



INSIDE THIS ISSUE:

President's Message by Linda F. King

It was fantastic to see the great turnout of members at our October luncheon in Lewistown. The food was scrumptious, as usual, and the smiling faces were heart-warming. Many thanks to **Dottie Lowman** for providing the delightful Pumpkin-Pansy centerpieces that became festive door prizes for so many members. Our guest speakers from the Frederick Memorial Hospital Auxiliary provided us with examples of the many ways for volunteering our time at the hospital and therefore servicing our community. If you didn't get a chance to sign up, you can still do so. The phone number and email address are located on page 13 of this newsletter.

Sally Smith scheduled another blanket workshop to donate to the COIPP, which stands for Children of Incarcerated Parents Partnership. So many of our members met at the Spires Café at the Career and Technology Center on the FCC campus to work on making new blankets. All of the blankets are really cute and very soft. The blankets will definitely provide warmth and comfort to many children.

Nancy Gordon, Sally Smith, and I attended the MRSPA Leadership workshop in Hagerstown on September 28th. The MRSPA Leadership

Team presented a plethora of information on the many projects and materials that are available to all of us. They discussed our State Retirement, Pension, Maryland Legislation, ABENITY benefits program, Membership, and more.

In October, I was privileged to attend the AARP Andrus Awards Celebration for Community Service to honor the many volunteers in Maryland who are exceptional volunteers in our community. **Elizabeth Brady** was the winner for FCRSPA and MRSPA. She received the AARP award for her service to her community. Elizabeth volunteers approximately 76 hours a month.

Our December Breakfast Meeting will soon be here and it is a fabulous way to begin the holiday season. Toys for Tots is our annual holiday project and the Marines will be collecting toys at our gathering for the many needy children in our community.

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FCRSPA *Holiday Breakfast*

Tuesday, December 5, 2017

Reservations are due to Brenda Banko by November 25, 2017

(Reservation Form is on page 17 of this newsletter)



Dutch's Daughter Restaurant

581 Himes Avenue
Frederick, MD 21703

Doors Open at 8:00 a.m.

Buffet Breakfast at 8:30 a.m.

COST: \$18.00 per person (members and guests)

MENU

- Creamed Chipped Beef & Biscuits
- Scrambled Eggs
- Crisp Bacon
- Fried Potatoes
- French Toast
- Assorted Pastries
- Fresh Fruit
- Coffee, Tea, Juice



Remember to bring your donation of unwrapped toys to the meeting!

Remembrance & Sunshine Committee

Please notify **Faye Buckingham** or **Brenda Martz** if you know of illnesses, hospitalizations, deaths, etc. that affect our members and/or their families. Thank you.

..... *Brenda Martz*

Contact Information for Faye Buckingham:

Phone: 301-473-5563

Email: buck0107@comcast.net



Contact Information for Brenda Martz:

Phone: 301-662-9519

Email: brmartz@comcast.net

President's Message *(continued)*



The *Noteables* from Homewood-Frederick will provide holiday music to help ignite our holiday spirit! This 38-member choir was formed by Director Gail Slezak to promote secular music. Be sure to complete the reservation form (page 17) and send it along with your check by the November 25th deadline. It's a great time to bring a guest and get them involved in our organization.

Will Rogers is reputed to have said, "If you find yourself in a hole, stop digging". The hole I thought we were digging was the expense of our printed newsletter. We were spending around 65% of the total dues money paid by all members to print and mail the newsletter to about 50% of our members. Our

hope is that we can significantly decrease the number of newsletters that we need to print and mail. If you do not have access to receive a newsletter electronically, please call me at 301-514-8200 so you can still receive a printed copy of the newsletter.

Please contact me if you have any concerns, questions, or ideas for FCRSPA. Your input is greatly appreciated.

I look forward to seeing you at our breakfast meeting in December!

..... Linda

Lindalou2173@live.com

Phone: 301-514-8200

AARP ANDRUS AWARD FOR COMMUNITY SERVICE *by Sally Smith*

On October 12th **Elizabeth "Liz" Brady** was awarded the AARP Andrus Award for community service for the Maryland Retired School Personnel Association. This prestigious volunteer tribute recognizes outstanding individuals who are sharing their experience, talents and skills to enrich lives of others.

FCRSPA President, Linda King, and Immediate Past President, Sally Smith, attended the luncheon and awards ceremony with Liz.

