



# ACRSP RECORD

## Fall 2016



Allegany County Retired School Personnel

XLIII

### *Let's talk...*

## October 6 luncheon offers chance for a one-on-one with candidates

The two candidates for our 6<sup>th</sup> Congressional District race – John Delaney and Amy Hoerber - will be our guests at the next luncheon meeting on Thursday, October 6, at noon, at the Cumberland Country Club.

Irma Dezen is our speaker hostess this month and has planned a great program with our candidates for Congress.

During the meeting, you will have an opportunity to talk to them about any concerns affecting you from existing or proposed laws and what their positions are on these issues.

### **Future Programs**

Planned speakers/programs for our luncheon meeting are the Soroptimist on November 3. Marlene Perkins, Eileen Stoger, Ginny Walton, and Kris Kreiling will explain what the Soroptimist organization is all about.

On December 1, Jay Stevens is in

charge of the Holiday Music Program.

The Optimist Club is on the program for January 5 with Anne Twigg as hostess.

Join us the first Thursday of each month for entertaining and informative programs.

Future programs include Kickmasters Physical Safety for Seniors in February, Brieloff Foot Center with foot health tips in March, the Cumberland Music and Arts Club in April, and Scholarship presentations in May.

All luncheons are scheduled at the Cumberland Country Club. If you don't get a call, phone Marlene Perkins at 301-689-3654 or [email: perkinsm239@comcast.net](mailto:perkinsm239@comcast.net).

Many thanks to Judy Snyder and Louise VanMeter for decorating our luncheon tables each month. They really brighten the atmosphere of our meetings.



## ACRSP Executive Committee Meets September 26

Our Executive Committee will meet Monday, September 26, at 1:30 p.m. in the LaVale Library's meeting room.

Updated committee reports will be given; and future programs will be discussed.

Sue Llewellyn will be welcomed as the new Welfare Committee chair. The previous chair, Karen Bundy, is our new vice president-elect.

Items on the agenda include activities, community service, membership, social, telephone tree, and welfare. From the last Executive meeting, we discussed concerns about some students not able to read or write in cursive. Our trip to the Maryland Public Television studio and Arundel Mills on Tuesday, November 15, will be discussed.

## 2016-18 OFFICERS

**President: Jay Stevens**  
**Vice President/President Elect: Karen Bundy**  
**Secretary: Bonnie Troxell**  
**Treasurer: David Fell**

### Monthly Meetings

ACRSP meets at noon on the first Thursday of every month during the year at a place determined by the Executive Committee. If you would care to volunteer in any capacity, please call Jay Stevens, president.

### PRESIDENT'S MESSAGE

I am very grateful that our members are very enthusiastic and very supportive of the growth and the development of our organization.

I know that if we work together, we can reach our goals.

Among our plans are to increase our membership, have great programs, provide both travel and community service opportunities, promote ways for our members to have increased stakes in our activities and above all – HAVE FUN!

Please contact me with your ideas!

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#### Membership Report

#### ***Allegany County increases membership***

ACRSP has reached 95 per cent of its goal for 201 members this year. We only need 9 more members.

If you know of a new education retiree or one that has been retired, invite them to our next luncheon on October 6.

Yearly dues are **\$55.00** for membership in the local and state associations: Allegany County - \$20.00 (\$10 goes to our scholarship fund) plus MRSPA (Maryland Retired School Personnel Association) - \$35.00.

If the retiree that you invite to any luncheon during the year joins our association, their lunch is free at their first meeting.

Randi Countryman and Rita Schoenadel, membership co-chairs, have applications available at the meetings.

## ***If you see Judy Snyder...***

thank her for all her volunteer efforts for our community. Judy gives of her time by directing chair aerobics for Blind Industries of Cumberland, by assisting with the Women's Auxiliary fundraising dinners for the Bedford Road Volunteer Fire Company, by helping to coordinate and making Christmas wreaths to sell pediatrics cancer "Helping Hands for Haley", by helping to raise money for her alma mater Fort Hill High School's scholarship fund and its 75<sup>th</sup> Anniversary, by helping with the City of Cumberland's Festival of Trees and the 50's and 60's Decade Celebration in Downtown Cumberland, by organizing social activities for Allegany County, and by decorating our tables during our luncheon meetings at the Cumberland Country Club. (And this is not all...)

To honor her, the Maryland Senior Citizens Hall of Fame will induct her into the state hall of fame on Thursday, October 27, at Michaels Eighth Avenue in Glen Burnie, Maryland. Judy was nominated for this honor by our association – the Allegany County Retired School Personnel.

