



Keeping You in the Loop . . .

From the desk of Donna Copenhaver

*"Happily, we bask in this warm September sun,
Which illuminates all creatures..."
- Henry David Thoreau*

Where does the time go? If you are like me, time seems to fly by now that I am retired! David and I have enjoyed helping our grandson shop for school supplies, new shoes and clothes to match. Jonathan is starting middle school, an exciting yet scary time in his life. I'm sure many of you have grandchildren who have reached a milestone. Enjoy them while you can.



If you have not signed up for the crab feast, do it now because time is running out. If you like steamed crabs, steamed shrimp, and fried chicken, the BCRSPA crab feast is the place to be. See the September UPDATE for more information.

Also, don't forget the October luncheon and the Christmas trip to Dutch Apple Theater. These forms are in the September UPDATE Newsletter which will be mailed to you shortly. In addition, stay tuned for some other activities that are being planned.

Come on folks, join us at the crab feast and remember the MRSPA slogan, "Each one, reach one" and ask a retired BCPS friend to join the organization. Here's an idea, why not invite them to join you at the crab feast.

Looking forward to seeing you soon,
Donna

On the Horizon:

- *Early September: Newsletter "UPDATE" distribution*
- *Executive Board Meeting: September 19, 2017 @ St. Isaac Jogues Church Hall (Please consider attending. Just eMail me for directions and details.)*
- *4th Annual Crab Feast, September 24, 2017, 3pm-6pm @ Camp Running Bear. (See attached registration for details)*
- *Fall Members Meeting at Columbus Gardens, October 17, 2017 registration 9:30am. (See September UPDATE for details)*
- *4th Annual Breakfast with Colleagues, at Columbus Gardens, December 7, 2017 @ 10:00am. (See September UPDATE for details)*
- *BCRSPA's holiday trip to the Dutch Apple Theatre on December 30, 2017 is a holiday favorite. White Christmas (Limited seating available.)*

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 is attached. In addition, the Baltimore County Department of Health will host its annual Super Saturday flu vaccination clinics. [See attached: Get a Free Flu Shot!](#)



Cost-of-living adjustment to boost monthly payments in July

Retired Maryland Teachers, State and Municipal employees, Correctional officers and Police will



notice an increase to their monthly retirement benefit in July as the annual cost-of-living adjustment (COLA) takes effect. To receive the COLA, eligible retirees must have been retired at least one full year as of July 1, 2017.

For retirees from the Employees' or Teachers' Retirement System or persons who retired on or before July 1, 2011, the COLA rate is 1.262%.

For persons who retired after July 2011 under the Employees' or Teachers' Pension System, Law Enforcement Officers' Pension System, Maryland State Police Retirement System or Correctional Officers' Retirement System, a two-part COLA applies. These retirees will receive the full COLA of 1.262% for service credit earned prior to July 1, 2011. For service earned on or after July 1, 2011, the COLA is capped at 1%.

This cap, part of sweeping pension reforms enacted by the Maryland General Assembly in 2011, applies only to service credit earned on or after July 1, 2011. It limits the COLA to 2.5% if the system's investment fund meets or exceeds its assumed rate of return during the preceding year. The cap is 1% if this target is not met. The system's 5.98% investment return for calendar year 2016 did not meet the assumed rate of 7.55%.

The COLA does not apply to legislative and judicial retirees. Retirees from these systems receive adjustments based on the increases received by active legislators and judges. Eligible retirees' increased monthly benefit will be shown on the Automatic Deposit Advice mailed to the homes of all retirees on July 31.

Dial up your account data by phone... see attachment!

“Walking is a Man’s Best Medicine”

Hippocrates

Then just walk – each step is a step forward on the journey to good health, this includes cardiac/heart health. According to Harvard Health, studies performed over many years on walking and cardiac/heart health show evidence that walking significantly reduces the risk of cardiovascular events.

What kind of walking will do this? All speeds, paces and distances of walking have been shown to benefit our heart health. Walking as little as 5.5 miles a week at a casual pace of 2 miles per hour is beneficial. Walking faster and longer increases heart health benefits.

Benefits:

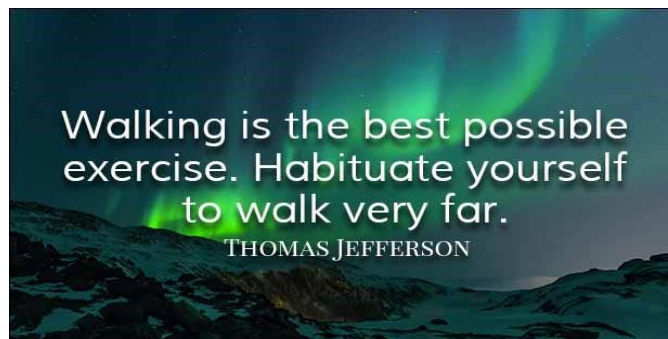
Walking reduces and lowers the following risk factors of heart disease:

- High cholesterol
- High blood pressure
- Diabetes
- Vascular stiffness
- Inflammation
- Mental stress
- Obesity

Life expectancy may increase by two hours for every hour walked according to the American Heart Association.

Techniques to gain walking time:

- Park farther away from the door of where you are headed.
- Find new intriguing places to stretch your legs.
- Use walking as think tank time (let your creative juices run to solve problems).
- Schedule walking meetings at work which not only offers a change of scenery but could make you more productive.
- Do walking meditation if you are extremely familiar with your walking path. Walking meditation means walking while being aware of each step and of our breath. It is a form of stress relief similar to sitting meditation with the added bonus of physical activity.
- Walking is the simplest way to start and continue a fitness journey. Walking is easy, safe and costs nothing to get started besides a comfortable pair of shoes. Walking has the lowest dropout rate of any type of exercise. Considering all of the evidence, walking is an important form of physical activity for the heart.