Photo to the right:

Left to Right:

Hank Greenberg,
AARP State Director

Fay Miller,
MRSPA President

Elizabeth Brady,
Andrus Award Winner

Clarence "Tiger" Davis,
AARP Maryland State President



Membership Musings by Marsha Wise and Ann Miller

HELLO

Our membership continues to grow, and we are exploring varied avenues to increase our membership — stay tuned! If you know a recent retiree, please encourage them to join us! Your personal contact makes such a big difference!

Should you have questions or suggestions, please contact us at our Membership email:

... Marsha Wise, Membership Co-chair; myfcrspa@gmail.com

... Ann F. Miller, Membership Co-chair; (301) 898-9033

WELCOME

to Our New Members!

Carol B. Bates, Susan N. Douglas, Janet M. Fox, Paul J. Fox,
Susan S. Kreiger, Lois E. Kuhn, and Jennifer A. Powell.

\$\$\$ DUES ARE DUE \$\$\$

If you ***have not paid*** your 2017-2018 dues by **November 1, 2017**, this newsletter will be **your last issue of the FCRSPA Newsletter**. All other FCRSPA communications will cease, as well as all MRSPA communications if you are a unified member.

We hope you'll decide to stay with us!

Membership Committee Opportunities

If you would like to help with photography or welcoming new members, please let **Ann Miller** know at 301-898-9033 or contact us via email at myfcrspa@gmail.com.

Thank you to **Jennings Glenn** for taking photographs at the October Luncheon. Thank you, also, to **Shirley Stroup** and **Judy Thompson** for helping to identify the members in the photos. Additionally, a big THANK YOU to **John George** for taking the photos at the Great Frederick Fair and allowing us to share in the fun via the photos.



Also, we need individuals to join us at the Welcome Table for the December breakfast. New members, those who have been with FCRSPA for 12 months or less, are invited to join us at this specially designated table to sit together and meet several longer term members, as well as other new members.

continued on the next page —>

Membership Musings (continued)

Membership Committee Opportunities (continued)

Volunteer Corner

In this newsletter, opportunities for contributing include:

- Photographer for assorted gatherings and events: pg. 4
- School Supplies & Bridges to Success Donations: pgs. 8
- Welcome Table host/hostess: pg. 4
- Toy donations for the Toys for Tots program: pg. 8
- COIPP (Children of Incarcerated Parents Partnership) No-Sew Blanket Project on Dec. 11th: pg. 9
- FCRSPA Needs YOU! See page 10 to find out how you can serve our organization by volunteering to be President-Elect!
- FMH Auxiliary needs volunteers! You can make such a positive contribution to the hospital and community by volunteering at FMH! Find out how you can volunteer on pg. 13.
- Care Wear Volunteers, Inc. See page 17 to discover how you can work on sewing and/or knitting projects that benefit Heartly House residents and cancer patients.



Find us on
Facebook

If you are a FB member, you should be able to find our page by searching for Frederick County Retired School Personnel Association. All requests will be vetted against our membership roster.

CALL TO ACTION!

“EACH ONE REACH ONE”



You know why you belong to MRSPA and FCRSPA. Talk to a retired friend and invite him or her to join us. You know why you are a member. Let your friends know, too! If you know a recent retiree, please invite them to join us by logging on to www.mrspa.org or contacting us at myfcrspa@gmail.com.

Membership Roster Additions/Changes

ADDRESS CHANGES

Montie L. Clem
7401 Willow Road, Apt. 236
Frederick, MD 21702-2555

Monica M. Lingg
37 Park Drive
Emmitsburg, MD 21727-9171

Janet W. Wiles
716 E. Main Street
Middletown, MD 21769-7801

NEW MEMBERS

Carol B. Bates
8106 Ashford Court
Frederick, MD 21702-2900

Susan N. Douglas
P.O. Box 160
Paeonian Springs, VA 20129-0160

NEW MEMBERS (continued)

Janet M. Fox
3 Lauber Court
Middletown, MD 21769-7879

Paul J. Fox
3 Lauber Court
Middletown, MD 21769-7879

Susan S. Kreiger
1316 Oak Hill Avenue
Hagerstown, MD 21742-3220

Lois E. Kuhn
12548 Wolfsville Road
Myersville, MD 21773-9302

Jennifer A. Powell
112 Ali Drive
Middletown, MD 21769-7865



IN MEMORIAM

Nancy M. Gates
9 Sep 1939 — 22 Aug 2017

James W. Schafer
31 Oct 1945 — 1 Sep 2017

Charlotte B. Woodrow
14 Jun 1927 — 25 Aug 2017



FCRSPA Website by *Carroll Kehne*

The FCRSPA.org website has been updated to the most current information you need to explore. Thus, I will challenge each member who has electronic capabilities to take a quick look and see all the newest information, from history, volunteering, legislative, membership and more. The FCRSPA website also features links to other sites which may be of interest to you. Keep yourself informed! Have fun exploring!

