

October 1, 2019



Keeping You in the Loop

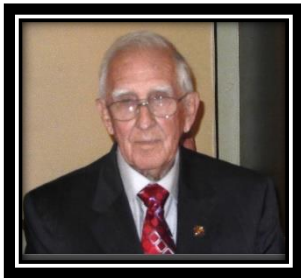
From the desk of C. David Copenhaver

"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

Pumpkins, pumpkin spice drinks, and falling leaves are everywhere. That means Fall is here and the BCRSPA October meeting is just around the corner. Our meeting promises to be entertaining, informative, and delicious.



The meeting will begin with entertainment by Norwood Elementary School's 2/3 grade chorus. Then we will have the opportunity to meet Kristen Nielsen, the BCPS Teacher of the Year. Office of Benefits representatives will be present to give us updates. At lunch, we will meet the new Oak Crest Village representative and receive a check on behalf of two members that moved there, and we will also meet the new

BCPS Superintendent, Dr. Darryl Williams. There is still time to register. See the attached form for more information.

MRSPA is offering mini-grants to classroom teachers. BCRSPA sent information and applications to each principal. If you know a current classroom teacher, you may want to mention the grants to them. Individuals can get more information and application forms by visiting the MRSPA website mrspa.org. Pass this information along.

Be on the lookout for activities/trips for 2020, including a new quilt raffle. Hope to see you at the October 15th meeting and luncheon.

Sincerely,
Parker

On the Horizon:

- *Fall Members Meeting at Columbus Gardens, October 15, 2019 registration 9:30am. (Attending will be the 2019-2020 Teacher of the Year, Kristen Nielsen and Superintendent, Dr. Williams ...See September UPDATE for details)*
- *Our Annual Breakfast with Colleagues, at Columbus Gardens, December 5, 2019 @ 10:00am. (See attached registration for details)*
- *Executive Board Meeting: January 21, 2020 @ St. Isaac Jogues – Church Hall (Please consider attending. Just eMail cdavidcopenhaver@gmail.com for directions and details.*

FYI...

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

The Woman's Club of Glyndon

Wednesday, October 16th save 25% at any Boscov's Friends Helping Friends Day! Woman's Club of Glyndon has \$5 passes available at Boscov's Westminster that day or contact: Elizabeth Goethe (410-833-5460). Proceeds help fund a number of charitable club projects!



SAVE THE DATE! Saturday, November 9th at 12 noon! Bring your family and friends to the Woman's Club of Glyndon lunch with New York Best-Selling Author Peggy Rowe! Her book, About My Mother is true stories about a Horse-Crazy Daughter and her Baseball-Obsessed Mother. She will have books to sign and sell...great holiday gifts! This event at Trinity Lutheran Church, 109 Main Street, Reisterstown, will also include raffle baskets!

The \$25 ticket includes lunch (Lunch Box lady sandwich/salad selections) For reservations call: 410-833-1006.

The Woman's Club of Glyndon is hosting an annual Charity Tea on Wednesday, December 11th at 11:45 am at the Club House, 4627 Butler Road. Bring your friends and family and enjoy a festive afternoon of fun, raffles, fabulous food, and holiday tea served in woman's club tea pots! 100% of proceeds goes to local charities! For \$20 reservations call: 410-2756

3rd Annual Quilt for a Cause Raffle

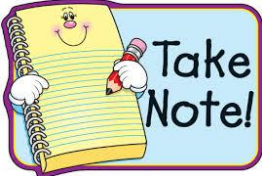


A special "Thank You" to Della Curtis because she has volunteered to craft and donate another beautiful quilt for a cause. Della has made a gorgeous lap quilt and matching pillow. This masterpiece will be on display at the October 15th luncheon and we will begin selling chances at that time. All proceeds will go directly to the Scholarship Fund.



Send in your registration for the Fall Luncheon Meeting today!

Get your Fall Luncheon Meeting registration in early! See attached! We will be featuring Norwood Elementary School's Grade 2 and 3 Choral Groups. In addition we are very pleased to have the 2019-2020 BCPS Teacher of the year Kristen Nielsen, from the Crossroads Center. Join us as we showcase some of BCPS's finest. So, put the date on your calendar and send in the attached reservation form today!



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.



National Take Back Day

Continue to help the fight against Opioid addiction in Maryland. The next National Prescription Drug Take Back Day will be October 26, 2019. National Take-Back Day is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs. Check DEA's official "Take Back Day" website at: <https://takebackday.dea.gov/> for more information and to find year-round collection sites near you.

Safety tips for older adults - NFPA

Fire Prevention Week is Oct. 6-12

In a typical home fire, residents may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help them make the most of the time they have, giving everyone enough time to get out.



