

March 4, 2015



# Keeping You in the Loop . . .

From the desk of C. David Copenhaver



Sunday, March 8<sup>th</sup> at 2am

Hello BCRSPA Members,

March typically means it's the beginning of springtime but as we slowly emerge from winter the recent snow, freezing rain, and ice just punctuate a long and difficult winter. Nevertheless, Spring (Vernal Equinox) officially begins, in Baltimore, Maryland, on Friday, March 20, 2015 at 6:45pm EDT!

As we prepare for the BCRSPA Annual Meeting and Spring Luncheon. Your Executive Board has been diligently working to meet the goals of our association. The 2014-2015 year has been very busy. Collectively we have:

- We continued to emphasize member recruitment. Our membership increased by 65 new members.
- Members and their guests (90) attended the 1<sup>st</sup> annual crab feast at Camp Running Bear.
- The President's Seminar Series was initiated. We have held seminars on "Scam Stoppers" and "Identity Theft".
- We Sponsored a 2<sup>nd</sup> great trip to NYC for the Radio City Music Hall Christmas Show.
- Our 1<sup>st</sup> annual Breakfast with Colleagues was held. There were 88 people in attendance and we collected about 100 toys for Toys for Tots and \$400 for Breast Cancer.
- We conducted the members' fall luncheon where we were entertained by dancers from the Carver School and collected a record amount of staple goods and money for the Assistance Center of Towson Churches.
- BCRSPA participated in the MRSPA Legislative Day in Annapolis.
- The 2015 Annual spring business/luncheon meeting will be held. We will award scholarships to graduating seniors.
- Four newsletters were published as well as a monthly "Keeping You In the Loop" eNews.
- The BCRSPA web site was maintained and we introduced a new webpage on Shutterfly that allows for the opportunity to post photos of social events. <https://bcrspaevents.shutterfly.com/> (the password is bcrrspa)
- We participated in the MRSPA Leadership Workshop to share member recruitment Best Practices ideas.
- A fabulous D.C. Cherry Blossom Luncheon Cruise was held.
- We will participate in MRSPA's 70<sup>th</sup> Anniversary annual business meeting and celebration. BCRSPA will provide a display to represent our organization.
- The Legislative Committee continues to monitor and report on proposed bills in the General Assembly that could impact retirees.
- The Insurance/Health Committee continues to stay in touch with BCPS Benefits and to report updates on our insurance packages.

BCRSPA needs your support. Please consider joining us at one of our social activities and/or volunteering to assist with one of our committees. Maybe you could consider putting yourself up as a nominee to become an officer or director.

We also request that you invite a retired friend or colleague to join us. Remember, there is strength in numbers!

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Our Legislative Chairperson, **Parker E. Koons**, also a member of the MRSPA Legislative Committee, shared the following: In an effort to find more money for schools and state employees, Gov. Larry Hogan's legislative staff is proposing a long-term reduction in payments into the pension system. The trustees of the state pension system and its actuary are not happy about the move. Actuary Brian Murphy of GRS said, "The contributions really are needed. Trustees worry that poor investment returns in some years could jeopardize the pension funding if payments are cut..." See More: <http://marylandreporter.com/2015/03/03/hogan-budget-chief-justifies-action-to-control-spending-growth/>

### On another note:

Please consider attending an Executive Board meeting, joining a committee, attending at least one activity/trip, or sharing an idea you have! Hope to see you at a meeting or activity and/or hear from you. I can be reached at [cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com). You can also stay informed by visiting our website at <http://www.bcrspa.org/index.html> or <https://bcspaevents.shutterfly.com/> and you will have an opportunity, at the Spring Luncheon, on April 21<sup>st</sup> to meet the chairperson of each committee and to learn a little more about what they do. We hope this will entice a few of you to join a committee, none of which is very time consuming. Many hands help lighten the workload!

