



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



Happy November! I love the crispness in the morning air as I start my day during this holiday month. However, I'm not so fond of all the leaves that fall in our fenced in back yard from our neighbor's trees. It means that David and I get extra exercise bagging them all up for disposal.

The Fall meeting was a success. It was attended by about 75 members. The day started with a performance by the Patapsco High and Center for the Arts choir known as the Great Expectations. Their lively songs had us tapping our feet and swaying to the melodies earning them a standing ovation from the crowd. Next, we heard from Brianna Ross, the BCPS and Maryland Teacher of the Year. She gave a unique perspective of what school is like for both students and teachers following the virtual learning of the past year. Finally, we heard from Chris Cossaboon, manager for BCPS Benefits, and Kelly from Labor First. They spoke about the new Cigna Advantage plan and explained the differences between it and the Cigna Surround plan. They also answered numerous questions from the audience. Everyone was able to have their concerns about health care addressed. An important reminder: **If you decide you want to stay with the Cigna Surround plan, you MUST call Labor First and make your choice known. You will also have to choose an Rx plan at that time.** Everyone should have received their booklet by now. If not, call Labor First and have one sent to you. On another note, the Open Enrollment time has been extended to the end of November. My suggestion however is not to wait, decide now!

It's been a long time since BCRSPA was able to sponsor a trip, but the time has finally come. We are planning to go to the Navy Band Christmas Concert in D.C. in December. Look for information about registering for the trip in this eNews.

Sincerely, Donna

- November 16, 2021, Executive Board Meeting!
- Annual Breakfast with Colleagues, at Columbus Gardens, December 2, 2021
- January 18, 2021, Board Meeting - St. Isaac Jogues, Church Hall
- February 16, 2021, Scholarship Applications due.
- March 15, 2021 Executive Board Meeting and Reading of Scholarship Applications - TBA
- April 19, 2021, Annual Spring Meeting at Columbus Gardens.

FYI

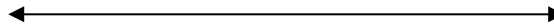
BCRSPA Scholarship Opportunities

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 2021-2022 school year, BCRSPA will award several scholarships. The organization may 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 Donna Copenhaver “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.



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, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences" - Eleanor Roosevelt.



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



Source: <https://www.logicmark.com/post/10-autumn-safety-tips-for-seniors> Some changes we

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.

The researchers speculate that the flavonoids in oranges likely play a role. 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 everyone 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.)

