



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



May flowers, refreshing signs of new beginnings! With so many Maryland residents becoming fully vaccinated against COVID, we can finally get outside and enjoy the beautiful sights and fragrant smells of spring. We are still hoping that we can hold the May 18 Membership and Luncheon Meeting. Currently the number of participants is low. If we do not get enough people to register very soon, we will have to cancel this activity. If you have registered and we need to cancel, you will receive notification by email or phone.

The organization has awarded seven \$2,000 scholarships to BCPS seniors.

The list of recipients is included as an attachment to this “Loop”. Congratulations to all the students who applied.

Stay safe and enjoy the spring!

Donna

On the Horizon:

- *May 18th Spring Membership Luncheon (Temporarily scheduled)*
- *June Newsletter (Early June)*
- *June 16th Executive Board Meeting (Temporarily scheduled)*
- *Early July: Newsletter September “UPDATE” articles due*
- *September 21st Executive Board Meeting (Temporarily scheduled)*
- *October 19th Fall Membership Luncheon (Temporarily scheduled)*

FYI...

How to Organize a Yard Sale



If you've never organized your own yard sale before, don't worry: It's not rocket science. It is, however, something you'll want to prepare for and put some thought into. Address each of these basics, and you should be well on your way to a successful sale:

- **Plan ahead** -- Give yourself time to pull it together. Gather up and assess your discards, recruit help, and prepare and place signs around the neighborhood. Do you need a permit and permission from your homeowners' association?
- **Get help** -- Ask friends, neighbors or family members to help you out.
- **Advertise** -- Ways to advertise for free include Craigslist and yard-sale-specific Web sites, neighborhood newsletters, grocery-store bulletin boards and handmade signs around your area.
- **Make it look good** --Wipe down appliances, wash, iron and hang clothing, and lay everything out nice and neat on clean tables and shelves.
- **Direct** -- Make it as easy as possible for people to find your house on the day of the sale. In addition to putting your address in all of your ads, you might want to put up arrow signs starting at the main road on the morning your sale starts.
- **Be safe** --Do not let people in your house to try on clothes or use the bathroom, and keep your doors locked. Don't take personal checks from strangers, and rather than a cashbox keep earnings on your person in a fanny-pack-type device or safely in your pocket. Take periodic trips inside to deposit the cash.
- **Price everything!** --Put price tags on every item You'll sell more this way.

Source: <https://www.howstuffworks.com/about-author.htm#layton>

Did you know?

1. Keeping a strong social life can lead to significantly improved memory in old age.
2. 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

Cicadas Will Soon Invade the State of Maryland



Brood X, a new generation of cicadas, will begin to show up in Maryland in the next few weeks, after a 17-year-long hiatus. These periodical cicadas are only found along the eastern half of the United States. The red-eyed, “straw-nosed” bug will begin to show up as early as late April, will fully emerge by the beginning of May and last until June according to experts. This will be one of the largest groups of cicadas the states have seen.

It’s called the Great Northern Brood. There will be literally billions, if not trillions, of these periodical cicadas emerging more or less simultaneously. This brood of cicadas are found in 15 states.

After the bugs emerge from the ground, typically at night, they will fly to vertical structures and shed their skin. By the next morning, their exoskeleton will have hardened, and they will be able to fly, leading them to the treetops. This is where the noise begins; the distinct mating calls of cicadas are some of the reasons most people find these bugs annoying. The cicada’s sound levels can get as high as 80 to 100 decibels, which is the volume of a lawnmower or a jet aircraft going by. During their time in Maryland, they will become a delicacy to many animals and even some people. These bugs are highly nutritious and high in protein.

by Madison Hunt CAPITAL NEWS SERVICE. Some changes were made



A Few May Dates to Ponder

- | | |
|-------------------------------------------|----------------------------------------------------|
| 1 st - May Day | 15 th - Peace Officer’s Memorial Day |
| 2 nd - Kentucky Derby | 18 th - National No Dirty Dishes Day |
| 4 th - Star Wars Day | 20 th - National Rescue Dog Day |
| 5 th - Cinco de Mayo | 23 rd - Lucky Penny Day |
| 6 th - National Nurses Day | 25 th - National Missing Children's Day |
| 9 th - Mother's Day | 26 th - Sally Ride Day |
| 11 th - Eat What You Want Day | 28 th - National Burger Day |
| 13 th - National Apple Pie Day | 31 st - Memorial Day |



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.

