

March 1, 2020



# Keeping You in the Loop . . .

From the desk of C. David Copenhaver



Sunday, March 8, 2020

## From the President...

Hello BCRSPA Members,



Top o' the mornin' to ya! Happy St. Patrick's Day, even if you are not Irish!

Remember to take special note that Day Light Savings starts on March 8<sup>th</sup>. Not fond of losing that hour of sleep, but we always manage to adjust! The MD legislature is still in session and considering a variety of bills. The MRSPA web site ([mrspa.org](http://mrspa.org)) has information pertinent to us.

Also, don't forget that our annual business meeting and luncheon is coming up on April 21<sup>st</sup>. Join us to gather information about what's new with MRSPA, hear about BCPS benefits and elect new Officers. We will hold our annual Memorial Service to remember those who have passed away. Also, this is the meeting when we recognize the organization's scholarship awardees. The registration form is in the March UPDATE which you will be receiving soon. Hope to see you there.

Spring is on its way. Get ready to enjoy the warmth and beauty of this time of year in Maryland.

Sincerely,  
Parker

## On the Horizon:

- *Executive Board Meeting – March 17, 2020@ St. Isaac Jogues Church Hall.*
- *Articles due to Editor –April 15<sup>th</sup> for June UPDATE Newsletter*
- *Annual Spring Business Meeting – April 21, 2020 at Columbus Gardens (Registration in March UPDATE)*
- *Possible 2<sup>nd</sup> annual Bull Roast and Shrimp Feast -September 5, 2020 @ Columbus Gardens, 1pm -5pm*  
*If you are genuinely interested in attending, please contact me by phone (410.515-0456) or eMail me. ([cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com)) to reserve a seat. Friends and Family members are always welcome!*

# FYI..

## 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 16<sup>th</sup> luncheon and we began selling chances at that time. The last chance to purchase tickets will be at the April 21, 2020 Annual Luncheon Meeting at Columbus Gardens.



You can also purchase your chance(s) to win the prize of a lifetime by contacting Parker Koons at 410.828-5852. The winning ticket will be drawn at the Spring Luncheon on April 21, 2020. You do not need to be present to win! All proceeds will go directly to the Scholarship Fund.

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

\*\*\*\*\*



## 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.

\*\*\*\*\*

## 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 2020 Maryland Senior Citizens Hall of Fame. To obtain specific details and/or questions, please send an email to [mschf.mail@verizon.net](mailto:mschf.mail@verizon.net) or call 410-828-5852. Nomination forms may be downloaded @ [www.msCHF.org](http://www.msCHF.org). All nomination forms must be received by April 13, 2020.



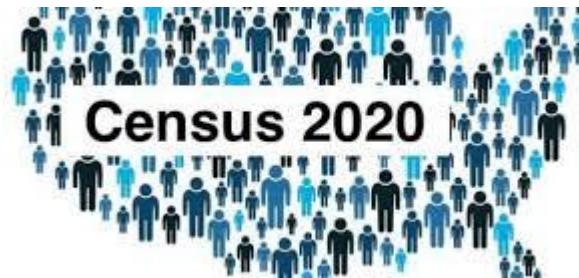
\*\*\*\*\*



## Woman's Club of Glyndon

SAVE THE DATE!...Saturday, April 4th at 12 noon!...Bring your family and friends...FUN for all ages! The Woman's Club of Glyndon spring fundraiser luncheon will feature award-winning actress Mary Ann Jung portraying Grace O'Malley, "Pirate Queen!" This event at Trinity Lutheran Church will also include raffle baskets! The \$30 ticket includes lunch catered by Glyndon Grill! For reservations call: Karen Solheim (410-833-1006)

\*\*\*\*\*



## 2020 Census Will be Arriving Soon

In mid-March, homes across the country will begin receiving invitations to complete the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail.

### **Questions Asked:**

- 1) How many people were living or staying in this house, apartment, or mobile home on April 1, 2020?
- 2) Were there any additional people staying here on April 1, 2020, that you did not include in Question 1?
- 3) Is this house, apartment, or mobile home ...
- 4) What is your telephone number?
- 5) What is Person 1's name?
- 6) What is Person 1's sex?
- 7) What is Person 1's age and what is Person 1's date of birth?
- 8) Is Person 1 of Hispanic, Latino, or Spanish origin?
- 9) What is Person 1's race?
- 10) Print name of Person 2.
- 11) Does this person usually live or stay somewhere else?
- 12) How is this person related to Person 1?

