

Retirees Association, Inc.

P.O. Box 4367 Rockville, MD 20849-4367

www.mcpsra.org

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December, 2021



PRESIDENT'S MESSAGE

Dr. Debra Munk
President - MCPSRA

As we head into this holiday season, it is hard to believe that 2021 is almost behind us. While it is certainly an improvement on 2020, we are still feeling the effects of the pandemic. One disappointment has been the disruption to our luncheons... something we hope to remedy in February, 2022, with our first in-person luncheon at Normandie Farms Restaurant in almost two years. So, put February 17 on your 2022 calendar... and keep your fingers crossed.

We are proud to recognize Joseph D. Bostic, the Montgomery County Public Schools Teacher of the Year for 2021-2022. Mr. Bostic teaches 8th Grade Math at Dr. Martin Luther King, Jr. Middle School. He expects greatness from his students and is a fierce advocate for them. He supports them and also holds them accountable. Parents, students and colleagues describe him as a patient, caring and inspirational leader.

The MCPSRA Board of Directors continues to work with the Maryland Retired School Personnel Association via Zoom to

ensure that our retirement pensions are protected. The Board of Directors meets monthly in hybrid meetings to identify ways of keeping in touch with members and representing their interests. This year the Board has identified addressing the disparity in health benefits between active and retired members as a high priority. Currently, our members pay more for benefits than they did as active employees. However, after retirement, they are often surprised to find that their health insurance does not cover the same procedures. Among other efforts, our political action work will focus on supporting local candidates who will address the benefits and concerns of our members. Additionally, in preparation for next year's elections, we will be identifying and supporting state and local politicians who see protecting our pensions as important.

Also... coming soon to your mailbox is a new MCPSRA Directory! This will be the first directory published in four years. We hope the directory will enable you to reconnect with friends and associates, as well as see who else supports our important organization.

(Continued on page 4.)

MCPSRA BOARD OF DIRECTORS (BOD)

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Trips	VACANT	

BUSINESS MEETING/LUNCHEON

Business meeting/luncheons are held four times a year at the delightful Normandie Farm Restaurant, 10710 Falls Road, Potomac, MD 20854.



Normandie Farm Restaurant

February 17, 2022 Luncheon

I hope this finds you healthy, happy and eager to return to Normandie Farm Restaurant for the first luncheon of 2022. I'm sure most of us have been fully vaccinated and have even received our booster shot. And now that our grandchildren can be vaccinated, it will make it much safer for everyone! Let's keep our fingers crossed that we will be able to hold our February 17 luncheon!! The popovers are waiting for us!! Mark your calendar and watch for menu details to follow in the February newsletter.

Take care and happy holidays. Let's hope that 2022 be a more normal year than the last two we have endured.

The dates for the remaining luncheons are:

February 17, 2022

April 21, 2022

June 16, 2022

Keep your fingers crossed that we will be able to gather together in 2022

LeeAnn Kaye

!



FREQUENTLY ASKED QUESTIONS ABOUT THE TOOLKITS PROJECT

Many individuals have requested more information about why and when our project got its start, which students receive the kits, what is contained in each toolkit, and why the plastic bottle caps are included. In responding to these inquiries, we try to explain how beneficial our project is to the youngest and neediest of our county's school children. We hope our answers will lead to a financial contribution. Here are the answers

- The *Toolkits* project was initiated by MCPSRA in 2003 at the request of MCPS Superintendent Dr. Jerry Weast to help economically disadvantaged kindergarten children who have few if any school supplies at home to support their learning at school. Approximately 23,000 toolkits have been assembled and distributed to children during the 17 years of the project's existence.
- Kindergartners as well as Head Start students who attend the Title-I Extended Learning Opportunities Summer Adventures in Learning (ELO SAIL) Program at 22 to 25 elementary school sites during July and August each summer receive kits at a Parent Training Seminar at the conclusion of the summer.
- The carefully selected items in each kit include: a number line, set of magnetic letters, crayons, eraser, Play-Doh, sets of ABC cards and math activity cards, pad of paper, glue stick, 2 pencils, pencil sharpener, scissors, ruler, bag of 30 clear bottle caps, 20 bottle caps of various colors and sizes, 5 sheets of story paper, and 11 sheets of lesson plans and suggested activities (printed in English and Spanish) for use by parents with their children.
- The 30 small clear bottle caps are used as manipulatives with the number line, hundreds chart, and base 10 mat included with the lesson plans to reinforce math skills such as counting, addition and subtraction, odd and even numbers, and sets. The 20 bottle caps of various colors and sizes are used with sorting activities, teaching colors and patterns, and developing an understanding of math vocabulary and concepts such as smallest, biggest, most, least, same, as well as width and height. For many years, MCPSRA member Stephen Silvius and his wife, Janet, have sent us hundreds and hundreds of caps decorated with Happy Face stickers to brighten up each toolkit. Sadly, Janet passed away in early October but we will forever remember her whenever we see a Happy Face.

