

TALBOT COUNTY RETIRED



SCHOOL PERSONNEL ASSOCIATION

The Little Red Schoolhouse

President's Message

Dear Members,

We held our fall luncheon at Chesapeake College and presented Mollie Connolly with our fine arts award. She will use these dollars to enrich her beautiful music program. We are so very proud of her work.

Because of the horrific storms this year, we donated \$200 to a school in Houston, Texas that lost practically everything.

In early December we had our Memorial Service at our Christmas luncheon. Also, the Teacher of the Year in Talbot and Assistant Teacher of the Year came as our guests. They briefly spoke about their work with children and their love of teaching. Joe Gamble, Talbot County Sheriff, came and spoke about the drug crisis in our county and its effects on our children. Our Preretirement Workshop and dinner was held in Feb. at Easton High School. Our March luncheon was held at Easton High and Kelly Griffith, our superintendent, came to speak. In June we will meet at Chesapeake Landing. It is a favorite restaurant here in Talbot County. We will have our MRSPA gals come to speak and

help to swear in our new officers for 2018-2019, so we look forward to having Wanda Twig and Faye Miller join us for our end-of-year luncheon. At this time we present our Memorial Book Award , honoring those who have passed.

Our Executive committee meets regularly to guide the organization. This keeps our organization alive and well. This is what we do as retirees. We have had careers in public education - teachers, administrators, bus drivers, cafeteria workers, aides, and secretaries. We are now retired. We still take pride in coming together in our retired years. On the following page are listed the goals of our association.

This has been a great year and I am so very proud of TCRSPA. It is time for new members to take on the role of leadership. I have been honored to be your president .
Dotty

Dotty Olds, President



This is what our organization is all about.

We advocate benefits and services for retired members

- 1.Health benefits (Board Of Education Liaison)
- 2.Retirement funding for our pensions
- 3.MRSPA –Advocates for our retirement

We support our Talbot County Public Schools

- 1.Pre- retirement Workshop
- 2.Volunteer projects
3. Martha Greene summer enrichment scholarship
- 4.Performing Arts Award, Memorial Book Award,
- 5.Teacher of the Year recognition
- 6.Visit schools during American Education Week

We communicate important information to our members

- 1.Emails
- 2.Newsletters
- 3.Meetings

We Participate in community service

- 1.Community Civic Service Award
- 2.Volunteer
- 3.Service Projects (Humane Society ,Neighborhood Center, Care Pacts ,Homeless Shelter

We provide socialization opportunities for retired members

- 1.Luncheons
- 2.Feature members in our newsletters
- 3.Send cards and make visits to members (Sunshine Committee)



On March 13, 2018, TCRSPA held our annual Spring Luncheon at Easton High School.

A delicious lunch was prepared and served by the Culinary Arts “Chef’s Cook Class” under the leadership of Ms. Linda Brown, our annual tradition in the spring.

Our Talbot County Superintendent, Mrs. Kelly Griffith, pictured above with our President, Dotty Olds, addressed the group concerning taxes and their impact on the county school system.

Chris Dooley (also above) attended with his mom Peggy, now a retired Talbot County teacher. He spoke about his experience with the Maryland Special Olympics, where he participated in the golf competition.

Martha Greene Summer Scholarship

At our luncheons, we have fund raisers for this scholarship. Can you believe this will be the 11th year of the Martha Greene Summer Scholarship? Once again we will provide two Talbot County sixth graders an enrichment experience they would not have otherwise been able to attend.

Over the years, our students have taken sailing lessons, performed onstage at the Avalon, and spent a week on an ecology adventure at Pickering Creek, just to name a few of their activities.

Sometimes the students' families are not able to transport their children, so please let me know if you might be able to pitch in; even just one morning or afternoon would be a big help. Thank you very much!

Eileen Kuehn (410-829-2374) (kfamily@myshorelink.com)



Spring Luncheon at Easton High School



The Weather Cooperated for our PreRetirement Workshop!

