



UPDATE

Baltimore County Retired School Personnel Association

Vol. 47, No. 2

December 2020



From the President

Donna Copenhaver

The holiday season is here! Thanksgiving was quite different without large family gatherings around a festive table. And, it looks like Christmas will be very different as well. As a grandparent who is far away from her 22-month-old granddaughter, I am hoping that things are calm enough that David and I can go to Texas for a visit, but that is still a bit "iffy". We may still need to FaceTime.

I hope that the BCPS Benefits book has reached you and that you are looking at the options available for those over 65 who are enrolled in Cigna insurance. You can contact the Benefits Office at 443-809-8943 with questions. Remember, you do not have to wait for an "open enrollment" time, you can change your plan whenever you want.

It was very unfortunate that we were not able to hold our annual Breakfast with Colleagues. However, BCRSPA did support the charities that usually benefit from donations at the breakfast. We sent a check to Toys for Tots for \$500, and \$250 to both the Alzheimer's Association and the Cancer Society. We knew you would want to keep our spirit of giving alive. We sincerely hope that we can hold this event next December.

It was necessary to elect a slate of officers for the upcoming term. The Executive Board accepted the slate that was presented by the Nominating Chair, C. David Copenhaver. Because of the extraordinary circumstances due to the virus, the nominees were elected by the Executive Board. You can find a complete

listing of new officers for 2021-2023 within this newsletter.

Even this pandemic cannot keep BCRSPA from offering scholarships to BCPS seniors. Notification has been made to each high school and has been placed on the special scholarship website available to all seniors. An article has also been sent to local Baltimore County newspapers. The application can be found on our website, bcrspa.org. Click on Scholarships.

It appears that a vaccine for Covid-19 may be right around the corner. We hope that things are under control and that we can hold the April Membership Meeting and Luncheon. If we can meet, the registration form will be included in the March newsletter.

Please stay safe and enjoy the holidays!

Sincerely,
Donna

Oak Crest Presents Check to BCRSPA

Oak Crest Village donated \$1,000 to the BCRSPA Scholarship Fund on behalf of two new Oak Crest residents. Carol Rowell and Mr. and Mrs. Dave Helm 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.

Membership News

With the school system doing most business virtually, membership recruitment is a challenge. Using the retirement lists posted by the Board of Education, emailing all retiring BCPS employees before they lose their BCPS email is the first contact by our organization. We have requested that the Human Resources Office for Retirement email the retirees as well information on our organization.

Since September we would like to welcome the following new members to BCRSPA/MRSPA:

*Judith Slowik Heath • Mary Jo D. Horn • Wayne G. Hopkins • Donna Gallison • Tina Kidd
Timothy Kjer • Mary K. Lindsey • Susan Hecht Maggio • Frances X McGrath
Marie I. Ponzillo • Tonja L Ringgold • Marcia G. Sachs • John P. Stark • Regina D. Smith • Sharon L. Ward*

Maintaining your membership is important not only to you, but to future retirees. BCRSPA/MRSPA membership supports our Legislative Committee as they work to protect our retirement benefits. Word of mouth is the best way to recruit new members!" If you know someone who is retiring or has retired but is not a member, reach out to them and refer them to our membership chairperson.

Dale Rauenzahn • Membership Chairperson
bcrspa.membership@gmail.com • 442-793-5867

DO THE 5

1. HANDS

Wash them often

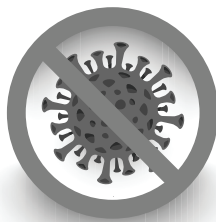
2. ELBOW

Cough into it

3. FACE Don't touch it

4. SPACE Keep safe distance

5. HOME Stay if you can



Visit...

<https://bcrspaevents.shutterfly.com>

(password is lower case bcspa)

& www.bcrspa.org

or call 443-793-5867

Join our BCRSPA
Facebook page!



Interesting Names

The space between your nostrils is called
columella nasi.

Illegible handwriting is called
griffonage.