Thank you!

... **Carroll Kehne**
Website Manager



Insurance / Health Report *by Joe Polce*

CVS — Opioid Utilization Management Strategy

There will be some changes to the prescription amount of opioid that can be dispensed at one time beginning February 1, 2018 for active employees and pre-Medicare retirees. There is already in place a limit on the amount of specific opioids that can be dispensed for Medicare retirees. CVS will provide more information about the changes in the very near future. The Insurance Council is in agreement with the impending changes.

Formulary (drugs) Changes for Retirees

Silver Script is implementing formulary changes for retirees effective January 1, 2018. This will put the plan more in line with the active employee’s plan, which is a good thing.

Deductible Payment

The medical deductible will reset on January 1, 2018. The dental allowances (1000/2000) will also reset. The Medicare part B deductible (\$183.00) will most likely increase for 2018. The actual amount won’t be released until later this year.

90 Day Prescriptions

CVS has indicated that retirees are not filling maintenance drug prescriptions with the 90 day option at a very high rate. Using the 90 day option saves the plan and the retiree money. Pre-Medicare retirees must use the 90 day option after three fills, but the same stipulation does not apply for Medicare retirees.

FCPS/Silver Script Web Site

The web site fcps.silverscript.com provides a brief review of the prescription drug plan beginning January 1, 2018. There are no changes with the plan to the prescription co-pays.

. . . . Joe

BENEFIT CONTACT INFORMATION (301) 644-5080

Benefits Staff	Responsibilities	Contact information
Penny Opalka Senior Benefits Manager	<ul style="list-style-type: none"> ▪ Employee Assistance Program ▪ Retirement ▪ Insurance Appeals 	301-644-5112 Penny.Opalka@fcps.org
Doris Toms HR Associate II	<ul style="list-style-type: none"> ▪ Retiree insurance ▪ Life insurance claims ▪ Medicare documentation 	301-644-5052 Doris.Toms@fcps.org

Community Services by Irene Bailey

TOYS FOR TOTS

For the Holiday Breakfast at Dutch's Daughter on Tuesday, December 5 we are inviting attendees to bring an UNWRAPPED toy (or toys) for any age child up to 12 years old. School supplies and cash will still be accepted, but the emphasis will be on toys. We will donate them to Toys for Tots; the U.S. Marine Corps Reserve will distribute them to needy children throughout the community. Last year we donated 192 toys; in 2015 the total was 207 toys. It would be great to get back up past 200 this year!



For more information please go to:

<http://frederick-md.toysfortots.org/local-coordinator-sites/lco-sites/Default.aspx>

SCHOOL SUPPLIES / CASH / TOILETRY ITEMS COLLECTED IN LEWISTOWN

A large amount of school supplies and \$25 in cash were collected at the October luncheon in Lewistown. All the materials, plus those purchased with the donated cash and those collected at the July picnic, will be donated to several schools in November as the beginning of school donations from community and religious groups begin to dwindle down. There are needy students at all schools in the county.

Community Services also helps in gathering travel size toiletries for the Bridges to Success program to distribute to Frederick County students. Several bags of soaps, shampoos, and lotions were donated in Lewistown.

TRAVEL SIZE TOILETRIES

Please bring any small soaps, shampoos, lotions, etc. you have collected from your late summer/early autumn travels to the December 5 Holiday Breakfast at Dutch's Daughter. The Community Services Committee will deliver them to the Bridges to Success program which will get them to needy Frederick County students.

... Irene Bailey, Beryl Long, Claudia Harrington
Community Services Co-chairs

Children of Incarcerated Parents Partnership by Sally Smith

BLANKET MAKING GATHERING

Twelve wonderful volunteers gathered together on October 9 at Career and Technology Center to make 9 no-sew blankets for COIPP. **Susan Baldwin, Dottie Wood, Linda King, Deb Buckman, Rise Lanier, Deb Carroll, Linda Nelson Sanders, Connie Ahalt, Judy Brandenburg, Claudia Neally, Barb Ferguson and Sally Smith** joined forces to continue our contributions to the Children of Incarcerated Parents Partnership. Thank you to all who participated!



