



UPDATE

Baltimore County Retired School Personnel Association

Vol. 47, No. 3

March 2021



From the President

Donna Copenhaver

Top o the mornin to ya! Hope this message finds you well. I don't know about you, but I am really anticipating Spring!

By now you should have received your Benefits and Cigna Rx booklets. The new Medicare Advantage Plan with prescription drug coverage through Cigna that BCPS is offering is explained. Labor First, a third-party administrator, will be able to assist subscribers. **However, if you wish to remain with your current Cigna plan, you may.** Retirees can make changes throughout the year. Medicare eligible retirees can make changes by contacting Labor First at 443-290-3114. **Questions about the plans can be addressed by contacting the BCPS Benefits team at 443-809-8943.**

On another note, we have moved the April 20, 2021 Annual Membership meeting and luncheon to May 18, 2021. We are hoping that with adequate distancing we will be able to hold this event at Columbus Gardens. A registration form is included in this publication. Please note, when you register, our treasurer, Stu Tucker, will be holding checks until we are sure the meeting/luncheon can take place. In the event that we don't have enough people registering, BCRSPA will return your check. Please include your phone number on the check for easier notification in case of cancellation. Let's hope that we will be able to once again get together. We miss seeing you!

The Maryland Legislature has been in session. Governor Hogan proposed fully funding the benefit contributions and supported putting an additional \$75M into the account. You can see MRSPA's Legislative Priorities for 2021 in an article in this issue. Please stay safe.

Sincerely, *Donna*

Bylaw Amendment

Due to very unusual circumstances in 2020, the Executive Board found it necessary to exercise emergency powers in order to maintain the proper and smooth functioning of the organization. We have proposed the following Bylaw Amendment to officially address a similar situation should it arise.

Article VIII – Executive Board, Section 3. Emergency Powers: During a national, state or local emergency, as declared by the appropriate federal, state, or local

authorities, that prohibits or otherwise prevents in person meetings, all functions of the “Membership” as specified in these Bylaws shall be assumed by the Executive Board.”

Executive Board Meetings may be held by traditional face to face, conference call, or video/webinar. Accommodations will be made to ensure all Board members participate in any meeting.”

Membership News

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

Since November 1 we would like to welcome the following new members to BCRSPA/MRSPA:

*Judith C. Bechtel • Judith C. Devlin • Richard S Henderson • Paula Pyecha • Jeffery Thomas Sutton
Rebecca H. Thune • Gary Robert Walker • Darlene S. White • Susan Wilson*

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! 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

Do You Know Where This Member Is?

Lewis Harper

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


WE NEED YOUR HELP



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.



BCPS
Benefits Office
443-809-8943

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

Rockin' Retirees

E. Stuart Tucker

Stu and his first wife, Jennie, met during college. Upon graduation, Jennie began teaching English at Holabird Junior, and Stu began teaching Science at Golden Ring Junior. They married in 1963 and began traveling by camping. Their son Eric was born in 1969 and was camping at six months old. When asked as a young adult, what did he see in all the family travel, his reply was "lots and lots of lovely trees!"



Stu retired from BCPS in 1992 after being a teacher, a department chairman, and an assistant principal. Stu was hired as the second part-time Parish Manager at Saint Isaac Jogues Catholic Church. Unfortunately, in 1996, Jeannie passed from lymphoma. During his 14 years as Parish Manager, Stu met his second wife, Ruth Anne and they married in 1999. Their three married children and the first infant grandchild were part of the wedding day. Their honeymoon began a new chapter of travel. Now they fly to an area, get a rental car and Stu plans a "sightseeing circle" using hotels, etc. for "camping." When asked where they have been since 1999, Ruth just shakes her head and declines to answer. It's more like where haven't they been. Stu has a goal of sleeping in every state in the U.S. He has almost reached that goal. Pandemic travel has been limited to taking the boat out to Hart Miller Island and currently day trips across Maryland to wildlife refugees and parks of all kinds always stopping when possible for ice cream along the Maryland Ice Cream Trail.

After Stu retired, he became a BCRSPA director, later president several times and currently serves as treasurer. Stu became the MRSPA parliamentarian and later was elected president. He was also invited to become a director for the Maryland Senior Citizens Hall of Fame. Currently he serves as the treasurer and luncheon coordinator. Throughout, Ruth has been Stu's "support crew." It wasn't long before Ruth become the communications coordinator for the Maryland Senior Citizens Hall of Fame. Ruth also volunteers at St. Michael Lutheran Church and Marshy Point Nature Center.

