



# UPDATE

Baltimore County Retired School Personnel Association

Vol. 45, No. 3

March 2019



## From the President

*Parker Koons*

The month of March can be cold, snowy and miserable to many, but to me, it is one of anticipation. Just think, you can celebrate St. Patrick's Day, long for Spring-like weather or begin preparing your yard for summer's arrival. Personally, I look towards warmer weather and day light savings time.

March is also a time when the State legislators are beginning to wind down their stay in Annapolis and we, as constituents, must be alert to the bills that are being discussed and/or passed and realize how they may affect us. MRSPA has been working diligently since January to protect our pension/retirement system and monitoring other bills that are of concern to senior citizens.

March is also the time when BCRSPA starts preparing for the April Business Meeting and selecting the students to receive our scholarships. You will find reference to much of the business that is to be conducted, elsewhere in this UPDATE. As a member and a stockholder in this organization, you should plan to attend the April meeting, ask questions or make suggestions for consideration by the Board. Remember, an Executive Board can only set a course of action for its organization if it receives input from its members.

*Parker*

### Do You Know Where These Members Are?

Patricia S. Heil  
Elizabeth P. Dyett  
Elizabeth Z. Steiner

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

## PROPOSED CHANGES TO BCRSPA BYLAWS - 2019

Current Language	Proposed Changes	Rationale
<i>Article XI Committees</i>	<i>Article XI Committees</i>	
Section 4. Standing Committees	Section 4. Standing Committees	Section 4. Standing Committees
a. Archives Committee	a. Archives Committee	The Executive Board felt that there was no need for two separate membership committees, so it proposes to combine the two membership committees into one membership committee.
b. Bylaws Committee	b. Bylaws Committee	
c. Community Services Committee	c. Community Services Committee	
d. Consumer Education Committee	d. Consumer Education Committee	
e. Finance Committee	e. Finance Committee	
f. Legislative Committee	f. Legislative Committee	
g. Member Accounting Committee	g. Membership Committee	
h. Member Recruitment Committee	h. Publications/Update Committee	
i. Publications/Update Committee	i. Public Relations Committee	
j. Public Relations Committee	j. Remembrance Committee	
k. Remembrance Committee	k. Retiree Benefits Committee	
l. Retiree Benefits Committee	l. Scholarship Committee	
m. Scholarship Committee	m. Social Committee	
n. Social Committee	n. Technology Committee	
o. Technology Committee		

## Perry Hall Middle School Receives \$1,000 Donation



The Baltimore County Retired School Personnel Association presented a donation of \$1,000 to the Perry Hall Middle School library media specialist, Mr. Zachary Reed-Harris for the purchase of hardcover books on Monday, January 4th. For numerous years, the organization has given scholarships to local high school seniors and wanted to help out more. "My thought was we needed to do something to forge more of a connection with BCPS," said Donna Copenhaver, the current vice president of BCRSPA.

BCRSPA decided that every year they would donate \$1,000 to an elementary and middle school in Baltimore County. Perry Hall Middle School was chosen to receive the 2018 donation. Orem's Elementary School also received a \$1,000 donation in December which was presented by Parker Koons, BCRSPA President.

Mrs. Copenhaver said that the majority of the schools' library budget goes towards buying e-books, so the donation has to be used only for hardcover print books. "We still like kids to have books in their hands," she said. Every year BCRSPA picks two new schools to receive the donations. For more information on the organization, visit [www.bcrspa.org](http://www.bcrspa.org).

## Rockin' Retirees

I had the pleasure of teaching math for 30 years at the junior high/middle school level. I opened Pikesville Middle and taught there for one year. Most of my career however was spent at Golden Ring Middle.

I finished my teaching career at Pine Grove Middle and moved on from there to retirement. Being someone who took a while to get into the atmosphere of retirement, I decided to stay in touch with teaching by working with Title I part time. I enjoyed tutoring students in reading and math in private schools in Baltimore County. After 5 years, I finally decided it was time to retire in the true meaning of the word.

