



UPDATE

Baltimore County Retired School Personnel Association

Vol. 47, No. 4

June 2021



From the President

Donna Copenhaver

As I finish my first year as your President, I can honestly say that this has been a remarkable and unusual year. Because of the pandemic, the usual BCRSPA activities have been completely cancelled. We have not been able to hold our membership luncheon meetings, our Breakfast with Colleagues, the Library Donation Project, or any wonderful trips. And, our newsletters were very late arriving due to the mail backup. However, our Executive Board managed to handle business by way of email and telephone.

Our organization was also affected in another major way, recruitment. Many BCPS personnel decided to retire during the past year, but we were unable to actively recruit new members to join BCRSPA. Our membership is down by 6.4% as of the end of March. Please look at the list of retirees published in our UPDATE issues. If you recognize anyone, please try to get them to join.

David and I are still looking for someone who would be willing to take over as the editor of the UPDATE publication. We are willing to assist the individual to learn how we put this document together and distribute it to the membership. All you really need is word processing and organizational skills. The Publisher does the complete setup of the editor's work, then the printer and mailer do the rest. This only happens 4 times per calendar year. I know we have many capable retirees who can handle this. Won't you please consider helping the organization?

We do have some good news to report. We were able to award 6 BCRSPA scholarships and the Matthew Tress Memorial Scholarship this year. Each recipient will receive \$2,000 toward their first year of college. Unfortunately, the Mildred Murray Memorial Scholarship was not awarded this year. There were no applications that met the requirements. The winners are listed elsewhere in this newsletter.

Here's hoping that we can resume our activities soon. We miss seeing all of you!

Sincerely, *Donna*

New Officers Elected for 2021-2023

The following Officers were elected to the Executive Board:

President-elect.....	<i>Margaret Kidder</i>
Treasurer	<i>E. Stuart Tucker</i>
Recording Secretary	<i>Barbara Barzyk</i>
Corresponding Secretary	<i>Patti Butler</i>
Director	<i>Patsy Holmes</i>
Director	<i>Carrol Rowell</i>
Director	<i>BJ Rounsaville</i>
Director	<i>Parker Koons</i>

Membership News

A fact of the BCRSPA is that more members are not renewing and are deceased than the number of new members joining. Membership recruitment is a challenge but this spring we have over 105 retirees so far that are potential members. We are emailing all retiring BCPS employees before they lose their BCPS email as the first contact by our organization using the retirement lists posted by the Board of Education. The Human Resources Office for Retirement emails the retirees as well information on our organization. Most retirees join after July 1, which is the primary retirement date.

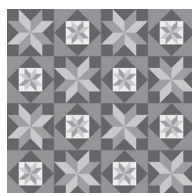
We would like to welcome the following new members to BCRSPA/MRSPA
William Barry Evans & Colletha Massey

If you would like to see if a friend is retiring; use this link to Board Docs <https://go.boarddocs.com/mabel/bcps/Board.nsf/Public>. Once you are on this page you can click on "Meetings" at the top and look at agendas for any of the past board meetings. On the agendas you will see an item that is "Retirements" click on this. It will open an icon and click on it and you can see the listing.

If you know someone who is retiring or is retired but 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

Hold Your Tickets...



We still have last year's Quilt for a Cause to be raffled! Since COVID forced us to cancel the last several luncheons, we have not held the raffle, but we still have the quilt. So, keep your tickets!!! The raffle will take place at the next membership gathering that BCRSPA is able to hold. Let's hope that is in October 2021.

Rockin' Retirees

Margaret Kidder

Schools have always been one of my favorite places to be. Growing up in Sparta, New Jersey, I loved going to school, playing school, and especially helping my Uncle Donald and Aunt Ann who taught children with significant special education needs. After graduating from Sparta High School in 1971, I attended Mount Holyoke College in Massachusetts, and transferred to the Johns Hopkins University where I graduated with a B.A. and M.A. in 1975. In 1975, I entered the Clinical-Community Psychology program at the University of Maryland, College Park, and completed a Ph.D. in 1982.