UPCOMING BLANKET MAKING GATHERING

Another blanket making gathering is planned prior to the holiday season. Please call Sally Smith @ 301-694-7289 or email: simplysally@comcast.net by December 7th to let her know if you plan to help so that she can purchase an adequate number of blanket kits for the event. Won't you please come and join in the fun?

DATE: December 11, 2017

LOCATION: Spires Café at Career Technology Center

TIME: Noon until 3:00 p.m.

WHAT TO BRING: Sharp Scissors and Yourself!



FCRSPA Needs You! by Judy Brandenburg

FCRSPA needs someone to volunteer to fill the vacant position of President-Elect! This position is available immediately and continues through next year. At that time, the President-Elect becomes the President (in 2019) for a two year term. **We need YOU!**



Please consider serving your organization in this capacity! We'd need you to "come onboard" by May 2018 so you could serve one full year as President-Elect prior to becoming President in May 2019.

You couldn't ask for better teachers and mentors than current President **Linda King** and our Past Presidents **Sally Smith** and **Ann Miller** to help you prepare for 2019.

Please call me to let me know that we can count on YOU! Thank you for your consideration!

... **Judy Brandenburg, Nominating Committee Chair**
Phone: 301-371-4773

Community Services by Irene Bailey

VOLUNTEER AWARD NOMINATION

Last year, the Community Services committee created a questionnaire regarding the number of hours members devote to various volunteer groups and charities. The goal was to determine a nominee for the Maryland Retired School Personnel Community Service Award. This year, the committee is asking for your input in another form. Please write a paragraph or two about one of FCRSPA's members who you think deserves local and state recognition for volunteer efforts. What project(s) and/or organization(s) are involved? Why is the work needed and how does the community benefit? About how many hours or days per week or month are dedicated to this work by this person? Please be as thorough and detailed as possible. Include your full name and email address as well as your nominee's full name and email address (if you have it) and send to Irene Bailey at braveirene@msn.com by December 15, 2017. Thanks for your help!



... Irene

Our October Gathering Was A Great Success!

Another delicious lunch was recently enjoyed by FCRSPA members and guests at the Lewistown Volunteer Fire Company. **Dottie Lowman** created the traditional flower-filled pumpkin table centerpieces. Everyone hoped they would be lucky enough to win one of these beautiful pumpkin centerpieces! A big THANK YOU to **Dottie** for her generous contribution! Members were inspired by the program presented by two volunteers from Frederick Memorial Hospital Auxiliary. JoAnn Bradshaw and Adelaide McCallum presented numerous ways that we could contribute volunteer efforts to the hospital. There seems to be a niche for anyone and everyone! On page 13 you can find more details about FMH volunteer opportunities.



Seated: FMH Volunteers JoAnn Bradshaw and Adelaide McCallum.
Standing: FCRSPA President Linda King.



FCRSPA President Linda King addresses the group gathered at the Lewistown luncheon. Notice the delightful pumpkin & pansy door prizes on the table.



DOOR PRIZE WINNERS: From Left to Right: Susan Earnest, Barbara Pfeiffer, Carol King, Carol Bates, Dot Fogle, Barbara Phillips, Carolyn Wiles, Liz Brady, Doris Crum, Anne Rhodes, Deb McCubbin, and Mitzi Smith. (There were additional door prize winners who were not present for the photo.)

More Photos From the October Luncheon — Smiling faces everywhere!



L to R: Doretta Dorsch and Diana Struntz



L to R: Anne Rhodes and Kathy DeGrange



L to R: Shirley McDonald, Jean Smart and Shirley Nyswaner



Left front to Right back: Kathy Hartsock, Rose Graf, Charlene Perry and Sharon Rectanus



Left back to Right front: Sally Smith, Liz Brady, Vicki Hill, Becky Cross and Judy Main



Left back to Right front: Virginia Mohler, Rosa Rippeon and Dan Rippeon



Left side of table, front to back (facing the camera): Ken McGolerick, Jodi Hercehe, Tom Shade.
Right side of table, front to back (facing the camera): Ted Hallock, Mary Edith Hallock, Betty Younkens, Delores Shade and Debi Ensor.

Start a Fashion Trend! Wear an FMH Auxiliary Vest!

Adult volunteers of all ages are needed for a large variety of service areas at Frederick Memorial Healthcare System! You can make such a positive difference in your community by volunteering at FMH!