I have 6 grandchildren with whom I have many adventures. We enjoy traveling together and sharing an interest in music. Having played the piano in college, I decided to give it another try and love it. My one granddaughter and I take lessons and play for one another. I also took a sudden interest in art. I have taken drawing classes at the Senior Center and at CCBC. From drawing, I graduated to water color painting. I find music and painting very relaxing.

I am involved with BCRSPA and have served on the board as the Assistant Treasurer for several years. There are always fun trips and luncheons or breakfasts that are planned throughout the year. In addition, I am a member of a garden club and serve as the Treasurer. The garden club provides trip opportunities and I love learning how to have a productive garden while keeping the wildlife at bay!

My husband and I have done some traveling since my retirement. We have ventured to the Midwest to Arizona and Wyoming. We have explored the east coast up to Maine and Nova Scotia. We also have enjoyed the various Mexican beaches.

I certainly am enjoying the many aspects of my retirement. I hope you are able to enjoy yours too. Wishing you a blessed life!



Cindy Schultz



**You are our most valuable resource!**

You can help bring more retirees into the fold of BCRSPA! Listed below are the latest 19 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!

Alvina Danna	Sheldon Lebowitz
Sharon Dorsey	Russell Letra
Cynthia DeGroat-Durham	Rodney McMillion
Margaret Few	John Novicki
Don Finkelstein	Pamela Sicca
Karen Gieron	Eric Scott
Lisa Harrison	Annette Snyder
Carol Jackson	Kim Spence
Heller Kreshtool	Lisa Whittie
Patricia Larkin	

## Slate of Officers 2019-2021



The Executive Board recommended the following slate of officers to be elected:

### Nominating Committee's proposed Slate of Officers

**President - elect**..... Donna Copenhaver  
**Treasurer** ..... E. Stuart Tucker  
**Recording Secretary** ..... Barbara Barzyk  
**Corresponding Secretary**..... Linda Yaffe  
**Director** ..... Clair Price  
**Director** ..... Carol Rowell

Nominations for these positions will also be accepted from the floor at the Spring Business Luncheon Meeting on April 16, 2019 at Columbus Gardens. After being elected, the slate of officers will be installed.

### Baltimore County Retired School Personnel Association, Inc.

P.O. Box 44016 • Nottingham, MD 21236-9998

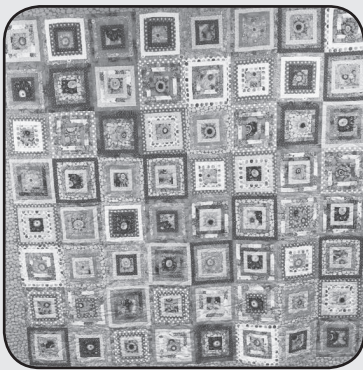
## UPDATE

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*

## 2nd Annual Quilt for a Cause Raffle



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

Della Curtis 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. The last chance to purchase tickets will be at the April 16, 2019 Annual Luncheon Meeting at Columbus Gardens.

You can also purchase your chance(s) to win the prize of a life time by contacting Parker Koons at 410.828-5852 or eMail at [koonspek@aol.com](mailto:koonspek@aol.com). The winning ticket will be drawn at the Spring Luncheon on April 16, 2019. You do not need to be present to win! All proceeds will go directly to the Scholarship Fund.

## Membership News

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.

Word of mouth is the best way to recruit new members!"

**BCRSPA/MRSPA welcomes the following new members**

Guy Fisher • Laurance Hughes • Annette Janowich • Margaret G. Kidder • Carl S. Love • Evelyn M. Sergent

Submitted by: Donna Copenhaver, Membership Chairperson



# Scholarship Memorials

*In Memory of...*

- Dick Barranger *by* Jane Barranger
- Mary Buchheister *by* Patricia A. Davis
- Robert Eads *by* Paul Plevyak
- Pamela Griven *by* Paul Plevyak
- Mildred S Nethken *by* Anne F Jones
- Mildred Nethken *by* Paul Plevyak
- William Pfeifer *by* Paul Plevyak
- James M. Richardson *by* John Crossin
- Peggy Royston *by* Doris Forster
- Harry Wilson *by* Paul Plevyak
- Louis Winkleman *by* Loretta M Nace