In August, 1981, I was hired as a School Psychologist in BCPS, and provided consultation, assessment, and intervention services in elementary, middle, and high schools. In March, 2001, I was appointed the Coordinator of Psychological Services, and worked with school psychologists and other educators on the development of psychological services to address students' learning, behavioral, and mental health needs. I felt fortunate to be working in the area of Student Services with Dale Rauenzahn, BCRSPA Membership Chairperson, and Patsy Holmes, BCRSPA Director, and remain grateful for their support in the development



of positive behavior supports and student support teams during these years.

Retirement since January, 2018, has been a wonderful experience to date. I have especially enjoyed spending more time with my husband of almost 40 years, Key, and our sons and daughter in law, Scott, Grady, and Arianna. We have enjoyed visiting our favorite beach in Avalon, New Jersey, making annual visits to Key West, and traveling elsewhere for family events. In the meantime, I have been learning to play bridge, attending water and Zumba classes at our local gym, and participating in educational and service activities at a local women's club. Having the time to reflect on what has come before and engage in new experiences are highlights of retirement for me.

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: _____



Scholarship Memorials

In Memory of..

Dr. Ben Ebersole *by* Elaine Bousquet

Dr. Edna May Merson *by* Elaine Bousquet

Shirley Roth Brooks Powell *by* Bill & Fran Maczis

John Bailey *by* Robert Coleman

In Honor of..

Clair Price *by* Don and Beck McIntyre

In Memoriam

Jean H. Mattheiss • Joseph E. Westerfield

Fred W. Nickerson • Louise H. Hole

Jane Marie Brown • Doris Dolye

Louise C. Emmert • Rose Himlin

Esther L. Hall • Joann Murphy

Regis H. Rheb • Shirley Powell

Irene J. Saunders • Evelyn W. Sauerwalt

Peggy Patterson • Robert L. Norris

Grace P. Nardone • Mary L. Ferreri

Elizabeth James

Laura Ellen M. Kestle

Suzanne C. Lewis • Doris C. Lotz

Shirley C. Schultz

Shirley B. Snyder

Robert Coleman



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@harfordstyle.com

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



BCPS Benefits Office

443-809-8943

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

2021 Scholarship Awards \$14,000

BCRSPA Memorial Scholarships *Awarded \$2,000 each*

Recipient	High School	Career Goal
Wang, Cynthia.....	Dulaney	Medical Professional
Chen, Allen	Dulaney	Engineer
Parker, Julia.....	Dulaney	Veterinarian
Schultz, Jordan	Sparrows Point	Medical Field
Roy, Carmen.....	Dulaney	Social Worker
Childuza, Mufaro	Western.....	Radiologist

Matthew Tress Memorial Scholarship *Awarded \$2,000*

Kindra, Tamanna Western..... Teacher

Mildred Murray Memorial Scholarship *Awarded \$0*

No one qualified n/a..... n/a

Special thanks to those on the selection committee:

Patsy Holmes, Joyce Cummings, Clarice DeShazo, Parker Koons,
Donna Copenhaver & David Copenhaver

Respectfully submitted,
Patsy Holmes

The Passing of DR. EDNA MAY MERSON

During Edna May's 41 year career as a teacher and an administrator, she exhibited an internal drive for excellence. This drive allowed her to hold leadership positions in local, state national and international professional organizations including: the Baltimore County Association of School Administrators, the Maryland Department of School Principals, the Retired Teachers of Baltimore County (now B.C.R.S.P.A.), the Maryland Retired Teachers Association (now M.R.S.P.A.), the Executive Board of the National Parent and Teachers Association and the National Governor's Conference.

Dr. Merson was responsible for the copywriting of the ReTABCO logo, helping to establish the current MRSPA Office in Odenton and the hiring of the first two executive directors. She became their friend and often called the office to find out how they were managing in the position.

