

Montgomery County Public Schools Retirees Association, Inc.



P.O. Box 4367 Rockville, MD 20849-4367
www.mcpsra.org

Volume 2022-23, Issue #3

February 2023



PRESIDENT'S MESSAGE

Dr. Debra Munk
President - MCPSRA

Despite the continuing COVID concerns, the MCPSRA Board has ramped up its activities. The Board meets the first Thursday of every month in hybrid meetings. We are especially excited that luncheons have resumed this year—our last one was on October 27. We look forward to the February 23, 2023, luncheon, again held at the Montgomery Country Club. Come join in the fun. The registration form is attached to this newsletter.

One new addition is our Facebook page for general information [Maryland MCPS Retirees Association Facebook page} and an MCPSRA Private Group for members to share what they are doing...pictures of trips and grandchildren are especially welcome. (Check out my pictures of my December cruise around the tip of South America.) To become a member of the Private Group, simply ask to join at:

<https://www.facebook.com/groups/67290120970305>

On November 10, 2022, Donna Hollingshead, Reggie Ott and I presented to the Board of Education. We described our work and our desire to work with the Board on all matters pertaining to retirees. We felt that our words were well received, but the Board has not seen the last of us. We plan to make another presentation this Spring related to health benefits.

On January 5, 2023, Superintendent Monifa McKnight and Acting OHRD Associate Superintendent Susan

Marks attended our Board meeting. We shared your concerns about the discrepancy in health benefits between active employees and retirees. We also discussed problems members have incurred with the recent change from CareFirst to the Cigna medical plan. The Superintendent and her Acting Associate plan to attend our



Dr. Monifa McKnight

February board meeting with follow-up information.

Building up our membership is particularly important. Our ability to fight to preserve your pension and health benefits is dependent on numbers. If you know retirees who are not MCPSRA members, please encourage them to join. An application form is available here:

mrsra.org/files/ugd/640edf_33eedcfce7846bca9632aff1c6c9d51.pdf.

We are not alone in this fight. We continue to work with MRSPA and MCPS to protect your pension and health benefits. MCPSRA Board members have resumed attending Retirees Informational Sessions to give new retirees information about MCPSRA and MRSPA. We want them to understand how joining for just \$60 gives them many benefits... and most importantly is inexpensive benefit and pension insurance. Ben Marlin, Membership Committee Co-Chair, will be presenting at the February 15 Informational Session.

(Continued on page 5)

MCPSRA BOARD OF DIRECTORS (BOD)

Officers:

President	Dr. Debra Munk debramunk@yahoo.com	240-426-8407
Vice President	Reginald J. Ott Regjott1@verizon.net	301-452-5449
Immediate Past President	Dr. Carol M. Dahlberg john.dahlberg234@gmail.com	301-253-2212
Recording Secretary	Dr. Donna Hollingshead DonnaShimodaHollingshead@gmail.com	301-385-2147
Treasurer	Dr. Stephen M. Raucher sraucher@comcast.net	301-318-4969

Committee Chairs:

Archives	Marti Gray graymm0322@gmail.com	301-641-8896
Budget Development	Dr. Stephen M. Raucher sraucher@comcast.net	301-318-4969
Community Service	VACANT	
Consumer Education	Deb Berner iudab@verizon.net	301-455-8608
Facebook Page	Christina Sutter christina.p.sutter@gmail.com	
Financial Review	Harvey Strine strineah@verizon.net	301-251-0478
--- Co-Chair	Bill Gregory	
Hospitality/Luncheons	LeeAnn Kaye geolakaye@gmail.com	301-598-5480
--- Co-Chair	Trish Bendler patriciabendler0@gmail.com	301-540-5160
Insurance and Benefits	J. Thomas Hickman CTMAR28@yahoo.com	301-929-9660
Legislative	Fred S. Evans fredevans1970@gmail.com	301-706-3993
MCPSRA Projects	Joan Donovan jcdonovan@aol.com	301-253-6099
--- Co-Chair	Trish Bendler patriciabendler0@gmail.com	301-540-5160
Membership	Marti Gray graymm0322@gmail.com Ben Marlin marlinb76@gmail.com	301-641-8896 561-866-4614
Newsletter Editor	Dr. Russell G. Wright russwright408@gmail.com	301-806-7252
Nominating	Dr. Carol M. Dahlberg john.dahlberg234@gmail.com	301-253-2212
Parliamentarian	Nickie Neary nearynic@msn.com	301-869-0057
Political Action	Dr. Darlene Simmons Simmonsdarlene5@gmail.com	
Public Relations	Debra Mugge muggedebra010@gmail.com	
Recognition	Joan Donovan jcdonovan@aol.com	301-253-6099
---Co-Chair	Juliette Trevino jgtrevino@comcast.net	301-460-9670
Scholarships (MCPSRA)	Bill Stief William_A_Stief@mcpsmd.org	301-956-5891
---Louise S. Walker	Margaret Brown margdell@gmail.com	301-910-2305
Trips	Bernadette Rager bg.rager@verizon.net	301-774-0345

BUSINESS MEETING/LUNCHEON

Business meeting/luncheons are held four times a year at Montgomery Country Club, 20908 Golf View Dr., Laytonsville, MD 20882.