## In Memoriam

- Maru Lou Brown • Ellen M. Cronhardt
- Elizabeth K. Francis • Dorthy B. Harrison
- William Huppert
- Barbara Jessa • Paul Levin
- Alfred S. Marsilio • Marian Mitsak
- Leila Roberts



## The Maryland Senior Citizens Hall of Fame, Inc

MSCHF is seeking nominations of Maryland residents, 65 years of age or older, who as active volunteers have made outstanding contributions to improve the lives of others in the community. Nominations will be reviewed and up to 50 qualified nominees will be selected for induction into the 2019 Maryland Senior Citizens Hall of Fame.

To obtain specific details and/or questions, please send an email to [mschf.mail@verizon.net](mailto:mschf.mail@verizon.net) or call **410-828-5852**.

Nomination forms may downloaded @ [www.mschf.org](http://www.mschf.org). All nomination forms must be received by **April 10, 2019**.

## 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)*

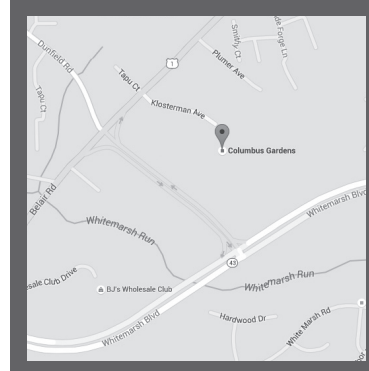
**In Honor of:** \_\_\_\_\_  
*(please print)*

\*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

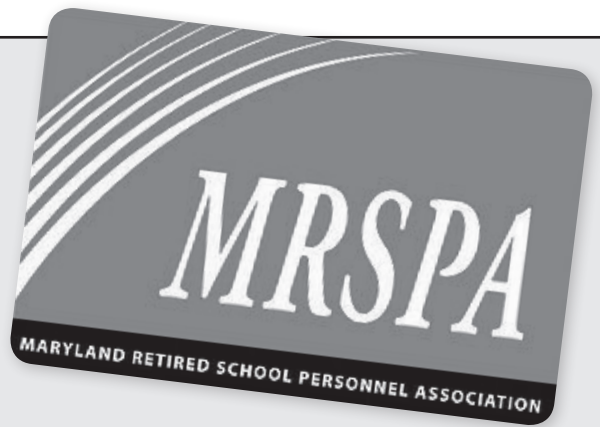


## Directions to Columbus Gardens

From I-695, take exit 32B (Bel air) north for 1.25 miles to the blinking light at Klosterman Avenue. turn right and follow the street down until it ends at Columbus Gardens Parking lot.

# New Member Recruitment Incentive!

Earn a \$10 gift card for each NEW MEMBER you sign up as a DUES DEDUCTION member.



This allows automatic renewal, so no membership interruption while saving



trees



time



& postage!

Write your name on the membership application, as recruiter.  
Return the completed application to:

**MRSPA**  
8379 Piney Orchard Parkway, Suite A  
Odenton, MD 21113

Questions: Email MRSPA at [mrspa@mrspa.org](mailto:mrspa@mrspa.org) or call MRSPA at **410-551-1517**

*Connecting, Protecting, Making a Difference*

## 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
<b>TOTAL: .....</b>	<b>\$60.00</b>

*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: \_\_\_\_\_



## Seniors: Take These Steps to Prevent Falls at Home

Falls are a concern for older people and their families. Nearly a third of older Americans fall, annually. Thus, making it the leading cause of fatal and nonfatal injuries for individuals 65 years and older. In an effort to reduce the risks of falling, the following are some suggested strategies to follow.