There are many and varied volunteer opportunities for people of all ages and backgrounds! Volunteers assist patients who are arriving at or departing from the hospital, greet and direct visitors, staff the Gift Shop or the Select Seconds Thrift Shop, deliver flowers and reading material, and so much more. While the volunteers are helping others, they are also helping themselves! Research shows that volunteering improves your health in many ways — emotionally, and even physically. Volunteering also improves self-esteem, helps develop empathy for the problems of others, affirms personal values, and aids in personal development. Volunteering helps you feel connected to your community, and is a great opportunity to meet new people!

FMH has volunteer opportunities in the Emergency Department (assist staff with supply functions and assist patients and families as needed), Gift Shop (participate in daily operation of the shop — sales, cashier, restock merchandise, etc.), Information Desk (assist all who enter with appropriate information and directions), Intensive Care Unit (serve as liaison between patients' families and nursing staff, secure permission for visits; provide comfort/assistance to families), Library Cart (take book cart and magazines throughout the Hospital, be a friendly visitor), Auxiliary Sewing group (meets monthly to assemble Pinkie Puppets. Sew, stuff and wrap Pinkies; make walker bags for rehabilitation; make surgical pillows for patients), Surgical Information reception area (keep families of surgery patients informed during surgery), Select Seconds Thrift Shop, Wings (provide escort/messenger service for patients and various departments throughout the hospital), Cancer Treatment Center (assist patients waiting for appointments), Clerical (assist with filing, faxing, answering telephones, etc.), Reception Area at Rose Hill/Crestwood/Mount Airy/ Urbana Reception (greet out-patients and direct them to the appropriate testing/treatment area; assist patients with wheelchair needs). In addition to the listed service areas, there are a number of hospital units/departments that have volunteer needs.



Can you picture yourself in the green FMH Auxiliary vest? Why not investigate the volunteer opportunities at FMH and see if this "Fashion Trend" would be a good fit for your talents and skills? **FMH NEEDS YOU!**

For information call 240-566-3567 or visit the hospital website at www.fmh.org.

PHOTO TO THE LEFT: Adelaide McCallum talked to FCRSPA members about the volunteer needs and opportunities available at Frederick Memorial Hospital.

FCRSPA Volunteers at the 2017 Great Frederick Fair *by John George*

Many thanks to the nearly 50 FCRSPA volunteers who enthusiastically served at ten learning stations for the 2017 Great Frederick Fair! I appreciate meeting and greeting you, and from your thoughtful feedback/evaluations, we plan to make the 2018 Fair experience better than ever. Although I took many pictures with my CVS disposable camera (with real film), not all photos turned out — so only those with flattering “both eyes open” were sent for publication. You made the 155th Great Frederick Fair a very special time for our student guests — as only people who know and love children can do...again, thanks! “See you at the Fair 2018!” - John



Debbie Smith enjoys sharing her love of the Fair with FCPS Students!



The beaming smiles tell you that Kathy Sixx and Linda Gouker enjoyed volunteering at the Fair.



Judy Thompson enjoyed her assignment on Machinery Row.



Jim Ferrant is always ready to help at the Great Frederick Fair!



FCRSPA Volunteers at the 2017 Great Frederick Fair (continued)



Mary Doody



Mary Smith



Deborah Carter

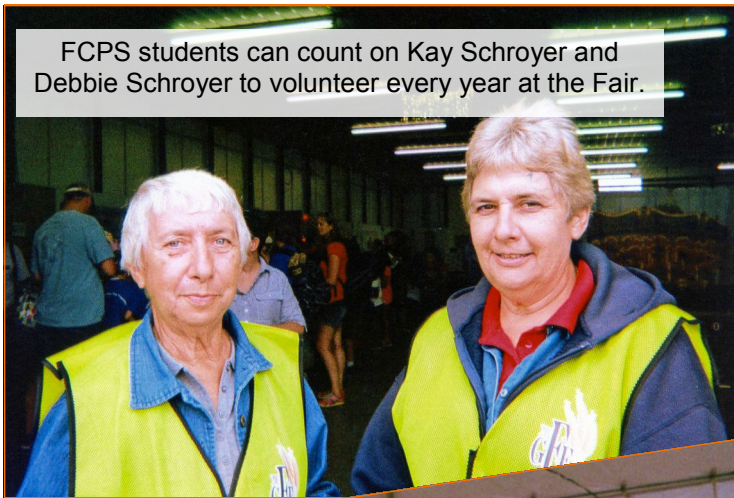


Judy Brandenburg can be found volunteering every year at the Fair.

