

The Bell Ringer

Kent County Retired School Personnel Association

Volume 36 Number 1 September 2014

MESSAGE FROM THE PRESIDENT

"Retirement is when you stop living at work and start working at living."

Isn't that a great quote! I hope each of you are doing just that and still have a little time leftover for KCRSPA.

Our first meeting is Thursday, October 2nd at **WATERMAN'S CRAB HOUSE** in Rock Hall. Our guest speaker is Del. Jay Jacobs and Nicole Brenner from Big Brothers and Big Sisters. She will say a few words about this new program in Kent Co. Please don't forget to bring your food donations and children's books for the **FOOD PANTRY** at CUMC.

There were several committees that met over the summer and I want to thank them so much for their commitment to our Association. The Bylaws Committee was one that met, to update our bylaws. Please plan on attending our luncheon so you will be aware of the changes that needed to be made.

I also want to thank our MRSPA officers Max Muller, President, Judy Zahren, Executive Director, and E. Stuart Tucker, past President, for coming to our June meeting. It is always a pleasure to have our State officers visit and enjoy a delicious lunch.

We will be inviting our new 2013-2014 retirees to our luncheon meeting. Please try to meet and welcome them to retirement and encourage them to join KCRSPA and MRSPA. Hope to see all of you at **WATERMAN'S**.

Nancy



Dates to REMEMBER:

- September 23...Leadership Workshop
- September 25...Seminar and Appraisal Benefit for Cliffs School House
- October 2.....Fall Luncheon at Waterman's Crab House
- October 23.....Hall of Fame Luncheon for Margie Baker
- November 5.... American Music Theatre Trip
- November 6...KCRSPA Executive Meeting
- November 13...Legislative Workshop in Annapolis
- November 27..HAPPY THANKSGIVING
- December 4..Christmas Luncheon at Country Club

Minutes from the September 4, 2014 Executive Committee Meeting

The Executive Committee Meeting was held in the KCPL Annex building. The meeting was called to order by President Nancy Harrington at 10:00 am. Attending were Nancy Harrington, Terri Mullikin, Jean Foreman, Betty Barbe, Ruth Wilson, Margie Baker, Terri Bostic, Winnie Walters, Fay Miller and Bonnie Smith. We said the Pledge of Allegiance.

Nancy Harrington commended those who met this summer to work on the by-laws, programs and hospitality.

The minutes were read and approved.

The balance in the treasury was \$ 6078.28.

The balance in the scholarship fund was \$ 4519.82.

Announcements:

Nancy Harrington announced that there will be a Leadership Training Seminar in Cambridge on Sept. 23 from 9 – 1. Fay Miller and Nancy Harrington will be attending. **We would like additional members to go to this seminar. If you are interested, call Nancy 410-928-3273.

We are looking for a member from the Eastern Shore to serve on the Community Service Committee.

We are looking for an Area (Cecil, Kent, Talbot, QA, Caroline) Director of MRSPA.

We received notes from Max Muller and Judy Zahren thanking us for hosting each of them at the June 2013 luncheon at the Fishwhistle.

Programs:

The October meeting will be at Waterman's in Rock Hall. The cost will be \$19.00. Jay Jacobs will be the speaker. A representative for the Big Brothers/Big Sisters will also be attending. Fay Miller will share information about Abenity. Recent retirees will be invited to join.

The December meeting will be at the CRYCC and will feature a Chinese Auction.

The March meeting will be at Louisa's in Chestertown.

The June meeting will be at the Fishwhistle. We will be inviting Max Muller, Judy Zahren, and the Kent County Teacher of the Year for the 2014-2015 school year.

Archives:

Winnie Walters is continuing to add to the archives.

Cliff School:

Jean Foreman and Terri Bostic asked for volunteers to help with the Port of Chester Antiques Seminar the proceeds of which will be used for the restoration and preservation of the Cliff School.

Community Service:

Margie Baker received several honors: Maryland Senior Citizen Hall of Fame and the AARP Community Service Award for Maryland. So far Jean Foreman, Nancy Harrington, and Betty Barbe have signed up to go to the luncheon in Glen Burnie on Thursday, October 23, 2014 which will honor Margie and others

who have become members of the MSCHF. ****Members who would like to attend should call Nancy Harrington at 410-928-3273. Laurretta Freeman has engaged a bus to transport the Kent County delegation. We voted to reimburse Margie the \$175 she paid for her name to appear in the MSCHF booklet. We will take a photo at the meeting and then Nancy will write an article for the Tidewater Trader, the Kent County News, and the Chestertown Spy to accompany the photo.**

Constitution/by-laws:

New by-laws were reviewed and the following decisions were made:

- that the area Director should not be on the executive committee.**
- that retired private school teachers should not be members of KCRSP**
- that Nancy will call Pat Clarke to ask her to audit our books**
- that the President should act as assistant treasurer**
- that we will bring the new by-laws before the entire membership for a vote at the October meeting.**

Hospitality:

Bonnie Smith reported that she has planned for all of the meetings.