Source: 2020 Census.gov. Some changes were made.



## Wonderful Benefits of Walking

Did You Know That Walking Is The Official Exercise of Maryland? Maryland designated walking as the official state exercise in 2008. Walking is the most basic and common mode of transportation, is recommended for a healthy lifestyle, and has numerous environmental benefits.



- **Weight control.** A short brisk-paced walk is all that you need to reduce your excess calories and fats.
- **Fitness.** Daily walking can keep you fit and healthy for a long time. Walking briskly for 30 minutes a day can help you stay slim and in robust health.
- **Mental Health.** We all know that walking does wonders for the physical body. What about mental health? It's also

beneficial for your mental attitude as well. Group walks or with friends helps you maintain good social contacts.

- **Overall Health.** Medical research and studies indicate that walking lowers high blood pressure and high cholesterol, thereby reducing the risk of strokes and other heart-related problems. Get your sneakers on and take a walk! The weather will be warming up and it will be a great time to get outside!

Source: Maryland Retired School Personnel Association CONSUMER CONNECTION A Publication of the MRSPA Consumer Education Committee. Some changes were made.

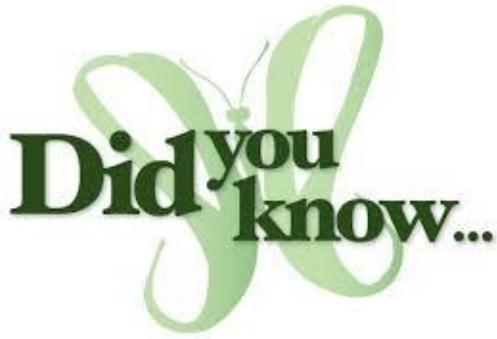
\*\*\*\*\*

**MISSING**

**Do you know where these members are?**

**Ann S. Garman and Florence Menchel**

**If so, please Mary Ellen Zimmerman at 410-668-2563 and give her an update.**



**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 turned 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.
- 19th The first day of spring 2020 (Spring Equinox).



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



## **Coronavirus: Scammers Follow the Headlines**

Scammers are taking advantage of fears surrounding the Coronavirus. They're setting up websites to sell bogus products, and using fake emails, texts, and social media posts as a ruse to take your money and get your personal information.

The emails and posts may be promoting awareness and prevention tips, and fake information about cases in your neighborhood. They also may be asking you to donate to victims, offering advice on unproven treatments, or contain malicious email attachments.

### **Here are some tips to help you keep the scammers at bay:**

- Don't click on links from sources you don't know. It could download a virus onto your computer or device. Make sure the anti-malware and anti-virus software on your computer is up to date.
- Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying that have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- Ignore online offers for vaccinations. If you see ads touting prevention, treatment, or cure claims for the Coronavirus, ask yourself: if there's been a medical breakthrough, would you be hearing about it for the first time through an ad or sales pitch?
- Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.
- Be alert to "investment opportunities." The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly-traded companies can prevent, detect, or cure coronavirus and that the stock of these companies will dramatically increase in value as a result. <https://www.consumer.ftc.gov/blog/2020/02/coronavirus-scammers-follow-headlines>

Article shared by Della Curtis

\*\*\*\*\*

## **Maryland Senior Call Check**

Maryland is the first state in the country to start a free service to check on older residents by telephone. Those who request the service will receive a call every day at a regularly scheduled time pre-selected by the participant.



If the participant does not answer their first call, their number will be tried two more times. If those calls also go unanswered, calls will be made to notify an alternative person who is selected by the participant during program enrollment. This could be a relative, neighbor, or friend. The alternate will then be encouraged to check on the

participant who did not respond to the day's calls.

Any Maryland resident who is 65 or older may participate using a land line or cell phone. They must choose a preferred time to be called, either between 8 and 10 a.m. or 2 and 4 p.m. To register call 1-866-50-CHECK or register online... [aging.maryland.gov](http://aging.maryland.gov).

Source: Maryland Department of Aging. Some changes were made.

## Slate of Officers 2020-2022

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



### Nominating Committee's proposed Slate of Officers

President—Donna Copenhaver  
Vice President—Joyce Cummings  
Cindy Schulz—Asst. Treasurer  
Director—Jack Woodward  
Director—Margaret Kidder, Ph. D  
Director—Barbara Falkingburg

Nominations for these positions will also be accepted from the floor at the Spring Business Luncheon Meeting on April 21, 2020 at Columbus Gardens. After being elected, the slate of officers will be installed.

\*\*\*\*\*