Due to the COVID-19 pandemic, we were very disappointed that we had to suspend for the last two years assembling and distributing toolkits to in-coming kindergartners. We are very eager to resume our project next summer and need your continued support. In the past, many loyal and caring individuals have generously responded to our appeals for donations. PLEASE fill out the sponsorship form and mail it along with a check made payable to: **MCPS Educational Foundation** with "**Toolkits Project**" on the memo line to the address provided below. All donations are tax-deductible. Thank you for your caring and commitment to our project!

MCPSRA TOOLKITS SPONSORSHIP FORM

Please provide (print clearly) the following information and mail it along with a check (payable to: **MCPS Educational Foundation**, with "**Toolkits Project**" on the memo line) to Mrs. Joan Donovan, 13 Hilton Court, Gaithersburg, MD 20882-3521

NAME: _____

ADDRESS: _____

I would like to sponsor # _____ toolkits at \$10 per kit. Donation enclosed: \$ _____

Optional: In memory of _____ In honor of _____

Send acknowledgement to _____

Select one: _____ e-mail me a receipt at _____

_____ mail me a receipt _____ no receipt is necessary

_____ Do **NOT** include my name on the toolkits labels

Welcome New Members

Joined in September 2021

Rhonda Bullock	7409 Eldon Ct., Pikesville, MD 21208-5823	443-929-3751
Deborah A. Camp	1125 Briggs Chaney Rd., Silver Spring, MD 20905	301-384-4873
William Fink	9913 Markham St., Silver Spring, MD 20901	301-592-0848
Janette E. Hernandez	10160 Nightingale St., Gaithersburg, MD 20882	301-253-1124
Margaret S. Hurkett	10705 Show Pony Pl., Damascus, MD 20872	301-520-4545
Dollye V. McClain	2619 Telluride Pl., Silver Spring, MD 20906-6164	301-775-2757
Donna M. Strand	7204 Grinnell Dr., Derwood, MD 20855	301-340-7731
Cynthia L. Tuscano	3886 Maryland Manor Dr., Monrovia, MD 21770	301-607-6048

Joined in October 2021

Ann Macuch	209 Bryants Nursery Rd., Silver Spring, MD 20905	301-802-3327
Pamela S. Sier	7924 Dogwood Dr., Mt. Airy, MD 21771	240-687-5116
John Stuart Speaker	802 Colby Ave., Takoma Park, MD 20912	301-891-2071

(President's Message continued from page 1.)

Opportunities abound to render service in our community, particularly at this time of year. For example, Interfaith Works, a local organization addressing poverty and homelessness in our county, is looking for volunteers to sort clothing in the Clothing Center, furnish meals to Becky's House Residence for Senior Women, or assist at the Vocational Services Center with resumes, cover letters, online applications, mock interviews, and preparation for entering the workforce. For additional information on how to get involved:

<https://www.iworksmc.org/get-involved/volunteer/>

Of course, many organizations, including Interfaith Works, rely on donations to continue their work. So, consider our many local charities in your 2021 gifting plans.

Lastly, all the members of the MCPSRA Board of Directors join me in wishing you a safe and rewarding holiday season with opportunities to celebrate with family and friends.

Warm regards,
Debra Munk

MCPSRA Consumer Report by Reggie Ott

The following information is being summarized from *MSRPA Consumer Connection (November-December)*

- When a screen pops up on your computer unexpectedly when you are conducting a search, suggesting that you have won a prize, it is a scam. Don't click any boxes, immediately close your computer screen to exit this attempted scam.

