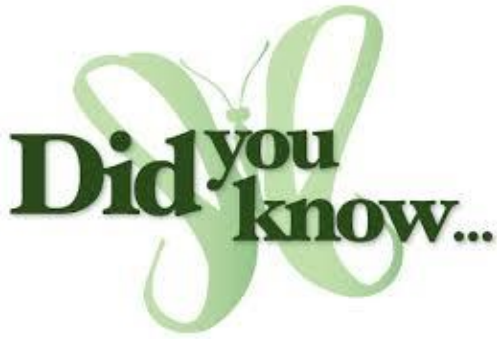
For additional information visit <https://newsinhealth.nih.gov/2019/02/control-your-cholesterol>

GO NUTS FOR YOUR HEART

Eating nuts as part of a healthy diet can be good for your heart. They contain unsaturated fatty acids and other nutrients that can help lower the LDL or "bad" cholesterol level in your blood. High LDL is one of the primary causes of heart disease.

Even though most fat in nuts is healthy fat, it's still a lot of calories. That's why you should eat them in moderation, 1.5 oz. is all you need. Just make sure they are not covered with chocolate, sugar or salt.





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

- 1.) 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.
- 2.) 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.
- 3.) 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.
- 4.) Keeping a strong social life can lead to significantly improved memory in old age.
- 5.) Old-timey 'high-wheeler' bicycles were also known as 'penny farthings', because people thought they looked like the largest (penny) and smallest (farthing) coins of the day rolling after each other. The reason one wheel was oversized was that they had no gears or chains, and the only way to make them go faster was by having a big front wheel.
- 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.

A Few Dates to Ponder in March

A few "not so well known" facts and dates about spring's lead-off month. Other days, besides St. Patrick's Day, are significant too. So just for fun, let's MARCH through some of the good ones.

- 5th The Hula Hoop is launched in 1963. 25 million sold in 4 months. FYI, only 6 million iPhones sold the first year.
- 7th Oreo Cookies turn 107 in 2019! 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).



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



Slate of Officers 2019-2021

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



Nominating Committee's proposed Slate of Officers

President – elect.....Donna Copenhaver
Treasurer.....E. Stuart Tucker
Recording Secretary.....Barbara Barzyk
Corresponding Secretary.....Linda Yaffe
Director.....Clair Price
Director.....Carol Rowell

Nominations for these positions will also be accepted from the floor at the Spring Business Luncheon Meeting on April 16, 2019 at Columbus Gardens. After being elected, the slate of officers will be installed.

Additional Travel Opportunities

Ellis Island and The Statue of Liberty - Monday, April 8, 2019

"Some museums move you, inspire you or enchant you. The Ellis Island Immigration Museum ~ changes you."



Please join us as we embark on one of our most popular destinations. We'll travel on Monday, June 11, 2018 to Ellis Island, the gateway for millions of immigrants to the United States. Known as the nation's busiest immigrant inspection station from 1892 until 1954, we will explore the Island's long and fascinating history.

You'll be free to explore Ellis Island and the Statue of Liberty from 11:30 a.m. to 4:00 p.m. We will depart the Island at 5:00 p.m. We will stop at a rest stop on the way home for approximately 20-30 minutes.

Package includes:

- Roundtrip transportation aboard Superior Tours new luxury motor coach
- Continental breakfast
- Ferry tickets, Ellis Island and Statue admission
- Departing 7:30am from Towson (Cromwell Bridge Park and Ride)
- \$106 per person
- Call 410-602-1704 for details (Superior Tours)

