



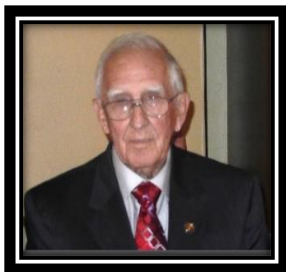
Keeping You in the Loop . . .

From the desk of C. David Copenhaver

“The world's favorite season is the Spring. All things seem possible in May.”
- Edwin Way Teale

From the President...

As we continue to stay home following local and state mandates and wondering when this will end, we still plan for the future. It may be a long recovery before we get back to what we knew as normal. So far, we have made adjustments to our schedules and most likely will have to for the next few months.



BCRSPA has had to make many adjustments. We have not met as an executive board since January and we had to cancel our Spring meeting. Even though these actions have been taken, the business of the organization continued, working from our homes. Scholarship applications were read, students were chosen for these awards and they were notified by mail. Our annual business (adopting the 2020-2021 budget and the election of officers) was approved by the executive board.

With BCPS being closed, it has been harder for the Membership Committee to get the names of retiring teachers and for our Retiree Benefits Chair to meet with a representative from the Board of Education. Even though the past two months have been difficult for all of us, you can be assured that the BCRSPA Executive Board is continuing to work for you. Stay Safe And Keep Healthy!

Sincerely, Parker

On the Horizon:

- *May 19th Executive Board Meeting **Cancelled.***
- *Early June: Newsletter “UPDATE” distribution...*
- *June 16th Executive Board Meeting (**Temporarily scheduled**)*
- *Early July: Newsletter “UPDATE” articles due*

“It’s ok to take a moment from an anxious, fractured mind, the world will not stop turning while you get realigned”

Laura Ding-Edwards

FYI...

10

Unique

**Uses For
Coffee Filters**

**Better Than Paper Towels
And Less Expensive!**

1. Place them between stacked plates.

Protect your favorite dishes from chipping and scratching by slipping coffee filters between them.

2. Use one as a snack bowl.

If you're not keen on dirtying yet another dish, sub in a coffee filter for eating popcorn, crackers, or other small bites. The filter's bowl-like shape is the perfect size and shape for a snack.

3. Clean windows and mirrors.

Since coffee filters are lint-free, you can swap them out for paper towels to give windows a no-streak shine.

4. Place one in the bottom of a flowerpot.

Before you pour potting soil into your container, place a filter in the bottom hole. This way, excess water can escape, but the dirt stays in its place.

5. Corral small pieces in one place.

Putting together an IKEA dresser? Keep all screws, nails, and other bits from rolling across the floor with a filter.

6. Dust your TV.

A coffee filter is great for grabbing debris from screens both big (your television) and small (your iPhone).

7. Line a colander or sieve.

If the perforations in your strainer are too large to catch small bits of food, line it with a coffee filter first.

8. Catch popsicle drips.

Snip a hole in the center of a coffee filter and push the stick of an ice pop through it to prevent sticky fingers (and stained clothing and floors) in the summertime.

9. Grease a baking dish.

Use a coffee filter to coat a cake pan with shortening instead of a paper towel, which could leave lint behind.

10. Dry glassware.

If you spy that your glasses are still a bit damp coming out of the dishwasher, Heloise suggests reaching for a coffee filter. It will leave your stemware spotless and sparkling.

Source: Internet search. Some changes were made.



6 Scams to Dodge in 2020

1. Job Scams

Crooks find potential victims using online search tools to look for résumés of job seekers.

Pitch: You're contacted about what sounds like the job of a lifetime and even given a check to cover expenses — just wire money back or send gift cards to cover fees. Only later do you figure out the check is fake.

Method: Usually via email or a professional networking site.

Prevention: Real jobs don't come at a cost (actual recruiters are paid by the business).

2. Census Scams

Impostors could pretend to be census takers.

Pitch: You could be asked for your Social Security number or credit card information.

Method: A fake census worker shows up at your door. Or you're contacted by phone, mail, or email.

Prevention: The Census Bureau will never ask for your Social Security number, solicit donations or threaten you with arrest if you don't cooperate. Census takers carry government IDs. For more information, visit [2020census.gov](https://www.census.gov).