(Source: “Your Steps to Health, Harvard Men’s Health Watch”. Some changes were made.)

Save the Date: 2017 Power of Age Expo

On **Wednesday, October 4** and **Thursday, October 5**, join AARP Maryland and the Baltimore County Department of Aging at the [2017 Power of Age Expo](#) at the Maryland State Fairgrounds in Timonium, Maryland. Expo 2017 celebrates the event's 30th anniversary. The show welcomes 11,000 attendees comprised of older adults, baby boomers, caregivers, families, adults with disabilities (over the age of 18) and professionals.

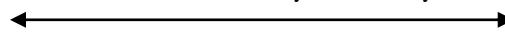


“Reimagine Aging” is Expo’s theme which offers approximately 11,000 attendees the opportunity to visit with 300 plus vendors and exhibitors, enjoy continuous live entertainment, free health screenings, a silent auction, a Veteran Muster, an art show and contest and so much more. Darlene Love, singer and actress is the featured performer. Ms. Love starred in “20 Feet From Stardom.” Rolling Stone says Ms. Love is “one of the greatest singers of all time.” Please visit Expo’s dedicated web site at www.powerofageexpo.com.

Stop by and visit the AARP Fraud Watch Network exhibit for important information on how to protect yourself and your family from identity theft and fraud. AARP’s is located at booth 133 in the North Hall. Also visit booth 819 in the South Hall to learn about AARP’s defensive driving course. In the **Veterans’ Resource Muster** volunteers from AARP Maryland, in cooperation with the U.S. Department of Defense, will be on hand to present Vietnam Era Veterans with an official Welcome Home lapel pin and Presidential Proclamation honoring their service and sacrifice on behalf of a grateful nation. Living United States veterans who served on active duty in the U.S. Armed Forces at any time during the period of November 1, 1955 to May 15, 1975, regardless of location, are eligible for pinning.

Admission is a donation to the Seniors in Need Program or two cans of non-perishable food. Visit the BCDA Expo website to [learn more about the Expo](#) and [for directions](#). Baltimore County Executive, Kevin Kamenetz, gives his overview on the two-day program [here](#).

Posted on 07/26/2017 by [AARP Maryland](#)



BCRSPA 4th Annual Crab Feast

BCRSPA 4th Annual Crab Feast

Crabs/ Shrimp/ Fried Chicken/ Cole Slaw/ Potato Salad/ Beer/ Soda/ Dessert

Sunday, September 24, 2017

3:00 p.m.–6:00 p.m.

Camp Running Bear in Monkton



FYI...

The Woman's Club of Glyndon

The Woman's Club of Glyndon presents "Bids-Bites-Kal" on Saturday, October 28th from 5-8 pm at Trinity Lutheran Church, 109 Main Street in Reisterstown. The evening features a silent auction with wonderful items including food, activities, products, and more!



Bites will be an Italian dinner! Kal (Kevin Kallaugher) Glyndon's own international political cartoonist, humorist, and clever entertainer will be the featured speaker after dinner. The cost is \$25/person. Proceeds

support local educational and charitable 501 (c) 3 exempt organizations. It will be a pleasant evening for everyone! Call 410-833-2756.

In addition, the Woman's Club of Glyndon has \$5 tickets available for Boscov's "Friends Helping Friends" day, Tuesday, October 17th. A \$5 ticket gets the buyer lots of discounts that day! Call 410-833-1703.

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



Ice Your Cell Phone!

In Case of Emergency (ICE) is a programme that enables first responders, such as paramedics, firefighters, and police officers, as well as hospital personnel, to contact the next of kin of the owner of a working mobile phone to obtain important medical or support information. The phone entry or entries are intended to supplement or complement written information in a wallet or on a marked bracelet or necklace.



The programme was conceived in 2004 by Bob Brotchie, a British paramedic, and ICE was subsequently promoted by Brotchie from May 2005. It encourages people to enter emergency contacts in their mobile phone address book under the name "ICE", or multiple contacts as "ICE1", "ICE2", etc.

(Source: From Wikipedia, the free encyclope/dia. Some changes were made.)



A Handy “Half-Dozen”

- Do you always end up making the knot you are trying to open even more difficult to open? The trick is not to pull but twist the loose end as much as possible and push.
- Use a bread tab to hold your spot on a roll of tape.
- Need a flathead screwdriver? Basic power plugs usually fit medium and large size screws.
- A frozen saturated sponge in a zip lock bag makes an icepack that won't drip all over when it melts.
- Pinching the end of a banana is a far easier way to open it to peel.
- Place a glass containing some water in a microwave when reheating pizza to prevent it from getting too chewy.

New Superintendent, Verletta White, to Attend the October 17th Luncheon

BCPS has a new Superintendent and BCRSPA members will have an opportunity to meet her at the Fall Luncheon.

Verletta White became interim superintendent after spending virtually her entire life in the system, starting when she was a student at Woodmoor Elementary School and carrying through every level as a student, teacher and administrator. She is a dynamic, innovative, and proven leader.



Ms. White describes herself first as a teacher dedicated to strengthening literacy across the curriculum to prepare every student for college and career success. She says her vision for the system is to make it the best in the nation in developing students' literacy.

let's do
lunch !

BCRSPA working together to Engage and Empower