

October 5, 2016



Keeping You in the Loop . . .

From the desk of Donna 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

Welcome to October and also to the new members of BCRSPA. This time of year reminds me that area animal shelters are brimming over with wonderful animals that are just waiting to become someone's loving pet. If you are in the market for a companion, why not visit a shelter to see if your perfect match is there.



This month's issue is packed with great information. I'm sure you will find more than one article interesting. Please enjoy reading it.

Hope to see you at the Annual Fall Luncheon meeting on October 18th. If you have yet to register, it's not too late. Come join us! The registration form is attached.

Enjoy the fall weather and the turning of the leaves.

Sincerely,
Donna

On the Horizon:

- *Fall Members Meeting at Columbus Gardens, October 18, 2016 registration 9:30am. (See attached registration for details)*
- *October 26 and 27, 2016, Discover the Power of Age Expo..Senior Expo at the Maryland State Fairgrounds.*
- *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. (Sold Out)*

Important
Message

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.

FYI...



Recently MRSPA held the annual Leadership Workshop, Membership Matters...Especially Yours! The new Executive Director, Shachar Weizman shared the following goals for MRSPA:

Office Updates

- Reductions of expenses (website, mail/PDF, accounting, phones savings of \$10,000)
- Re-evaluating Existing benefits
- Launch of new website
- Developing strategy to brand/market MRSPA for membership and visibility
- New Legislative Aide – Dr. Vera Torrence

What is the plan for the future?

- Adding new benefits (will be publicized after approved by committee)
- New Website to be launched, October
- Exposure via the web – Facebook, YouTube, Website

Possible Annual “MRSPA Walk for Education”, walk/run in the Baltimore Metro area and the Eastern Shore.



...Needed!

Maryland Humanities invites Maryland’s retired teachers to join us for an exciting day of student scholarship at Maryland History Day, a statewide history competition where over 650 middle and high school students present their research projects in exhibits, papers, websites, documentaries, and performances. We need over 250 volunteers to assist with judging projects, preparation of materials, monitoring contest buildings, and other duties. Former educators in social studies, language arts, and other disciplines as well as media specialists and others can play an important role in this in-depth student learning experience.

If you are interested in volunteering or have any questions, please contact Courtney Hobson at chobson@mdhumanities.org. You can learn more about Maryland History Day by visiting www.marylandhistoryday.org.

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

Discover the Power of Age Expo

October 26 and 27, 2016
Maryland State Fairgrounds
2200 York Road, Timonium, Maryland 21093
Cow Palace

Older adults, baby boomers, caregivers, families, persons with disabilities and professionals may want to visit the Expo to explore 300-plus exhibitors and vendors to take advantage of the many County resources.



Enjoy continuous entertainment, bid on incredible silent auction items or take advantage of a wide assortment of free health screenings. Delight in the talents of older adult artists competing in the Art and Craft Contest and Show, receive an annual flu shot or energize by trying a new exercise class in the Senior Center Demonstration Area. Investigate career and training opportunities at the Job Fair or visit the Veteran Resource Muster for resources and information.

Admission is \$2 or two cans of non-perishable food. With paid admission, guests will be entitled to a free gift and full access to a multitude of opportunities for resources, enjoyment and options. Proceeds from Baby Boomer and Senior Expo support the Seniors In Need Fund.

***See attached flyer for more information.**



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.



Help Wanted



Seeking motivated individuals to proctor assessment sessions with 4th and 8th grade students in schools for the National Assessment of Educational Progress. Must be available to work January 30 – March 10, 2017. For additional information, see attachment: National Assessment of Educational Progress flyer



Dates to Ponder



The October 2016 dues deduction has been submitted to the Maryland State Retirement Agency (MRSPS). The deduction will be processed at the end of October. The deadline for members who wish to be included in the January 2017 deduction is December 9, 2016.



...Wellness Day 5K Run/Walk **May 6, 2017** at Oregon Ridge from 8:00am-Noon



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

- Add a few drops of vodka and a teaspoon of sugar, to make cut flowers last longer.
- To dissolve ink stains, use hand sanitizer
- To open sealed plastic packaging, Use a can opener
- To light hard-to-reach candle wicks, Use raw spaghetti strands
- To get rid of a sunburn, Use Earl Grey teabags
- To suck the pain out of a burn, Use mustard
- To clear the steam after a hot shower, Use a blow-dryer on a mirror
- Amplify the volume of your iPhone or iPod by placing it in a bowl.
- To soothe a sore throat, eat marshmallows
- To erase water stains from wooden furniture, Use mayonnaise
- To cut soft cheeses and cakes, Use (unscented) dental floss
- To release wrinkles from clothing, Use fabric softener and vinegar in a spray bottle
- To make a BLT or any toasted sandwich, place 2 slices of bread in a single toaster slot. This way, the bread gets warm and toasty on the outside, but stays soft and chewy on the inside.

Source: <http://www.buzzfeed.com/community>. Some changes were made.

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.olderfartlife.com/2014/10/29/dont-throw-that-pumpkin-away/> for useful information...



BCRSPA working together to Engage and Empower!