



UPDATE

Baltimore County Retired School Personnel Association

Vol. 41, No. 2
December 2014

From the President

The winter holidays are almost here!

Where does the time go? As I look back on the first 5-1/2 months of my Presidency, I am proud to report that we as an association have made great strides. Our membership has increased by 22 new members, 90 guests attended a fantastic crab feast at Camp Running Bear, we



C. David Copenhaver

had a great turnout at our Fall Luncheon Meeting, we initiated the 1st of our President's Seminar Series, "Scam Stoppers," and sponsored another great trip to NYC for the Radio City Music Hall Christmas Show. In addition, we have over 50 members already registered for our 1st Annual Holiday Breakfast with Colleagues. What a great start! Thank you for all your support.

BCRSPA earned \$1,000 for the scholarship fund; donated a record number of bags of food, school supplies, hygiene products, and money for Towson Churches; collected boxes full of toys for Toys

for Tots; and were able to donate money to American Breast Cancer. We plan to continue our charity work with these organizations and hope to add a few new initiatives in the near future.

We also have more trips and activities planned for 2015. Look for information in this and future newsletters, on our website www.bcrspa.org, and monthly eNews communications from me called "Keeping You in the Loop."

Be sure to look carefully at these sections: Benefits and Prescription Updates, Informational Seminars, Volunteer Opportunities, Travel/Social *continued on page 2*

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MEMBERSHIP NEWS

Thank you!

Thank you to all of our members who have renewed your membership for 2014-15. Maintaining your membership supports our Legislative Committee as they work to protect our retirement benefits.

Increasing membership

If you are aware of a friend or colleague who is a recent retiree and is not a member of BCRSPA/MRSPA, please extend to him/her an invitation to join and acquaint them with some member benefits. More information and application packets may be obtained by calling our BCRSPA Answering Service at

410-847-9700, or an application may be downloaded from the BCRSPA website — www.BCRSPA.org.

Be the first to know!

With our new Administration may new activities have been planned and numerous others are still in the planning stages. Our newsletter only comes out 4 times a year; therefore, if you would like news updates between newsletters, we need your email address. Send your email address to Charlotte Price at Brightleaf@comcast.net. Our new President, David Copenhaver, is sending out an email,

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In Memoriam



Mignon Velie Richard DiStefano
 Joann Brodeur Mary Helmer
 Edna Jenkins Lynnallen Hughes
 Helen Scott

Member News...

continued from page 1

“Keeping You In The Loop,” at least once a month to keep our members informed. If you don’t have email, ask one of your colleagues who does to “Keep You In The Loop”.

New members

BCRSPA/MRSPA welcomes the following new members:

Nancy F. Eberhart	Cheryl McDowelle
Glenn R. Ferenschak	Marilyn S. Murray
Robert Harris	Ann J. Ritchey
Susan Daily Imbach	Cecelia Russo
Kimberly Keehner	Daniel Scroggs
Nancy L. Landers	Donna M. Vlachos
Patricia Martin	Donna M. Williamson
Claire McCraig	Jaqueline Zachary

We hope to meet you soon at one of our upcoming events.

*Respectfully Submitted
 Charlotte Price
 Member Accounting Chair*



President’s Message... *continued from page 1*

listings, Highlighting Our Members, and Joining a Committee.

The coming year promises to be a productive and fun time. As you make plans for 2015, don’t forget to include some, or all, of the trips/activities offered by your association. I am anxious to meet as many of our members as I can during my Presidency. So, join us when you can, and let me know how you think things are going. Email me at cdavidcopenhaver@gmail.com or call me at 410-515-0456.

*Best Regards,
 David*

BCRSPA Calendar

January 20, 2015.....Executive Board Meeting
St. Isaac Jogues, Cronin Center, Room 1
 February 17Executive Board Meeting
St. Isaac Jogues, Cronin Center, Room 1
 March 3.....Executive Board Meeting
St. Isaac Jogues, Cronin Center, Room 1
 March 17.....Executive Board Meeting
St. Isaac Jogues, Cronin Center, Room 1
 April 21Annual Spring Business Meeting
at Columbus Gardens
(Deadline for reservations is Friday, April 10)

UPDATE Deadline

DECEMBER ISSUE — January 15, 2015

Baltimore County Retired School Personnel Association, Inc.