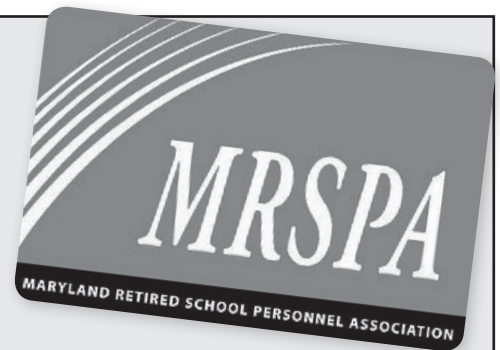
One last memory that everyone that knew Edna May will never forget was her love for and dependence upon her antique car, "Penny", a 1983 Buick convertible.

On March 16, 2021, Baltimore County and B.C.R.S.P.A. lost a brilliant leader, an avid supporter, and a friend with the passing of Dr. Edna May Merson.

Written by Parker E. Koons

New Member Recruitment Incentive Continues:

MRSPA is continuing the \$10 gift card incentive to ANY member who recruits a NEW member who signs up for DUES DEDUCTION.



Simply WRITE YOUR NAME on the application as the recruiter before sending it to MRSPA. MRSPA will send you a gift card! You can recruit as many NEW DUES DEDUCTION members as you like! Just remember to put your name on each application. The NEW member who signs up for DUES DEDUCTION will also receive the ONE-TIME \$10 reduction in state dues, so their state dues will be \$35 for 2021-2022. Local dues are additional.

We are calling on ALL members to assist us in this recruitment effort!

BCRSPA Approved Budget for 2021-2022

EXPENSES BY CATEGORY

COMMITTEES

Accommodations	0
Archives	175
BCASCO	150
Bylaws	30
Community Service.....	50
Consumer Education	25
Finance	50
Legislation.....	100
Membership	1,150
Program	750
Publicity	200
Remembrance	1,800
Retiree Benefits	25
Scholarship	400
Social	1,200
Technology.....	250

OFFICERS

President	600
President Elect.....	400
Vice-President	100
Secretary (Corres.).....	50
Secretary (Rec.).....	100
Treasurer	400

OPERATIONS

Annual Project	5,500
Audit.....	50
Conferences.....	450
Contingency Fund	1,200
Liability Insurance.....	400
Luncheons.....	4,000
Mailing	3,000
Office (Phones, Website)	550
Publications.....	4,600
Scholarship.....	0

TOTAL EXPENDITURES. \$27,755

INCOME

Interest.....	200
Luncheons.....	4,000
Membership.....	19,605
Transfer from Reserve.....	3,950

TOTAL INCOME \$27,755



**You are our
most valuable
resource!**

You can help bring more retirees into the fold of BCRSPA! Listed below are the latest 71 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!

Barbara Conn	Diane Frijia	Jennie Tarantola	Mary RogeJonah
Barbara Over	Donna Gastrich	Jill Bender	Michaelen LeHew
Barbara Shue	Donna Swiggett	Joanne Chapline	Michele Ihle
Bessie Antonopoulos	Elizabeth Reighart	Juanita Edmond	Nancy Clark
Caryl Connor	Elizabeth Soule	Judy Goldberg	Nancy Jarvis
Catherine Junkin	Etta Russell-Scott	Judy Martini	Nancy Tag
Cheryl Johnson	James Yoos	Karen Danmyer	Naomi Amsterdam
Christine McSwain	Jane Dulin	Karen Jenkins	Peggy Wimberly
Clara Holt	Jane Lichter	Karen Knauer	Peggy Zink
Deborah Porter	Janet Hourihan	Karen Mullins	Phillip Lauman
Desiree Prioleau	Jeanette Curry	Karen Pavelka	Rebecca Colt-Ferguson
		Kathy Greisman	Robert Catonzaro
		Kelly Bennett	Robert Russell
		Kenneth Miller	Roberta Schulman
		Kimberly Ebaugh	Sally Foreman
		Lauren Magnuson	Shalini Morgan
		Laurie Wright	Sharon Hargest
		Lea Dissen	Susan Hershfeld
		Leslie Neal	Suzanne Schussler
		Linda DeWit	Terese Trebilcock
		Linda Miller	Terri Novotny
		Linda Salihi	Viola Moon
		Lisa Allen	Walter Carter
		Lynn Murphy	Wanda Debrewer
		Lynn Neith	

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.

