



# *Keeping You in the Loop . . .*

From the desk of C. David Copenhaver

From the President



Welcome to September and the beginning of a new school year. I'm always excited as the year begins, even though I'm not an active educator any longer. I wish all the students, teachers, and staff the best for a productive year.

Remember, we are planning to hold our Fall Member Meeting and Luncheon on October 19, 2021 at Columbus Gardens. Please find the reservation form in this document. Also note that we are planning to hold the Breakfast with Colleagues on December 2, 2021. You can find that registration form in the UPDATE that you will soon receive in the mail. Get ready for your flu shots. IT is recommended that you get yours in September or October for full effectiveness. See the article in

this Loop about flu shots. *Hoping you all are well and that you plan to attend the October meeting. Your Executive Board is eager to see you again.*

Sincerely, Donna

## *On the Horizon:*

- *Executive Board Meeting September 27, 2020 @ Idlewild United Methodist Church...10:00 am - 12 Noon.*
- *Fall Membership Meeting October 19, 2021, —10:00am. Columbus Gardens.*
- *6<sup>th</sup> Annual Breakfast with Colleagues, at Columbus Gardens, December 2, 2021*
- *Executive Board Meeting November 16, 2021—10:00am. @ St. Isaac Jogues Church Hall.*

# FYI...



## **It's That Time of Year Again!**

### **Baltimore County Department of Aging Flu and Pneumonia Shot Clinics 2021**

If you have any questions, please contact Karen Heinrich at [kheinrich@bcps.org](mailto:kheinrich@bcps.org) the the Office of Health Services at 443-809-6368

Baltimore County Department of Aging, in partnership with Pleasant Health Services, is pleased to announce flu shot clinics across Baltimore County. High dose (FLUAD), low dose (quadrivalent) and pneumonia (Pneumovax 23) vaccines will be available. You must show your **health insurance card and picture identification** to receive a shot. Below is the list of insurance and costs:

- Free to Medicare Part B participants
- Cost to all others: \$30 per flu shot (quadrivalent), \$62 per flu shot (FLUAD)
- \$125 per pneumonia (Pneumovax 23) vaccine
- Credit or check payable to Pleasant Health Services
- Other insurances accepted: Aetna, Anthem, Blue Cross Blue Shield, Care First, Cigna and United Health

Fees may apply depending on your health insurance coverage. Please check with your health insurance as to what is covered prior to attending any of the clinics. For your convenience, you can [pre-register online](#) for your flu shot. Membership forms will be available if you are interested in joining a Baltimore County [senior center](#). For more information about these clinics, please call 410-887-2040. Or visit the website below for a complete listing of Flu Shot Clinics...

<https://www.baltimorecountymd.gov/Agencies/aging/healtheducation/flushots.html>

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*Send in your registration for the Fall Luncheon Meeting today!*

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

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## Shingles Shots Are Covered!



Many members have been asking if the 2 dose Shingles shots are covered by insurance. The answer is “YES”. However, you need to know what to tell your pharmacist about billing.

- ✚ Your Cigna Medical Insurance **DOES** cover the full cost of the Shingles shots.
- ✚ Your Cigna HealthSpring Rx plan covers part of the cost of the Shingles shots, but you will be charged a copay.
- ✚ Medicare **DOES NOT** cover this Shingles shots.

So, the short answer to the question is, “Tell your pharmacist to bill your Cigna Medical Insurance.”



## A Great Time to shop!

Put big-ticket items on the list of things to buy in September. With the first cool winds of fall come sales on major consumer products. Retailers are looking to clear shelf space ahead of the holiday season and juice spending in the lull after kids return to school. Labor Day presents the best discounts on many items until Black Friday rolls around. Here are the best September deals!

### **Mattresses and Linens**

Labor Day sales kick off the action early in September. This is one of two times a year when mattress retailers offer deep discounts on piled-up inventory (the other prime time is around Memorial Day). Shoppers may also find some better-than-normal deals on bedding and bath supplies such as towels over Labor Day weekend and throughout the month.

### **Airfare**

September promises low prices on flights for the winter holidays. The best deals on plane tickets usually surface about eight weeks before the departure date. For Thanksgiving, that would mean the last week or two of September but start looking for cheap tickets and convenient times now if you plan to travel during that busy season. Be sure to factor in airline fees.

### **Bikes**

New-model bicycles are released every September, so this is a good month to find deals on older models. As with cars, retailers are looking to clear space for the new wheels and offer big discounts on current inventory.

### **Apple Products**

September is historically the month new Apple products are unveiled. This suggests older-generation models will see steep discounts. Be on the lookout if you're an Apple user in need of new iDevices.

### **Plants**

Summer plants, trees, and shrubs can be picked up for dirt-cheap prices this month, because garden centers are stocking up on fall and holiday plants. With cool temperatures on the way, September is the right moment to fill out landscaping with perennials. Summer flowers are at rock-bottom prices, as well, and there's still a little time to enjoy them.

### **Denim**

Jeans are so closely identified with back-to-school that, come September, denim goes on sale as stores seek to unload surplus inventory.

### **Coffee**

National Coffee Day is Sept. 29. Dunkin' Donuts, Caribou Coffee, the Coffee Bean & Tea Leaf, Einstein Bros. Bagels, Krispy Kreme, Peet's Coffee & Tea, Starbucks, and Tim Hortons have all offered a free cup o' joe in years past.

### **Appliances**

September is a good month to buy large appliances (washer, dryer, dishwasher, stove). New models for the upcoming year will be hitting showrooms soon, and retailers are eager to sell off older stock. These appliances are still new and perfectly functional, and trends don't come and go in this industry as quickly as they do in others.

(Source - "Cheapism" site: <https://blog.cheapism.com/best-things-to-buy-in-september-14319/>)



## 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/>

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## 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.





**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.

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## Annual Fall Luncheon Meeting

Tuesday, October 19, 2021, at Columbus Gardens

Program

Registration.....  
 .....9:30a.m.  
 Call to  
 Order.....1  
 0:00a.m.

*Recognition of guests*  
*Teacher of the Year: Brianna Ross*  
*Business Meeting*

Representatives from the Employee Benefits Office & Labor First have been invited.  
 Social Hour – cash bar  
 available.....11:30a.m.  
 Luncheon.....12:00 noon



LUNCHEON MENU

House Salad served with Ranch or Italian dressings  
Turkey Cutlet w/stuffing\*Baked ham  
Green Bean Amandine\* Bacon & cheese twice baked potato\* Hot Rolls and Butter  
Ice Cream Sundae Bar with Assorted Toppings  
Regular and Decaffeinated Coffee, Hot and Iced Tea with Lunch

**Cost: \$25.00**

**Deadline for Registrations: Monday, October 11, 2021 (No refunds after this date)**

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**Please remember to support our Community Services Project for the ACTC  
(Assistance Center of Towson Churches)**

**Food/Personal items needed**

Canned and nonperishable food items\* Personal hygiene items\* School Items

**If you prefer, a check may be written payable to the Assistance Center of Towson Churches**

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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 21236