P. O. Box 44016
 Nottingham MD 21236-9998

UPDATE

The Baltimore County Retired School Personnel Association news-letter will be published four times annually: September, December March and June.

Editor, Donna Copenhaver
dmcopenhaver@gmail.com

Publisher, John T. Case
 UPPER CASE Letters
 410-803-1970
jcaseasbo@comcast.net

Like nature and want to volunteer?

There are many opportunities to be a volunteer at the Willow Grove Farm at Cromwell Valley Park. The Farm offers nature education, an outdoor classroom, a nature discovery zone, and a children's garden. Visit <http://cromwellvalleypark.org/willow-GroveFarm.html> to learn more about the programs and how you can get involved. Cromwell Valley Park also is open to the public. They have hiking trails and numerous public events.



Volunteers Needed!

Do you like collating and preparing handouts for distribution? We are trying to compile a list of individuals that might be available from time to time to assist BCPS with this task. If you are interested, please email Donna Copenhaver at dmcopenhaver@gmail.com or call 410-515-0456.

Please Help!

Do you know where these members are?

Helen Diehl
Edward Brunbaugh
Keith Rembold
Bernadette A. Dew

If so, please call Mary Lou Brown at 410-252-4710 and give her an update.

Scholarship Memorials

August 2014

Shirley Dean by Clair & Charlotte Price
Shirley Dean by Robert Gifford
M. Elizabeth Corrin by Susan L. Tusa
Brian R. Migliarian by Joan Pickins

September 2014

Merreem Earl Kelly by Bob Dubel
Merreem Earl Kelly by Anthony Marchione
Merreem Earl Kelly by Perry L. Conley
Merreem Earl Kelly by Paul P. Plevyak
Kathleen Adoranto by Paul P. Plevyak
Ronald Koontz by Paul P. Plevyak
Maynard Keadle by Ben & Ruth Poscover
John Heck by Ben & Ruth Poscover
Bob Sprankle by Ben & Ruth Poscover
Chuck Woodfield by Ben & Ruth Poscover
Edmund Mitzell by Edward Schwiegerath
Walter Snyder by Paul P. Plevyak

October 2014

Lee Mitzel by Stan Smith



All Scholarship Donations should be sent to:
BCRSPA Scholarship Fund
C/O David W. Peters, Treasurer
P.O. Box 44016
Nottingham, MD 21236-9998

BCRSPA Memorial Scholarship Fund

Name _____

Street _____

City _____ State _____ Zip _____

Phone _____ Donation Amount \$ _____

Make check payable to: BCRSPA Memorial Scholarship Fund
(Non tax-deductible donation)

In Memory of _____ (please print)

In Honor of _____ (please print)

Mail to: Treasurer David Peters
PO Box 44016, Nottingham MD 21236-9998



**Maryland Retired School Personnel Association
Baltimore County Retired School Personnel Association Unit #04**



Application for Automatic Dues Deduction

Name: _____ Soc. Sec. #: _____ Birthdate: _____

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

Address _____ Telephone #: _____

City _____ State: _____ Zip+4: _____

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

BCRSPA Membership Chair	STATE DUES	\$35.00
P.O. Box 44016	LOCAL DUES	<u>15.00</u>
Nottingham, MD 21236-9998	TOTAL:	\$50.00

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: _____

Be an "early bird"..and send in your reservation for the Annual Spring Luncheon

Name: _____

Address: _____

City _____ State _____ Zip+4 _____

Name(s) 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,
4862 Brightleaf Ct,
Baltimore, MD 21237-4946**

April 21, 2015

\$23.00 Registration Fee.

**Get involved,
join a committee!**

Place a ✓ in front of the committee that interests you most.

