

October 1, 2018



Keeping You in the Loop

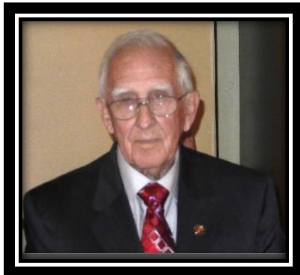
From the desk of C. David Copenhaver

"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 Hawthorn

From the President

Next month is Maryland's general election and it is the first time that Baltimore County voters will be electing candidates to serve on the Baltimore County School Board. BCRSPA does not endorse candidates for any elected office, but we urge its members to be well informed about the candidate's positions and to "get out and vote".



On another note, BCRSPA has planned a variety of events that meet our members' requests. If you didn't attend last month's crab feast, you missed an opportunity to spend time with friends, enjoy good food and all the crabs you could eat.

This month be sure to join us at our general meeting on October 16th. We will be entertained by the Patapsco High School and Center for the Arts' "Great Expectations" Show Choir, hear from Baltimore County's Teacher of the Year, Brendan Penn, and get an update about our insurance and health care. In addition, our latest Quilt for a Cause will be on display. Why not take a chance?

Trips have also been planned for November and December. See "On the Horizon" below for details. Also, remember "Breakfast with Colleagues". Admission is a new unwrapped toy for "Toys for Tots" and/or a donation to the American Cancer Society.

As you can see, the door is open with activities you may enjoy. Just take that first step through it and you will find that the effort is fulfilling.

Sincerely,
Parker

On the Horizon:

- *Fall Members Meeting at Columbus Gardens, October 16, 2018 registration 9:30am. (See attachment for details)*
- *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. (Waiting list available.)*
- *5th Annual Breakfast with Colleagues, at Columbus Gardens, December 6, 2018 @ 9:30am. (See attachment for details)*

FYI...

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.

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. Let's roll up our sleeves and beat the flu together!

BCPS Employee Flu Shot Vaccine schedule:

***Below are the dates, times and locations for BCPS Employee Flu Shot Vaccine clinics.**

Date	Location	Time
Wednesday, October 3, 2018	Greenwood Campus, Bldg. E, Parent Mobile	11 a.m.– 1 p.m.
Wednesday, October 3, 2018	Loch Raven High School	3:30 – 5 p.m.
Thursday, October 4, 2018	Woodlawn High School	3:30 – 5 p.m.
Tuesday, October 9, 2018	Patapsco High School	3:30 –5 p.m.

**Baltimore County Department of Aging, in partnership with Maxim Healthcare Services, is pleased to announce flu shot clinics across Baltimore County. High dose (FLUAD), low dose (quadrivalent) and pneumonia vaccines will be available for additional information visit:*

<https://www.baltimorecountymd.gov/Agencies/aging/healtheducation/flushots.html>

In addition:



There are now two shingles vaccines approved by the U.S. Food and Drug Administration (FDA) for people over 50. They can help prevent shingles or lower the extent of the effects it may cause. For more information, access the link below.

<https://www.webmd.com/skin-problems-and-treatments/shingles/news/20180212/new-shingles-vaccine-what-you-need-to-know>

Vote YES on Question 1

When Marylanders approved casino gaming, we thought the new revenue would increase education funding. While almost \$2 billion in casino revenue went into the Education Trust Fund – which can only be used for funding public education – nearly the same amount of existing funding was **shifted** from education to other parts of the state budget. The result? The new revenue from casinos **didn't add** to existing funding; it supplanted or simply maintained existing, minimum levels.



Passing (Constitutional Amendment) Question 1, which will be on the General Election ballot on November 6, will Fix the Fund, stop this budget gimmick, and ensure that casino revenues go to **increasing** or supplementing school funding over current levels. This could be an influx of \$500 million dollars within 4 years to education funding.

Because local school systems would benefit from this additional revenue, it could mean better protection for the health benefits you enjoy as a retired educator.

To learn more, go to www.fixthefundmd.org. and please **VOTE YES on Question 1** this November!

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



Help!! Door Prizes Needed

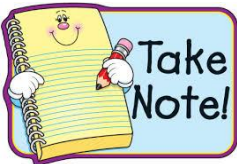
"Breakfast with Colleagues" is just around the corner on December 6, 2018@ Columbus Gardens.



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 unused item to be included 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.

Did you know?