Between all the travel and volunteer activities, Stu and Ruth are involved in the activities of their five grandchildren, who now range in age from sixteen to twenty-one. They have traveled to roller hockey, ice hockey, indoor and outdoor field hockey, boys and girls soccer, cross county, sailing, science fair, and musical events. But the highlight is the annual June gathering of the entire clan at a beach house in Duck on the Outer Banks, NC. Even at their current ages, the grandchildren still want to enjoy our family get together. Can life be any better?!!

Visit...

<https://bcrspaevents.shutterfly.com>

(password is lower case bcrspa)

& www.bcrspa.org

or call 443-793-5867

Join our BCRSPA Facebook page!



MEMBERSHIP SPECIAL

MRSPA is running a Membership Special from March 1 to June 5, 2021. NEW members who sign up during this time, will be charged only \$10 state dues plus your local dues. IF they sign up for dues deduction, they will pay NO state dues for the 2020-2021 membership year, as they will get their \$10 off incentive. All new members who join during this time, will be billed for the 2021-

2022 dues in June like everyone else or have the dues deducted on July 31, if they choose deduction. We shared this Special with the local presidents back in March of 2020 before the world shut down, but thought it bore a reminder given all that has transpired since then. Please encourage membership now for the current 2020-2021 membership year, so folks can sign

up at the reduced rate. This Special will occur every year from March 1 to June 5, until it is discontinued by the Board. Membership forms on our website and brochures in the office have been adjusted to reflect this change. Be sure to share this information with your membership chair and committee so they know to use the new forms or request them from MRSPA.



Scholarship Memorials

In Memory of..

Theresa Margolis *by* Edith Kozlowski

Theresa Margolis *by* Linda Yaffe

Milly Wilson *by* Diane M. George

Richard Cole *by* Gail and Charles Woesche

Anita Bunce *by* Gail and Charles Woesche

Sally McNelis Bowerman *by* Tom & Mary Ann Schaefer

Shirley Connor *by* Joan Burnett-Berman

Elinor Halligan *by* Joan Burnett-Berman

Elinor Halligan *by* Karla and George Sisson

Carroll Parker *by* Don and Becky McIntyre

Arnold Potler *by* Elaine Bousquet

Fred Nickerson *by* Ed Schwiegerath

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

In Memoriam

Teresa Margolis

John Bailey

Orlan Cowan

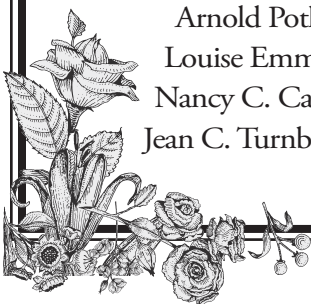
Brady Johnson

Arnold Potler

Louise Emmett

Nancy C. Cassell

Jean C. Turnbaugh



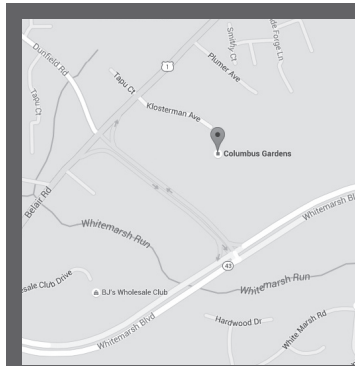


You are our most valuable resource!

You are our most valuable resource! You can help bring more retirees into the fold of BCRSPA! Listed below are the latest 75 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!

- | | | | |
|---------------------|----------------------|-------------------|----------------------|
| Terry Allen | Cheryl Waters-Hassan | Kimberly Sparklin | Jayne Donohoe |
| Cathy Anderson | Christine Watson | Debra Sugarman | Cecilia Hedding |
| Karen Blannard | Heather Corasaniti | Susan Weinstein | William Hundley |
| Dolores Cleaver | Neil Fishler | Nancy Woodside | Betty Johnson |
| Tara Daue | Deborah Gilreath | Kathy Ziese | Catherine Klatt |
| Kenneth Dunaway | Kathryn Graybeal | Wendie Adams | Linda MacLeod |
| Christopher Lambert | Susann Griggs | Levone Artis | Mary Zidanic-Friedel |
| Kelly Lochte | Carole Harthausen | Sandra Bazemore | Karen Birkhead |
| Martha Milli | Debra Hohenstein | Mary Beth Cuddy | Jane Coughlin |
| Poonam Pani | Charlene Kollman | Kristen Lentz | Lauren Ensor |
| Antoinette Parry | Edward Lough | Barbara Lewis | Linda Pasquariello |
| Margaret Passaro | Stephen Marchak | Lisa McHugh | Barbara Rawleigh |
| Wayne Quick | Nancy Marley | Susan Schmitz | Karen Winston |
| Mary Sizemore | Katherine Newell | William Burke | Sharon Hargest |
| Susan Truesdell | | | |

