



UPDATE

Baltimore County Retired School Personnel Association

Vol. 47, No. 1

September 2020



From the President

Donna Copenhaver

Greetings once again as your President. I want to thank Parker Koons for serving as our leader for the past two years. He did a yeoman's job!

2020 has certainly proven to be a strange year so far and unfortunately, I don't think the remainder of the year will be much different. We will continue to operate as best we can even if some of our usual events must be altered or cancelled. At this time, out an abundance of caution, we are cancelling our Fall Membership Luncheon Meeting. We are hoping that the December Breakfast with Colleagues will be possible, but we will just have to wait and see. We do not know what the CDC and Governor's guidelines will be like at that time, but we will certainly abide by them. If that means masks and social distancing must continue, we will make it happen. If it means we need to cancel, we will anxiously wait for December 2021 to hold our Breakfast.

It goes without saying that we cannot plan any day trips or other activities at this time. When this virus is under control, we will resume our active social scheduling.

In the meantime, be smart and stay safe. BCRSPA will continue to work for you and keep you informed!

Sincerely,
Donna

October Luncheon Meeting CANCELLED

With Covid-19 still a major health threat to our state and country, the BCRSPA Executive Board has decided to cancel the luncheon meeting. As a vulnerable population, we feel it is in the best interest of our members to proceed with caution. Many members have expressed concern about 100+ individuals in close proximity eating without masks. We hope that by April, the virus will be under control and that we will be able to hold our Annual Membership Luncheon Meeting.

Currently we are still hoping to be able to hold our December 3, 2020 Breakfast with Colleagues. A final determination will be made in September when we see what is happening with the virus and we have new guidelines from our Governor and the CDC. It must be noted however, that we will not be able to have BCPS student entertainment since students will be participating in virtual learning through the first semester. We also may not be able to have our holiday sing-along since singing has been determined to be a major cause of the spread of the disease. Our intentions will be announced in the December UPDATE, which will be distributed early this year. We apologize for the uncertainty, but we must remember that these are uncertain times.



Membership News

Maintaining your membership is important not only to you, but to future retirees as it supports our Legislative Committee as they work to protect our retirement benefits.

Word of mouth is the best way to recruit new members. Remember, "Each One, Reach One!"

BCRSPA/MRSPA welcomes the following new member

Mary Jo Horn & Frances X McGrath

Membership Chair • Dale Rauenzahn

Do You Know Where These Members Are?

WE NEED YOUR HELP

**Rickie Martinez • Edith Blount
Anna D. Leidinger**

If so, please call Mary Ellen Zimmerman at 410-668-2563 and give her an update.

Safe Driving Tips

- ❑ Always keep your eyes on the road and your hands on the wheel.
- ❑ Don't multi-task, like talking or texting, eating and drinking, or fiddling with the stereo, entertainment, or navigation system.
- ❑ Wear your safety belt.
- ❑ Drive at the speed limit. It's unsafe to drive too fast or too slowly.
- ❑ Obey all traffic signs.
- ❑ Keep enough distance between you and the car in front of you to avoid a crash.
- ❑ Don't drink and drive.
- ❑ When you take a new medicine, ask your doctor or pharmacist about side effects. Some can affect your driving.
- ❑ If you have glasses or contact lenses, make sure you have a current prescription and wear them while driving.
- ❑ Don't wear sunglasses or tinted lenses at night.

*(Source News in Health.
Some changes were made.)*

Visit...

<https://bcrspaevents.shutterfly.com>

(password is lower case bcrspa)

& www.bcrspa.org

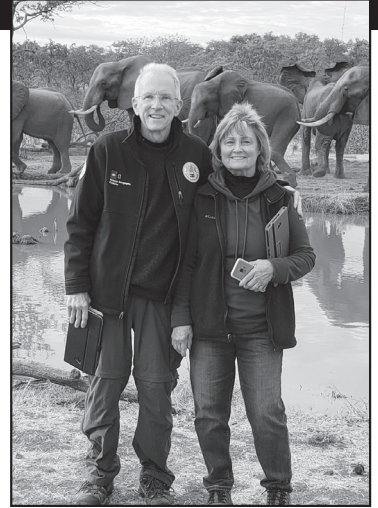
or call 443-793-5867

Join our **BCRSPA**
Facebook page!