### On the Horizon:

- *Executive Board Meeting, March 17, 2015, 10:00am at St. Isaac Jogues – Cronin Center, Room 1 (Please consider attending. Just eMail me for directions and details)*
- *Cherry Blossom Luncheon Cruise, Washington, DC, April 8<sup>th</sup>, 2015 (Sold out! waiting list)*
- *Annual Spring Business Meeting – April 2<sup>nd</sup>, Columbus Gardens (See attached for registration details)*
- *President's Seminar # 2, an informational seminar for our members on Identify Theft. (March 12, 2015 at BCPS, Greenwood Campus – Building E, Room 114 from 9:30am – 11:00am... See attached for details)*
- *MRSPA's 70<sup>th</sup> Anniversary (1945-2015), May 12<sup>th</sup>, 2015 (See December MRSPA News for details)*
- *Shutterfly up and running! <https://bcspaevents.shutterfly.com/>, password... bcrspa*

## FYI...

### Supplements in Your 60s, 70s, and Beyond:

As we age, our dietary requirements change. It is recommended that we get most of our nutrients from the food we eat. However, because our stomach is often less efficient as we age, we sometimes do not get all the nutrients from the food we eat. Sometimes a supplement becomes a wise choice. Just remember to always consult your physician before adding supplements to your regimen.



Some common deficiencies include Vitamin B12, Vitamin D, and Protein. According to The American Geriatrics Society, inadequate Vitamin B12 levels may put older adults at risk for dementia. Often stomach acid, which is needed to absorb B12, declines with age leaving older adults with a B12 deficiency. Vitamin D helps protect us from illness and infection. Sunlight is our best source of Vitamin D, and many sources recommend 10 minutes of unprotected sunlight daily. Look for D3 in your supplement.

Protein is needed to maintain muscle mass and to assist your immune system. Healthy food sources of protein are seafood, milk, cheese, yogurt, eggs, beans, and white meat poultry (no skin!) and lean pork.

Protein powders can supplement if your diet is lacking. If you think you could benefit from any of these supplements, be sure to talk with your doctor first!

### Rockin' Pneumonia:

Adults 65 and older now need two pneumonia vaccines, according to recommendations from an advisory panel to the Centers for Disease Control and Prevention. Pneumovax 23 is the traditional protection against serious infection, and the new Prevnar 13 can offer more. The catch: Medicare will only pay for one. The agency will consider changing its rules but that may not happen until January 2016.



### Tips on Using Space Heaters:

Space heaters can be very effective, but they have a bad reputation as fire hazards. Here are some tips for using portable heaters as a safe alternative to heating the entire house.



When Jack Frost comes nipping at your nose, it's time to turn up the heat. For many people, this just means raising the temperature on the central heating system's thermostat. In many cases, though, you only need heat in a small area for a brief time, and it makes more sense to use a space heater than to heat the whole house.

The best way to use a space heater to save money is to only heat one room, but leave the rest of your home cooler. That said, the National Fire Protection Association (NFPA) reminds us that space heaters account for 1/3 of all home fires and 4 out of 5 home heating fire deaths, so paying close attention to safety is a must.

Whatever your reasons for using a space heater, here are tips to help you choose, use, and maintain yours so you can stay safely toasty warm, even when the weather outside is frightful.

Safety First: No matter what type or brand of space heater you opt to use, follow these safety tips from the NFPA to reduce the chances of fires and injury:

- Keep anything that can burn, including bedding, furniture, and curtains at least 3 feet away from a space heater.
- Have a three-foot "kid-free zone" around space heaters and never use a space heater in a child's bedroom.
- Run power cords on top of carpet and step over them to avoid abrading the cord. Do not use extension cords.
- Turn off space heaters when going to bed or leaving a room.
- Don't use a space heater in a damp or wet area unless it's specifically made for that purpose.
- Never put a space heater on a countertop unless it's specifically designed for it.
- Install smoke and carbon monoxide alarms and test monthly.
- Only purchase "UL Listed" heaters which display the UL mark on their label. This is an independent organization which tests for safety.
- Don't use gas- or oil-burning space heaters indoors, only outdoors or in spaces open to the outdoors like tents or porches.
- Read and follow all manufacturers' directions for your space heater.

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*(Source – DIY, Jeff Wilson – Regular Guy)*

**BCRSPA together, creating a moment!**