The utterly sick feeling you get after eating or drinking too much is called
crapulence.

The tiny plastic table placed in the middle of a pizza box is called a
box tent.

The sheen or light that you see when you close your eyes and press your hands on them is called
phosphenes.

Rockin' Retirees

George Sparks, Jr.

After graduating in 1952 from Glen Burnie High as a vocational student, I worked full-time at the A & P in Glen Burnie. In February of 1953, I joined the Air Force for four years. After basic and tech training, I was stationed in Japan for two years. I spent the rest of my service time in North and South Carolina. When I was discharged, I went back to the A & P in Glen Burnie. During the summer of 1957, I met a soft drink delivery person named Bill Maczis. We discussed using the GI Bill to go to college. He suggested that I consider going to Towson State Teachers College.



In February of 1958, I decided to follow up on Bill's suggestion. I enrolled at Towson State Teachers College (now Towson University). What a crazy thing to do for a guy who took Vocational in high school. I later, in 1969, got my Master's Degree at Towson. Towson did an exceptional job of preparing me to be successful in my profession and gave me the opportunity to meet Carole, my wife. We had our fifty-eighth anniversary in June, 2020. We have two daughters and five grandchildren (three in New Hampshire and two in Virginia).

I worked in the Baltimore County School system for 30.5 years as a 5/6 grade teacher (7.5 yrs), elementary assistant principal (7 yrs), and elementary principal (16 yrs). I was assigned to Harford Hills Elementary which didn't open until September of 1962. The County put me at Elmwood Elementary from February until June of that year with a fifth/sixth grade combination. What a way to start out! After seven years at Harford Hills, I was assigned to Winand Elementary as an assistant principal under Irene Scally. She retired seven years later and I was assigned as principal. After eight years, I was moved to Elmwood Elementary as principal. Wow, full circle; started and finished at Elmwood. I retired from Elmwood in 1992.

Prior to retiring, I got a paralegal AA Degree from Villa Julie College. After I retired, I finished my paralegal internship in the fall, and then got a paralegal job working with a Towson attorney who was blind. I worked with him for nine years, retiring from that job in 2001. Since then, I have been totally retired! My work then became going to Bally's (now LA Fitness) in Towson three days a week to do my two hour exercise routine. I still serve as parliamentarian for MAESP (Maryland principals), and the Baltimore County and Maryland Retired Teachers' Organizations. I also served for more than twenty years for NAESP (National Principals). I am active with the Maryland Association of Parliamentarians and my local unit.

During my retired years I have been visiting grandchildren, doing the genealogy of my family, gardening, fishing and crabbing in my 17 foot Bayliner, bowling, working on the computer, playing poker, doing jigsaw puzzles, reading, and watching my 72" TV. At 86, I still do all of my yard work such as trimming shrubs and cutting my own grass. I don't know how I could fit a job into my schedule. Retirement is great!

Since covid, I had to put a stop to a number of my activities. I walk a few miles two to three times a week, rather than go to the gym. No poker or bowling. Carole and I still visit the grandchildren in NH two to three times a year and more frequently in VA. I look forward to a solution to the covid problem, so we can all get back to our more active lives!



Scholarship Memorials

In Memory of...

Mildred Wilson *by* Melba Williams

Milly Wilson *by* Nancy Hooper

Milly Wilson *by* Pamela Plummer

Elizabeth Wilson *by* Geraldine Watson

Elizabeth Stevenson *by* Geraldine Watson

In Memoriam

Angela Bands
 Mary D. Brown
 Alice P. Carter
 Shirley V. Conner
 Gertha J. Davis
 Mildred Drier,
 Josephine Flournoy
 Elma R. Fromm
 Elinor G. Halligan
 Peggy R. Kennedy
 Mary L. Maley
 Rickie Martinez
 Joan McNaughton
 Louise E. Miller
 Gloria L. Morken
 EnI. Morome
 Carolyn C. Mowlds
 Alice K. Ottavi
 Carroll E. Parker
 Barbara J. Phillips
 Mary E. Quinn
 Robert J. Rigger
 Angela Thomas
 Michael Earl Spruill
 Betty F. Weitz
 Mildred L. Wilson
 Douglas Woodburn
 William Mezoff

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

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@barfordstyle.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 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!

