

October 14, 2015



Keeping You in the Loop . . .

From the desk of C. David Copenhaver

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

- Nathaniel Hawthorne

Hello and welcome to Fall...

The Baltimore County Retired School Personnel Association, born in 1945 as ReTABCO (Retired Teachers Association Baltimore County), will celebrate its 70th anniversary in 2015 at our Fall Luncheon Meeting on October 20, 2015. We will feature many of our past presidents and other significant leaders of the organization in a program aimed at celebrating our accomplishments to date and extending our vision into the future. Please join us! It's not too late to register, see attached registration form.

In addition, our student entertainment will be the Perry Hall High School Steel Drum Band under the direction of Mr. Scott Engel. We are pleased to welcome Orly Mondell, BCPS - 2015 Teacher of the Year. She is an 11-year educator who teaches Social Studies and serves as the Grade 9 coordinator at New Town High School in Owings Mills.

On Another Note:

Our membership has increased some and we continue to work and play hard. We are investigating having the Scholarship Fund becoming 501c3 and the By-Laws revisions are nearly complete. (See updates below). Our Western MD Fall Foliage train trip was a success and we are looking forward to our Annual Breakfast with Colleagues and Christmas trip to Sight & Sound Theater in Lancaster, PA.

Ad Hoc Committee's updates:

- The Ad Hoc Committee investigating 501c3 status is continuing its work. Various options are being explored including a partnership with the BCPS Education Foundation. A preliminary report with recommendations was presented to the Executive Board in September, and the Committee will continue to investigate the questions and issues raised at that time. The Committee will make a follow-up report at the November 2015 Executive Board meeting.

(Source: Sharon Norman, Chairperson, Ad Hoc Committee investigating 501c3 status.)

- The Ad Hoc Bylaws & Constitution Committee established by the BCRSPA Board of Directors has been meeting periodically for nearly a year. The goal of the group is to update the present BCRSPA Constitution into a modern series of By-Laws and to create a set of standing rules to serve as a functional guide for elected officers and appointed committee chairs. The group has been discussing such items as audits and financial reviews, duties of the vice president, retaining a corresponding secretary, standing committees, the nominating committee, elections and other important organizational items.

The committee plans to have the draft ready for the November Executive Board meeting, and to have the final product ready for membership approval at the Annual Spring Luncheon Meeting in April, 2016. The proposed changes will appear in the March, 2016 UPDATE newsletter.

(Source: Ed Veit, Chairperson, Ad Hoc Bylaws & Constitution Committee. Some changes were made.)

Two Websites to serve you better...

Be sure to visit our Shutterfly website: <https://bcrspaevents.shutterfly.com/>. The Shutterfly site is quite informative. You can read the Update newsletter, “Keeping You in the Loop”, view pictures of events, and much more. I urge you to take some time to check out Shutterfly. Remember, the original BCRSPA website: <http://www.bcrspa.org/index.html> has information and links to Shutterfly and MRSPA as well.

On the Horizon:

- *Fall Members Meeting and 70th Anniversary Celebration at Columbus Gardens, October 20, 2015, registration 9:30am. ((See attached registration for details))*
- *The annual MRSPA Legislative Workshop will be Wednesday, November 4, at 10 a.m. at the Miller Senate Office Building in Annapolis.*
- *2nd Annual Breakfast with Colleagues, at Columbus Gardens, December 10, 2015 @ 10:00am (See attached registration for details)*
- *Miracle of Christmas show trip, Decembr 15, 2015 @ the Sight & Sound Theatre in Lancaster, PA . (Limted seating available.)*

Don't Throw That Pumpkin Away...



Did you know that Pumpkin has a lot of health benefits for your pets? Both dogs and cats can gain a lot of nutritional value from the vitamins and minerals that pumpkins contain.

Go to: <http://www.oldfartlife.com/2014/10/29/dont-throw-that-pumpkin-away/> for useful information...

FYI...

Keys to Aging Well

While maintaining your physical health is important to healthy aging, it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late reap the benefits of taking good care of yourself, even as you get older.



Here are some healthy aging tips that are good advice at any stage of life:

- Stay physically active with regular exercise.
- Stay socially active with friends and family and within your community.
- Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
- Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
- Take all medications as directed by your doctor.
- Limit alcohol consumption and cut out smoking.
- Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health and happiness.

(Source: [everydayhealthhttp://www.everydayhealth.com/](http://www.everydayhealth.com/))

Volunteer For Good Health...

People who volunteer their time to help others often do so because it makes them feel good. After retirement, it can also be a way to stay active, be social, and pass the time. Popular activities include tutoring young students, helping out at places of worship, and serving as a hospital volunteer.



Now scientists have found that volunteering can actually make you healthier. Researchers from the U.S. and Canada analyzed results from 73 studies published since 1969 about the effects of formal volunteering among adults ages 50 and older. They measured outcomes related to emotional health, physical health, life satisfaction, and cognitive functioning.

They found that volunteering is linked to a reduction in depression, better physical health and functioning, and increased longevity. Results also indicated that seniors with chronic health conditions may benefit the most.

- See more at: <http://www.ericksontribune.com/articles/2014/10/volunteer-good-health#sthash.Jt6ILzMo.dpuf>

It's That Time of Year Again!

As you know, influenza is a serious viral infection that can cause fever, cough, and pneumonia. The vaccine is a wonderful opportunity to protect yourself with minimal risk.



It is not an exaggeration to state that the flu shot is the single most important medical intervention we do all year. It has been demonstrated in several studies to reduce risk for pneumonia, hospitalization, and death by up to 50%. A remarkable feature of the vaccine is that it protects us with little side effect or risk.

The vaccine is made up of completely inactivated virus components, so you cannot get the flu from the flu vaccine. It is possible to get some soreness in your arm where the vaccine was placed or to get a mild flu-like illness for a day or two. More severe reactions are very rare.

Flu season typically starts in October, peaks in January or February, and tapers off by April. The vaccine takes about two to three weeks to become effective as the body has to develop immunity. Because of this, it is a good idea to be vaccinated in September or October but you can still get vaccinated throughout the winter.

Virtually everyone over the age of 65 should receive the vaccine. Only people with a history of Guillain-Barre syndrome or allergy to a prior vaccine or vaccine component (some vaccines contain a small amount of egg or a preservative) should not receive the vaccine. Despite this, only about 65% of seniors get flu shots every year.

Even if you aren't concerned about getting the flu, please consider others around you. The flu is highly contagious and you can spread the disease, particularly to people at high risk, such as children, seniors, or those in poor health. Frequent and thorough hand washing is essential all year long, but getting vaccinated, with either the regular dose or high dose vaccine, is the number one way to protect yourself and your loved ones.

Let's roll up our sleeves and beat the flu together! **[See attached: BCPS Flu Vaccine Program schedule and directions.](#)**

(Source: The Erickson Tribune, Deborah.Dasch@erickson.com, Editor in Chief. Some changes were made.)

BCRSPA together, creating a moment!