



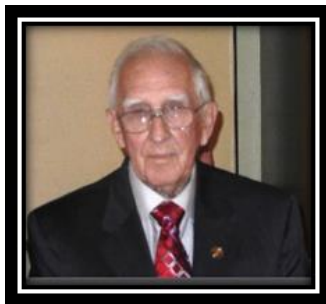
Keeping You in the Loop

From the desk of C. David Copenhaver

This is the time of year when we reflect on what makes us thankful and participate in time-honored traditions such as Veterans Day and most certainly Thanksgiving!

From the President

Halloween is over and the holiday season has begun. Many of us start planning our activities for the next two months. But let us not forget in this rush to take time and give some thought about Thanksgiving Day.



This is a time to reflect and to remember our family, friends and acquaintances and what they mean to us. I for one, would like to thank my friends, fellow educators and the BCRSPA Executive Board for their kindness and support that they have given me throughout this year.

To each of you, talk with your family and friends and thank them for giving you a good year and have a **Happy Thanksgiving.**

Sincerely,
Parker

On the Horizon:

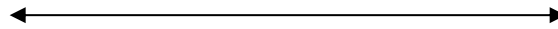
- *No November 2019 Executive Board Meeting*
- *5th Annual Breakfast with Colleagues, at Columbus Gardens, December 5, 2019 @ 9:30am. (See attachment for details)*
- January 21, 2020 Executive Board Meeting - St. Isaac Jogues, Church Hall
- March 10, 2020 Reading of Scholarship Applications - St. Isaac Jogues, Church Hall
- March 17, 2020 Executive Board Meeting - St. Isaac Jogues, Church Hall
- Early April, 2020 possible Washington, D.C. Cherry Blossoms Lunch Cruise (Contact, David... cdavidcopenhaver@gmail.com or 410-515-0456 for reservations)

FYI...



3rd Annual Quilt for a Cause Raffle

A special “Thank You” to Della Curtis because she has crafted and donated another beautiful quilt for a cause. Della has made a gorgeous lap quilt and matching pillow. This masterpiece was on display at the October 15th luncheon. We will be selling chances at the Breakfast with Colleagues in December and at the April Luncheon Meeting. Tickets can also be requested by contacting Parker Koons at 443-823-1126. All proceeds will go directly to the Scholarship Fund.



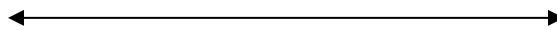
Elementary School and Middle School Receive BCRSPA 2019 Library Donations

For the 4th year, BCRSPA has chosen one elementary school and one middle school to receive \$1,000 each for their libraries. This year’s recipients are Carney Elementary and Parkville Middle. Each media specialist must spend the money on print materials to supplement their yearly book order. Checks will be presented to the schools in November. Each will affix a BCRSPA bookplate into every book purchased with money from the donation.

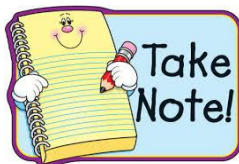


We believe in our schools and teachers and in the power of reading to encourage academic success. As retirees from the Baltimore County School system, we are thrilled to help put more books in the hands of students.

Previous donations were given to Chesapeake Terrace Elementary and Stemmers Run Middle in 2016 , Timber Grove Elementary and Deer Park Middle/Magnet in 2017, and Orem's Elementary and Perry Hall Middle in 2018. We look forward to awarding more donations in the years to come.



BCRSPA Phone Number



The BCRSPA phone number is 443-793-5867. Please use this number for any questions or concerns you may have. Leave a message and your call will be returned.

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 2019-2020 school year, BCRSPA will award several scholarships. The organization will also award the Matthew Tress Memorial Scholarship which goes to an individual planning to be an education major and 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."

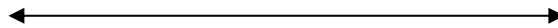
Information about the scholarships will be sent to schools, Guidance departments, high school newspapers, and local PTA Presidents. Visit our website at www.bcrspa.org and click on **Scholarships** to download an application. For questions call 443-793-5867.



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!

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.



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

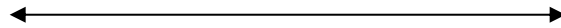
November Is Diabetes Awareness Month

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/>



Autumn Health and Home Safety Tips for Seniors



Regions around the country are starting to experience their first tastes of the cooler temperatures and shorter days fall has in store for them. Don't miss this quick essential checklist for seniors looking to safeguard their health and safety this season.

- **Get the Flu Vaccine**

It is critical that everyone get the flu shot sooner rather than later. Seniors may also want to check with their doctor about the pneumonia vaccines available to them.

- **Organize Your Medicine Cabinet**

Autumn is a great time to get your medicine cabinet organized and stock up on flu prevention essentials like hand sanitizer, antiseptic wipes, Kleenex, and over-the-counter supplements you may use to boost your immune system like vitamin C or zinc.

- **Cold-proof Your Home**

Address any visible drafts you can find, rearrange furniture to block cooler air coming in from windows, and go ahead and get out your favorite throw-blanket to have handy on your couch or recliner.

- **Check Batteries**

Everyone, especially seniors who utilize wood stoves, fireplaces, and space heaters, should check their carbon monoxide and smoke detector batteries this fall.

- **Protect Against Falls**

Upgrade your living environment to guard against falls this autumn with easy-to-use tools like grab bars, bed rails, [safe bathroom steps](#), and non-slip bath mat.

Did you know?

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.

A graphic with the words "Happy Thanksgiving" in a brown, cursive font. The text is set against a light yellow background with several autumn leaves in shades of orange, red, and green scattered around it.

Happy
Thanksgiving