Rockin' Retirees

Tom & Tena Ellis met and married 53 years ago while in college at Marshall University. Tom began his education career in West Virginia as an elementary school teacher and went on to serve as an instructor in the Education Department at Marshall. When they left WV in 1971 Tom was hired by BCPS as an elementary school counselor. Later, Tom served as an Assistant Principal in several schools before becoming a Principal at Essex, Red House Run and Sparks Elementary Schools. Tena started her career in Anne Arundel County as a special education teacher. Four years later she came to BCPS to teach special education at Fullerton Elementary where she served for ten years. She was appointed as an Assistant Principal and then became the Principal at Elmwood Elementary. She concluded her BCPS career as a Personnel Officer.



During their working years Tom and Tena traveled both domestically and internationally and enjoyed years of active SCUBA diving and sailing on the Chesapeake Bay, the Caribbean and the Islands of Tahiti, but in retirement they have been virtual "globe trotters", having accomplished their goal of walking on all seven continents. Their favorite adventure to Antarctica. They enjoyed the isolation, pristine beauty and an environment so drastically different from all others. Their expedition to the South Polar Region was aboard a Russian Research vessel where they made landfalls via zodiac rafts in the Falklands, South Georgia Island, the Antarctic Peninsula and several islands around the area before crossing the Drake Passage and rounding Cape Horn.

Another of their favorites was a trip on the Amazon with NatGEO. Once again, it was in an environment totally different from that encountered in daily life. One of the many highlights was swimming in the back waters with the pink (yes they really are pink) river dolphins. While traveling in China they made their way to the Himalayas where they climbed the 400+ steps to the Potala Palace, home of the Dalai Lama, in Lhasa, Tibet. Their many travels also took them to such exotic places as Svalbard Island in the high Arctic where Tom did a "Polar Plunge" among the ice floes of the Greenland Sea, Easter Island, Pitcairn Island, the Tuamotu Archipelago, the Galapagos Islands, Central and South Africa and many other exotic places.

They have flown over the Serengeti and Masai Mara in hot air balloons as herds of elephants and other African wildlife roamed the plains below. In September, they returned to Africa a third time so Tom could make the trek up Mt. Kilimanjaro (elevation 19,340 feet) while Tena went on another safari with friends. When Tom came off the mountain, they met up and traveled on to Uganda to trek into the Bwindi Impenetrable Forest to be among the mountain gorillas. Their most recent travels took them to Egypt and Jordan returning to the USA just ahead of the coronavirus pandemic.

The pandemic has brought their global travels to a complete halt. Even their annual Jeep adventures in the Rocky Mountains and desert Southwest have been put on hold. Like everyone, they look forward to an end to the pandemic so they can get back on the road. They have a saying (and a tee shirt), "I haven't been everywhere but it's on my list!"

Tom and Tena loved their time with BCPS and feel fortunate to have worked as educators in a State and County that values education and provides for their employees. They report finding their careers to have been both fulfilling and rewarding while enjoying the camaraderie of wonderful colleagues and friends. **"Life Is Good!"**



Scholarship Memorials

In Memory of...

Elma Fromm *by* Elaine Bousquet

Louise Ewald Miller *by* Elaine Bousquet

Barbara Rakentzes *by*

Mary Ellen & Jack Zimmerman

Della Curtis *by* BCRSPA

In Honor of...

Parker Koons *by* BCRSPA

Weston Dean *by* BCRSPA



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, 8379 Piney Orchard Parkway-Suite A, Odenton, MD 21113-1508 so you continue to receive your newsletter.

How to Report the Death of A BCRSPA Member

Name of Deceased Member: _____

Date of Death: _____

Death Reported By: _____

Relationship of the Reporter to Deceased: _____

Mail this form to: Mary Ellen Zimmerman
9001 Chateaugay Court • Parkville, MD 21234
OR

Call Mary Ellen Zimmerman at 410-668-2563

In Memoriam

John B. Leary

Joyce Hannaby

Della Curtis

BCRSPA Memorial Scholarship Fund

Name: _____

Street _____

City: _____ State: _____ Zip: _____

Phone: _____

Donation Amount: \$ _____

Make check payable to BCRSPA Memorial Scholarship Fund or BCPS Education Foundation.*

In Memory of _____
(please print)

In Honor of: _____
(please print)

*For non-tax deductible contributions, make the check payable to BCRSPA Memorial Scholarship Fund.

*For tax deductible contributions, make the check payable to BCPS Education Foundation. Be sure to put BCRSPA Memorial Scholarship Fund on the memo line of the check.