## Relieve Computer Pain

If you spend time in front of a computer, you may experience fatigue as well as aches and pains.

Relieve the discomfort by following these tips:



**Step 1** – Give your body support to avoid aches and pains:

- Invest in a **good lumbar chair** and adjust so your feet rest comfortably on the floor.
- **Sit close** to the desk so your upper arms are parallel to your spine.
- Place the monitor so your gaze is aimed at the **center** of the screen.

**Step 2** – **Move regularly** to avoid stiffness and eye strain.

- Stand, stretch and walk a minute or two **every half hour**.
- Avoid “computer vision syndrome” by **looking away every 20 minutes** for at least 20 seconds.

**Step 3** – Stay **hydrated and nourished** to avoid fatigue:

- **Drink water** to flush out mineral build up.
- **Eat healthy** snacks like fruit and nuts at your desk.

## How's Your Memory??

The brain is 85 percent water. At least **eight 8-ounce glasses** of water per day will prevent dehydration, which can adversely affect brain function.

### *Tips for Staying Safe While Shopping Online*

**Think like a scam artist.** Fraudsters look for a need – an event that is sold out.

**Refuse to be rushed.** Scam artists try to hurry their victims into making a decision.

If buying from a sale on sites like Craigslist, **always meet in person.** **Deal locally** with folks you can meet in person. Make sure that you only meet in a **public location** – like a grocery store parking lot and always **bring a friend** for added protection.

**Don't wire money.** If the seller asks you to send money through Western Union, MoneyGram or any other wire service, the person is most likely a scammer.

**Use payment methods that come with protection.** Payment methods like **Paypal** come with buyer protection policies.

For more tips on being safe online, check out [www.onguardonline.gov](http://www.onguardonline.gov), managed by the Federal Trade Commission.

## Honk If You Hear Me!

### Three Tips on Hearing and Driving

Safe driving relies on good vision and good hearing. Our ability to hear something before we see it helps us respond more quickly to potential danger.

**First** – Get routine hearing evaluations.

**Second** – Limit the noise in your vehicle. Lower the volume on the radio or any other device.

**Third** – Use your vision. Use your left and right side mirrors as well as your rear-view mirror to look for those flashing lights. Check to see that your turn signal is not left on.

### SAVE MONEY WITH THESE QUICK APPLIANCE FIXES

Appliance repair experts say up to 25 percent of repair calls have simple solutions.

**Refrigerator is not cold** – Look under it. Unplug the fridge, remove the grill and vacuum the coils to remove dirt and dust.

**Dishwasher is not running** – The float switch inside tells it when enough water has entered and when to begin washing. See if the switch is jammed in the up position from objects like forks.

**Weak vacuum suction** – Check hose for obstruction. Drop a coin in one end, and if it does not come out, try to dislodge the debris with a broomstick.

**Allegany County Retired School Personnel  
RECORD  
54 ½ Marion Street  
Cumberland, Maryland 21502  
Permit # 81110**

### **TRIPS FOR 2016**

***Sue's Fun Group Trips:***

Friday, October 7 - Only a few seats left to see "Cowgirls" at the Mountain Playhouse. Cost \$83.00. (Includes transportation, lunch and show.)

Thursday, October 20 - Dutch Apple Dinner Theatre to see "Anything Goes." Cost \$98.00. (Includes transportation, lunch and show.)

*Call Sue Shrout at 814-767-9619 for more information or reservations.*

***ACRSP Trip to Maryland Public Television Studios and Arundel Mills Mall:***

Tuesday, November 15: Tour MPT in morning. Lunch on your own at Arundel Mills Mall. Rest of the afternoon until 4:30 on your own to Christmas shop and to visit Maryland Live! Casino. Cost \$35.00 for bus. Rest is on your own.

*Call Bonnie Troxell at 410-430-1972 for more information or reservations.*

***Spencer Travel to New York City:***

Friday, December 2 through Sunday, December 4: Tour Freedom Tower, Trinity Chapel, Wall Street, Little Italy, Chinatown, NBS Today Show, Radio City Christmas Spectacular, Broadway Show of your choice or shopping, South Street Seaport, and Harbor Cruise. Cost \$650 per person - 4 in a room or \$699 per person for 2 in a room. You pay for lunch and dinner each day and Broadway Show.

*Call Bill Spencer at 301-788-7471 for more information or reservations.*