

# 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



Sincerely, Donna

It won't be long until we see frost on the pumpkins, turning leaves and that means it's time for our October 19<sup>th</sup> members meeting and luncheon. Time is running out to register. So get your reservation form sent in soon.

Remember to mark your calendar for the Breakfast with Colleagues on December 2, 2021 . Form is in the September UPDATE.

## On the Horizon:

- *Fall Members Meeting at Columbus Gardens, October 19, 2021.*
- *Executive Board Meeting: November 16, 2021@ St. Isaac Jogues – Church Hall  
(To be determined)*
- *Our Annual Breakfast with Colleagues, at Columbus Gardens, December 2, 2021 @ 9.30*
- *Executive Board Meeting: January 18, 2022@ St. Isaac Jogues – Church Hall (To be determined)*

# 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



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## 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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## **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.



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- 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 get rid of a sunburn, use Earl Grey teabags
- To suck the pain out of a burn, use mustard
- To soothe a sore throat, eat marshmallows
- To erase water stains from wooden furniture, use mayonnais

## Fire Prevention Week is Oct. 3-9, 2021

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.



them safe from home fires..

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

### 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.

## 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.



RESERVATION FOR October LUNCHEON MEETING – October 19, 2021

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

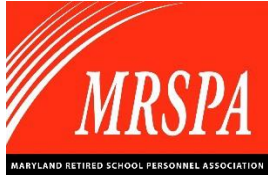
Name of Guest(s): \_\_\_\_\_

Number of Reservations: \_\_\_\_\_ Scholarship Donation (\$) \_\_\_\_\_

Total Amount (\$) Enclosed: \_\_\_\_\_

Make checks payable to BCRSPA.

Send reservation(s) and check(s) to: Luncheon Chairperson, P.O. Box 44016, Nottingham, MD 212



## MRSPA Membership Application

*(Please Print Clearly)*



Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_ (please print clearly)

Your Position at Retirement:

- Administrator/Supervisor                       Non-Certificated/Support Staff  
 Teacher/Other Certificated                       Other \_\_\_\_\_

Retired from \_\_\_\_\_ Date of Retirement \_\_\_\_\_  
 (County/Local)

<i>Local</i>	<i>Local Annual Dues</i>	<i>MRSPA Annual Dues</i>	<i>Total Dues by Check or Credit Card</i>	<i>Total if Dues Deduction from Pension (one time)</i>
<b>Baltimore Co.</b>	\$15	\$45	\$60	\$50

### ***Payment Options - Please Select One:***

**Dues Deduction** from pension authorization. I hereby authorize annual dues deduction from my retirement check or deposit. This authorization shall remain in effect until I revoke it. By authorizing dues deduction, I will receive a one-time \$10 reduction in my state dues.

Social Security Number (Required) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

OR  **Check** – Make check payable to MRSPA.

OR  **Credit Card** - Please go to [www.mrspa.org/join-mrspa](http://www.mrspa.org/join-mrspa) to make a credit card payment.



Member Benefit Providers:  Ok to share my information  Do not share  
Billing Reminder:  I prefer paperless (email)  I prefer a paper bill in the mail  
Newsletter Preference:  Email  US Mail  
Referred or Recruited by \_\_\_\_\_

**Return completed form to: MRSPA**

8379 Piney Orchard Pkwy, Suite A  
Odenton, MD 21113 410-551-1517

The MRSPA Membership year is July 1 through June 30

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**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...

