



UPDATE

Baltimore County Retired School Personnel Association

Vol. 45, No. 2

December 2018



From the President

Parker Koons

We are in the midst of what I consider the best holiday season of the year. It is a time to reflect and remember family, friends, and special happenings of the past.

BCRSPA members may remember that we, as an organization, affect others by presenting numerous scholarships to high school seniors, helping selected schools with \$1,000 donations to their libraries, collecting food and school supplies for the Assistance Center of Towson Churches (ACTC), donating to Toys for Tots and the Alzheimer's Association or Cancer Society. In doing all this, we never lose sight of our retirees' needs. We work to protect the pension/retirement system and the Baltimore County Public Schools' health care benefits. We also continue to offer social activities and special trip opportunities.

With 2019 on the horizon, it will be time to make some resolutions that we hope we do not break. I for one will try to work harder to make this organization's name recognized more than just in the education field. To do this, I will need your help. If you know a retiree and he/she is not a member of BCRSPA, please ask them to join. If you are a member, we ask that you try to attend some of our social events and meet other retirees. Also, if you are a member, please consider joining us as a committee member or as an Executive Board member. Why not let this be one of your resolutions for 2019.

Parker

Oak Crest Presents Check to BCRSPA

Oak Crest Village donated \$3,000 to the BCRSPA Scholarship Fund on behalf of six new Oak Crest residents. Trina Gelfond, Carole Mentzer, Clair Price, Carolyn Mollenkopf, Regis Kegel, and Kathi Sergi recently decided to make Oak Crest their home. The money will be used to help a deserving young person with college tuition. Thank you, 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.

Orems Elementary School & Perry Hall Middle School Receive BCRSPA 2018 Library Donations



For the 3rd year, BCRSPA has chosen one elementary school and one middle school to receive \$1,000 each for their libraries. This year's recipients are Orems Elementary and Perry Hall Middle.



Each media specialist must spend the money on print materials to supplement their yearly book order. Checks were presented to the schools in November. Each will affix a BCRSPA bookplate into every book purchased with money from the donation.

We believe in our schools and teachers and in the power of reading to encourage academic success. As retirees from the Baltimore County School system, we are thrilled to help put more books in the hands of students.

Previous donations were given to Chesapeake Terrace Elementary and Stemmers Run Middle in 2016 and Timber Grove Elementary and Deer Park Middle/Magnet in 2017. We look forward to awarding more donations in the years to come.

Do You Know Where These Members Are?

James Cooke • Michael Drass • Hortense Hackett
Flora J. McMillan • Constance M. Rathell • Nolan Simon
Douglas Woodburn

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

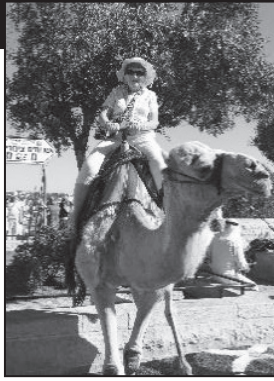
Rockin' Retirees

An elementary school teacher in Baltimore County for 29.5 years, my last 20 years were spent at Carney Elementary where I still volunteer. I am very active in my church, serving as president of a women's group and volunteering whenever and wherever I'm needed.

My favorite pass time is traveling. One of my most interesting trips was to the Holy Lands where I had the opportunity to ride a camel. I have also enjoyed river cruises in Russia from St. Petersburg to Moscow and through Germany. I started a family tradition with my grandchildren. After graduating from high school, I take them on a trip of their choice. So far I have gifted the following: a Mediterranean cruise, an Alaskan cruise and a trip to Scotland and Ireland.

Every other summer, I enjoy a family vacation to the Outer Banks. A particularly memorable experience was when I went parasailing with my granddaughter. On alternate summers, we enjoy a trip to another one of our favorite places, Disney World! I try to keep fit by walking 10,000 steps a day, water exercise, and by taking a Cardiac Fitness class. In addition, I enjoy playing Bridge and attending book club meetings.

I seem to have gotten bit of a reputation for being an "ice cream lover". I guess that's because I try to eat ice cream everywhere I go!!



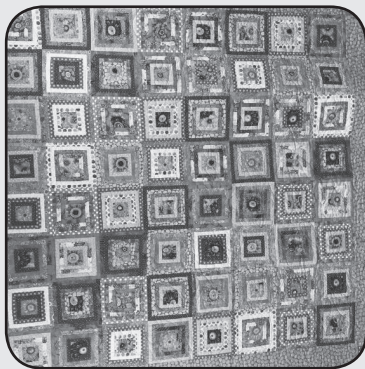
Nancy Gillotti



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 28 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!