- 1.) Breaking eye contact makes you a better conversationalist. Studies show people who are forced to maintain eye contact take longer to recall words than those who are allowed to take a break from the mental stimulation of staring into someone else's eyes. Though maintaining eye contact is important for building emotional connections, looking away is key for having focused and productive conversations.
- 2.) If you're a woman, the scent of your husband or boyfriend can help lower your stress levels.
- 3.) Facebook has a snooze button. If you need a break from a friend, group, or page but don't want to permanently unfollow them, you can hit the snooze button to mute their updates for 30 days.
- 4.) Bananas are curved because they grow against the pull of gravity. They start off hanging downwards, but as they get bigger, they start trying to grow upwards to get more sun and end up having a curved shape.
- 5.) The New Year's Eve confetti in NYC is literally made of people's hopes and dreams. The Times Square Visitor Center wall is open year-round for people to put Post-Its up with their next-year's wishes. Those wishes are made into confetti, and thousands of dreams flutter across Times Square as the ball drops.



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.

Contact information for the Office of Benefits, Leaves, and Retirement



Phone: 443-809-8943
Fax: 410-887-8950
Email: benefits@bcps.org
Office Hours: Monday-Friday, 8:30am-4:45pm



Two Hidden Health Risks of Autumn

From the brilliant color of turning leaves to the enticing aroma of pumpkin muffins, there's a lot to love about fall. Yet the season brings its share of health challenges as well. Some — such as those bags of mini candy bars that never make it to Halloween — are obvious. Others are a bit sneakier. Below are some often overlooked health risks that should be on your radar.

#1 Football Season:

Many football fans spend game day munching on fried wings, pepperoni pizza and nachos. What's less apparent is that this behavior may carry over to the next day, especially if your team loses. In one eye-opening study, researchers looked at people's eating habits in cities across the United States. Then they compared those habits to NFL game results. On the day after a game, people in cities with a losing team consumed 16% more saturated fat than usual. The likely explanation: Sports fans may identify so closely with their teams that they react to a loss much as they would a personal setback. This may trigger unhealthy eating choices in those who use food as a coping mechanism. To reduce your risk: Start by revamping game day itself. Have some healthier foods — such as air-popped, unbuttered popcorn or grilled, skinless chicken — on hand. If you'll be watching the game at a sports bar, scope out the menu and plan ahead what you will order. Also, decide in advance how much alcohol, if any, you will drink, and have a strategy for sticking to that amount. Or skip the bar entirely and head to the gym, where you can watch the game while you work up a sweat. If your team loses, put the disappointment into perspective. The same researchers found a simple but effective way to do this: Take a few minutes to think about what really matters in your everyday life. Then jot down a couple of sentences about why the thing that matters most is so important to you. Chances are, you won't find yourself writing about a football score.

#2 Leaf Raking:

Raking leaves is a handy way to burn calories while tidying up your yard. But piles of damp leaves can harbor mold, a common allergen. Plus, poor raking technique can lead to muscle aches and strains. Believe it or not, more than 38,000 Americans sustained rake-related injuries in 2012, according to the American Academy of Orthopedic Surgeons (AAOS).

For the rest of us, the AAOS says these tips help prevent injuries:

- Warm up first with at least 10 minutes of light exercise and stretching.
- Use a rake that is a comfortable height and weight for you.
- Keep your back straight rather than twisting as you rake.
- Make short strokes with your arms rather than long ones.
- Bend at your knees, not at your waist, to pick up filled leaf bags. Don't sling the bags over your shoulder or throw them to the side because the twisting motion can hurt your back.

On another note:

Despite a few challenges, fall is often an ideal time for getting healthier. The cooler days are perfect for a vigorous hike or bike ride. The supermarket produce aisles are teeming with nutritious seasonal favorites, such as apples, pears, pumpkins, sweet potatoes and winter squash. Plus, your calendar may be a little emptier in the quiet months between summer vacation and winter holidays. You can put the extra time and energy to good use by making that healthy change you've been thinking about.



Fall Luncheon Members Meeting

10/16/2018

Get your Fall Luncheon Members Meeting registration in early! We will be featuring “Great Expectations” Show Choir from Patapsco School High School and Center for the Arts as well as the 2018-2019 Teacher of the year Brendan Penn from Lyons Mill Elementary School. This will prove to be fabulous entertainment and showcase some of BCPS’s finest. So, put the date on your calendar and send in the attached Registration form today!

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 and has generously donated it once again. This masterpiece will be on display at the October 16th luncheon and we will begin selling chances at that time. All proceeds will go directly to the Scholarship Fund.

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: <https://www.morrisanimalinn.com/news/13-benefits-pumpkin-pets/> for useful information...



Growing our Membership Together...