



UPDATE

Baltimore County Retired School Personnel Association

Vol. 44, No. 2

December 2017



From the President

Donna Copenhaver

Ready or not, we are entering the holiday season! As you go about dealing with preparations and celebrations, know that our Legislative Chair, Parker Koons, will be gearing up to monitor the Maryland General Assembly session that begins in January.

If you were not able to join us at the October 17 Fall Membership Luncheon Meeting, you missed a very successful day. Our student entertainment, Cockeysville Middle School Swing Dance Club, was electrifying. The Teacher of the Year, Rebecca Eig, was “a breath of fresh air”, and the new BCPS Superintendent, Verletta White, delivered a heartfelt message.

In the September issue of the UPDATE, we asked if people would be interested in attending a workshop designed to sharpen their skills with their smart phone. To date, we only have 8 people who have expressed an interest in this seminar. Therefore, I am sorry to say that we will not be able to offer this workshop at this time.

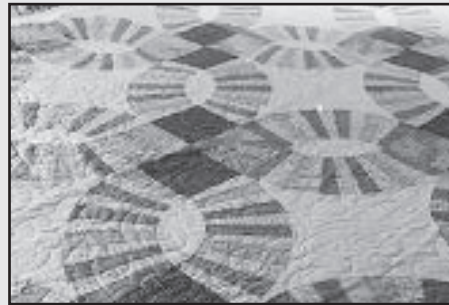
Trips and activities for 2018 are in the works. Be sure to watch for upcoming attractions.

BCRSPA/ Oak Crest Village Partnership

On October 17, Dan Plakatoris, Sales Manager for Oak Crest Village in Parkville, presented BCRSPA with a \$500 check on behalf of a new resident, Ms. Lisabeth Little. **Thank you, Dan and Oak Crest.**

Remember that BCRSPA has a partnership with Oak Crest Village! 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 so you continue to receive your newsletter.

Quilt for a Cause Raffle!



Have you ever wished you had a gorgeous handmade quilt, but realized it was too expensive to buy? Well now is your opportunity! BCRSPA is selling raffle tickets for a chance to win a King size throw quilt, handmade and donated by member Della Curtis. This beautiful quilt has been appraised at \$1,200, but you could take chance to win it for \$1.00 per ticket. The drawing will take place at the Annual Luncheon Meeting in April 2018 (*need not be present to win*).

To purchase your chance(s) to win the prize of a life time, contact Parker Koons at 410.828-5852 or eMail at koonspek@aol.com. Tickets will also be available at the Breakfast w/Colleagues on December 7, 2017. All proceeds will go directly to the Scholarship Fund.

Here's a way to support BCRSPA causes and possibly win a valuable quilt. **Good luck!**

BCRSPA Expands Scholarship Opportunity



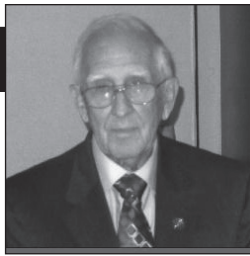
The Baltimore County Retired School Personnel Association is excited to announce their expanded scholarship opportunity for graduating seniors in the Baltimore County Public Schools. For the school year 2017-2018, the BCRSPA has added one additional scholarship for a total of six scholarships and has increased the amount of each scholarship to \$2,000. This amounts to an additional \$4,500 scholarship commitment to the students and families of BCPS. The organization also awards annually The Matthew Tress Memorial Scholarship, a legacy from a former BCPS employee.

According to President Donna Copenhaver, “Our organization feels a strong bond to the schools and students. As former teachers, administrators, and support personnel in the Baltimore County Public Schools, we believe in supporting the success of our students, teachers, and schools. Our annual scholarship program, a commitment for over 20 years, is just one of the ways we give back.”

In October, information about the scholarships will be sent to schools, Guidance departments, high school newspapers, and local PTA Presidents. For questions, contact the co-chair of the Scholarship Committee Edith Kozlowski at 443-793-6261 or visit our website at www.bcrspa.org and click on Scholarships to download an application

(Written by Sharon Norman, Director BCRSPA)

Rockin' Retirees



Parker Koons has been retired from BCPS for over 30 years. After serving as a teacher and administrator, Parker retired in 1986. Since then, he has been an avid traveler, bowler, and volunteer.