February 23, 2023, Luncheon

Happy 2023 to you and yours and best wishes for good health, happiness, much laughter and shared moments with family and friends! And may some of these joyful times be shared with other Montgomery County Public Schools retirees. Come to the February luncheon to see fellow retirees and to meet and make new friends! If you have not yet attended an MCPSRA luncheon, I encourage you to do so. It's a fun time! If you're concerned about not knowing anyone, you might be surprised at who you will see there. Or you can bring one of your previous colleagues. Also, no need to worry about food allergies. Just let me know, and we can accommodate you.

If the menu posted on the back page looks familiar, it should. For the October luncheon I made a big mistake. Amazingly, the chicken cordon bleu had changed into chicken parmesan. This month it really will be chicken cordon bleu.

After the February luncheon, two luncheons remain.
Mark your calendar:

April 27, 2023

June 15, 2023

Hope to see you soon!
LeeAnn Kaye



WHAT DOES BEING “RETIRED” REALLY MEAN?

Did any of you study Latin as a youth or teach it during your career as an educator? Even if you didn’t do either of these things, most of you know that many English words have Latin origins. The prefix *re-* comes from the Latin meaning *to restore a previous condition or repeat a previous action; do it over or do it again*. So, if we define the word “retired” literally, does it mean that we are constantly returning to a state of being tired? Let’s hope not! Maybe we did leave the field of education because we were tired—tired of getting up at the crack of dawn every day for 25, 30, or more years to go to work, tired of all the paperwork, new training requirements, and red tape involved in teaching nowadays. Maybe it’s time for us to **redefine** and to identify what being retired really means.

Being retired provides us with the time necessary to **rediscover, recapture, restore, refresh,** and **recreate** the enthusiasm for life that is the essence of our inner selves. We now have time to **recall** many of the successes in our past and to **reevaluate** and **reconsider** those things that may have caused us grief or brought us failure. Don’t dwell too much on the past, though. Make peace with your past so it won’t destroy the present. There is no better time than the present to **regain** your love of life by **reviewing, reactivating,** and **redirecting** your energies into doing those things that make you the happiest. See the world by taking those long dreamed of trips and cruises. Take up a new hobby. Hit the golf links with a friend or grandchild. Read for pleasure. Your list can be extensive and motivating.

Hopefully your love of children, that was such a driving force in pursuing and fulfilling a career in education, will **remind** you that there is still so much you can continue to do to make a difference in the lives of students in our county. I bet you can **recount** the many times you **rearranged** your own personal schedule to accommodate the needs of children in your school building, and you purchased school supplies and maybe even lunches for needy kids without the intent of being **reimbursed**. Enriching the lives of children, making their lives healthier, happier, and more hopeful, is investing in the future, theirs as well as ours. **Reestablish** contact with school children by volunteering in a nearby school: read a favorite book to a class, mentor a student, tutor a small group of children having trouble in math or reading, help students develop and improve their writing skills by providing a little one-on-one time. There are lots of ways for you to **renew** your commitment to children and to **reinvent** that warm feeling inside of you that comes from knowing that you will continue to make your mark on this world.

You can also **reassure** us that the MCPSRA **Toolkits Project** continues to be successful this coming summer by **renewing** your sponsorship of toolkits with your tax-deductible donation. Fill out the form below and mail it with your check today. **PLEASE make sure that your check is made payable to: MCPS Educational Foundation.** Don’t be *tired* of being *retired*! Do something to make a difference and happiness will follow you wherever you go and in whatever you do!

