

May 9, 2015



# *Keeping You in the Loop* . . .

From the desk of C. David Copenhaver

*"The world's favorite season is the spring.  
All things seem possible in May."  
- Edwin Way Teale*

Hello BCRSPA Members,

The end of my first term as your President is rapidly drawing to a close. As I reflect, I can honestly say that we, as an organization, have made great strides. Our many new initiatives; including trips, social activities, seminars, and an additional website with event pictures, have been warmly received and supported by the membership. Rest assured that our plan is to continue offering these types of activities next year. In addition, your "Executive Board directed a committee to do a thorough review of the Constitution and Bylaws and to consider combining them into one document: Bylaws."

While we mourn and remember our many valued members who have passed away, we also celebrate the new members that have chosen to join the organization. Through hard work, we are proud to say that the number of new members is on the rise. Our membership is what keeps us strong and helps our voice to be heard by the benefits negotiation team and our Legislators.

The D.C. Luncheon Cruise Trip to see the Cherry Blossoms was fun. Everyone raved about the lunch and "oohed and aahed" over the beautiful sights. It was such a hit that we might organize it again next spring. If you didn't get a chance to go this year, or enjoyed it so much that you want to go again, watch for information later this year.

The Annual Spring Business Meeting and Luncheon was well attended. A special thank you goes out to everyone who came out in support of BCRSPA. We conducted important business including passing the budget and electing and installing new officers. We honored our deceased members in a Remembrance Ceremony and had a health care update from the Office of Benefits. The membership had the opportunity to sign up to join a committee, we had time to socialize with colleagues, and we enjoyed a delicious lunch. Last but not least, the scholarship committee introduced the students who were the recipients of the \$1,500 scholarships presented by BCRSPA and WEBCO. It was a great day all around!

Good news!!! We are holding our crab feast again this year. Be sure to look at the flyer in the June UPDATE newsletter. Space is limited, so get your reservations in early. Also, you might want to get your reservation in for the Fall Luncheon. See the "Early Bird" form also in the June newsletter.

"Spring has sprung, the grass is riz"... enjoy your weekend everyone!

David

## Legislative Happenings?

Loss of expected funding has school systems on edge as they urge Hogan to release money - See more at: <http://marylandreporter.com/2015/05/06/loss-of-expected-funding-has-school-systems-on-edge-as-they-urge-hogan-to-release-money/#sthash.ueCGdkhs.dpuf>

\*\*\*\*\*

(Source: MarylandReporter.com)

### On the Horizon:

- *MRSPA's 70<sup>th</sup> Anniversary (1945-2015), May 12<sup>th</sup>, 2015*
- *Executive Board Meeting: May 19<sup>th</sup> TABCO - 305 Joppa Rd Towson Maryland 21286 (Please consider attending. Just eMail me for directions and details)*
- *President's Seminar # 3, an informational seminar for our members on developing a Master Document or Folder with All Your Important Information. (Planning stage, Date/Location TBD)*
- *Shutterfly up and running! <https://bcrspaevents.shutterfly.com/>, password... bcrspa (You are encouraged to visit and stay in touch with your friends and colleagues)*
- *Western Maryland Fall Foliage Excursion (See below for details)*



## Western Maryland 2015 Fall Foliage Interest Survey (Last Call)



**Have you been to Western Maryland** in October when the leaves are at the peak of changing colors? The sights are breathtaking!

BCRSPA is thinking about planning such a trip. We will take a deluxe motor coach to Cumberland and then take a luncheon train ride up to Frostburg. The train ride will encompass The Narrows, Helmstetter's Curve, Bone Cave, and Brush Tunnel. We plan to spend some time in Frostburg while the train turns around. You will have plenty of opportunity to take gorgeous pictures of the wondrous sights. When the train is ready, we will return to Cumberland where we will board our motor coach and head for home.

The cost of the trip is estimated to be between \$100-\$125 which includes the bus, the luncheon/gratuity train ride, and a tip for the bus drive. We must fill the bus with 54 people. To express an interest, email me at [cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com) or call me at 410-515-0456.



# FYI...

## Keys to Senior Wellness



### Healthy Lifestyle Tips:

Over the hill at age 65? Ready for the rocker at 70? Not these days. Americans are living longer and making more of their later years. One key is **exercise**.

"Perhaps the most debilitating influence in people's health as they age is a sedentary life," said Dr. Richard Brassard, president of the American Chiropractic Association (ACA). "Exercise of some type is all but mandatory."

Otherwise, an individual may set him or herself up for broken bones, circulation problems caused by atrophying blood vessels, and a myriad of other physical problems associated with aging.

"Exercise, however, can improve a person's mobility, digestive processes and circulation. It can also reduce anxiety. Add proper nutrition and you have the makings of a naturally healthy lifestyle," said Dr. Brassard. "Following a healthy diet is another way of extending your golden years as long as possible."

### Walking

Walking improves elasticity in blood vessels, which makes them less susceptible to formation of aneurysms or rupture.



Start with one-third of a mile per day. Do that three days a week for a month, then double the distance, working gradually up to at least one mile a day, three days a week.

### Stretching

The average person should stretch to prevent the bowing or stoop caused by shortening of ligaments. A stoop can inhibit normal breathing.

Stretch the groin muscles by sitting on the floor and bending one leg to the side and back as far as possible. A relaxed stretch is the goal.

Stretch the back leg muscles by putting your hands on a wall, one foot flat on the floor behind you. Then lean into the wall. Or stand up straight and bend over.



**Eating Right**

Make sure you have a properly balanced diet. If you take vitamins, take them with a meal. Drink 8-10 eight-ounce glasses of water a day to help keep the kidneys active, dilute, and remove toxins from the body, and replace lost fluids.

\*\*\*\*\*

Editorial provided by the American Chiropractic Association. For more information visit [www.acatoday.org](http://www.acatoday.org)

**On the Lighter Side!**



Cherry Blossom Luncheon Cruise ....April 8, 2015



**BCRSPA together, creating a moment!**