Marcy Abelson	Alida Kalas
Lynn Bloom	Gail Kennedy
Philip Bressler	Donna McCann
Kiki Burgan	Diana Naylor
Heidi Cook	Kathleen Nichols
Jose Domenech	Shirley Owens
Colleen Duggan	Kimberly Pierce
Stacey Fields	Carolyn Pitts
Ellen Goren	Cynthia Ricko
Judith Heath	Linda Sather
George Hecker	Donna Simmons
Jacqueline Johnson	Joann Tucker
Deborah Jahnigen	Franklin Walker
Merry Jones	Barbara Watkins



2nd Annual Quilt for a Cause Raffle

If you attended the April 2018 luncheon meeting at Columbus Gardens, you saw that Dr. Bob Dubel won the 1st Quilt for a Cause Raffle. A beautiful king size throw that was crafted and donated by Della Curtis.

Well, Della has made another gorgeous quilt (featured here) and has generously donated it once again. This masterpiece was on display at the October 16th luncheon and we began selling chances at that time.

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 6, 2018 and at the Spring Luncheon on April 16, 2019. All proceeds will go directly to the Scholarship Fund.

**For only
\$1 per chance,
here's a way to support
BCRSPA causes
and possibly win a
valuable quilt.
Good luck!**



The Maryland Senior Citizens Hall of Fame 2018 Inductee

The Maryland Senior Citizens Hall of Fame and BCRSPA are pleased and proud to announce the induction of
Donna Copenhaver
on October 26, 2018.

Mrs. Copenhaver, a resident of Harford County, is a retired BCPS teacher/administrator. Donna has volunteered for many organizations over the years, devoting countless hours to charitable causes. As a member of your BCRSPA Executive Board, Donna has served as President as well as Vice President, Scholarship Committee Chair, Membership Chairperson, and Director.

Congratulations Donna!

Membership News

BCRSPA/MRSPA welcomes the following new members:

*Donna Foard • Trina Gelfond • Mary M. James • Derek Maki • Mary Ann Mathews • Carole S. Mentzer
Angelia Gray Nicholas • Sylvia B. Roth • Luanne Rusk • Marian Veits-Compton • Lynda Whitlock*

We hope to meet all of you at our Annual Breakfast with Colleagues at Columbus Gardens on December 6th or at any of our other activities.

Submitted by: *Donna Copenhaver, Membership Chairperson*



Scholarship Memorials

In Memory of...

Dick Barranger *by* Dr Robert Dubel

Dick Barringer *by* Jack Woodward

William Beckwith *by* Carl & Kathy Bochau

Mary Lou Brown *by* Donna & David Copenhaver

Mary Lou Brown *by* Jack & Mary Ellen Zimmerman

Mary Lou Brown *by* Clair Price

Mary Lou Brown *by* Linda Yaffe

Mary Lou Brown *by* William & Mary Frances Maczisz

Elizabeth Day *by* Alice DeShazo

Bob Eads *by* Jack Woodward

Pamela Grivens *by* Alice DeShazo

Morris Hoffman *by* Louise Emmert

Al Marsilio *by* Jack Woodward

Al Miller *by* Jack Woodward

Beatrice Payne *by* Alice DeShazo

William Pfeifer *by* Louise Emmert

Charlotte Price *by* Madeline Lovera

Clarence Rowell *by* Carol Rowell

Roland Viti *by* Betty Skruch

Helen Waesche *by* Anne DeCoursey

Louis M. Winkelman *by* Gail & Charles Waesche

Joseph Woodfolk *by* Alice DeShazo

In Memoriam

Etta M. Brower • Ester C. Harris

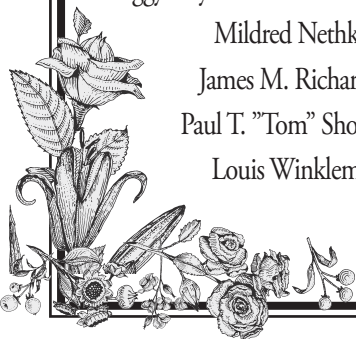
Peggy Royston • Carlton C. Command

Mildred Nethken

James M. Richardson

Paul T. "Tom" Shouldice

Louis Winkleman



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

Do you have a suggestion for a future trip or social event?

If so, drop a line to your Social Committee Chair, C. David Copenhaver.
He can be reached by email at

cdavidcopenhaver@gmail.com,

by mail at 419 Amy Drive, Abingdon, MD 21009, or by calling him at

410-515-0456.

We do good work for our charities and scholarships; let's have some fun as well.

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

BCRSPA Scholarship Opportunities

The Baltimore County Retired School Personnel Association is excited to announce their scholarship opportunities for graduating seniors in the Baltimore County Public Schools. For the 2018-2019 school year, BCRSPA will award a total of six \$2,000 scholarships. The organization will also award \$2,000 for the Matthew Tress Memorial Scholarship which goes to an individual planning to be an education major and \$2,000 for the Mildred Murray Memorial Scholarship to an individual planning a physical education related major. The last two scholarships are legacies from former BCPS employees.

