



newsletter

2021-2022 MEETING SCHEDULE

Due to the Covid-19 pandemic, all ABCPSR, Inc. Executive/Advisory and Committee Meetings will be held via Conference Call until further notice. Meetings begin at 10:00 a.m.

January 2022
No Meeting

February 14, 2022
Meeting/Conference Call

March 14, 2022
Meeting/Conference Call

April 11, 2022
Meeting/Conference Call

May 3, 2022 (TENTATIVE)
ABCPSR Luncheon
The Forum Caterers

May, 13 2022
MRSPA Annual Spring Luncheon
Upper Marlboro

June, 2022
ABCPSR Executive/Advisory
Committee Closing Activity AND
New Members Meeting, TBA

Please call *Patrycia Pickett, President*
at 410-900-6781 if you have
any questions.

If there are any changes,
you will be notified.
Check website for updates.

President's Message

Happy Holidays,

We are all still on Pandemic watch. Keep up the good work. Some of these practices, I may keep. How about you?

Trying some new ways to cope? Share your ideas.

- Try exercising in your bed. Leg lifts, sit ups, head lifts and stretches; do them before trying to get up in the morning.
- Take short walks in front of your home or at a mall.
- Dance to the radio for 15 minutes. Keep moving that body as best as you can!!
- Try Zoom classes.



We need your help as always in increasing membership. For new members, applications can be found on MRSPA.org. Our numbers decline by attrition, (getting older). We need committee chairpersons as well. Step up and give us a hand, you are the Association. Email us at ABCPSR1949@gmail.com. We are still meeting by conference call on the second Monday of the month at 10:00 a.m. We will be trying Zoom meetings soon. Check our website ABCPSR.org, for updates.

"Each one Reach one". Hope you are ready to try an in person ABCPSR Annual Spring Luncheon/Meeting, Forum Caterers, tentatively scheduled for May 3, 2022. Mark your Calendars!! Bring a friend.

MRSPA Annual Meeting will be May 13, 2022, Upper Marlboro, cost \$40. The state raffle is a little different. Buy your tickets by sending in a check; and MRSPA will enter them into the raffle automatically. Need not to be present to win.

Hope to see you soon,

Patrycia E. Pickett

NOMINATIONS COMMITTEE

There will be an election in 2022 for officers of the Association of Baltimore City Public School Retirees, Inc.

Elected Officers

The elected officers of the Association shall be a President, President-Elect, Secretary, Treasurer, Assistant Treasurer, and four (4) Members-at-Large.

Rules for Submitting Nomination

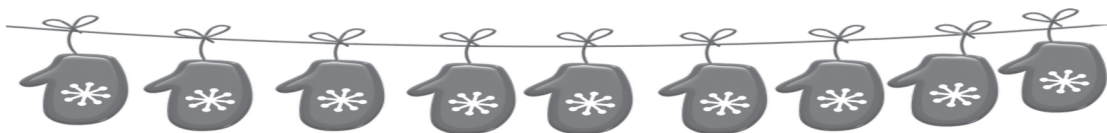
- The nominator shall contact the intended nominee prior to submitting nomination form (including nominations from the floor).
- All nominations must be submitted using the “Official Nomination Form” designated by the Nominating Committee.
- All forms must be completed in their entirety including a signature of the nominator.
- Contact Velma C. Hicks, Chair, Nomination Committee via email mizzzzvee@aol.com or call 410-323-7080 to receive a Nomination Form.
- All nomination forms shall be sent via email to: mizzzzvee@aol.com **OR** via mail to: ABCPSR, C/O Velma C. Hicks, 5500 N. Charles Street, Baltimore, MD 21210 and postmarked by **January 31, 2022**.

Members-at-Large

2020-2022 Members-at-Large: Catherine Moore DeFord and Flora G. Johnson

2021-2023 Members-at-Large: Kathalene Carey and Donnell Lockhart

The election will be held on May 3, 2022 at the Association of Baltimore City Public School Retirees, Inc. Spring Business Meeting/Luncheon.



ABCPSR Membership

The Association of Baltimore City Public School Retirees, (ABCPSR) currently has 706 members.