Mail to:

E. Stuart Tucker, Treasurer • P.O. Box 44016, Nottingham, MD 21236-9998

Baltimore County Retired School Personnel Association, Inc.

P.O. Box 44016 • Nottingham, MD 21236-9998

443-793-5867

UPDATE

The Baltimore County Retired School Personnel Association Newsletter will be published four times annually: September, December, March & June.

Editor: C. David Copenhaver
cdavidcopenhaver@gmail.com

Publisher: Anne Fullem
afullem@harfordstyle.com



You are our most valuable resource!

You are our most valuable resource! You can help bring more retirees into the fold of BCRSPA! Listed below are the latest 35 Baltimore County retirees. If you recognize someone, please take a few minutes to contact them and invite them to attend an upcoming event and to join the organization. BCRSPA is counting on you!

Lillian Adams	Kathleen Gilmore	Laura Patacca-Kerr
Claudia Amory	Katie Heard-Gladney	Pat Quinn
Angela Blatchley	Kimberly Haas	Darlene Rose
Julie Bogusz	Janice Heiss	Gail Southern
Joy Butler	Grace Hulse	Carole Strine
Vicki Costantini	Renee Johnson	Debra Swift
Cynthia Cuprzyński	Joreka Jones	Joanne Terborg
Gregory Davis	Pamela Kistner	Victor Vaughan
Ruth Doyle	Jeannette Marshall	Evan Walker
Tomassina Fortino	Cheryl Michael	Debra Watson
Glen Frederick	Elizabeth Mondesir	Verletta White
Linda Friedel	Laura Oldham	

Communication Breakdown

How Aphasia Affects Language

Language sets humans apart from other species. We use it constantly to tell each other what we feel, think, and need. Losing the ability to communicate can be devastating. But that's what happens in a condition called aphasia. Aphasia occurs when a part of the brain that helps process language is damaged. The most common cause of aphasia is stroke. But a head injury, infection, brain tumor, and other brain disorders can also cause the condition.

Helping Those with Aphasia Be Heard

To help someone with aphasia feel more comfortable communicating:

- Ask for and value the opinion of the person with aphasia.
- Minimize distractions, such as a loud radio or TV.
- Use short, uncomplicated sentences when speaking.
- Write down key words to clarify meaning as needed.
- Avoid correcting their speech.
- Allow them plenty of time to talk.
- Encourage any kind of communication, including speaking, gesturing, pointing, or drawing.

(Source News in Health. Some changes were made.)

Application for Automatic Dues Deduction



MARYLAND RETIRED SCHOOL PERSONNEL ASSOCIATION
BALTIMORE COUNTY RETIRED SCHOOL PERSONNEL ASSOCIATION UNIT #04



Name: _____

Soc. Sec. #: _____ Birthdate: _____

I understand that my social security number is required if I wish to become a dues deduction member.

Address: _____ City: _____ State: _____ Zip: _____

Telephone #: _____

*Please sign authorization below for dues deduction and MAIL TO:

BCRSPA Membership Chair
P.O. Box 44016
Nottingham, MD 21236-9998

STATE DUES	\$45.00
LOCAL DUES	15.00
TOTAL:	\$60.00

I hereby authorize the Teachers Retirement System of the State of Maryland to deduct annual membership dues for the MRSPA and Local Retired School Personnel Associations from one of my Retirement checks each year. This authorization is to remain in effect until cancelled by written notice mailed to the Maryland Retired School Personnel Association.

Signature: _____ Date: _____

BCPS Teacher of the Year: "Treasure for the Community"



Robert Runk,
a special educator
at Parkville
Middle School has
been named the
Baltimore County
Teacher of the Year
2020.

Mr. Runk, who teaches social studies and science, also leads the school's mentorship program. He started a program called the Lunch Bunch for boys who needed support, and it grew to include boys and girls across sixth, seventh and eighth

grades. He has worked with the Parkville Middle community for 17 years.

"Having a strong person that builds relationships and cares can make all the difference on the world to these students. Making that difference is the most fulfilling part of being an educator," said Runk.

"Mr. Runk has made a significant difference in the lives of so many students at Parkville Middle," Baltimore county Schools Superintendent Darryl Williams said in a statement. "It is

clear he is respected by his peers, and his teaching and mentorship serve as a treasure for the community."

One of his former students posted: "This man helped me get my head on straight before high school...I always wanted to thank him but never got the chance. I couldn't be happier than to see this going to him."

Robert is a product of Baltimore County Schools, as a graduate of Sparrows Point High School.