1. Exercise so that weak muscles and poor balance are minimized as risk factors for falling. Some suggested exercises for improving balance and strength are Tai Chi, walking, water aerobics and strength training.
2. Review medications with physicians and pharmacists to know if the medications cause dizziness, sleepiness or lightheadedness. Be sure to discuss over the counter medications, as well.
3. Check your vision annually to be sure that eyesight and eyeglasses are at the optimum levels.
4. Modify the home so that furniture does not prevent clear pathways in which to walk. Use nightlights, grab bars and suction tub mats to increase safety.
5. Wear safe footwear such as rubber soled and low-heeled shoes.
6. Purchase helpful walking aids such as canes and walkers. Physicians and physical therapists should be consulted for determining the need for these aids.

*Source: The Beacon Newspaper, November. Some changes were made.*

Visit... <https://bcrspaevents.shutterfly.com>  
 (password is lower case bcrrpa)  
 & [www.bcrspa.org](http://www.bcrspa.org)   
 Join our **BCRSPA Facebook page!**

## "Guard Your Memory"

At this time, there are no pills or procedures to help us maintain our memories. However, researchers have discovered that some lifestyle factors can influence your brain's ability to remember with fewer glitches. Heather Snyder, senior director of medical and scientific operations at the Alzheimer's Association, stated that studying the brain is difficult. In the article, she highlighted what the latest research advises.

**Physical Activity:** Be as active as you can in your daily life. Sit less and take the stairs rather than the elevator. Research suggests getting about 150 minutes a week of purposeful activity, including walking briskly, riding your bike, swimming laps, or playing a racket sport. In a 2017 report, the National Academy of Sciences determined that exercise may be the very best tool to guard against cognitive impairment and dementia. Evidence has shown that within six months of increased fitness activities, the brain can become healthier.

**Brain Games:** Puzzles and games may help brainpower, but you have to do the work of solving the puzzles and games. Ronald Peterson, M.D., director of the Mayo Clinic's Alzheimer's disease Research Center, recommends doing activities that are cognitively stimulating and engage the brain helps you to learn new things. Your brain might benefit from taking classes in pursuit of a hobby, working with technology or researching your genealogy. Recently, the Federal Trade Commission ruled that a digital brain games company made misleading claims about the impact on brain health.

**Eating the Mediterranean Way:** A healthy eating plan that involves consuming whole grains, fruits, vegetables, fish, nuts, and olive oil and cutting back on red meat may help keep your brain in shape. A 2017 study of about 6,000 people in the Journal of the American Geriatrics Society suggested that individuals who followed the aforementioned eating plan had a much lower risk of cognitive impairment. Benefits to the heart may also result from such an eating plan.

## DNA TEST? MAYBE Not



*Many Recognize The Benefits But Are Still Wary*

A majority of older Americans say they are curious about what they'd learn about their heritage from genetic testing – but bad news about their health prospects worry them. Only about 1 in 10 Americans between 50 and 64 have had their DNA tested by commercial companies, according to the National Poll on Healthy Aging conducted by the University of Michigan and cosponsored by AARP. While most of the 1,000 survey respondents said they were interested in getting tested, two-thirds said learning that, say, there are at risk of cancer causes anxiety.

*Reprinted from the AARP Bulletin November 2018*



**Managing Blood Pressure:** Be sure to talk with your doctor about controlling your blood pressure. High blood pressure may damage small blood vessels in the brain. Women may be more at risk, particularly if they developed high blood pressure in their 40s. Research published in the journal Neurology found that these women had a 73% increased risk of developing dementia compared with those who had normal blood pressure.

**Friends and Family:** Socializing and doing things in groups may help you to stick with your selected activities. Getting feedback from friends or family may be very beneficial to brain health.

*Source: AARP Bulletin Real Possibilities December 2017 By: Marty Munson*

# Annual Spring Luncheon Meeting

Tuesday, April 16, 2019 at Columbus Gardens  
(Directions on Page 3)

- Registration ..... 9:30 a.m.
- Annual Business Meeting ..... 10:00 a.m.  
*Treasurer's Report • Budget Presentation • Election of Officers  
Installation of Officers • Remembrance Service Program*
- Representative from the Employee Benefits Office has been invited.
- Social Hour – *cash bar available* ..... 11:30 a.m.
- Luncheon – *Introduction of Scholarship Recipients* ..... 12:00 noon