"The best is yet to be." ~Robert Browning



Quirky Summer Health Tips – That Actually Work

- 1.) **Stop Sneaker Odor:** Tea bags in your footwear. This sounds wacky, but believe it or not, it's a wonderful way to reduce odor in shoes. The tea bags absorb the moisture and the stink. First, wipe the inside of the shoe with a cotton ball moistened with rubbing alcohol, to kill bacteria. Second, place a dry unused tea bag inside the shoe and let it sit overnight.
- 2.) **Go to The Tape:** A remedy to protect your heels. Tape your feet. Surgical paper tape, which can be found at most drugstores, reduces the instance of blisters by 40%.
- 3.) **Honey For Scrapes:** It's sticky and gooey but research shows that honey reduces healing time when applied to wounds. Honey has both antibacterial and anti-inflammatory properties. Honey also reduces scarring, just spread it over the affected area and apply a bandage.
- 4.) **No More Sore Throat:** The summer "cold" has a new enemy—marshmallows. The gelatin in marshmallows coats the throat and relieves irritation and pain. Just don't eat them to hot.

Source adapted from AARP Magazine. Some changes were made.

MRSPA Gift Card Recruitment Incentive *Continues:*

MRSPA is continuing the \$10 gift card incentive to ANY member who recruits a NEW member who signs up for DUES DEDUCTION. Simply WRITE YOUR NAME on the application as the recruiter before sending it to MRSPA. MRSPA will send you a gift card! You can recruit as many NEW DUES DEDUCTION members as you like! Just remember to put your name on each application. The NEW member who signs up for DUES DEDUCTION will also receive the ONE-TIME \$10 reduction in state dues, so their state dues will be \$35 for 2021-2022. Local dues are additional. We are calling on ALL members to assist us in this recruitment effort!



No Nursing Home For Me!!!!



No nursing home for me. I'll be checking into a MARRIOTT! With the average cost for nursing home care being \$275.00 per day, there is a better way when we get old and too feeble .I've already checked on reservations at The FAIRFIELD. For a combined long term stay discount and senior discount, it's \$79.00 per night. Breakfast is included, and some have happy hours in the afternoon.

That leaves \$196.00 a day for lunch and dinner in any restaurant we want, or room service, laundry, gratuities, and special TV movies. Plus, they provide a spa, swimming pool, a workout room, a lounge, and washer dryer, etc. Most have free toothpaste and razors, and all have free shampoo and soap. \$10 worth of tips a day you'll have the entire staff scrambling to help you. They treat you like a customer, not a patient. There's a city bus stop out front, and seniors ride free. The handicap bus will also pick you up if you fake a decent limp. To meet other nice people, call a church bus on Sundays.

For a change of scenery, take the airport shuttle bus and eat at one of the nice restaurants there. While you're at the airport, fly somewhere. Otherwise, the cash keeps building up. It takes months to get into decent nursing homes. Marriott will take your reservation today. And you're not stuck in one place forever -- you can move from Marriott to Marriott, or even from city to city.

Want to see Hawaii ? They have COURTYARD there too.
TV broken? Light bulbs need changing? Need a mattress replaced? No problem.. They fix everything and apologize for the inconvenience.

The Marriott has a night security person and daily room service. The maid checks to see if you are ok. If not, they'll call an ambulance . . .or the undertaker.

If you fall and break a hip, Medicare will pay for the hip, and Marriott will upgrade you to a suite for the rest of your life. And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini vacation. The grand-kids can use the pool.

What more could I ask for? So, when I reach that golden age. I'll face it with a grin.

Source: Facebook. Some Changes were mad

Baltimore County Retired School Personnel Association
Annual Spring Luncheon Meeting
Tuesday, May 18, 2021 at Columbus Gardens

AGENDA

Registration.....9:30a.m
Annual Business
Meeting.....10:00a.m

Treasurer's Report * Budget Presentation *
Installation of Offers * Remembrance Service Program

Representative from the Employee Benefits Office will be invited.

Social Hour – cash bar available11:30a.m.
Luncheon – Introduction of Scholarship Recipients.....12:00 noon

LUNCHEON MENU

House Salad served with Ranch or Italian dressings
Top round of Beef Au Jus* Boneless Stuffed Chicken Breast*
Green Bean Amandine* Glazed Baby Carrots* Hot Rolls and Butter
Ice Cream Sundae Bar with Assorted Toppings
Regular and Decaffeinated Coffee, Hot and Iced Tea with Lunch

Cost: \$25.00

Please note, when you register, our treasurer, Stu Tucker, will be holding checks until we are sure the meeting/luncheon can take place. In the event that we don't have enough people registering, BCRSPA will return your check. Please include your phone number on the check for easier notification in case of cancellation.

Please remember to support our Community Services Project for the ACTC
(Assistance Center of Towson Churches)

Food/Personal items needed:

Canned and nonperishable food items* Personal hygiene items*
*School supplies**

If you prefer, a check may be written payable to the Assistance Center of Towson Churches

Deadline for Registrations: Friday, May 7, 2021 (No refunds after this date)

RESERVATION FOR MAY LUNCHEON MEETING – May 18, 2021

Name: _____ Telephone: _____

Address:

Name of Guest(s):

Number of Reservations: _____ Scholarship Donation (\$) _____

Total Amount (\$) Enclosed: _____

Make checks payable to BCRSPA. Send reservation(s) and check(s) to: Luncheon Chairperson,
P.O. Box 44016, Nottingham, MD 21236

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