



Keeping You in the Loop

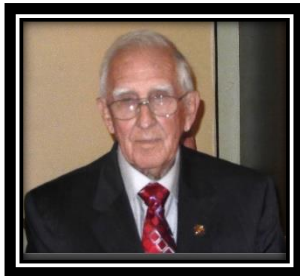
From the desk of C. David Copenhaver



Daylight Saving Time ends on
Sunday, November 4, at 2:00 A.M.

From the President

Autumn has arrived with all of its beauty. Why not GET OUT and ENJOY the cooler temperatures and the fall colors.



November is an exciting month. Consider the following events: daylight savings ends and it gets darker earlier, election day is close so be prepared to get out and vote, Thanksgiving will be here before you know it with its various celebrations, and Christmas planning and shopping begins in earnest.

During this exciting time, also remember BCRSPA's initiatives: the quilt raffle to benefit the annual scholarship program for high school seniors, the \$1000 gifts given to two library media specialists for print materials, and our annual Breakfast With Colleagues where we collect for "Toys for Tots" and the American Cancer Society.

There is still time to register to attend this year's Breakfast with Colleagues on December 6th. All it costs is a new toy or a monetary donation. Send your registration today. Hope to see you there.

Sincerely,
Parker

On the Horizon:

- *Executive Board Meeting – St. Isaac Jogues – Church Hall...November 13, 2018*
- *Bus Trip to Lancaster, PA, November 14th—Sight and Sound Theatre performance of JESUS (Sold Out)*
- *December Trip to U.S. Navy Band Holiday Concert with a special tour of Arlington Cemetery and Lunch @ Union Station. (A few seats available., \$80.00. Call David at 410.515-0456)*
- *5th Annual Breakfast with Colleagues, at Columbus Gardens, December 6, 2018 @ 9:30am. (See attachment for details)*

FYI...

2nd Annual Quilt for a Cause Raffle

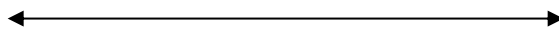
If you attended the April 2018 luncheon meeting at Columbus Gardens, you saw that Dr. Bob Dubel won the 1st Quilt for a Cause Raffle. A beautiful king size throw was crafted and donated by Della Curtis.



Well, Della has made another gorgeous quilt (featured here) and has generously donated it once again. This masterpiece was on display at the October 16th luncheon and we began selling chances at that time.

To purchase your chance(s) to win the prize of a life time, contact Parker Koons at 410.828-5852 or eMail at koonspk@aol.com. Tickets will also be available at the Breakfast w/Colleagues on December 6, 2018. 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!



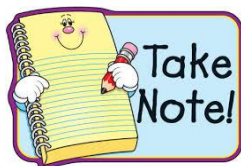
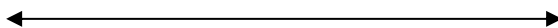
November Is Diabetes Awareness Month

Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans.



Knowing your diabetes ABCs will help you manage your blood glucose, blood pressure, and cholesterol. Stopping smoking if you smoke will also help you manage your diabetes. Working toward your ABC goals can help lower your chances of having a heart attack, stroke, or other **diabetes problems**.

Living with diabetes can be challenging to manage every day. You are the most important member of your diabetes care team, but you don't have to manage your diabetes alone. Seek support from health care professionals, your family, friends, and community to manage your diabetes. Visit—<http://www.diabetes.org/in-my-community/american-diabetes-month/>



BCRSPA has a new phone number

To get in touch with BCRSPA for **any reason**, please call 443-793-5867 and leave a message. Your inquiry will be directed to the appropriate Executive Board Member and will be returned as soon as possible.

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! At the October Luncheon, Oak Crest presented a check for \$3,500 on behalf of seven new residents.



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 Membership 8379 Piney Orchard Parkway, Suite A Odenton, MD 21113-1508 to receive your newsletter.



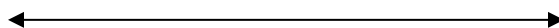
BCRSPA Scholarship Opportunities

The Baltimore County Retired School Personnel Association is excited to announce their scholarship opportunities for graduating seniors in the Baltimore County Public Schools. For the 2018-2019 school year, BCRSPA will award a total of six \$2,000 scholarships. The organization will also award \$2,000 for the Matthew Tress Memorial Scholarship which goes to an individual planning to be an education major and \$2,000 for the Mildred Murray Memorial Scholarship to an individual planning a physical education related major. The last two scholarships are legacies from former BCPS employees.



According to President Parker Koons "Our organization feels a strong bond to the schools and students. As former teachers, administrators, and support personnel in the Baltimore County Public Schools, we believe in supporting the success of our students, teachers, and schools. Our annual scholarship program, a commitment for over 20 years, is just one of the ways we give back."

This month, information about the scholarships will be sent to schools, Guidance departments, high school newspapers, and local PTA Presidents. Visit our website at www.bcrspa.org and click on **Scholarships** to download an application. For questions call 443-793-5867.



Thoughts To Ponder ...



"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." - Eleanor Roosevelt



An apple a day. . . and an orange?

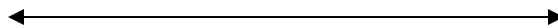


A team of researchers from the University of Sydney in Australia have found that eating an orange every day may help you stave off age-related macular degeneration (AMD). AMD is one of the leading causes of blindness among seniors in the U.S. Risk factors include a family history of AMD, smoking, and being Caucasian. It causes loss of central vision, which is vital for reading, driving, and other daily activities. There are some treatments that may slow the progression, but there is no cure.

Reduced risk

In the study, published in the *American Journal of Clinical Nutrition*, researchers followed the dietary habits of more than 2,000 people over age 50 for a 15-year period. They found that people who ate at least one serving of oranges a day had a 60% reduced risk of developing AMD. Oranges, like most fruits and veggies, contain flavonoids, which are powerful antioxidants with anti-inflammatory properties. Flavonoids are also found in apples, tea, and red wine, but the researchers found no relationship between these other sources and the risk of AMD. AMD can be detected during a full, dilated eye examination, which you should have every one to two years. Talk to your doctor about any vision problems.

(Source: Erickson Living-Tribune, news for today's Seniors by Lisa M. Davila, B.S.N.,M.S.)



3 Doable Health Tips That Are Actually Evidence-Based



Here are 3 nutrition tips that are actually based on good science.

1. Don't Drink Sugar Calories
2. Eat Nuts
3. Avoid Processed Junk Food (Eat Real Food Instead)



Enjoy a few fascinating facts and trivia factoids: some serious, some fun, covering a wide variety of topics.

1. Lemons contain more sugar than strawberries.
2. August has the highest percentage of births.
3. The average person falls asleep in 7 minutes.
4. Reindeer like bananas.
5. The 3 most common languages in the world are Mandarin Chinese, Spanish and English.
6. Switzerland eats the most chocolate equating to 10 kilos per person per year.
7. Macadamia nuts are toxic to dogs.
8. Honey is the only natural food which never spoils.
9. M&M's chocolate stands for the initials for its inventors **Forrest Mars Sr.** and **Bruce Murrie.**
10. You burn more calories eating celery than it contains (the more you eat the thinner you become).
11. The only continent with no active volcanoes is Australia.
12. Toilets use 35% of indoor water use.



Growing our Membership Together...