- Scholarship
- Travel/Social
- Community Service
- Consumer Education
- Insurance/Health Care
- Member Accounting
- Member Recruitment
- Remembrance
- Archivist/Historian

Mail to:

Donna Copenhaver
C/O BCRSPA
P.O. Box 44016
Nottingham, MD 21236-9998



DC AT CHERRY BLOSSOM TIME 2015

Interest Survey

Have you ever been to D.C. when the cherry trees are in full bloom? It is truly a sight to behold!

BCRSPA is in the planning stages of such a trip. We will take a deluxe motor coach to D.C. then take a luncheon cruise on the Nina Dandy along the Potomac. We plan to spend some time at the Tidal Basin for a close up view of monuments and the beautiful cherry trees. Possible dates for the trip are April 1 or 8.

Trip cost of \$90 includes the bus, the luncheon cruise, and tip for the bus driver. We must fill the bus with 54 people. To express your interest, email C. David Copenhaver at cdcopenhaver@gmail.com or call him at 410-515-0456.

Change of Address

BCRSPA (*effective date*) _____

Name _____

Old Address _____

New Address (*include Apt # and ZIP+4 code*) _____

New Telephone (____) _____

Mail to: Mrs. Charlotte Price
PO Box 44016
Nottingham, MD 21236-9998

Emeritus Membership in BCRSPA

(*Age 90 as of June 30, 2014*)

Name _____

Address (*include Apt # and ZIP+4 code*) _____

Date of Birth (*month, day, year*) _____

Telephone (____) _____

Mail to: Mrs. Charlotte Price
PO Box 44016
Nottingham, MD 21236-9998

COMMUNITY SERVICE PROJECTS

FALL/SPRING LUNCHEONS:

BENEFIT: *Assistance Center of Towson Churches*

The ACTC offers an ecumenical program that provides help to poor and needy families locally.

Please bring any of the following items:

- Non perishable food items
- Personal hygiene products
- School supplies
- Monetary donation—Checks made out to:
Assistance Center of Towson Churches

BREAKFAST WITH COLLEAGUES:

BENEFIT: *Toys for Tots*

Toys for Tots is a program run by the United States Marine Corps Reserve that distributes toys to children whose parents cannot afford to buy them gifts for Christmas.

- Please bring a new unwrapped toy

BENEFIT: *American Breast Cancer Foundation.*

The ABC is a charitable organization focused on breast cancer prevention and is based in Baltimore, Maryland.

- Donation by check made out to American Breast Cancer Foundation

Executive Board Directory

July 2014–2016

C. David Copenhaver, President
Edna Harris-Kurre, Past President
Robert Kane, Recording Secretary
Linda Yaffe, Corresponding Secretary
David Peters, Treasurer
E. Stuart Tucker, Asst. Treasurer
Parker E. Koons, Director
Edward Veit, Director
Clair Price, Director
Jack Woodward, Director
Donna Copenhaver, Director
Donna Copenhaver, Acting Archivist
Jack Woodward, Budget
George Sparks, Jr., Bylaws
Kathy Dunkle, Community Service
Joan Pickens, Consumer Education

D & D Copenhaver, Interim Health Care
Parker E. Koons, Legislative
Charlotte Price, Member Accounting
Maryann Hughes, Member Recruitment
Vacant, Nominating
George Sparks, Jr., Parliamentarian
Edna Harris-Kurre, Program
Donna Copenhaver, Publication
Mary Lou Brown, Remembrance
Mary Ellen Zimmerman, Remembrance
Edith Kozlowski, Scholarship
Camille Marx, Scholarship
Madeline Lovera, Scholarship
D & D Copenhaver, Travel/Social
Weston Dean, BCASCO Representative
Jack Woodward, TABCO Liaison



Medicare BENEFITS

Health Education

If you have Medicare Part B (Medical Insurance) many preventative services are provided.