Parker is one of few who can boast that he has visited all 50 states of the U.S. He has traveled to Europe and enjoys a good cruise.

Between trips, Parker finds time to read, bowl on two leagues, and do an abundance of volunteer work. The Maryland Senior Citizens Hall of Fame is proud of the work Parker has done for the past 15 years. MRSPA and BCRSPA have been the recipients of Parker's leadership skills for more than 20 years, serving in various Board positions as well as President. In fact, Parker is your current BCRSPA President-Elect for 2018-2020. If that's not enough, Parker is very active in his church and the Alumni Board for Towson University.

Parker Koons is a long-time retiree who knows how to give back to his community as well as enjoy himself in his retirement.

Education Forums



Baltimore County Association of Senior Citizens Organization, Inc, a volunteer association of senior organizations, business organizations, and individuals, helps to provide a better quality of life for seniors and other people. See below upcoming education forums:

November 10, 2017

ESSENTIAL LEGAL DOCUMENTS:
Wills, Healthcare Directives, Powers of Attorneys and more

Speaker:

Michael Gordon, Esquire

January 12, 2018

TECHNOLOGY FOR THE HARD OF HEARING

Speaker:

Asia Johnson & Renate Buttrum

March 9, 2018

LONG TERM CARE REGULATIONS

Speaker:

Vanessa Leuthold

*Program Manager Long Term Care Unit-
Office of Health Care Quality*

March 9, 2018

OMBUDSMAN PROGRAM

Speaker:

Lynn McCamie

*Program Manager – Baltimore County
Department of Aging*

May 11, 2018

SENIOR LEGISLATIVE ROUNDUP

Speaker:

TBD

Educational Forums are held at the Towson United Methodist Church, Dulaney Valley Road & Hampton Lane Beltway Exit 27B.
10am – 12pm

Refreshments will be served.



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 22 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

Ellen Asher
Lisa Antunes
Donna Azman
Christina Bauman
Diane Brooks
Linda DePalo
Regina Butler
Donicia Escourse
Barbara Falkinburg
Lynn Federline
Monique Franklin

Sharon Hampton
Donna Hostetler
Victoria Kirmse
Nicole Leister
Susan Lorch
Donna Lund
Barbara McCrea
Ellen Murphy
Carolyn Panuska
David Pearce

Nancy Reed
Josephine Richardson
Sally Roberts
Wendy Rogers
Donna Rush
Gerald Russell
Bessie Sample
Susan Schmelz
Erika Schwarting
Nancy Smith

Ronald Stallings
Michele Stylc
Regina Tully
David Turybury
Ann Vogt
Estelle Wallace
Linda Williamson
Deborah Wilson-
Matusky
Judith Ytkin

Membership News

Thank You to all our members who have renewed their membership for 2017-18. 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.

BCRSPA/MRSPA welcomes the following new members:

*Fred Balmages • Barbara Falkinburg • Linda Henderson • Joy C. Kyne
Sara McIntyre • Barbara Milbourne*

Submitted by:

Member Accounting Chair, Donna Copenhaver

In Memoriam

Barbara U. Abramson	Florence Grace	Edwin Rinehart
Marlene K. Barrell	David G. Greenwood	Esther S. Rossello
Jeanne Bayer	Maria R. Heer	William M. Saterlie
Janet W. Beyers	James R. Hughes	Rolland E. Schultz
Thomas A. Borkowski	Hellana J. Johnson	Cheryl Skinner
Lionel Burgess Jr.	Doris Kagle	Ronna Stierstorfer
Donna Chalkey	Richard Kapfhammer	Anne E. Taylor
Mildred B. Christfield	Marshall P. Kaputsos	William F. Thibeault
Margaret Ward Colbert	Philip W. Kyne	Virginia C. Svec
David D. Fantasie	Harold Gil Levin	Helen M. Waesche
Nancy L. Freeberger	Joan E. Loss	Del F. Weimer
Comellius J. Feehley	Sharalyn Luciani	Joan C. Weimer
Gloria M. Gary	Daniel March	Rhoda H. Wyman
Gail Gelber	Ruth McCarthy	Frederick J. Yost



How to Report the Death of A BCRSPA Member

If you know a member who has passed away, please call Mary Ellen Zimmerman, BCRSPA Remembrance Committee Co-Chair (410.668-2563), Mary Lou Brown, BCRSPA Remembrance Committee Co-Chair (410.252-4710), or Barb Catron (410.551-1517) at MRSPA to let one of them know.