Joan Donovan

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 November 2022

Muriel S. Braunstein	515 Rosebush Ln., Rockville, MD 20850-7778	301-340-6220
Nicole D. Butler	8628 Delcris Dr., Montgomery Village, MD 20866	301-537-2629
Marguerite Caines	8808 Shining Oceans Way, Columbia, MD 21045	443-538-3077
Joseph Mamana	21 Cabin Creek Ct., Burtonsville, MD 20866	301-879-2842
Shirley J. Rogers	1488 Appleton Rd., Elkton, MD 21921	410-620-3133
Kris M Zinkievich	1709 Hopefield Rd., Silver Spring, MD 20905	301-384-1298

Joined in December 2022

Anna S. Jalickee	1111 Loxford Ter., Silver Spring, MD 20901	301-915-0065
Nancy G. Lloyd	10733 Wayfarer Rd., Germantown, MD 20876	301-252-4481
Joanna M. Salzman	2104 Dumfries Terrace, Olney, MD 20832	240-994-0330
Dara Tokarz	17545 Kohlhoss Rd., Poolesville, MD 20837	301-767-5275
Maria E. Young	17708 Cliffbourne Ln., Derwood, MD 20855	301-807-5420

Life cycles Explained

Humor from Steve Raucher

This is fun but too true.

God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years."

The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"

So, God saw it was good.

On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span."



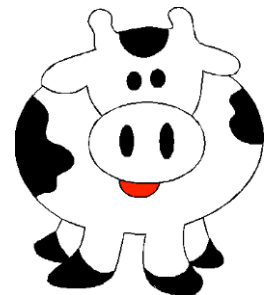
The monkey said, "Monkey tricks for twenty years? That's a long time to perform. How about I give you back ten like the dog did?"

And God again saw it was good.

On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?"

And God agreed it was good.



On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years."

But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"

Okay," said God "You asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves.

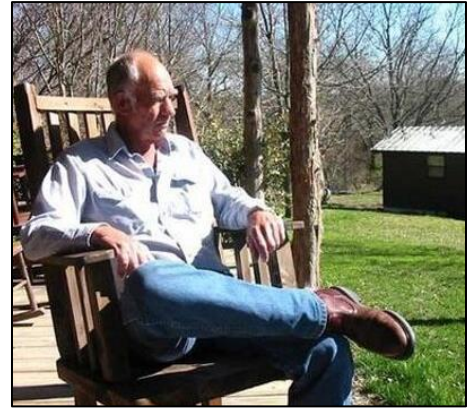
For the next forty years, we slave in the sun to support our family.

For the next ten years, we do monkey tricks to entertain the grandchildren.

And for the last ten years, we sit on the front porch and bark at everyone.

Life has now been explained to you. There is no need to thank me for this valuable information. I'm doing it as a public service.

If you are looking for me, I will be on the front porch



President's Message Continued from page 1

This year MCPSRA will continue to provide scholarships to MCPS employees pursuing advanced degrees and professional development. We provide scholarship awards of up to \$1500 each. Last year nearly 100 staff members applied, and we awarded 9 scholarships. This year's deadline is May 8, 2023.

On behalf of the MCPSRA Board, I hope this message finds you well, despite the challenges of COVID and other viruses. Enough of winter! Let's hope the groundhog doesn't see his shadow. Bring on Spring!

Warm regards,
Debra Munk

MCPSRA Consumer Education by Deb Berner

***Welcome to a new year!**

February is **African-American History** month and March is **Women's History** month. This is a time for us all to join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society. It is also a time to celebrate the contributions of women to events in history and society.

February also happens to be *National Senior Independence Month*. According to the American Health Care Association (AHCA) and the National Center For Assisted Living (NCAL), "This celebration was established

to help seniors remain in control of their daily lives. This month encourages seniors to take the opportunity to evaluate their current living situation and determine whether adjustments could be made to create a better lifestyle.”

Many of us still live in our own homes with a significant other or alone. It came to my attention recently while assisting a senior relative who happens to be 91 years young, that I also needed to review my own living space to make it more accessible and less cluttered for my own safety. For example, replacing throw rugs with anti-slip rugs or removing them altogether or installing safety bars in the shower or bathtub are two examples. “Many seniors want to maintain an independent lifestyle and do for themselves in their own homes for as long as possible. In order to do this, however, you



iPhotos.com

must remove safety issues / unsafe conditions from your living environment and maintain your overall health for as long as you can.”

National Senior Independence Month is an excellent time to think about the changes you need to make to ensure that your home is safe and healthy. Check out the Senior Safety Advice website at SeniorSafetyAdvice.com. to learn about what you can do to maintain your independent lifestyle.

Source: Robin Schiltz, CDS is a Senior Home Safety Specialist, SeniorSafetyAdvice.com

***Don't fall for fake products! Buy smart!**

The National Crime Prevention Council (NCPC) wants to remind us that counterfeit goods are damaging and can be dangerous. In addition to funding criminal enterprises, counterfeit scams drain the economy, cost Americans real jobs, hurt businesses, dupe consumers, and cause over 70 deaths and 350,000 serious injuries every year.