- November is **Gratitude Month**. Gratitude is more than simply saying “thank you” Gratitude helps us to avoid focusing on the negative and offers the chance to appreciate what is positive in our lives.
Try waking up and being grateful for three things in your life each morning. Go out of you way during this season to show gratitude to family, friends, and people in your life who help you each day. This will not only help you feel better, it helps the person you’re thanking feel better too.

Here are some ways to know that you are donating to worthy charities:

Verify that it is tax exempt by reviewing the charity’s IRS 990 Form. You can type in the charity’s name with the IRS Form 990 and it will tell you if the charity is required to file this form.

Find out how your donation will be used by checking the charity on one of these websites: *GuideStar*, *CharityNavigator*, or *CharityWatch*. A typical charity spends 75 percent of its budget on programs, according to *CharityNavigator*.

Check the impact of the charity’s work by using *GiveWell*.

Avoid Slips and Falls this winter:

Keep yourself safe during icy weather by following this simple guide to “walk like a penguin”:

- Bend slightly and walk flat footed
- Keep your center of gravity over your feet as much as possible
- Point your feet out slightly—well, like a penguin
- Shuffle your feet and take short steps
- Watch where you are stepping
- Concentrate on keeping you balance
- Keep your arms at your sides and hands out of your pockets
- Go slowly

Finally, here are some tips to protect your head during a fall:

If you feel yourself beginning to fall: 1 Tuck your chin against your chest to prevent your head from hitting the ice or pavement. 2 Cradle your arms around your head. 3 As you fall, try to fold your body into itself, which helps to decrease height of the fall. 4 As you hit the ground, roll and exhale sharply to tense up your body and allow it to absorb the impact.

Submitted by Reginald Ott, Vice President MCPSRA

PROFILES IN RETIREMENT by Bobbi Jasper

Jack Hill, Ed.D.

Dr. Jack Hill has been a long-time member of MCPSRA. In fact, Jack just celebrated his 95th birthday! And he did it in style! He was honored at an Eagle Scout Ceremony at the Marine Museum in Virginia. Such a humbling experience! He also participated in the Maryland Senior Olympics, participating in Javelin Throwing, Weight Throw and the 50-yard dash, for which he is truly thankful - AND he won **two gold medals and a silver medal**. Talk about being impressively fit.

Before retiring, Jack was the Director of Teacher Personnel, and right before retiring, he was the Retirement Counselor and Coordinator.

Maureen Ahern

In the six years since Maureen has been retired, she has had the opportunity to connect with friends and family, visiting Cape Cod, New York, and Florida – enjoying the beaches in all three states! Her favorite place to visit is New York City, where she gets to revel in the antics of her grandniece. Home in Maryland, she's taken her therapy dogs to visit schools (including Cashell), nursing homes, and special events. She's also been fortunate to volunteer at The Happy Yogi in Olney, where she has found an activity, she loves. Professionally, she still works part time for MCPS, observing teachers and school psychologists. When she has a chance to relax, you'll find her with a New York Times crossword puzzle in hand.



A Bit of Humor from Skip Rideout (Continued on page 11.)

They say we can have gatherings with up to eight people without issues. I don't even *know* eight people without issues.

If you see someone buying candy, popcorn and a soda at the movies, they are a drug dealer. There's no other explanation for that type of income.

I never make the same mistake twice. I do it like, five or six times, you know, to make sure.

In Memoriam

The following MCPSRA members have passed away:

AUGUST

**Barbara L. Adams
Katherine M. Hauprich
Deena O. Levine**

OCTOBER

**Elizabeth "Betty" K. Barbe
Robert H. Emery, Jr.
Warren E. Grooms
Leroy Harper
Dorothy J. Jackson-Christian
Catherine P. Johnston
Janet P. Silvius (wife of
member Stephen Silvius)
Dorothy L. Williams**

SEPTEMBER

**Mary Lou Galpin
Lona E. Hackenberg
Sandra R. Kramer
Judy E. Low
Johanna L. Lyskawa
Dorothy G. Mattes
Dale E. Mennell (husband of
member Laurine Mennell)
Mary H. Witt**

MCPSRA COMMUNITY BOARD

As a service to our members, MCPSRA will include information in the newsletter regarding no-cost community events and opportunities that are appropriate and of interest to retirees. Note that submissions may be edited, shortened, or excluded based as space permits. Events requiring a fee to participate will not be included on the Community Board, but may be submitted for consideration as an advertisement with an associated fee. Send items for consideration to jasperbo114@gmail.com or Bobbi Jasper, 7104 Old Stage Rd. Rockville, MD 20852

The Montgomery County government has a website devoted to Seniors

To keep up with the latest news for Seniors in Montgomery County, visit the Montgomery County Government Seniors website at <https://www.montgomerycountymd.gov/senior/> The Website has information about many topics of concern, including, but not limited to, consumer issues, Health, Recreation, Senior housing, Taxes & Finances, Transportation and more.