The on-going Switch and Save incentive for members who choose dues deduction as payment will get a one time \$10 reduction in the cost of dues. They would pay \$35 for state dues and \$15 for local dues (totaling \$50) for 2021-2022. Members need to complete and return the Dues Deduction Authorization Form which is available on the MRSPA website under Switch and Save (<https://www.mrspa.org/switch-and-save>).

General Meetings/Luncheon Committee

ABCPSR is pleased to announce that once again, we are planning our Annual Spring Business/Luncheon Meeting. It has been a long time since we have had the opportunity to fellowship in person. We hope that you have missed seeing us as we have you, and that you are eager to be out again among smiling faces. We are looking forward to the excitement of being able to see you at our Spring Luncheon/Meeting.

Our Spring Luncheon/Meeting is scheduled for Tuesday, May 3, 2022, at the Forum Caterers. Be sure to save the date on your calendar! More information about the luncheon will be provided in our next newsletter. We appreciate you and thank you for your patience and support. We wish you continued safety and good health. Have a joyous holiday season!

CENTENARIAN BIRTHDAY GREETINGS



ABCPSR would like to extend a belated “Happy Birthday” wish to Dr. Ruth Pratt. Dr. Pratt became 100 years young on August 2. She was the Founder and served as the ABCPSR Chorus Director for many years.

ABCPSR Chorus



The COVID-19 Pandemic has changed the lives of people all over the world. We have had to shift and pivot in ways we never thought we would have to undertake. As a chorus, we have missed the camaraderie, fellowship, and joy of singing as we would prepare for our performances at the ABCPSR Luncheons. During this time, we have lost three members: Soprano Gloria Pinkney, Alto Dorothy Lee and Tenor Ledonia Kimball. But we are grateful and thankful that we have been able to remain safe and well. Perhaps one day we will have the opportunity to get together once again. Through it all, we will keep on singing!

Musically yours,
Flora Gilchrist Johnson, Chorus Director

FRIENDSHIP COMMITTEE

Thinking of You Cards were sent to the following members:
Kathleen Cain, Angela Hill, Clifford Rosenberg, and Velma Hicks.

A Get Well Card was sent to Mary Hughee.

Sympathy Cards were sent to the following members: Donnell Lockhart, for the loss of her brother; Yvonne Hawkins, for the loss of her mother; Mary Hughee, for the loss of her sister; Carolyn G. Savage, for the loss of her mother; and, Mary Collins, for the loss of her sister.

Sympathy Cards were sent to the families of the following departed members: Shirley T. Hill, Joseph R. Campbell, Beulah Wallace, Lillian C. Jackson, Doris Nash, Evelyn McIntosh, Delores Mears, Elizabeth H. Adams, and Gertrude S. Williams.

Submitted by Mary Gaskins, Chair

ABCPSR SCHOLARSHIP APPLICATIONS

The ABCPSR High School Scholarship Applications for 2022 will be available online at abcpsr.org. If you have questions or need additional information about this process please contact Patrycia Pickett, President at (410) 900-6781.

SAD NEWS



It is with profound sorrow that we inform you of the death of Gertrude S. Williams. Ms. Williams served as Board Member and Chair, Legislative Committee, Association of Baltimore City Public School Retirees (ABCPSR).

Ms. Williams' career as an educator with the Baltimore City Public School System spanned 49 years. She was a classroom teacher, school counselor, vice principal, and principal for 25 years. She will be greatly missed.



Maryland Retired School Personnel Association (MRSPA) AMBA Insurance Plans & Discounts

MRSPA offers insurance plans for members and their families. MRSPA has partnered with AMBA (Association Member Benefits Advisors) to provide new benefit plans.

AMBA Insurance Plans include:

- Dental Insurance
- Long Term Care
- Medicare Solutions
- Term Life Insurance
- Hospital Indemnity
- Accident
- Medical Air Services Association (MASA)
- Vision Insurance
- Short Term Care / Home Health Care
- Whole Life Insurance
- Disability
- Hearing
- Annuity

For more information about these plans, contact the AMBA Call Center Team with any questions. Their number is 1-888-698-0972.