- Alcohol Misuse screening and counseling
- Bone Mass Measurements
- Breast Cancer Screening
- Colorectal Cancer Screening
- Depression Screening
- Diabetes Screening and Self-Management Training
- Glaucoma Tests
- HIV Screening
- Medical Nutrition Therapy
- Obesity Screening and Counseling
- Prostate Cancer Screening
- Sexually Transmitted Infections Screening and Counseling
- Shots (*flu, pneumococcal, Hepatitis B*)
- Tobacco Use Cessation Counseling

Contact Centers for Medicare & Medicaid Services at 7500 Security Boulevard, Baltimore, MD 21244-1850 (1-800-633-4227) to get your official government booklet entitled “Your Guide to Medicare’s Preventive Services.”

Your Medications and Food Interactions

You are diligent about taking your medications daily. But did you ever think that the food or drinks that you consume could be a dangerous combination with your meds? Here are 5 facts you need to know about food and drug interactions.

1. Beware of grapefruit and grapefruit juice. Grapefruit interacts with many medications that we take for high blood pressure, statins, and organ transplant meds. Grapefruit can make the drug more potent and raise the level of the drug in your bloodstream.

2. Dairy diminishes antibiotics’ infection fighting powers. Take certain antibiotics 1 hour before or 2 hours after you eat or drink anything with calcium.

3. Leafy greens cancel the effects of warfarin. The vitamin K in spinach, kale, and broccoli can lessen the effectiveness of your blood thinner. Don’t stop eating these valuable greens, just be consistent with the amount you eat.

4. Beer, red wine, and chocolate are dangerous to mix with some antidepressants. These delicious treats can cause an unsafe spike in blood pressure when mixed with MAO inhibitors. Processed meats, avocados, and some cheeses can also cause problems.

5. Think before you crush medications in applesauce. Crushing certain meds can dump too much of the drug into your system all at once, or change the way the drug works. Check with doctor or pharmacist for specific problems.

Recent Membership Events

On October 21, we held our Annual Fall Luncheon at the Columbus Gardens. The members were entertained by the Carver Center Dance Company and then heard from the 2014 BCPS Teacher of the Year, Ann Cross. Kelly Marks from Benefits shared some pertinent information. Then President C. David Copenhaver talked about some upcoming events. The meeting was followed by a delicious lunch that was topped off by make-your-own ice cream sundaes. The drive for the Assistance Center of Towson Churches brought in a record number of donation items and money.

Thank you to everyone who attended and made the luncheon a great success.



Fall Luncheon

BCRSPA held a crab feast at Camp Running Bear in the Monkton area. It was a great day! The weather was beautiful and the food was fabulous. Many people enjoyed strolling around the facility and taking in the natural setting. Others took a pleasant hike down to the Gunpowder. It was an outstanding social event. A good time was had by all. Thanks to all the people who came early or stayed late to help with set up and clean up. A special thanks goes to Al Henneman for lending us the use of the camp and for all the preparation and hard work he did to make this event so successful. Be sure to watch for the 2015 crab feast announcement in the *Update*.

First Annual Crab Feast



BCRSPA

P. O. Box 44016

Nottingham MD 21236-9998

Joan Jordan

“Adopted Grandmother” to a Family from Liberia

Joan, a former P.E. teacher, has an extensive career as a volunteer. Her experiences include: working in Maine for H.O.M.E. and on an Indian Reservation in the Dakotas, helping on Appalachia Service Projects in WV and TN, volunteering as a ranger at Fort McHenry, doing living history at Yosemite National Park, and working with Habitat for Humanity. Joan’s strongest commitment is to her church, where she sings in the choir and plays hand bells regularly, and to an African family who lived in an Ivory Coast refugee camp for 16 years. Her church, in conjunction with others, brought the family to the U.S. and Joan helped get them settled. She has befriended them since their arrival. The family, father, mother, and 5 children, became very close to Joan and with her permission began calling her “Grand Mom.”



“This relationship has been wonderful for all involved, although I would be remiss if I didn’t say that it can be time consuming and trying at times. I take my grandmother role very seriously. I have no other children or grandchildren. God has blessed me with a wonderful family all at once, that I never had before.”