The Montgomery County State Health Insurance Assistance Program (SHIP)

Do you need help navigating Medicare?

Ship offers free local Medicare counseling to Montgomery County residents. The local SHIP is part of a national network that receives funds from the Federal government. SHIPs are not connected to any insurance company or health plan. SHIP staff and trained volunteers can help with such Medicare questions as:

- costs
- enrollment
- coverage

- coordination with other insurance, and
- sources of assistance with paying for health care costs.

Extensive information about Medicare and the services offered by the local SHIP can be found on its website at www.medicareabcd.org. You may also leave a message at 301-255-4250 to be put in touch by telephone with a staff member or trained volunteer.

Food Access

Do you need help accessing food?

The Montgomery County Government offers multiple free services for those in need including meal deliver, food giveaway events, and grocery delivery. Detailed information may be found at the website below including details on how to access these services, as well as how to donate and support these services.

<https://www.montgomerycountymd.gov/covid19/get-help/food.html> or call *Food Access* at 311.

COVID 19 (as of October 2021)

Are you seeking information on how to get tested or vaccinated for COVID 19?

For the latest information on cost-free COVID 19 testing and vaccination clinics, access the COVID 19 Information Portal on the Montgomery County Government Website at www.montgomerycountymd.gov or call 240-777-2982 for assistance in making an appointment.

Make an appointment: You can now make your own appointments.

If you need help making your appointment at a County-run clinic, or an in-home appointment, call 240-777-2982 or email c19vaccination@montgomerycountymd.gov.

You may walk in to County-run clinics without an appointment.

(Youth ages 12 to 15 no longer need to preregister for appointments. Parents/guardians can make appointments for them at clinics using the Pfizer vaccine.)

Second dose appointments

No need to register for your second dose! We will send you an appointment invitation.

[Learn more about the second dose emails we'll send you.](#)

Get a copy of your vaccination record

Online

For an online record of your COVID-19 vaccination, [view your account in Maryland MyIR](#). MyIR is Maryland's online immunization record system. It is considered your official record of vaccination. If you have trouble accessing your online record, [use the MyIR Help](#). If your record does not show up on MyIR, [request help for an "unmatched record"](#).

Email copy

If you were vaccinated at a County-operated clinic, we can email you a copy of your record. To request a copy, email c19vaccination@montgomerycountymd.gov or call 240-777-2982. They cannot provide duplicate CDC vaccination cards.

“Connect-A-Ride”

Do you need transportation within the county?

Call **301-738-3252** Monday through Friday 9:00 a.m. – 5:00 p.m. or contact connectarisde@AccessJCA.org

Connect-A-Ride (CAR) is a free information and referral service that helps adults over 50 find transportation for medical services, errands, social activities and more. It connects callers with public, private and volunteer transportation services (including escorted transportation). It is funded by the Montgomery County Government and operated by the Jewish Council for the Aging.

Free Ride-On and Metrobus public transportation is available to seniors 65 or older from 9:30 a.m.—3:00 p.m., Monday through Friday; and until 4:00 p.m. on Saturday. Outside of these hours, seniors pay half fare. Metro Senior SmarTrip Card or Medicare Card with photo ID required. For Metro schedule information, call 311.



For Seniors - <https://www.montgomerycountymd.gov/library/for-you/seniors.html>

MCPL offers programming and services for adults 50+ that are designed to reflect the wide interests of today’s older adults. Come check out our book clubs, computer help, tax preparation, music performances, and health and wellness programs. [Events This Month](#)

50+ Volunteer Network

Are you interested in volunteer opportunities in Montgomery County?

If you are seeking community service that will be fulfilling and tailored to your specific skill set and experience, check-out the Montgomery County “50+ Volunteer Network.”