Visit...

<https://bcrspaevents.shutterfly.com>

(password is lower case bcrspa)

& www.bcrspa.org

or call 443-793-5867

Join our BCRSPA Facebook page!



Guarding Against Glaucoma



Glaucoma is a group of eye diseases that can lead to vision loss and blindness. It's usually caused by abnormally high pressure inside the eye. This can damage a nerve in the back of your eye called the optic nerve.

Glaucoma may not cause any early symptoms. Many people don't know they have it. That's why it's important to have regular eye exams. There, your eye doctor will check for signs of glaucoma. Over time, people with glaucoma may slowly lose their vision. It may be especially hard to see things off to the side, in what's called your peripheral vision. Glaucoma can eventually lead to blindness if it's not treated.

There's no cure for glaucoma. But starting treatment early can prevent vision loss. Medicines and laser treatment can help lower the pressure in your eye. If these options don't work, your doctor may suggest surgery.

Anyone can get glaucoma. But if you're over the age of 60 or have a family history of glaucoma, you're at higher risk. Risk starts earlier if you're Black or Latino.

Glaucoma is a serious disease, but treatment works well. Talk to your health care provider if you have any concerns about your vision.

*Source: News in Health April 2021
(some changes were made)*

BCRSPA Calendar:

June 15, 2021	Executive Board Meeting @ St. Isaac Jogues Church Hall
September 21, 2021	Executive Board Meeting @ St. Isaac Jogues Church Hall
October 19, 2021	Annual Fall Luncheon @ Columbus Gardens
December 2, 2021	Breakfast with Colleagues @ Columbus Gardens

UPDATE Deadline:

September Issue • July 15, 2021

Getting a Better Night's Sleep



Stick to a sleep schedule
Go to bed and wake up at the same time every day, even on the weekends.

Get some exercise every day. But not close to bedtime.

Go outside. Try to get natural sunlight for at least 30 minutes every day.

Avoid nicotine and caffeine. Both are stimulants that keep you awake. Caffeine can take 6–8 hours to wear off completely.

Don't take naps after mid-afternoon. And keep them short.

Avoid alcohol and large meals before bedtime. Both can prevent deep, restorative sleep.

Limit electronics before bed. Try reading a book, listening to soothing music, or another relaxing activity instead.

Create a good sleeping environment. Keep the temperature cool if possible. Get rid of sound and light distractions. Make it dark. Silence your cell phone.

Don't lie in bed awake. If you can't fall asleep after 20 minutes, get up and do a relaxing activity until you feel sleepy again.

See your health care provider if nothing you try helps. They can determine if you need further testing. They can also help you learn new ways to manage stress.