## Luncheon Menu

Tossed Fresh Garden Salad served with Ranch or Italian dressings  
 Baked Honey Ham • Boneless Stuffed Chicken Breast  
 Sautéed Red Potatoes • Green Bean Amandine • Hot Rolls and Butter  
 Ice Cream Sundae Bar with Assorted Toppings  
 Regular and Decaffeinated Coffee, Hot and Iced Tea with Dinner

**Cost: \$23.00**

**Please remember to support our Community Services Project for the ACTC**  
(Assistance Center of Towson Churches)

### **Food/Personal Items Needed**

- Canned pasta (meals with meat) • Powdered milk • Peanut butter & jelly • Canned beef stew • Spam
- Canned peas • Individual size cans/cartons of juice
- Any nonperishable item such as rice • Cereal or boxed potatoes
- Small, hotel-sized bottles of shampoo • Toothpaste/toothbrush • Toilet paper • Hand lotion

**Deadline for Registrations: Monday, April 8, 2019** *(No refunds after this date)*

### **Reservation For April Luncheon Meeting – April 16, 2019**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

Name of Guest(s): \_\_\_\_\_

Number of Reservations: \_\_\_\_\_ Scholarship Donation (\$) \_\_\_\_\_

Make checks payable to BCRSPA.

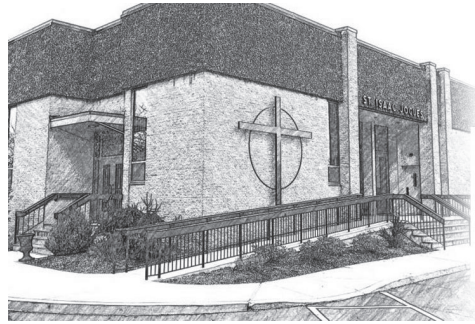
Send reservation(s) and check(s) to: Luncheon Chairperson,  
P.O. Box 44016, Nottingham, MD 21236-9998

**Total Amount (\$) Enclosed:** \_\_\_\_\_

# BCRSPA Appreciates Our Partnerships With:



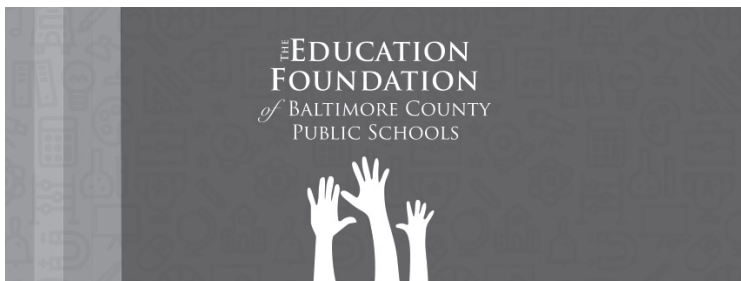
**Baltimore County  
Public Schools**



**Saint Isaac Jogues Church  
Parkville, MD**



**Maryland Senior  
Citizens Hall of Fame**



**Education Foundation of  
Baltimore County Public Schools**



**Baltimore County  
Association of Senior  
Citizens Organizations**



**Alzheimer's Association  
of Maryland**



**American Cancer Society**



**Columbus Gardens**



**Maryland -  
Toys For Tots**



**Superior Tours**



**ACTC**



**Maryland Retired School  
Personnel Association**



**Oak Crest Village  
Retirement Community**



**Historical Society  
of Baltimore County**



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

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## BCRSPA Calendar:

March 19	<b>Executive Board Meeting</b> <i>(St. Isaac Jogues, Church Hall)</i>
March 21	<b>Dutch Apple Dinner Theatre</b> <i>(SOLD OUT)</i>
April 16	<b>Annual Spring Luncheon</b> <i>(Columbus Gardens)</i>
May 21	<b>Executive Board Meeting</b> <i>(St. Isaac Jogues, Church Hall)</i>
June 18	<b>Executive Board Meeting</b> <i>(St. Isaac Jogues, Church Hall)</i>

## UPDATE Deadline:

April 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.

## 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