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

Scholarship Memorials

May 2018 - December 2018

In Memory of...

Dorothy Baker *by* Susan Tusa
 Max Bauman *by* Jim Pickett
 Helen Eder *by* Cynthia Hamlet
 Sam Herman *by* John Hmelnicky
 Dan March *by* William Beckwith
 Mildred Murray *by* Robert Coleman
 Anne E. Porter *by* Linda Yaffe
 James Shank *by* Margaret Hobbs
 Howard Shannon *by* Ed & Janine Kelly

In Honor of...

Carey Sentz *by* Jim Pickett

Notes from 2016 Scholarship Recipients

The following are paraphrased from the recipients' letters.

I am writing to share my progress in college after receiving the BCRSPA Scholarship. I am currently attending UMBC pursuing a biology major on a pre-med track. This fall I will be studying Organic Chemistry and Genetics. I am ready for this challenging year.

☞ Puneet Gill

I wanted to again sincerely thank BCRSPA for your scholarship as I attend the University of Pennsylvania School of Nursing. I have grown socially as well as intellectually, making the Dean's list both semesters. I also volunteer at the University of Maryland and St. Joseph Medical Center in the Mother/Baby Unit.

☞ Atalya Barosy

Thanks you for reaching out to inquire about my college progress. I continue to excel at Stevenson University, making the Dean's list both semesters. I also stay involved with Mission:I'm Home. During spring break, I went to Baton Rouge, LA to assist with rebuilding houses that were lost to flooding.

☞ Morgan Personette

Thank you for the WEBCO scholarship. I am currently an Elementary Education major at Towson University. My goal is to become an elementary school teacher. I have made the Dean's list. I promise that I will work very hard and eventually give back to others.

☞ Lindsey Armah

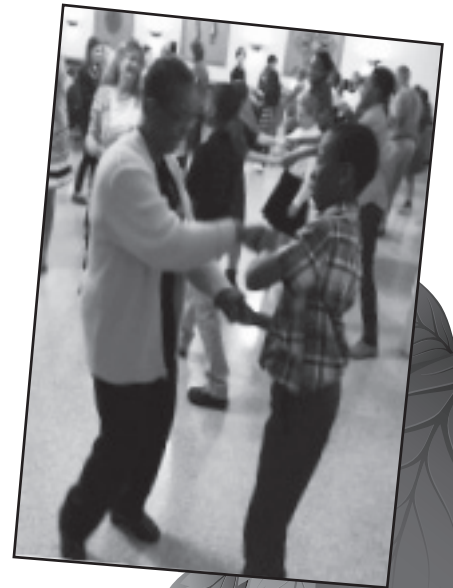
Visit...

<https://bcrspaevents.shutterfly.com>

(password is lower case bcrspa)

& www.bcrspa.org

Annual Fall Membership Luncheon



Cockeysville Middle School Swing Dance Club



Rebecca Eig, *Teacher of the Year*



Verletta White, *Superintendent*

Boomers Are Skipping Needed Vaccinations



Federal health officials have reported that two-thirds of 65-plus people have not had the shingles vaccine. This is of great concern because older Americans are often not getting needed immunizations and this presents a growing risk to the health care system. Other shots that have been missed by Boomers include:

- More than 4 in 10 haven't had a tetanus shot in 10 years;
- A third of older adults have not had the pneumococcal vaccine.
- One in three people ages 65 -74 skipped the flu shot last flu season.

Adults who skip immunizations drive up health care costs when they get sick in the amount of 4.8 billion a year according to estimates by researchers. The costs are so great because of the risk of complications to older adults that can be prevented by regular vaccinations, according the Center for Disease Control. It is recommended by medical experts and federal health officials that most people get vaccinations according to this schedule:

- Annual flu shot
- Tetanus booster every 10 years
- Pneumococcal and shingles vaccines should be kept current.

Discuss all these vaccinations with your health care providers.

(Source: AARP Bulletin/Real Possibilities - September 2017)

The Maryland Senior Citizens Hall of Fame 2017 Inductee

MSCHF and BCRSPA are pleased and proud to announce the induction of
C. David Copenhaver
on October 26, 2017.