Counterfeit goods are usually cheap imitations of a product or brand we trust. You can spot fake products online with these easy tips:

- Does the grammar and vocabulary sound correct in the product description?
- Is the price ridiculously low? And is the sales tax calculated and shown? Fake products may have suspiciously low prices that may not include sales tax.
- Are the product reviews realistic, or do they sound ‘too good to be true’?
- Are there high-quality product images? Fake products may use stock photos widely available online.
- Is the product coming from a sketchy address?

How much do you know? Spot the fake products in the NCPC's Dupe Detector game by clicking here: <https://ymiclassroom.com/video/ncpc/>

To get more tips on how to keep you and your loved ones safe from crime, visit the The National Crime Prevention Council (NCPC) website at <https://www.ncpc.org/>

*Please check out the November/December **Consumer Connection** newsletter on the Maryland Retired School Personnel Association site at <https://mrspa.org> for more updates and information.

MRSPA Foundation Fund

The MRSPA Community Service and Scholarship Committees provide tremendous support to students and staff in our schools across Maryland. Therefore, we are seeking **donations** to the *MRSPA Foundation Fund* so that we can continue our work. Again, this year, raffle tickets will be purchased solely through the MRSPA newsletter using the form below and through local association newsletters using the same form. All donations are tax deductible and come with our thanks and appreciation!

Your name will be entered into a drawing upon receipt of your donation based on this criterion: Donations of \$10 will earn 1 raffle ticket while donations of \$25 will earn 3 raffle tickets incrementally. MRSPA staff will write your name on the correct number of tickets when we receive your check. The drawing will take place at the May 2023 Annual Business Meeting whether held in person or virtually. You can win the \$300 cash first prize, a Maryland themed basket valued at \$150 second prize, or one of 5 third place themed baskets valued at \$75: Cooking, Spa, Wine Lover, Movie Night, and Sports Lover. Out of state winners will receive gift cards in lieu of basket contents.

Entering the drawing is fun and easy!

1. Make your **check payable** to **AEF FBO MRSPA Foundation Fund R22420**
2. Write **MRSPA Foundation Fund R22420** on the FOR line
3. Date and **sign** your check
4. **Mail** check and completed form to MRSPA at 8379 Piney Orchard Parkway, Suite A, Odenton, MD 21113 **before March 22, 2023**

Will you send a donation today?

Receipts will be sent via US Mail.



MRSPA Foundation Fund

Your Name: _____

Your Address: _____

Home Phone: _____ **Cell Phone:** _____

Email Address: _____

In Memoriam

The following MCPSRA members passed away in 2022:

JANUARY

Carol C. Chaney
Virginia L. Cooper
Bruce D. Gibbs
Nadine L. Roberts
Rosa V. Shelton

FEBRUARY

John E. Becker
Dorothy M. Carroll
Alice M. Dixon
Gail D. Fitch
Sidney G. Mollard, Jr.

MARCH

Carl E. Bell
Stanley R. Gnatowski
Kenneth E. Huff
Myrtle Johnson
Ralph E. Mahoney, Jr.
Phyllis E. McCurdy
Ronald W. Shurie
Gerald S. Smith

APRIL

Patsy H. Herold
Margaret H. Lamphier
Warren A. Major
Betty L. Mascetta
James A. Simms
Vivian Tremante

MAY

Eleanor L. Duvall
Joan D. Fyffe
Hildegarde F. MacInnes
Dolores M. Pope

JUNE

Myra Birnkrant
Olaf G. Brockdorff
Patricia A. Eden
Robert M. Foster
Ruby L. Harris
Myrna I. Hawthorne
Phyllis L. Knight
George L. Morse
Sumner W. Patch
Norman L. Stant
Barbara J. Walker

JULY

Stanley R. Brodsky
Audrey A. Caldwell
Geoffrey D. Edgar
Michael Feinberg
Mary J. Hess
Ruth M. Hollins
Gabriel H. Jacobs
Martha R. Marshall
Florence M. Rahn
James R. Sadler
Doris A. Sampson
Mary L. Thompson
Albin S. Wozniak
Amanda J. Yannes

AUGUST

Louis R. Berlin
Elizabeth M. Fellows
Warrick S. Hill
Evangeline Leontsinis
Robert F. Merrell
Betty A. Montgomery
Robert F. Redmond

SEPTEMBER

Madalean B. Darby
Gail S. Scott-Parizer
Abbye G. Sheltzer
Robert L. Tucker

OCTOBER

Catherine H. Cahnmann
Frances A. Dean
Frank S. Weisel III

NOVEMBER

Robert J. Gallagher
Doreen L. Hall
Ruth Ann Jones

DECEMBER

George M. Reid
Sandra S. Walker
Elinor S. Zevin

Paid advertisement:



Films, Fish, French Painters: Find it All at Osher at JHU.

