



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



Daylight Saving Time ends in 2020 at 2 a.m. on Sunday, Nov. 1, marking the time when clocks "fall back" and we gain an extra hour of sleep.

From the President



Here we are 8 months into social distancing, face masks, hand washing, and hand sanitizers. Who would have thought that this virus would still be totally dominating our lives? We are all eager to resume our BCRSPA activities. If things continue to improve in Maryland, we may be able to hold our Breakfast with Colleagues in December. Stay tuned for more information in the near future.

Be well and continue to stay safe!

Sincerely,
Donna

On the Horizon:

- *Fall Members Meeting at Columbus Gardens, October 20, 2020. (Cancelled)*
- *Executive Board Meeting: November 17, 2020@ St. Isaac Jogues – Church Hall (To be determined)*
- *Our Annual Breakfast with Colleagues, at Columbus Gardens, December 3, 2020 @ 9:30: (To be determined)*
- *Executive Board Meeting: January 26, 2021@ St. Isaac Jogues – Church Hall (To be determined)*

FYI

\$ Switch And Save \$

You Are Invited!

Thank you for being a member of **MRSPA!** There is truly strength in our numbers!

MRSPA asks that you **Switch and Save** by changing your method of membership dues payment to one annual deduction from your state retirement/pension check. It is safe and easy. Currently 8,800 members pay by deduction. We will need your social security number. Your number is shared **ONLY** with the state retirement agency, to ensure you are a state retiree, and the paper is destroyed by our administrative staff.

Signing up for dues deduction can help **MRSPA** stretch your valuable dues dollars by saving the huge paper, printing, and postage costs of three mailings a year, while saving many trees in the process.

Paying by deduction saves you postage and the cost and time of writing a check. Dues deduction makes membership renewal automatic. It's a win-win!

As a bonus, when you switch to dues deduction, you will save by receiving a one-time \$10 reduction in MRSPA dues for the 2020-2021 membership year. That's \$35 rather than \$45 for the entire year! Your local association dues will remain unchanged.

If you would like to Switch and Save, click [here](#) for a form to print, complete, and mail to the **MRSPA** Office. You will need to put your entire social security number on the form, not just the last four digits.

If you would prefer not to mail your social security number, you may call the MRSPA Office at 410-551-1517 or toll-free at 877-625-6782 to relay your number. You will still need to print and mail the authorization form with your signature.

If you have any questions, please contact the **MRSPA** Office by email at mrspa@mrspa.org.

Source: MRSPS Some changes were made!

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





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: p.4

Healthy Autumn

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.





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