Mr. Copenhaver, a resident of Harford County, is a retired BCPS teacher/administrator. David has volunteered for many organizations over the years, devoting countless hours to charitable causes. As a member of your BCRSPA Executive Board, David served as Social Committee Chair, as well as Past President, Program and Nominating Committee Chair and the Editor of the *UPDATE Newsletter*.

Congratulations David!

C.D.C. Panel Recommends a New Shingles Vaccine

WASHINGTON – In an unusually close vote, an advisory panel to the Centers for Disease Control and Prevention on Wednesday recommended the use of a new vaccine to prevent shingles over an older one that was considered less effective.

The decision was made just days after the Food and Drug Administration announced approval of the new vaccine, called Shingrix and manufactured by GlaxoSmithKline, for adults ages 50 and older. The panel's recommendation gives preference to the new vaccine over Merck's Zostavax, which has been the only shingles vaccine on the market for over a decade and was recommended for people ages 60 and older.

The Advisory Committee on Immunization Practices also recommended that adults who have received the older vaccine get the new one. Even with the committee vote, this recommendation still awaits formal endorsement by the head of the C.D.C., which usually takes a couple of months. Insurance companies must also agree to cover the cost of the vaccine, which GSK estimates to be \$280 for two doses.

Perhaps this is a good time to have a conversation with your doctor about this topic.

Legislative Alert – Elected School Board

Next year, the voters of Baltimore County will be electing members to the Baltimore County School Board.

Also, the governor will be appointing four new members to the board. This process has begun with the formation of the Baltimore County School Board Nominating Commission. The commission, consisting of 19 members, will select nominees to be recommended to the governor for consideration for possible appointment to the Baltimore County Board of Education. The governor may not appoint an individual who has filed a certificate of candidacy for election to the county board.

An individual filing a certificate of candidacy for election to the county board may not seek appointment to the county board by the governor.

This is a big change for Baltimore County and those chosen will help the children to reach their goals by leading our school system in a new way.

Five Ways to Keep Your Brain Healthy as You Age

Researchers have found that particular lifestyle activities appear to the risk of cognitive decline, as you age. Studies have shown that these healthy habits are equally as beneficial for your body, as they are for the mind.

1 Eat Well – A diet filled with fruits, vegetables, whole grains and nuts, while reducing red meat, fat and sugar may reduce the risk of dementia.

2 Keep Moving – Regularly scheduling cardiovascular activities such as brisk walking benefits the body by increasing the blood flow to the brain. Exercise also helps lower potential dementia risk factors such as high blood pressure, diabetes and high cholesterol.

3 Get a Good Night's Sleep – Memory and concentration can be affected when you do not get enough sleep or sleep poorly.

4 Learn Something New - Keep your mind active by learning new skills by doing mentally challenging activities such as playing games and procedural activities.

5 Stay Connected to Others – Remaining socially connected to family and friends may help delay the onset of dementia and decrease the risk of depression. Make it a priority to spend time with others.

Studies have shown that risk factors for heart disease, such as smoking, obesity, diabetes, high cholesterol and high blood pressure, can also increase the risk of cognitive decline. Try to maintain good overall health to keep your mind and body functioning at its best over time.

Maryland's Health Matters: University of Maryland St. Joseph Medical Center • Fall 2017

BILLS YOU CAN NEGOTIATE

The word “bills” used to be synonymous with “fixed expenses”. But there’s nothing fixed about many of the bills a typical household pays today. “Some of the biggest savings right now can be found in cell phone plans as a price war roils the industry,” said BillFixer founder Ben Kurland. In addition to cell phone plans, bill negotiators say the following services often have plenty of room for negotiation:

- Cable or satellite television
- Landline phones
- Internet
- Alarm systems
- Storage units
- Gym memberships

What all these bills have in common is competition. In most cases there’s another provider that you can hire. So just switching providers sometimes comes with an instant payoff, and then over the long term, you can save money, month after month. Knowing you have that kind of leverage can help you negotiate better deals. Here are the steps to getting lower bills:

1. Gather competitors’ offers.

These offers may be listed on the providers’ website, or you may have to call and ask what the best deals are for new customers.

2. Call your provider.

Let the telephone representative know, right away, that you’re thinking of switching to a competitor or canceling your service if you can’t get a better deal. That typically means you’ll be transferred to the customer retention department, which often has more leeway to adjust your bill.