The best in lifelong learning touches all your senses. Learning is the lens through which you understand the world and share your experiences. Join our expert faculty and engaging fellow-members for noncredit classes in-person and online. Live and learn. Don't miss it. Registration for the spring semester is now open. Classes begin February 20, 2023. Call 301-294-7058 or email osher@jhu.edu for details.



JOHNS HOPKINS
KRIEGER SCHOOL
of ARTS & SCIENCES

Gift Card Incentive for Members:

The \$10 Gift Card incentive continues! Recruit a NEW member and have them pay by DUES DEDUCTION and **you** will receive a \$10 Walmart gift card. Please make sure that you (the member recruiter) write your name on the new member application form before it is returned to the MRSPA Office. If you need new membership applications, please contact the MRSPA Office or print them from the MRSPA website or cut and paste this link into your browser:

mrspa.org/files/ugd/640edf_33eedcfce7846bca9632aff1c6c9d51.pdf

MRSPA can be reached at 410-551-1517, toll-free 877-625-6782, or mrspa@mrspa.org.

Let's help grow our membership!!



Paid advertisement:



Seniors Helping Seniors®

Continue Your Legacy of Caring!

Our mission is to improve quality of life, and provide seniors with the ability to choose an independent lifestyle in their own home. Our Seniors Helping Seniors® caregivers support each person with dignity, respect, compassion and kindness. We're proudly serving seniors in Bethesda, Rockville, Silver Spring, & the surrounding areas!

 shsbethesda.com

 301 • 895 • 0205



Our Care Services At A Glimpse

- Companionship & Socialization
- Light Housekeeping
- Shopping and Errands
- Doctors Appointments
- Medication Reminders
- Meal Preparation
- Transportation
- Handywork
- Pet Care & More!

Become A Seniors Helping Seniors® Caregiver Today!

Check us out on Facebook!

We have two ways to interact on Facebook.

The **Maryland MCPS Retirees Association Facebook** page is our outward-facing page where your board of directors can share information about what is going on with the organization. You can find it at <https://www.facebook.com/profile.php?id=100088256853359> .



The **MCPSRA Private Group** is a place where we can interact with each other, share information, ask and answer questions, and form a closer community. This private group, open only to MCPSRA members, is a place where members can communicate with each other. You can ask to join the group at <https://www.facebook.com/groups/672901020970305>

We look forward to seeing you on Facebook!

Christina Sutter

MCPSRA Luncheon and Business Meeting

Thursday, February 23, 2023

Montgomery Country Club

20908 Golf View Drive

Gaithersburg, MD 20882

240-912-9515

If MCPS is closed, luncheon is cancelled. Delayed opening, luncheon is held.

Gathering: 11:00 a.m. Business Meeting: 11:30 a.m. Luncheon: 12:00 Noon Program

Buffet Menu

Chicken Cordon Bleu

Fettuccine Alfredo

Whipped Potatoes

Chef's Vegetable

Tossed House Salad

Rolls and Butter

Dessert

Iced Tea, Coffee, Lemonade

\$35.00

Cut Here _____

Thursday, February 23, 2023

Name: _____ Phone: _____

Email address: _____

Name: _____ Phone: _____

Email address: _____ Total amount enclosed: _____

Reservation form and check must be received by Friday, February 17, 2023.

Make checks payable to MCPSRA. Mail to:

LeeAnn Kaye

3210 N. Leisure World Blvd. #306

Silver Spring, MD 20906

For information: LeeAnn Kaye 301-598-5480 or Trish Bendler 301-540-5160

geolakaye@gmail.com or patriciabendler0@gmail.com

ANY FOOD ALLERGIES? PLEASE LET ME KNOW.

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

NON-PROFIT
ORG.
U.S. Postage
PAID
Permit No. 201
Suburban, MD

DATED MATERIAL



**MCPSRA Luncheon/Business Meeting
MONTGOMERY COUNTRY CLUB**

**Gathering: 11:00 a.m.; Business Meeting: 11:30 am.
Luncheon: 12:00 Noon; Program 1:00 pm.**

Next Luncheon Date February 23, 2023

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

This is the February 2023 issue.