According to President Parker Koons "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."

This month, information about the scholarships will be sent to schools, Guidance departments, high school newspapers, and local PTA Presidents. Visit our website at www.bcrspa.org and click on Scholarships to download an application. For questions call 443-793-5867.

Let's Read:

Books to Read & Share



Many of our members are avid readers. Whether you read historical fiction, nonfiction, how to...

romance novels, suspense or thriller books, there are bound to be others looking for suggestions for a great read.

So send your recommendations to Donna Copenhaver at dmcopenhaver@gmail.com or 419 Amy Drive, Abingdon, MD 21009.

Please include the following: book title, author, genre, very brief description of the book, and your name.

Thanks for your input. We will try to include a couple suggestions in each UPDATE.

Notes from Scholarship Recipients

Here are excerpts from notes sent by two former scholarship recipients:

I have just completed my freshman year at Shenandoah University in Virginia and will continue there in the fall. My undergraduate studies are in exercise science and biology. My graduate studies will be in physical therapy. I currently have a 3.64 GPA and have made the Dean's List both semesters. I have also been inducted into the Alpha Lambda Delta Honor Society.

I wanted to express my sincere gratitude and appreciation for the scholarship you awarded me.

✂ Hayle Kyte

I am a 2017 graduate of Eastern Technical High and have been enjoying my experience at the University of Maryland, Baltimore County. My major is political science. Having completed my first year, I am pleased with my performance so far and am looking forward to returning to UMBC in the fall. I plan to add a creative writing minor to my program.

Thank you again for the scholarship that you awarded me.

✂ Matthew Sodeman

Visit...

<https://bcrspaevents.shutterfly.com>
(password is lower case bcrspa)
& www.bcrspa.org

Join our BCRSPA Facebook page!

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: _____

Annual Fall Membership Luncheon

Patapsco High School's
"Great Expectations Show Choir"



2018 Teacher of the Year
Brendan Penn
for Lyons Mill
Elementary School



You're Never Too Old ... Keep Active as You Age



We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger, and improve your health.

Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease, osteoporosis, and depression.

Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 15% of those between the ages of 65 and 74 and 5% of people age 85 and older.

Experts recommend four types of exercise for older adults: endurance, balance, strength, and flexibility. Brisk walking, dancing, and other endurance exercises improve the health of your heart, lungs, and circulatory system.

To help you get started and keep moving, NIH brought together some of the nation's leading experts on aging, exercise, and motivation. They developed a guide to exercise for older adults. The guide serves as the basis for a national exercise and physical activity campaign for people ages 50 and older. It's called Go4Life.

Go4Life exercises are designed to be done safely at home without special equipment or clothing. The free book is available on line, go to <https://www.nia.nih.gov/health/exercise-physical-activity>. Other free materials, such as tip sheets, are also available. Workout to Go, at <https://go4life.nia.nih.gov/workout-to-go>

Brush Away Your Health Risks

The author states that poor dental health can have harmful effects throughout the body. Practicing good dental hygiene by brushing and flossing help prevent diabetes, cancer, heart disease, as well as keep your teeth and gums healthy for life. Listed below are some benefits of practicing good dental hygiene.



Sharper Brain: Research has indicated that severe periodontal disease has been linked to people with Alzheimer's disease. Also, another study found that stroke patients were found to have a higher level of a certain type of bacteria in their saliva, indicating a link between oral hygiene and the risk for stroke.

Clearer Lungs: In a recent study, hospital patients who practiced good oral care were found to have decreased instances of pneumonia related to the hospital stay.

Lower Risk of Cancer: According to a 2017 study, postmenopausal women with periodontal disease were found to be a higher risk for breast, esophageal, gallbladder, skin and lung cancers.

Healthier Kidneys: There has been an established link between atherosclerosis and periodontal disease. Atherosclerosis can be the root of many health problems such as chronic kidney disease.

(Source AARP Bulletin—October 2018 by Kimberly Rae Miller. Some changes were made.)

Stronger Heart: The National Institutes of Health has warned that unhealthy teeth and poor dental care can increase your risk of germs invading the bloodstream. Endocarditis is a serious infection or inflammation of the inner lining of the heart chambers and valves.

Lower Blood Sugar: Some studies have indicated that people with periodontal disease and diabetes may have a harder time controlling their blood glucose levels. Always inform your dentist of medical conditions such as diabetes.

Fatter Wallet: The average 20-year dental expense for a person 65 – plus is about 15,400. Practicing good dental care at home can reduce a good bit of the cost spent at the dentist's office. The author indicates that every time you brush and floss, you are adding to your retirement fund.