Principals of the Year:

**Kelly O'Connell, Mars Estates Elementary • Rochelle Archelus, Woodlawn Middle
Brian Powell • Kenwood High**



**Mars Estates
Elementary's
Kelly O'Connell**
is the 2020-21
Elementary
Principal of the
Year.

O'Connell is in her 4th year as principal at Mars Estates Elementary and her 18th year with BCPS. She earned a bachelor's degree in elementary education and a master's degree in human resources school leadership from Towson University. She refers to students as #MarsStars, and that social media hashtag is regularly used to celebrate school and community achievements.

"This award is not just about me, it's a reflection for everyone at Mars Estates Elementary," O'Connell said. "It's about teachers, students and families and doing what is right for all kids."



**Woodlawn
Middle's
Rochelle
Archelus**
is the 2020-21
Middle Principal
of the Year.

Archelus is in her 6th year as principal at Woodlawn Middle and her 23rd year working for BCPS. She earned a bachelor's degree in music education from Morgan State University and a master's degree in human resources development from Towson University. She credited her staff's commitment and excellence for the honor. She also thanked her mother, Rachel Glover-Archelus, who was a public educator for 40 years in Newark, NJ.

"If I can be half the educator that my mother was, then I've done great," Archelus said. "She is my inspiration."



**Kenwood High's
Brian Powell**
is the 2020-21
High Principal
of the Year.

Powell is in his 4th year as the principal at Kenwood High and his 12th year working for BCPS. He earned a bachelor's degree in elementary education and a master's degree in education from Salisbury University. For the continuity of education BCPS has used during the corona virus, Powell was one of the first BCPS principals to start posting school announcement videos, often with his two young daughters taking part.

"This is something we can celebrate with the entire team," Powell said. "As far as I'm concerned, we are school of the year. It's not just about me."

Great Ways to Save Money



1.) Let your online shopping cart sit.

If you sign in to your account and stick a few items in your cart, don't check out just yet. Retailers often will email you a coupon in a few days to entice you to place the order.

2.) Buy wild-caught domestic fish.

It's healthier and better than farm raised. To save money, look for specials on cod, pollack and haddock – delicious and inexpensive species.

3.) Confirm it's really a sale price.

If you aren't sure whether a price on Amazon is good, plug it into a free price tracker, such as the *CamelCamelCamel* website or the *Pricepulse* app, to see the item's cost over time.

4.) Reuse old toothbrushes.

They are great for cleaning grout, jewelry, sink edges and hard to reach areas on your appliances.

5.) Check your credit card for additional benefits.

Some cards offer surprising rewards, like credits for TSA Precheck, roadside assistance, free museum entry and complimentary subscriptions to premium offerings from *Lyft* and *Door Dash*.

*Source: AARP Bulletin.
Some Changes were made.*

Copycat Starbucks Double Chocolate Brownies

Copycat Starbucks Double Chocolate Brownies - these decadent brownies are rich, soft and chewy, tasting even better made at home.

Prep Time: *15 mins*
Cook Time: *30 mins*
Total Time: *45 mins*
Course: *Dessert*
Cuisine: *American*
Servings: *12*



Ingredients

1 cup butter, room temperature
1 1/2 cups sugar
1/2 cup brown sugar
2 teaspoons vanilla extract
4 eggs

1 cup cocoa powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 3.5-ounce bars Ghirardelli Intense Dark 72% Cacao, Twilight Delight bar

Instructions

- Preheat oven to 350 degrees F. Lightly spray a 9x13 baking pan then line with parchment paper, spraying it first helps the parchment paper to stick.
- In a large mixing bowl or stand mixer beat together the butter, sugar, brown sugar and vanilla.
- Once the mixtures have combined, add the eggs in one at a time, beating in between each addition.
- In a small mixing bowl sift together the flour, cocoa powder, baking soda and salt.
- Slowly mix in the dry ingredients to the butter mixture.
- Coarsely chop 1 of the chocolate bars into chunks. Then with a wooden spoon or spatula mix in the one (1) bar of chocolate that is chopped or 1 cup of the chocolate chips.
- Spread the batter into the 9x13 prepared pan.
- Coarsely chop 1 the remaining chocolate bars into chunks, sprinkle over the brownie batter in the pan and gently press into the batter.
- Bake for 30-35 minutes, until brownies begin to pull away from the side of the pan.

Notes

Note: The brownie batter is thick, remember this isn't a boxed recipe. Trust me it will turn out great.