- | | |
|------------------|----------------------|
| Mary Eccleston | Deborah Denhardt |
| Margie Edwards | Susan Futeral |
| Calesha Evans | Patricia Henderson |
| Jill Kearns | Michelle Muehlenkamp |
| Leslie Lynn | Mary Beth O'Connell |
| Angela Sampson | Nancy Perkins |
| Anne Stockbridge | Marilyn Peterson |
| Dorothy Sucher | Dolores Pierorazio |
| Janice Bradley | Sharon Hargest |



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.

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 Spring Luncheon Meeting

Tuesday, May 18, 2021 at Columbus Gardens
(Directions on Page 4)

Registration 9:30 a.m.
 Annual Business Meeting 10:00 a.m.
Treasurer's Report • Budget Presentation
Installation of Officers • Remembrance Service Program

Representative from the Employee Benefits Office will be invited.

Social Hour – *cash bar available* 11:30 a.m.
 Luncheon – *Introduction of Scholarship Recipients* 12:00 noon

Luncheon Menu

House Salad served with Ranch or Italian dressings
 Top round of Beef Au Jus • Boneless Stuffed Chicken Breast
 Green Bean Amandine • Glazed Baby Carrots • Hot Rolls and Butter
 Ice Cream Sundae Bar with Assorted Toppings
 Regular & Decaffeinated Coffee, Hot & Iced Tea with Lunch

Cost: \$25.00

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

Food/Personal Items Needed
 Canned and nonperishable food items • Personal hygiene items*

Deadline for Registrations: Friday, May 7, 2021 (No refunds after this date)

Please note, when you register, our treasurer, Stu Tucker, will be holding checks until we are sure the meeting/luncheon can take place. In the event that we don't have enough people registering, BCRSPA will return your check. Please include your phone number on the check for easier notification in case of cancellation.

Reservation For April Luncheon Meeting – April 21, 2020

Name: _____ Telephone: _____

Address: _____

Name of Guest(s): _____

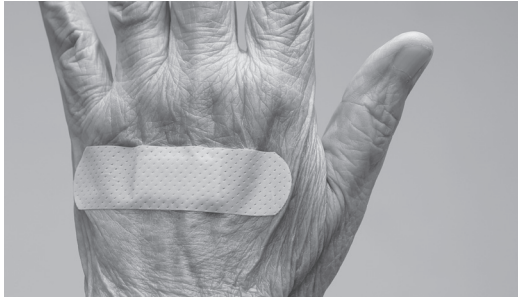
Number of Reservations: _____ Scholarship Donation (\$) _____

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: _____

Staying Safe From Sepsis: Preventing Infections and Improving Survival



Your immune system is on patrol every day. It protects your body from bacteria, viruses, and other germs. But if something goes wrong, it can also cause big problems.

Sepsis happens when your body's response to an infection spirals out of control. Your body releases molecules into the blood called cytokines to fight the infection. But those molecules then trigger a chain reaction.

"Sepsis is basically a life-threatening infection that leads to organ dysfunction. The most dangerous stage of sepsis is called septic shock. It can cause multiple organs to fail, including the liver, lungs, and kidneys.

Septic shock begins when the body's response to an infection damages blood vessels. When blood vessels are damaged, your blood pressure can drop very low. Without normal blood flow, your body can't get enough oxygen. Many recover. But some have lifelong damage to the body and brain.

Bacterial infections cause most sepsis cases. But sepsis can also result from other infections, including viral infections, such as COVID-19 or the flu (influenza). Anyone can get sepsis. But certain people are at higher risk, including infants, children, and older adults.

The early symptoms of sepsis are similar to those of many other conditions. These can include fever, chills, rapid breathing or heart rate, a skin rash, confusion, and disorientation.

Sepsis is a medical emergency. If you or your loved one has an infection that's not getting better or is getting worse, get medical care immediately.

There are few medicines that help treat sepsis. Doctors try to stop the infection and support the functions of vital organs. This usually includes giving oxygen and fluids.