Feeling the Burn? Options for Acid Reflux

Ways to Reduce Reflux:

- Maintain a healthy weight. Even a bit of weight loss can help reduce reflux.
- Avoid your personal trigger foods. Some people have foods that make their reflux worse. These can include acidic foods, chocolate, or alcohol.
- Don't smoke. Smoking can cause more acid to enter the esophagus.
- Manage stress. Stress and anxiety can make reflux feel worse.
- Stay upright. Don't lie down for 2 or 3 hours after a meal.

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@barfordstyle.com

When to Give Up Driving



A time may come when you'll need to consider giving up your keys. Many chronic health conditions can compromise driving skills, from the obvious culprits like cataracts, arthritis, Alzheimer's disease and sleep apnea, to the less obvious ones (diabetes, for example, if your blood sugar levels suddenly dip.)

So how do you know if it's time? Here are five questions to ask yourself – or a loved one you are concerned about – to assess whether it's OK to stay behind the wheel.

1. Do you frequently have difficulty reading street signs and seeing street markings?
2. Does driving leave you feeling anxious and stressed?
3. Have friends or family members expressed concern regarding your driving, or said they don't feel safe with you behind the wheel?
4. Do you have difficulty with certain physical requirements of driving? For example, do you have trouble looking over your shoulder when changing lanes?
5. Are you currently taking medication that causes drowsiness or otherwise impedes your ability to drive?

Daily Aspirin May Not Benefit Healthy Older Adults



A new study found that, for healthy older adults, taking a low-dose aspirin each day didn't extend life or prevent a first heart attack or stroke.

Heart diseases and stroke are the leading causes of death and disability in older adults in the U.S. These are often caused by blood clots that form in the blood vessels to the heart or the brain.

For people who've had a heart attack or stroke, aspirin can help prevent a second one. Aspirin helps thin the blood to avoid further blood clots. A low dose of daily aspirin has also been shown to reduce the risk of a first heart attack or stroke for people who are at high risk for these conditions.

To see if aspirin could benefit healthy older adults, too,

researchers randomly assigned more than 19,000 healthy older adults to take aspirin or an inactive pill, or placebo. Most participants were 70 and older (65 and older for African-American and Hispanic individuals).

Both groups had similar rates of health problems and deaths. Aspirin didn't reduce the risk of heart attack, stroke, physical disability, or dementia. Those taking aspirin had an increased risk of bleeding, which was already a known risk of regular aspirin use.

"These initial findings will help to clarify the role of aspirin in disease prevention for older adults," says Dr. Evan Hadley, who oversees clinical aging research at NIH's National Institute on Aging. "But much more needs to be learned."

Talk to your health care provider about your health risks and whether daily aspirin use is right for you.

Weight Loss Helps Knee Arthritis



Recent research shows that people who are overweight can reduce their symptoms of knee arthritis by losing at least 20% of their weight.

Millions of older adults have stiff, painful knees caused by arthritis. Arthritis causes a breakdown of the cushion of tissue inside the knee joint. Without this cushion, bone can rub against bone. That may cause pain and swelling. Being overweight could make the symptoms worse.

Experts generally advise adults who are overweight or obese to lose at least 10% of their weight to reduce symptoms of knee arthritis. Recently, an NIH-funded research team wondered whether 20% weight loss would help reduce symptoms even more.

The researchers compared the people who lost 20% or more body weight with those who lost 5%. The people who lost 20% or more reported less pain. They could walk farther in a 6-minute test. In addition, blood tests revealed a much lower level of a substance related to pain and swelling.

"The importance of our study is that a weight loss of 20% or greater—double the previous standard—results in better clinical outcomes and is achievable without surgical or pharmacologic intervention," says lead researcher Stephen P. Messier at Wake Forest University.

Emeritus Membership in BCRSPA

(Age 90 as of June 30, 2019)

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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BCRSPA Calender:

December 6	Breakfast with Colleagues <i>Columbus Gardens (Benefits Toys for Tots and American Cancer Society)</i>
December 16	U.S. Navy Holiday Band Concert & Special Arlington Cemetery Tour
January 15	Executive Board Meeting <i>(St. Isaac Jogues, Church Hall)</i>
March 20	Executive Board Meeting <i>(St. Isaac Jogues, Church Hall)</i>
April 16	Annual Spring Luncheon <i>(Columbus Gardens)</i>

UPDATE Deadline:

January 15, 2019

Phone Number Change

BCRSPA has recently changed our phone system.
 We now have only one number,

443-793-5867

Please use this number for any questions or concerns you may have.
 Leave a message and your call will be returned.



... 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 16, 2019 • \$23 Registration Fee