Source: Averie Sunshine

Increase Your Vocabulary

Your tiny toe or finger is called *minimus*.

The dot over a small "i" or "j" is called *tittle*.

The cry of a newborn baby is called a *vagitus*.

The rumbling of your stomach is called a *wamble*.

The space between your eyebrows is called a *glabella*.

The way it smells after the rain is called *petrichor*.

The day after tomorrow is called *overmorrow*.

Source: Facebook. Some changes were made.



No nursing home for me. I'll be checking into a MARRIOTT!

With the average cost for nursing home care being \$275.00 per day, there is a better way when we get old and too feeble .I've already checked on reservations at The FAIRFIELD!

For a combined long term stay discount and senior discount, it's \$79.00 per night. Breakfast is included, and some have happy hours in the afternoon. That leaves \$196.00 a day for lunch and dinner in any restaurant we want, or room service, laundry, gratuities, and special TV movies. Plus, they provide a spa, swimming pool, a workout room, a lounge and washer dryer, etc. Most have free toothpaste and razors, and all have free shampoo and soap. \$10 worth of tips a day you'll have the entire staff scrambling to help you. They treat you like a customer, not a patient. There's a city bus stop out front, and seniors ride free. The handicap bus will also pick you up (*if you fake a decent limp*). To meet other nice people, call a church bus on Sundays.

For a change of scenery, take the airport shuttle bus and eat at one of the nice restaurants there. While you're at the airport, fly somewhere. Otherwise, the cash keeps building up. It takes months to get into decent

nursing homes. Marriott will take your reservation today. And you're not stuck in one place forever -- you can move from Marriott to Marriott, or even from city to city.

Want to see Hawaii ? They have COURTYARD there too.

TV broken? Light bulbs need changing? Need a mattress replaced? No problem.. They fix everything and apologize for the inconvenience. The Marriott has a night security person and daily room service. The maid checks to see if you are ok. If not, they'll call an ambulance . . .or the undertaker.

If you fall and break a hip, Medicare will pay for the hip, and Marriott will upgrade you to a suite for the rest of your life. And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini vacation. The grand-kids can use the pool.

What more could I ask for? So, when I reach that golden age. I'll face it with a grin.

Source: Facebook. Some Changes were made

Finding Reliable Health Information Online



Many people get health information from the internet. But not every online source is reliable. How do you know whether you can trust the health information you find? There are many signs you can look for.

First, it's important to find out if a website is from a trusted source. Health websites sponsored by the federal government are a good place to start. Their web addresses will be followed by “.gov.” Well-known medical schools and large professional organizations can also be good sources of health information.

For other sites, it's important to ask a few questions. Who sponsors the website and what are their goals? They may be trying to sell you a product rather than inform you. Find out who wrote and reviewed the information. Are they a medical professional? Be cautious about any website offering a quick fix or “miracle cure” for your health problem.

It's also important to note when the information was written. Often there will be a date on the bottom of the webpage. You don't want to make decisions based on out-of-date information.

Social media sites like Facebook and Twitter are another source of health information. But be mindful—just because a post is from a friend or colleague doesn't mean it's true or scientifically accurate. Check the original source to decide for yourself.

No information you find online should replace seeing a medical professional.

Source: News in Health, August 2020



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BCRSPA Calendar:

September 15 -10:00am	Executive Board Meeting @ St. Isaac Jogues Church Hall. <i>(To be determined)</i>
October 20	Fall Members Meeting at Columbus Gardens. (Cancelled)
November 17 - 10:00am	Executive Board Meeting @ St. Isaac Jogues Church Hall. <i>(To be determined)</i>
December 3 - 9:30	Breakfast with Colleagues @ Columbus Gardens. <i>(To be determined)</i>

UPDATE Deadline:
 December Issue – October 1, 2020

Change of Address

BCRSPA *(Effective Date)* _____
 Name: _____
 Old Address: _____

 New Address: *(Include Apt. # & Zip +4 Code)* _____

 New Telephone: _____

Mail to: MRSPA/BCRSPA Membership
 8379 Piney Orchard Parkway, Suite A • Odenton, MD 21113-1508

Emeritus Membership in BCRSPA

(Age 90 as of June 30, 2020)

Name: _____
 Address: *(Include Apt. # & Zip +4 Code)*

 Date of Birth: *(month/day/year)* _____
 Telephone: _____

Mail to: MRSPA/BCRSPA Membership
 8379 Piney Orchard Parkway, Suite A • Odenton, MD 21113-1508