Are you wondering if certain benefits are right for you? **Get a free benefits review by calling 866-619-6463 or go to: myAMBAbenefits.info/MRSPA**

Let the “Charm City Band” Entertain You



The Charm City Band is a service offered by the Senior Division to Baltimore Seniors. The band is a professionally trained trio group available to play at senior events. The saxophonist, drummer and vocalist will have your guests jumping out their seats onto the dance floor. For more information about renting the band, call 410-396-2920.

Home and Recreational Safety

WHAT YOU CAN DO TO PREVENT FALLS

Each year, millions of older people - those 65 and older - fall. In fact, more than one out of four older people fall each year, but less than half tell their doctor. Falling once doubles your chances of falling again. Falls can be prevented. These are some simple things you can do to keep yourself from falling.

Talk to Your Doctor. Ask your doctor or healthcare provider to:

- evaluate your risk for falling and talk with them about specific things you can do.
- review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines. Also, ask about taking vitamin D supplements. (Your pharmacist is also qualified to review your medicines.)

Do Strength and Balance Exercises

- Do exercises that make your legs stronger and improve your balance. Tai Chi and Yoga are good examples of this kind of exercise.

Have Your Eyes Checked

- Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses, if needed.
- If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

Make Your Home Safer

- Get rid of things you could trip over.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.

For more information go to: [CDC.org](https://www.cdc.org)





Need Computer Help??

The Baltimore Digital Equity Coalition Tech Support Hotline provides help to Baltimore City's older adult residents!! Baltimore City OLDER ADULTS within the BDS Healthy Aging Networks can call the **FREE** Tech Support Hotline at: **410-834-4214** to get help with:

- Connecting to the Internet
- Finding low-cost Internet
- Basic web searching
- Using your computer or tablet
- Keeping safe online
- Choosing and finding computers or tablets

The service is available Monday through Friday from 10am. - 6pm. Learn more about the Baltimore Digital Equity Coalition at: www.digitalequitybaltimore.org.

The New “Senior Cruiser” is Ready to Hit the Road



Need low cost, quality transportation for your next senior group trip or event? Call the Senior Division, we can help. The Senior division operates a brand new 36 passenger coach bus, which can be rented by any senior group (50 or older) located in Baltimore City. The bus will accommodate two wheelchairs and is equipped with a wheelchair lift and air conditioning.

For the safety of passengers, a face mask is required at all times while on the bus. Until further notice, the bus is operating at 50% capacity. For information about bus rental or to reserve the bus, call 410-396-2920.



HELP STOP COVID-19

Get Vaccinated

- Authorized COVID-19 vaccines can help protect you from COVID-19.

Wear a mask

- If you are not fully vaccinated, everyone aged 2 or older, should wear a mask in indoor public places. In general, you do not need to wear a mask in outdoor settings.
- People who have a condition or are taking medications that weaken their immune system may **not be fully protected** even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated people.

Stay 6 feet away from others

- Inside your home, avoid close contact with people who are sick.
- Outside your home, put 6 feet of distance between yourself and people who don't live in your household. **Remember that some people without symptoms may be able to spread the virus.**

Avoid crowds and poorly ventilated spaces

- Being in crowds like in restaurants, bars, or movie theaters puts you at higher risk for Covid-19.
- Avoid indoor spaces that do not offer fresh air from the outdoors. If indoors, bring in fresh air by opening windows and doors when possible

Wash your hands often

- Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover coughs and sneezes

- If you are wearing a mask, you can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.
- If you are not wearing a mask, always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Wash your hands.

For more information go to the Centers for Disease Control and Prevention website: [cdc.gov](https://www.cdc.gov)

COVID-19 FUNERAL ASSISTANCE

FEMA is working to set up a dedicated toll-free phone number to apply for funeral assistance. More information will be available on the FEMA website soon.

<https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA will provide financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020. FEMA will begin to implement COVID-19 funeral assistance in April. People who have COVID-19 funeral expenses are encouraged to keep and gather documentation.

Who is Eligible?

To be eligible for funeral assistance, you must meet these conditions:

1. The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
2. The death certificate must indicate the death was attributed to COVID-19.
3. The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020.
4. There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien.