3. Election Scams

Scammers send out [fake ads](#) as political action committees or pose as pollsters or campaign volunteers.

Pitch: They pretend to be legitimate fundraisers to trick you into giving them your credit card number or sending a “donation” by gift card or wire transfer.

Method: Phone, email, social media posts — the same ways that candidates contact you.

Prevention: Don't donate to a candidate from an unsolicited pitch. Reach out directly to those you support.

4. Medicare Fraud

A crook will tell you that you can get a free DNA swab test for cancer, or medical devices or services.

Pitch: To get the free health care, you just need to provide your Medicare number.

Method: This offer usually comes via phone or email. Vans drive through neighborhoods, with people knocking on doors offering tests in return for Medicare numbers.

Prevention: Never give your Medicare number to anyone but a trusted medical professional.

5. Phishing Scams

Scammers pretend to be Amazon representatives, taking advantage of the fact that the company sent more than 3.5 billion packages last year.

Pitch: You'll be told a package can't be delivered until you “confirm” your credit card number.

Method: Crooks send out millions of random emails. Within the email is a link that, if opened, places malware on your computer to harvest data.

Prevention: Don't give information via a link. Go to Amazon's website directly.

6. COVID-19 Scams

You get an email offering a coronavirus vaccine or access to critical medical equipment.

Pitch: Anxiety's high; you are urged to protect yourself.

Method: Some emails ask for credit card information, then bill you for products that never arrive. Others include a link that will install malware to steal your passwords.

Prevention: Visit government health agency websites for updates. Be wary of emails during a crisis. There is no COVID-19 vaccine.

Source: AARP's Fraud Watch Network can help you spot and avoid scams. Sign up for free "[watchdog alerts](#)," review our [scam-tracking map](#), or call our toll-free [fraud helpline](#) at 877-908-3360 if you or a loved one suspect you've been a victim. Some changes were made.



How to Have a Healthy Lifestyle

1.) A healthy lifestyle can significantly reduce cancer risks. Studies estimate that adults who stay at a reasonable weight, are physically active, eat a healthy diet, limit alcohol, and don't smoke are 36 percent less likely to be diagnosed with cancer and 40 percent less likely to die from it.

2.) Did you know that deep breathing can be greatly beneficial to the body? Deep breathing cleans the blood as it removes carbon dioxide and increases oxygen. Breathing deeply regenerates the body as we take in new, fresh oxygen and it contributes to better physical, mental and over-all well-being.

The technique for deep breathing involves breathing into the abdomen. You should breathe in slowly; use your diaphragm to circulate oxygen in the lungs. When you exhale, it should be done slowly (about twice as long as inhaling) pushing air out of the lungs. Deep breathing health benefits make it worth taking the time to practice deep breathing.

Source: Inspire Health Magazine. Some changes were made

How Much Alcohol Is Too Much?

Do you drink too much at one time, drink too often, or both? Not sure? Many people don't realize that their drinking habits could be a problem. Find out how risky your drinking is with NIH's "[Rethinking Drinking](#)" interactive website. (<https://www.rethinkingdrinking.niaaa.nih.gov/>)

Perhaps you now spend time drinking instead of doing something else you used to enjoy. Or, maybe being sick from drinking has caused you trouble at work. By recognizing symptoms early, you can take steps to reduce your risk of developing alcohol use disorder.

Visit "[How Much Is Too Much?](#)" to [take a quiz](#) to see if your habits are a cause for concern. If you want to make a change, another module can help you set goals and chart strategies for your success.

This n That

The National Institute of Health - Department of Health and Human Services publication is available online... go to: <https://newsinhealth.nih.gov/>

1. Have trust issues with your GPS? Highway sign tip: If the exit sign is on the left of the sign, the exit itself will be on the left. If it's on the right, the exit will be on the right.
2. Wrap a wet paper towel around your beverage and put it in the freezer, in about 15 minutes it will be almost ice cold.
3. Use two-sided tape on area rugs to keep them in place.
4. Easiest way to save a scorched pan without scrubbing. 1st add water to the pan, 2nd squirt a little liquid dish soap, 3rd add a Dryer Sheet and let sit for an hour. Amazing results.
5. Soothe a sore throat, eat marshmallows.
6. Erase water stains from wooden furniture, use mayonnaise.