Source: News in Health April 2021

Blood Clots Explained

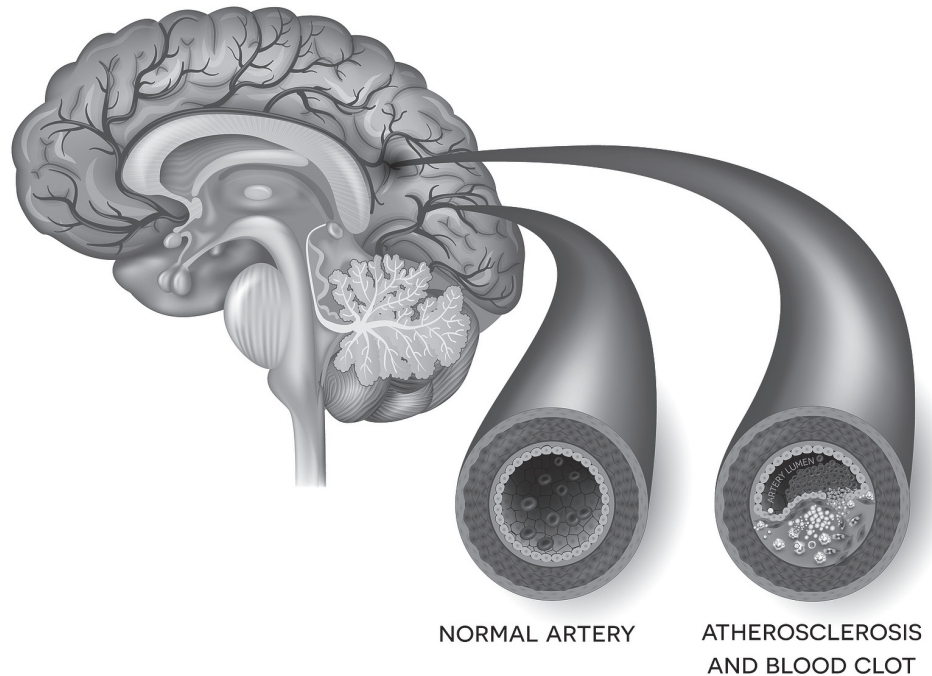
Clearing Blockages in the System

Your blood is an amazing, multi-purpose substance. It flows continuously through the body, carrying oxygen and nutrients to your cells. But if you get a scrape or cut, some of this flowing liquid quickly turns to a protective clot. When clotting happens inside a blood vessel, it can be dangerous.

Three main things can lead to dangerous blood clots. One is an abnormality in the blood that makes it more likely to clot. For example, genetic causes, cancer, or damage from smoking. The second is when blood doesn't flow properly. This can be a side effect of diseases and disorders of the heart or blood vessels. The third is damage to the lining of blood vessels. One cause of such damage is cholesterol buildup in the blood. Cholesterol is a waxy, fat-like substance that can clump together to form plaques. If a plaque breaks apart, it can damage the blood vessel.

Blood clots can happen to anyone, at any age. But some people are at increased risk. These include older adults and those with certain heart conditions. Major surgery or a serious injury also add risk. Obesity, being physically inactive, and some medications can boost the chance of a dangerous clot, too. And once you've had one blood clot, you're at high risk of another one.

Blood clots can occur anywhere in the body. The symptoms of a blood clot depend on where they are. A clot blocking blood flow to the brain can lead to a stroke. Strokes can cause sudden difficulty seeing, speaking, or walking. They can also make you feel weak, numb, dizzy, or confused. A clot that blocks blood flow to the heart can cause



a heart attack. The most common signs are crushing chest pain and difficulty breathing. Others range from cold sweats to arm or shoulder pain. A clot in the lungs can cause shortness of breath, pain when breathing deeply, or even coughing up blood. A clot in a vein deep within the body is called a deep vein thrombosis, or DVT. Symptoms include swelling, pain, warmth, or red or discolored skin. These usually happen in your legs. Long periods of inactivity can increase your risk.

Treatment depends on where a clot is and how long you've had symptoms. Certain drugs can break up and dissolve some types of clots. A type of surgery called a thrombectomy can be used to remove clots in large blood vessels.

If you have a clot that's forming, certain medications may help shrink it or stop it from growing. These drugs are called anticoagulants. They're more commonly known as blood thinners.

Sometimes, people with certain heart conditions are given blood thinners to prevent blood clots from forming. But blood thinners can have side effects, including an increased risk of bleeding.

There are many things you can do to decrease your risk of harmful blood clots. They include: eating a heart-healthy diet, being physically active, maintaining a healthy weight, managing stress, don't smoke, controlling high blood pressure, cholesterol, and diabetes.

Source: News in Health May 2021 (some changes were made)



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..... **Be an "Early Bird"**

... and send in your reservation

for the Annual Fall 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

October 19, 2021 • \$25 Registration Fee

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, 2021*)

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