The Montgomery County Volunteer Center connects “skilled volunteers seeking purposeful opportunities with non-profit agencies needing specific assistance.” Volunteers are needed for both long and short-term volunteer opportunities. The 50+ Volunteer Network matches

individuals to opportunities. Access further information at www.montgomeryserves.org or email 50plus@montgomerycountymd.gov or call 240-777-2600.

Montgomery County Recreation for Seniors

<https://www.montgomerycountymd.gov/rec/activitiesandprograms/seniors/>


Montgomery County Recreation has many ways for independent adults, 55 and over to stay active and healthy. Whether you are still working, semi-retired, or fully retired, we have a large variety of programs, activities, classes, and events for you to choose from. There are many opportunities for you to THRIVE in our programs. Take a look at what we have to offer and join us.

- Travel programs-we travel both close and far throughout the mid-Atlantic region
- Health and Wellness programs and services
- Recreation programs - from Aerobics to Zumba and everything in between
- Information and Referral Assistance - Need help? If we can't help you, we'll direct you to someone who can
- Volunteer opportunities abound-talk to us about how we can put your talents to use
- Exercise and fitness facilities, and educational programs to keep you feeling both physically and mentally fit and active

Check us out. If you don't find anything here in the Senior section, check out the [Aquatics](#), [Classes](#), and/or [SOAR/Day Tripper](#)* sections. There are programs in each section geared to those 55 and over. Oh, and did we mention fun? Be prepared to have a good time when you're visiting with us. For more information, contact the Senior Center or Active Adult Program location nearest you.

***DAY TRIPPERS**

Day Trippers




On the move...Make everyday unforgettable!

Day Trippers offers one-day, deluxe motor coach excursions departing from Olney Manor Park to destinations and attractions throughout Maryland, Virginia, Pennsylvania, New York, and Washington DC. People of all ages can enjoy awesome opportunities together. Children under 18 must be accompanied by an adult.

Join us for a "Daycation"...relax and leave the driving to us!

All trips depart from the Olney Manor Park.





Address:
Olney Manor Park
16605 Georgia Ave, Olney, MD 20832

Olney Manor park is accessible by both automobile and public bus. From Georgia Avenue, turn into Emory Lane and take the second left and follow signs for Skate Park and Ballfield #1.

Day Trippers Brochure and Mailing List


View the brochure and sign up for the mailing list.



Fall 2021 Brochure Mailing List

More Information is available on
ActiveMontgomery

REGISTER NOW





Happy Holidays

A Bit More Humor from Skip Rideout

Theme parks can snap a crystal-clear picture of you on a roller coaster going 70 mph, but bank cameras can't get a clear shot of a robber standing still.

Someone posted that they had just made synonym buns. I replied "you mean just like the ones that grammar used to make?" I am now blocked.

Dear paranoid people who check behind their shower curtains for murderers ... if you do find one, what's your plan?

The more I get to know people, the more I realize why Noah let only animals on the boat.

Facial recognition software can pick a person out of a crowd but the vending machine at work can't recognize a dollar bill with a bent corner.

When all this pandemic stuff is over, I still plan to wear a mask. It hides the perpetual look of annoyance I have for most people.

Covid-19 Fact: 87% of gym members don't even know their gym is closed.

My train of thought derailed. There were no survivors.

After a year of this pandemic, I'm either going out for ice cream or to commit a felony. I'll decide in the car.

I know it's time to clean out my purse when my car assumes it's an extra passenger who isn't wearing a seat belt.

Dr. Oz says rubbing coffee grounds on your naked body will get rid of cellulite. Apparently, you can't do this in Starbucks. And now the cops are here...

Do not vaccinate health care workers first. If it fails, we're all in trouble. Vaccinate the politicians first. If we lose a few of them, it won't matter.

In the 1980s I fell off my bike and skinned my knee. I'm telling you this now because we didn't have social media then.

Montgomery County Public Schools
MCPS Retirees Association, Inc.
P.O. Box 4367
Rockville, MD 20849

NON-PROFIT
ORG.
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Permit No. 201
Suburban, MD

DATED MATERIAL



MCPSRA is more than an acronym—it's a mission! We're here to protect your pension and your health benefits, and inspire the dedication, commitment, skills and abilities of our members in service to our fellow retirees and the entire community. Please encourage your retired friends to join us in our important work and in the fun of our luncheons if and when they start up again.

**The MCPSRA Newsletter is published in
October, December, February, April, and June.**

This is the December, 2021 issue.