How to Apply

In April, FEMA will begin accepting applications. Types of documentation needed:

1. An official death certificate that attributes the death directly or indirectly to COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia.
2. Funeral expense documents (receipts, funeral home contract, etc.) that includes the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses incurred.
3. Proof of funds received from other sources specifically for use toward funeral costs. FEMA is not able to duplicate benefits received from burial or funeral insurance, financial assistance received from voluntary agencies, government agencies, or other sources.

How are Funds Received

If you are eligible for funeral assistance you will receive a check by mail, or funds by direct deposit, depending on which option you choose when you apply for assistance. Continue to check back to the FEMA website for the dedicated toll-free number.

<https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>

MRSPA Fund Donations

The MRSPA Community Service and Scholarship Committees provide tremendous support to students and staff in schools across Maryland through scholarships and mini-grants. They are seeking donations to the MRSPA Fund to continue their work. All donations are tax deductible.

Your name will be entered into a drawing upon receipt of your donation. Donations of \$10 will earn 1 raffle ticket, and donations of \$25 will earn 3 raffle tickets incrementally. MRSPA will write your name on the correct number of tickets when they receive your check. The drawing will take place at the May 2022 Annual Business Meeting, whether held in person or virtually. You can win a \$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 basket winners will receive gift cards in lieu of basket contents.

1. Make your **check payable** to: "The Community Foundation of Frederick County"
2. Write **MRSPA Fund Donation** on the FOR line
3. Date and **sign** your check
4. **Mail** check and completed form to: MRSPA, 8379 Piney Orchard Parkway, Suite A, Odenton, MD 21113



Due by March 22, 2022.

Please, include the form below with your donation. Receipts will be sent via email or US Mail.

MRSPA Fund Donation	
Your Name:	_____
Your Address:	_____
City:	_____ State: _____
Home Phone:	_____ Cell Phone: _____
Email:	_____

ASSOCIATION of BALTIMORE CITY

PUBLIC SCHOOL RETIREES, Inc.



ABC

PSR

1400 WEST COLD SPRING LANE • ROOM 111
BALTIMORE, MARYLAND 21209

PRSR STD
U.S. POSTAGE
PAID
BALTIMORE, MD
PERMIT NO. 4315

Save the Date!

ABCPSR Luncheon - (Tentative) May 3, 2022
The Forum Caterers / 4210 Primrose Ave. / 21215

LUNCHEON CO-CHAIRS

DOROTHY GLASCO-JONES JOYCE WILSON

NEWSLETTER CO-EDITORS

ANNA BOSTON JOYCE WILSON

CHANGE OF ADDRESS NOTICE

(Please Print)

Your Name _____

Previous Address _____

New Address _____

Mail to: Angela Hill, 3320 W. Rogers Ave., Baltimore, MD 21215

MRSPA

The only organization that works to preserve the pensions of Baltimore City Public School Retirees. Sixty dollars (\$60.00) covers your membership in MRSPA and ABCPSR.

You may join through dues deduction.

MRSPA: 8379 Piney Orchard Parkway, Odenton, MD 21113
410-551-1517

Current ABCPSR President's contact number: 410-900-6781



RSVP – An Invitation to Serve

Lead With Experience

The Corporation for National and Community Service provides grants to qualified agencies and organizations, including RSVP, for the dual purpose of engaging persons 55 and older in volunteer service to meet critical community needs; and to provide a high quality experience that will enrich the lives of volunteers.

Who Is Eligible for RSVP?

Individuals that are 55 and older, want to serve in Baltimore City and want to make a difference.

RSVP Volunteer Opportunities

Companionship and Outreach, Mentoring, Health and Other Education, Helping Seniors Living Independently, Senior Center Programs, Community Revitalization and Improvement, Disaster Preparedness, Serving Meals to Seniors, Delivery of Health Care Services, Food Collection and Distribution, and Marketing and Recruitment.

Benefits of Volunteering

Free volunteer placement, use your experience skills, gain new and marketable skills, supplemental accident and liability insurance, opportunity to meet new people, training opportunities, reimbursement for transportation, recognition and incentives, and the satisfaction of knowing you are making a difference.

**For More Information, Call RSVP 410-361-9400
or Stephanie Ross 410-361-9401**