Membership:

Fay Miller reported that we are maintaining our numbers. 2 members have not yet paid their dues. There were 12 retirees this year and they will be invited to the October meeting as our guests. There was a question about when local-only members should be billed. It was decided that they should be billed in July. Fay will do the billing and the dues will be sent to Jean Foreman, our Treasurer. Nancy suggested that the local-only members be given a card as evidence of membership in the KCRSPA.

MRSPA Matters:

The annual meeting will be on May 12, 2015 at Turf Valley. It is the 70th anniversary of MRSPA. Emeritus members will be honored at the meeting. Miriam Chronshaw and Peggy Smith will be our emeritus members. A dues increase will be under consideration at the annual meeting. Theresa Lochte is up for re-election as our trustee to the state retirement system.

Legislative:

Betty Barbe encouraged us to pay close attention to the upcoming elections. Many candidates have positions that concern education and pensions. State Legislative Day is November 20, 2014.

Newsletter:

Have articles to Terri Mullikin by Sept. 10, 2014. Please submit in pdf format since Terri uses a Mac.

Trip:

Ruth Wilson reported that 3 – 6 more people are needed to fill the bus.

Nominating:

Peggy Smith and Miriam Chronshaw will continue to be the nominating committee.

Sunshine:

Jean Wright will continue to take care of this.

Scholarship:

We received thank you notes from Kirsten Moore and Emily Voshell, each of whom received a \$1200 scholarship from us. Kirsten will be attending Washington College and Emily will be attending Chesapeake College. Billie-Lynne thanked members for donating to the scholarship fund and encouraged us to donate again this year.

Food Bank:

Margie delivered 53 lbs. of food and many books from the June meeting. Our goal is to keep accurate records of the service we give to the community, including what we give to the food bank.

Other:

We will continue to maintain the KCRSPA web page.

We will continue to attract new members.

We will continue to collect new ideas for programs. Contact Nancy if you have one.

We will continue to publicize the many things we do for the community.

The meeting was adjourned at 12:05 pm.

**Respectfully submitted,
Terri Bostic, Recording Secretary**

Membership Update:

Kent County currently has 83 members with joint membership with KCRSPA/MRSPA and 8 with local membership only. Third billing notices will be sent to any cash members who remain unpaid; those who remain unpaid as of November 1, 2014 will be dropped.

The deadline for the October dues deduction by the pension system is September 19, 2014. If a member wishes to join as a dues deduction member, or if a member wishes to change to dues deduction, their information needs to be in the MRSPA Office before the deadline. MRSPA will conduct a recruitment mailing in October, targeting those retired from July 2010 through July 2014.

Support the Cliff City School House

Chester Questers Fundraiser

September 25, 2014. Unitarian Church of Chestertown, 914 Gateway Drive, Chestertown.

Get your antiques and collectibles appraised. \$25.00 per session. Morning and Afternoon sessions available.

Contact Maggie Smith 410-778-2529 or

Carol Cordes 410-778-9173 for more information.

Blood Bank Update:

Starting with this year members of the Blood Bank will not have to pay dues. Members will be notified by the Blood Bank when a blood donation is needed or to make a required donation. Anyone wishing to request more information may call 1-800-548-4009, ext. 850.

Kent County Public School Retirees:

As of October 1, 2014 there will be twelve (12) new retirees from the Kent County Public School System. Those twelve retirees will be invited to be our guest at the October luncheon meeting and to become new members of MRSPA/ KCRSPA.

MRSPA Travel 2014:

Don't forget to check out the MRSPA website for the 2014 travel trips.



In Memoriam

Sue Quinn

***Margaret
Chance***

Scholarship Fund

In the past, KCRSPA has asked members to contribute a gift of \$25 each year to help support the scholarship fund. Last year we received some generous donations. Many thanks to those who made a contribution. Your gifts make it possible for our group to support students entering the field of education. **Please think about supporting our fund this school year and use the form provided.** Educators need to be in the forefront of supporting education.

Scholarship Donation Form

NAME _____

DATE _____

Amount _____

In honor or memory of: _____

Thank you for your support.