This year's [Fire Prevention Week](#) campaign works to educate everyone about the small but important actions they can take to keep themselves and those around them safe from home fires..

1. Butt Out

Smoking is the #1 cause of fires that kill older adults. Never smoke in bed. Never smoke if there is an oxygen tank nearby. Instead, smoke outside to fully eliminate the risk of fire. Regardless, make sure you use deep and heavy ashtrays to avoid them from flipping or falling off a table by accident. Moreover, when putting out your cigarette, use water or sand to help snuff out any embers.

2. Space Heaters Need Space

Make sure space heaters are not too close to drapes, bedding, sofas or your clothing. In fact, the National Fire Protection Association recommends your space heater should be at least 3 feet away from everything. Shut off AND unplug your space heater when you leave your home and go to bed. Never plug your space heater into an extension cord or power strip, plug them directly into the wall. As an extra precaution, you can also get a space heater that is designed to turn off if it gets tipped over.

3. Cook With Care

Most cooking fires happen when you fry food. If a pan or pot of food catches fire, keep a lid nearby and cover the pan. Wear short, rolled-up or fitted sleeves when cooking so they don't catch fire accidentally. Don't leave the room when food is being cooked on the stove. Move things that can burn away from the stove.

4. Smoke Alarms

Did you know the chance of surviving a home fire almost doubles with the use of a smoke alarm? They work! You should get a smoke alarm for every room, outside each bedroom and on every level of your home. If you can get a connected smoke alarm system, so that if one goes off, they all go off. You should also test your smoke alarms every month (simply press the test button). If hearing the alarm is a problem, you can get a strobe alarm or one that shakes your bed in the event it goes off. Lastly, if reacting to a smoke alarm is a problem due to [poor hearing](#), vision or immobility consider getting a smoke alarm that's connected to a monitoring center in the event it gets triggered.

5. Get Fireplace & Wood Stoves Inspected Annually

Your fireplace or wood stove may need a cleaning. Too much soot in your chimney can cause a fire. Cracks in chimney bricks and rusting in stove pipes can also cause a fire. Avoid burning green wood, garbage or cardboard boxes in your fireplace, as they increase dangerous soot buildup in your chimney. Also, if you have fireplace glass doors, keep them open when making a fire.

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6. Make a Getaway Plan

If there is a fire that's too hard to control, get out. Create a fire escape plan and familiarize yourself with it. You should know the exits from your house or apartment, as well as how to get out of your building. Make sure your designated escape door can be easily opened, when rushed and visibility is poor. If you have difficulty maneuvering quickly or without help, consider getting one of the many dependable and reputable medical alert systems. If you have an emergency, simply press the button and agents will send help right away.

7. Learn How To Put Out A Fire on Your Clothing

If your clothes catch on fire you'll need to learn how to put out the fire. According to the CDC and the National Fire Prevention Association, stop (don't run), drop and roll. Cover your face. Roll until the fire is out. If you're not able to drop, use something like a blanket to put out the flames. Run cold water on your burn until emergency responders arrive.

8. Avoid Escape Proof Doors

If your loved one has issues with wandering due to [alzheimer's or dementia](#), do not create a complicated lock that will keep them from opening the front door. You could end up trapping them inside the house in the event of a fire. Better to explore getting them a GPS system that will track them if they wander or an alarm system that will alert you if they leave a designated perimeter.

9. Avoid Candles

Scented candles have grown in popularity, they smell delicious and they can create a calm and soothing environment. Avoid any open flames in your home to the extent possible. Consider electric scented candles or electric candles as a safer alternative to the real thing.

10. Keep Fire Extinguishers Nearby

You should have at least one fire extinguisher near every fire hazard, whether it be the kitchen, the fireplace, wood stove or your furnace room. Make sure your fire extinguishers are full and operational. Also, don't place the extinguishers too close to the hazard. For example, place an extinguisher in the kitchen, but far away from the stove, that way if your stove top does catch fire, you'll be able to get the extinguisher without burning yourself.

(Source: Safety tips for older adults - NFPA. Some changes were made)



Lower Your Risk of Falling

Preventing Falls

- Talk openly with your health care provider about falls.
- Find out about the side effects of any medicine you take.
- Stay physically active to improve your balance and strength.
- Have your eyes and hearing checked regularly.
- See your health care provider about any foot problems. Make sure to discuss proper footwear.
- Make your home safer. Remove things you can trip over from stairs and walkways. Have grab bars and non-slip mats in bathroom.
- Hold on to handrails when using stairs.

(Source: NIH News in Health September 2019. Some changes were made)



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.

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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.



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...