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

Feeling Overwhelmed? Ways to manage stress:

Be observant. Recognize signs of excessive stress. These include difficulty sleeping, being easily angered or irritable, feeling depressed, and low energy.

Exercise regularly. Just 30 minutes per day of walking can help boost your mood and reduce stress.

Schedule regular times for a relaxing activity. Activities that use mindfulness or breathing exercises, such as meditation, yoga, or tai chi, may help.

Get enough sleep. Adults need about 7 or more hours of sleep per night. School-age children need 9–12 hours, while teenagers need 8–10 hours.

Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much.



Build a social support network. Stay connected with people who can provide emotional support.

Show compassion for yourself. Note what you've accomplished at the end of the day, not what you've failed to do.

Seek help. Talk to a health care provider if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Or text "HOME" to the Crisis Text Line at 741741.



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.

Eyelid Trouble? Managing Blepharitis

You probably don't give your eyelids much thought. But many conditions can irritate them. One of the most common issues is called blepharitis. Blepharitis is an inflammation of the eyelid. It can affect the inside or the outside of the skin that lines the eyes. The condition can make your eyelids red, swollen, irritated, and itchy. It can also cause crusty dandruff-like flakes to form on your eyelashes. Though rarely dangerous, blepharitis may cause discomfort and pain.



The main cause of blepharitis is extra growth of the normal bacteria found on your skin. Blepharitis can lead to other eye problems. Common ones include a stye, which is a red, painful bump on the eyelid caused by a blocked oil gland. A chalazion is like a stye, and it can make your eyelid swell and turn red.

Blepharitis often contributes to another common eye problem called dry eye. In this condition, oil and flakes alter the thin layer of tears that sits across the surface of your eye. This can make your eyes feel dry. But some people's eyes instead feel watery or teary because their tears aren't working correctly. That's because of inflammation on the eye's surface.

Once someone develops blepharitis, it never totally goes away. But flare ups can be managed and prevented. Most people can keep the condition in check with good eyelid hygiene. See the Wise Choices box for easy tips on eyelid care. Some people with blepharitis may be prescribed antibiotics. Others need medications to reduce inflammation or keep their eyes moist.

If you have recurring irritation of your eyes or your eyelids, see an eye care provider, and make sure you get an accurate diagnosis.

*Source: News in Health, December 2020
(some changes were made)*

Eyelid Care Steps for cleaning your eyelids when you have blepharitis:

Wash your hands with soap and water.

Mix warm water with a gentle cleanser on a soft washcloth.

Press the cloth against your closed eye for a few minutes to loosen crusts. This can also help keep your oil glands from clogging.

Gently rub the cloth back and forth, focusing on the area where your eyelashes meet your eyelids.

Rinse your eye with clean water.

Commercially available eyelid cleaning wipes and non-allergenic makeup removal wipes are also available.

Source: NIH, December 2020. Some changes were made.

5 Reasons Why the World is Still a Wonderful Place

Things are... how shall we say it? ...a little bananas these days. "Real Simple" asked five experts to remind us about some of the good stuff that can get lost in the shuffle.

Libraries still exist: A place where you can go without a penny in your pocket, be given a chair, a book, and access to the world.

✎ Caitlin Moran

We are not alone: Just by being together, we can lift each other up.

✎ Jill MacFarlane

Beauty surrounds us: Being in nature improves your mood and gives you a sense of balance.

You will feel better about the world and yourself when you are out in a beautiful spot.

✎ Janice Kaplan

We have the power to change our perspective: Instead of focusing on the negative within others, seek the positive.

✎ Zach Brittle

We look out for each other: The simplest acts of kindness make the world better in

ways we may never know.

✎ Amy Krouse Rosenthal

*Source: REAL SIM PLE Magazine, By
Time Inc. Some changes were made.*





P.O. Box 44016
 Nottingham, Maryland
 21236-9998
 443-793-5867

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BCRSPA Calendar:

April 20, 2021	Executive Board Meeting @ St. Isaac Jogues Church Hall <i>(To be determined)</i>
May 18, 2021	Annual Spring Luncheon @ Columbus Gardens
June 15, 2021	Executive Board Meeting @ St. Isaac Jogues Church Hall <i>(To be determined)</i>
October 19, 2021	Annual Fall Luncheon @ Columbus Gardens
December 2, 2021	Breakfast with Colleagues @ Columbus Gardens

UPDATE Deadline:

June Issue • April 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, 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