



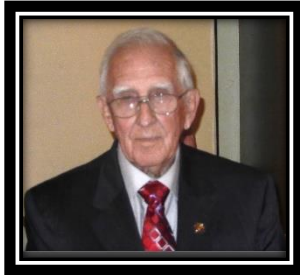
Keeping You in the Loop . . .

From the desk of C. David Copenhaver

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

From the President

September is the unofficial end of summer and the beginning of a new season – Autumn.



When anyone looks at the calendar, he or she may see the ninth month of the year, but if you have young children in your home, you may consider it the first month of the year - school begins.

September is a new beginning for parents, educators and many retirees. It is a time to adjust to new routines and make plans for the remainder of the “school year” The BCRSPA Executive Board tends to imitate every former educator’s experiences. We plan for the future and have done so in order to keep members informed and interested in our events. We, also, as in any household, are prepared to adjust our plans depending on unforeseen challenges.

We work for you and we are constantly looking for members to volunteer to join BCRSPA committees or consider becoming executive board members. Why not think about joining the leadership of BCRSPA? You can help make a difference.

Sincerely,
Parker

On the Horizon:

- *Early September: Newsletter “UPDATE” distribution*
- *Executive Board Meeting: September 18, 2018 @ St. Isaac Jogues Church Hall (Please consider attending. Just eMail me for directions and details.)*
- *5th Annual Crab Feast, September 30, 2018, 3pm-6pm @ Camp Running Bear. (See attached registration for details)*
- *Fall Members Meeting at Columbus Gardens, October 16, 2018 registration 9:30am. (See September UPDATE for details)*
- *5th Annual Breakfast with Colleagues, at Columbus Gardens, December 6, 2017 @ 10:00am. (See September UPDATE for details)*
- *BCRSPA’s holiday trip to the Sight and Sound Theatre on November 14, 2018 to see JESUS, the musical adventure about the most famous person ever to walk the earth. (Only 7 seats available. If interested call me ASAP to reserve your seats. @ 410.515-0456*

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.

Learn more about shingles at www.nia.nih.gov/health/shingles.



Baltimore County Association of Senior Citizens Organizations

Educational Forum
Health & Wellness Fair
Friday, September 14, 2018

Randallstown Community Center
3505 Resource Drive (next to Swim Center)
Randallstown, MD 21133
10 A.M. - 1:00 P.M. (Light Refreshments - 9:30 am)

Guest Speakers:

Stephanie Klapper, MSW
Deputy Director

Maryland Citizens' Health Initiative (Health Care for All!)

Advocating for prescription drug
affordability and recent successes

C. Daniel Mullins, PhD
Professor and Chair

Pharmaceutical Health Services
Research Department
University of Maryland School of Pharmacy
The Patients Program

Meet our visiting Exhibitors!!!

2 Hours of Social Work CEU's Offered - Register at BCASCO4@gmail.com

BCASCO is authorized by the Board of Social Work Examiners in Maryland to sponsor Social Work continuing education programs and maintains full responsibility for this program. This training qualifies for Category 1 Continuing Education units.

Exhibitors! Networking! Sponsor/Membership Opportunities! Wheelchair Accessible!

Are you skilled in Event Planning? Organizing? Marketing? Procurement? Fundraising?
Writing/Editing?

Finance? Media? Computers? Legal Issues? Other? Consider sharing with BCASCO!

For More Information: BCASCO4@gmail.com (443) 380-0592

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.fixthefund.org and please **VOTE YES on Question 1** this November!

Rx Alert

Important Change to retiree prescription drug coverage article that appeared in “**Retiree News and notes, July 2018 vol. 36 No. 2**” applies only to persons from units of Maryland state government. It **does not** apply to retirees from counties, municipalities or non-state governmental units. **Therefore, our prescription drug plan/cost is not changed!**

BCRSPA 5th Annual Crab Feast

BCRSPA 5th Annual Crab Feast

Crabs/ Shrimp/ Fried Chicken/ Cole Slaw/ Potato Salad/ Beer/ Soda/ Dessert
Sunday, September 30, 2018
3:00 p.m.–6:00 p.m.
Camp Running Bear in Monkton



**See attached registration for details!*



Loneliness Affects All Ages

Human beings are social creatures. We are social not just in the trivial sense that we like company, and not just in the obvious sense that we each depend on others. We are social in a more elemental way: simply to exist as a normal human being requires interaction with other people



— Atul Gawande

Feeling like we're part of a community helps us thrive. But we sometimes have a hard time making and keeping the relationships that sustain us. Many Americans report feeling lonely for long periods of time. Connections with others are important for your health.

Having a sense of purpose in life may be another way to fight the effects of loneliness. Research has found that having a strong sense of mission in life is linked to healthier immune cells. "And when you start to pursue a goal that's important to you, you almost always have to cooperate with others to do that," Dr. Steve Cole, an NIH-funded researcher says. "That helps bring people together."

For additional information visit <https://newsinhealth.nih.gov/>

Wise Choices



Get Involved With Others

Being active in your community and helping others can reduce feelings of loneliness. You can get more involved with others by:

- serving meals or organizing clothing donations for people in need.
- helping an organization send care packages to soldiers stationed overseas.
- caring for dogs and cats at an animal shelter.
- volunteering to run errands for people with disabilities.
- helping with gardening at a community garden or park.
- volunteering at a school, library, museum, or hospital.



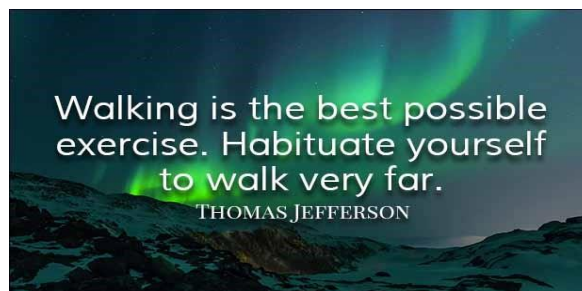


Aluminum Hacks Everyone Should Know A Handy “Half-Dozen”

1. A simple and easy way to preserve your celery and ensure that it lasts for up to 4 weeks is by wrapping it in aluminum foil.



2. Iron both sides of your clothes at once: Wrinkled clothes make you look unprofessional but ironing them can take a while. Placing a sheet of foil underneath clothing while you iron them saves time and helps leave the material crease-free!
3. Sharpen scissors: If you're the type of person who uses scissors frequently, then you know that the blades tend to dull after hundreds of snips. However, cutting into a piece of foil several times will slightly sharpen them.
4. Turn AAA batteries into AA batteries: Most pieces of electronics require AA batteries, but if you only have AAA batteries lying around, you can convert them! Try placing a small bit of foil at the positive ends before inserting them into your equipment.
5. Improve the Wi-Fi signal: People are always looking for stronger and faster Internet connections wherever they go. Folding a piece of tin foil into a small rectangle and placing it behind a router should help increase the speed!
6. Remove rust from chrome-plated surfaces: Chrome tends to accumulate rust easily, but that doesn't mean that you need to sit back and accept it. If you soak a ball of tin foil in cold water and start scrubbing, the rust will come off and your chrome will look brand-new again!



Growing our Membership Together...