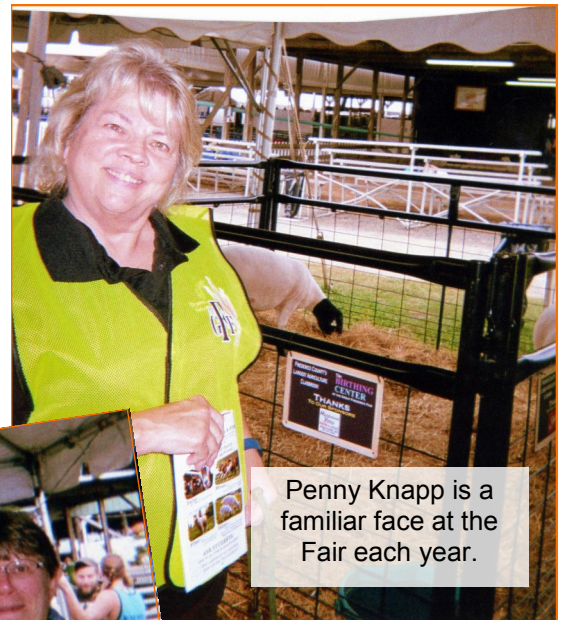


Sharon Rectanus and Cindy Diamondstone were all smiles while volunteering at the Fair.

FCRSPA Volunteers at the 2017 Great Frederick Fair (continued)



FCPS students can count on Kay Schroyer and Debbie Schroyer to volunteer every year at the Fair.



Penny Knapp is a familiar face at the Fair each year.



Jackie DeWitt, Diana Ogul, Jan Tuck, and Linda Miller were eager volunteers at the Fair.



Sally Smith, FCRSPA Past President, enjoys volunteering every year.



Josie Remsberg was so happy to volunteer at the Fair.

FCRSPA December Holiday Breakfast Reservation Form
Tuesday, Dec 5, 2017



Reservations must be received **NO LATER** than November 25, 2017

Location: Dutch's Daughter Restaurant
581 Himes Avenue
Frederick, MD 21703

Time: Doors Open at 8:00 a.m.
Buffet Breakfast at 8:30 a.m.

Cost Per Person: \$18.00 (Members & Guests)



Name: _____

Name of Guest: _____

Street: _____

City: _____ State: _____ ZIP: _____

Phone: _____

Email: _____

Total Number Attending: _____

Are you a **New Member? _____ Yes _____ No

\$ _____ Amount Enclosed (\$18.00 per person — Members & Guests)

**** For New Members Only:** New Members are those who have belonged 12 months or less. Will you join us at the New Members' Welcome Table or will you be sitting with someone elsewhere?

_____ Yes, I will sit at the New Members' Welcome Table.

_____ No, I will be sitting with someone elsewhere.

Mail reservation form and check (payable to FCRSPA) to:

Brenda Banko
1849 Millstream Drive
Frederick, MD 21702

Brenda must have your reservation no later than November 25, 2017.



Community Services by Irene Bailey

Another Way to Help the Community

Are you handy with a needle — sewing, crocheting, knitting? Care Wear Volunteers, Inc. has many projects that could use your skills from baby hats, booties, and outfits for newborns to tote bags for cancer patients to sleepwear and robes for Hearty House residents. The Community Services Committee is looking for someone to organize a group of FCRSPA members to gather on a regular basis, work on this type of project, and donate in the name of Frederick County Retired School Personnel. Contact Irene Bailey at braveirene@msn.com. If you would like to work directly with Care Wear or see their quarterly newsletter go to www.carewear.org or send an email to carewear@comcast.net.

... Irene Bailey, Beryl Long, Claudia Harrington
Community Services Co-chairs

FREDERICK COUNTY RETIRED SCHOOL
PERSONNEL ASSOCIATION

8009 Ridge Road
Frederick, Maryland 21702-3530



MARK YOUR CALENDAR!

Group Gatherings

Tuesday, December 5, 2017
Holiday Breakfast
Dutch's Daughter at 8:30 AM

Tuesday, March 14, 2018
Dutch's Daughter at 12:00 noon

Tuesday, May 15, 2018
Morningside Inn at 12:00 noon

Tuesday, July 10, 2018
Annual Picnic at 6:00 PM
Jefferson Ruritan Center

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FCRSPA Board of  
Directors Meetings

Meetings are held at CTC on  
Tuesdays at 2:00 PM

January 9, 2018  
March 6, 2018  
May 22, 2018  
August 8, 2018



As we express our  
**gratitude,**  
we must never  
forget that the  
**highest appreciation**  
is not to utter words,  
but to live by them.

~John F. Kennedy