- | | |
|---------------------|---------------------|
| Jane Black | Christine Glass |
| Laura Braly | Mary Frances Graef |
| Wendy Cardwell | Karla Jackson |
| Catherine Clarke | Julia Olmedo |
| Carole Davis | Kelly Romeo |
| Dawn Dawson | Charmane Salkauskas |
| Genevieve Fitzwater | Joan Slaughter |
| Jeanette Friend | Constance Thorn |

Slate of Officers • 2021-2023

The following slate of Officers is presented to the Executive Board for approval

Nominating Committee's proposed Slate of Officers

- President-elect..... *Margaret Kidder*
 Treasurer *E. Stuart Tucker*
- Recording Secretary *Barbara Barzyk*
 Corresponding Secretary..... *Patti Butler*
 Director..... *Patsy Holmes*
 Director..... *Carol Rowell*
 Director..... *BJ Rounsaville*
 Director..... *Parker Koons*

Respectfully Submitted: C. David Copenhaver, Nominating Chairman

Do You Know Where These Members Are?

WE NEED YOUR HELP

Adele Friedman • Rita Christ
 Clement F. Leone

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

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: _____

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

Maintain Your Muscle Strength Training at Any Age

You've likely heard that exercise can help you live a longer, healthier life. When you hear the word 'exercise,' you might think of going for a run or hopping on a bicycle. Or maybe playing soccer with your kids or basketball with your friends after work. But these activities don't include all the types of movements that are important for your health.

The examples above are endurance exercise. Also called cardiovascular exercise, activities like these increase your breathing and heart rate. They can keep your heart and lungs in good shape and help prevent many chronic diseases. But exercises to maintain flexibility, balance, and strength are also important.

Stretching gives you more freedom of movement and makes daily activities more comfortable. Balance practice helps prevent falls, which become a concern as you get older.

Strength training, also called resistance training or weight training, is particularly important. It brings many benefits. First, it makes your muscles stronger. That can help you keep up the activities you enjoy—at any stage of your life.

Source: News in Health, August 2020. Some changes were made.



The Benefits of Slumber

Why You Need a Good Night's Sleep

Sleep affects both mental and physical health. It's vital to your well-being. Of course, sleep helps you feel rested each day. But while you're sleeping, your brain and body don't just shut down. Internal organs and processes are hard at work throughout the night.

But sleep is not just essential for the brain. Sleep affects almost every tissue in our bodies. It affects growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health. It increases the risk for obesity, heart disease and infections.

Good sleep is critical to your health. To make each day a safe, productive one, take steps to make sure you regularly get a good night's sleep.

Source: News in Health, August 2020. Some changes were made.

Wise Choices Getting Quality Sleep

Go to bed the same time each night and get up the same time each morning.

Sleep in a dark, quiet, comfortable environment.

Exercise daily (but not right before bedtime).

Limit the use of electronics before bed.

Relax before bedtime. A warm bath or reading might help.

Avoid alcohol and stimulants such as caffeine late in the day.

Avoid nicotine.

Consult a health care professional if you have ongoing sleep problems.

Source: News in Health, August 2020. Some changes were made.



P.O. Box 44016
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BCRSPA Calendar:

December 3, 2020 - 9:30	Breakfast with Colleagues @ Columbus Gardens. <i>(Cancelled)</i>
January 19, 2021	Executive Board Meeting @ St. Isaac Jogues Church Hall <i>(To be determined)</i>
March 16, 2021	Executive Board Meeting @ St. Isaac Jogues Church Hall <i>(To be determined)</i>
April 20, 2021	Annual Spring Business Meeting @ Columbus Gardens. <i>(To be determined)</i>

UPDATE Deadline:

March Issue • January 15, 2021

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