Checks may be made to KCRSPA and mailed to:

Jean Foreman

8531 Broadneck Rd.

Chestertown, MD 2162

Maryland Retired School Personnel Association Perks & Discounts

Check out the abenity website. There are lots of discounts available to Maryland Retired School Personnel Association members. You could earn back the cost of your membership.

members@abenity.com

SEPTEMBER

Stephanie Lindsey 9/2

Lauretta Freeman 9/23

Elizabeth Barbe 9/25

OCTOBER

Terri Mullikin 10/7

Suzanne Coleman 10/12

Kathy Clark 10/21

Ruth Wilson 10/26

Betty Freeman 10/30

NOVEMBER

Bonnie Smith 11/3

Herman Gay 11/4

Sarah Jastram 11/15

Nancy Miller 11/15

Lloyd Taylor 11/24

Susan Clark 11/25

Effective January 1, 2014, all retirees participating in the KCPS health care plan received new membership cards and information concerning the mail order Prescription Drug Plan. CVS Caremark is CareFirst's exclusive pharmacy claim processor. Members who take advantage of the mail order prescription service will receive their drugs through CVS Caremark. Members need to register with CVS Caremark.

Talking to Your Doctor

Get the most out of your visit


Taking an active role in your health care and working with your doctor is an important part of achieving the best level of health for you. Research shows that active, assertive patients are more likely to follow a doctor's advice and recover more completely, when they understand their treatment and have a part in planning it.

And it starts with good communication. Here are some tips to help you get the most out of your relationship with your doctor.

Be prepared – have your answers ready

If you're going to your doctor with a new problem, you'll need to give him some information. So answering some questions before your visit will help the doctor narrow down the diagnosis and develop a treatment plan.

To start, write down the answers to the following questions before your visit:

- What is your main problem?
 - What are the key symptoms?
 - When did your problem begin? Try to give the exact time.
 - Have you had this problem before? If so, when? And what happened?
 - What have you done to try and relieve the problem?
 - Have you used any medications? If yes, what kind? What happened?
 - What makes this problem worse?
 - List activities, medications, foods, or other situations that make your problem more serious.
- 
- Are you allergic to any medications or have you recently taken a new medication? If yes, what are they?
 - What do you think may have caused the problem?
 - Does anyone around you have similar symptoms?
 - Did you eat some unusual food?
 - What is your family history?
 - Is there a history of heart disease, high blood pressure, diabetes, or breast cancer among your parents, grandparents, brothers, or sisters?



Ask questions during your visit

You'll be more prepared if you remember to ask your doctor some questions. That way you'll have the answers to your questions once you leave the doctor's office.

About my condition or disease?

- What's my diagnosis?
- What caused my condition?
- Can it be treated?
- How will this affect me now and in the future?
- Should I watch for specific symptoms and notify you if they occur?
- Should I make any lifestyle changes?

About my treatment?

- What treatment is available for my condition?
- When will treatment start? And how long will it last?
- What are the risks and side effects associated with this treatment?

- What are the benefits of this treatment? How successful is it?
- If my treatment includes taking medication, what should I do if I miss a dose?
- Are there foods, medications, or activities I should avoid while I'm on this treatment?
- Are other treatments available?

About my tests?

- What kinds of tests will I have?
- What do you expect to find out from these tests?
- When will I know the results?
- Do I have to do anything special to prepare for the tests?
- Do these tests have side effects or risks?
- Will I need more tests later?

Remembering what you've discussed with your doctor

Understanding and remembering what happened during your visit is essential to achieving the best possible care. So, here are a few more tips:

- Either you, a friend or family member should take notes.
- Ask your doctor to write down their instructions to you.
- Get printed material about your condition from your doctor.
- Want more information? Ask your doctor or your health care team— such as your nurse and pharmacist – for additional resources of information.

FOR MORE INFORMATION:

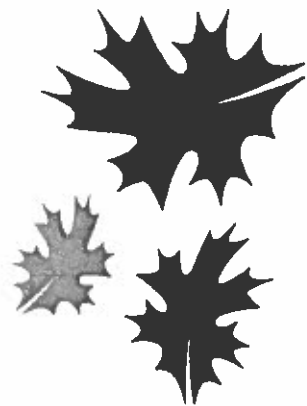
National Institutes of Health
www.nih.gov

U.S. Department of Health and Human Services
www.health.gov

Source: National Institutes of Health



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KCRSPA LUNCHEON

October 2, 2014

11:30 A.M.

WATERMAN'S CRAB HOUSE

21055 Sharp St.

Rock Hall, Md.

The following menu will be provided. No selectic

Appetizer: Crab Dip

Sandwich Sliders: Crab Cake, BBQ Pork, Ch

Served with salad

Assorted Mini Desserts

Beverages: Coffee, Soda, Ice Te

\$19.00 per person Reservations due by Se

Please make checks payable to KCRSPA a

Eileen Hahn

1505 Corsica Neck Rd., Centreville Md

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