3. Tell them what you know.

Ben Kurland said, “if you call up and say, ‘Hey, this is the offer from the other provider and this is the price they’re offering new customers. I know that your new customer pricing is even lower. Why don’t we strike a deal?’, then you’re talking their language,” Kurland said.

4. Don’t accept the first offer.

If “Can’t you do better than that?” doesn’t produce a deeper discount, tell them you’ll sleep on it. That may produce another price break, or you may get a different agent the next day who’s more eager to deal.

5. Get clear on expiration dates.

Any discounts you negotiate may expire in a few months. To help you keep getting the best deals, enter the expiration dates on your calendar with a reminder to restart negotiations before your bill jumps up again.

Reprinted and edited from the Baltimore Beacon, June 2017

Use Labels to Make An Educated Decision On Freshness

The longer food sits, the higher the chances of bacteria. Learning how to read the labels can help guide consumers in making a wise decision. According to the Food and Drug Administration, manufacturing labels typically take one of the following four forms.

1. “Sell By” - tells the retailer how long the product should be on display.

2. “Best If Used By” - means optimal quality and/or flavor may be decreased after that date.

3. “Use By” - means the product will be on the downside of peak quality after that date. In most cases, this is the label consumers should pay the most attention to when considering purchasing a product.

4. “Closed” or “Coded” dates - are packing numbers that can give you information about when foods were placed in the package.

Reprinted and edited from the Erickson Tribune” October 2015

Punicious Punography



Class trip to the Coca-Cola factory.

I hope there's no pop quiz.

Energizer Bunny arrested:

Charged with battery.

I didn't like my beard at first.

Then it grew on me.

What do you call a dinosaur with an
extensive vocabulary?

A thesaurus.

When you get a bladder infection,
urine trouble.

I wondered why the baseball was
getting bigger. Then it hit me!

Broken pencils are pointless.

Baltimore County Retired School Personnel Association, Inc.

P.O. Box 44016

Nottingham, MD 21236-9998

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

21 Health Reasons to Do Yoga



The practice of yoga can result in head-to-toe, full body benefits. Researchers have found the following overall health improvements associated with doing yoga.

- | | |
|---|--|
| 1. Improved Flexibility | 12. Decreased inflammation |
| 2. Increased balance | 13. Improved respiratory function |
| 3. Reduced weight gain | 14. Slower aging process |
| 4. Increased memory and focus | 15. Increased activity level |
| 5. Improved stress management | 16. Increased aerobic ability |
| 6. Decreased effects of depression | 17. Reduced incontinence |
| 7. Improved sleep | 18. Lowered workplace stress |
| 8. Reduced back pain | 19. Reduced neck tension/pain |
| 9. Reduced blood pressure | 20. Decreased blood glucose levels |
| 10. Increased body confidence | 21. Reduced stress during cancer
recovery |
| 11. Reduced frequency/intensity
of headaches | |

AARP The Magazine/Real Possibilities

By: Kelly DiNardo • April/May

Emeritus Membership in BCRSPA

(Age 90 as of June 30, 2018)

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

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



P.O. Box 44016
 Nottingham, Maryland
 21236-9998

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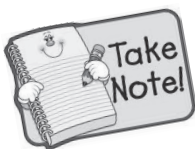
December 7	Breakfast with Colleagues <i>Columbus Gardens</i> <i>(Benefits Toys for Tots and Alzheimer's Association)</i>
December 30	Dutch Apple Dinner Theatre Trip to see White Christmas
January 16	Executive Board Meeting <i>(St. Isaac Jogues, Church Hall)</i>
March 20	Executive Board Meeting <i>(St. Isaac Jogues, Church Hall)</i>

UPDATE Deadline:

January 15, 2018

Phone Number Changes

BCRSPA has recently changed phone carriers. Our old system was antiquated and no longer functioning properly. As a result of this change, we now have 3 numbers available for your questions/concerns.



The numbers are:

President • 443-793-5867
Scholarship • 443-793-6261
Membership • 443-793-6260

..... **Be an "Early Bird"**
 ... and send in your reservation

for the Annual Spring Luncheon Meeting today!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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 • PO Box 44016 • Nottingham, MD 21236-999

April 17, 2018 • \$23 Registration Fee