

November 1, 2016



Keeping You in the Loop . . .

From the desk of Donna Copenhaver

Change Your
Clocks Back &
Smoke Alarm
Batteries



*Daylight Savings Time ENDS
Sunday, November 6th*

The Annual Fall Luncheon was well attended. The Perry Hall High School Brass Quintet was fabulous. Corey Carter, Baltimore County 2016 Teacher of the Year, gave a moving talk about what led him into teaching. The Comptroller of Maryland, Peter Franchot, our Luncheon speaker was very informative.



For those of you who expressed an interest, the U.S. Navy Band Holiday Concert trip is just around the corner. We currently have 52 people who will be attending. If you did not sign up but would like to have your name placed on a waiting list in case of cancellations, please eMail David at cdavidcopenhaver@gmail.com.

As the holiday season rapidly approaches, please be aware of scams that become more plentiful at this time of year. If it sounds too good, it probably is a Scam. If it seems scary, check it out before giving away your hard earned money.

Enjoy your friends and family at Thanksgiving.

Sincerely,
Donna

On the Horizon:

- *The annual MRSPA Legislative Workshop on Wednesday, November 10 at 9a.m. at the Miller Senate Office Building in Annapolis.*
- *Executive Board Meeting: November 15th at TABCO – 305 Joppa Rd, Towson Maryland 21286 (Please consider attending. Just eMail me for directions and details.)*
- *3rd Annual Breakfast with Colleagues, at Columbus Gardens, December 8, 2016@10:00am. (See attached registration for details)*
- *Navy Band Holiday Concert to be held at the DAR Constitution Hall in Washington, D.C. on December 18, 2016. (Waiting List available)*

FYI...



Retirees are not held to an Open Enrollment period for benefits. They are able to make benefits changes during any month. If changes are received by the 10th of a month, they are made effective for the 1st of the following month. For additional information: Contact the Office of Benefits, Leaves, and Retirement at Phone: 443-809-8943, Fax: 410-887-8950, or Email: benefits@bcps.org. Office Hours: Monday-Friday, 8:30am-4:45p



Help!! Door Prizes Needed



Breakfast with Colleagues is just around the corner. We always have a huge Door Prize table. It's so much fun to hear your number called and to choose a prize, some are valuable and some are just plain fun/funny. If you are able to donate an item to be used as a Door Prize, the Committee would be very grateful. If you can help, just wrap your door prize donation or put it in a bag and place it on the door prize table the morning of the Breakfast.



November Is Diabetes Awareness Month

Observed every November, American Diabetes Month is an important element in the American Diabetes Association's efforts to focus our nation's attention on the disease and the tens of millions of people affected by it.

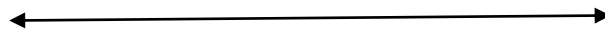
This is how you can get involved.

- SHARE** Share your story, photo or video on social media using #ThisIsDiabetes
- ADVOCATE** Become an advocate to help ensure diabetes gets the attention it deserves
- DONATE** Donate to help make the Association's critical work possible
- POST** Use the new Facebook profile picture frame to tell the world "This Is Diabetes" all month long

Visit diabetes.org/adm or call 1-800-DIABETES

 American Diabetes Association.

#ThisIsDiabetes



Special Thanks

to C. David Copenhaver for composing, formatting, and sending this issue of "Keeping You in the Loop"!

Amazing and Wacky November Dates to Ponder visit

<http://holidayinsights.com/moreholidays/november.htm>



Clever Ideas and Solutions (A “Baker’s dozen”)

- 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.
- A frozen wet sponge in a Ziploc bag makes for a great icepack that won’t leak.
- 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.
- Use cold cucumbers to reduce eye puffiness. Cucumbers contain antioxidants that are thought to reduce irritation, while the cooling effect reduces swelling.
- Use two-sided tape on area rugs to keep them in place.
- Mark the side of your water bottle by hours so that you can keep track of what you’ve had to drink and will stay hydrated.
- Wrap a wet paper towel around your beverage and put it in the freezer, in about 15 minutes it will be almost ice cold.
- Use a clothespin to hold a nail while hammering.
- Take a photo with your phone of where you park your car at the mall.
- To make your smile look bigger in photos, squint your eyes just a little.
- Use a hanging shoe rack to store cleaning supplies inside the pantry door.
- When a friend borrows a tool or book, snap a photo of them holding it so you’ll remember later where it went.
- Give charitable donations as gifts. Most charities notify the honoree only that a donation was made in their name from you and leave the amount out. You can appear to be a bigger spender and do some good in the meantime.

Source: http://www.huffingtonpost.com/2015/01/25/life-hacks-for-those-over-50_n_6173276.html.

Some changes were made.



BCRSPA working together to Engage and Empower!