TCRSPA again sponsored a workshop for any school employee who was planning to retire within the next three years. 45 employees attended this workshop which was held on February 13th at Easton High School.

Dotty Olds welcomed the group and provided information on the Maryland Retired School Personnel Association and on our local TCRSPA.

Mr. Charles Gainer (pictured), Maryland state retirement counselor, presented a very informative program. Eunice Roberts, Talbot County retirement counselor, presented information about our health coverage.

Food was prepared by the Easton High School chef cook students and our committee.

Pat Clark, Mary Hawkins, Judy Kohn, and Mary Reeser assisted with coordinating this event.



From the Community Service Committee

Many thanks to all who donated items to the Youth Afterschool Program at the Neighborhood Service Center. The items were delivered by Doris Roach and were greatly appreciated.

At our June luncheon we will be collecting items for the Talbot Senior Center at Brookletts Place. They are in need of the following items: Wite Out, paper clips, Lysol Wipes, Scotch tape, 9 oz. drinking cups, hand sanitizer, legal note pads, 10oz. Styrofoam cups, Kleenexes, brown clasp envelopes - sizes 6 x 9 and 9 - 12, and white mailing envelopes.

If you have questions, please call us.

Doris Roach - 410 - 822 - 3563
Bennie Milton - 410 - 476 - 3734

Life after Retirement: Edith Hayman

Submitted by Dee Rein

Edith Hayman is on the move in retirement! Having taught school in Caroline County immediately after college, she came to Talbot County in 1966 to teach 4th grade in St. Michaels. Her Caroline experience with high school home economics and science wasn't to her liking since students were bigger than she was! She left to raise her children. After her daughters were old enough, she was happy to return to teaching, coming to Talbot County and pursuing special education certification at Trinity College of Catholic University. In special education Edith found her niche. She notes, "The students were so loving, really nice and willing to work hard at what they tried to do." Since retirement in 1996, Edith has remained active.

Edith's current activities include knitting for the prayer shawl ministry at St. Marks Methodist Church and other volunteer efforts. She works with the Memorial Hospital auxiliary, the Talbot Interfaith Shelter and prepares soup with the Interfaith Hunger Coalition. For fun she spends time with her 7 great grandchildren. The older ones enjoy a trip to Kilnborn and the younger ones are happy to play games with her. Family has been very important throughout Edith's life.

Add travel to Disney destinations to family throughout our her sorority, Delta public service and ladies. Edith makes goes. She advises Go out, volunteer, and



World, Michigan and other outings and Edith moves community and world. With Sigma Theta, she does enjoys outings with the contributions wherever she retirees, "Don't stay home! enjoy your family!"

TCRSPA Summer Luncheon on Thursday, June 7, 2018

Place: **Chesapeake Landing Restaurant**, 23713 St. Michaels Rd., St. Michaels

Time: 11:30 am. Carpooling from EVFD parking lot, leaving at 11:00 am

Menu: Each person will order from the restaurant lunch menu and receive a separate check. TCRSPA will pick up the tip for the entire party. Dessert will be provided by the Social Committee: Mary and Pat. (Chic will be on a well deserved vacation.)

Program: Presentation of Library Award
Installation of Officers

Reservations: Please call Mary at 410-822-4410 or Pat at 443-786-8617 to confirm your attendance and need to carpool no later than **Thursday, May 31**.
Please just leave us a message, if we do not answer when you call.

Chesapeake Landing Lunch Menu

SOUP~Cup \$5, Bowl \$7 (Cream of Crab, NE Clam Chowder, MD Crab Vegetable)

SALAD~Garden \$5, Spinach \$5, Caesar \$5, Chef \$8 (Add Ons available for additional cost)

PLATTERS~served with choice of potato salad, cole slaw, fries, or onion rings
Shrimp Salad \$10, Crab Salad \$13, Fried Shrimp \$10, Scallops \$12, Fish \$11, Crab Cake \$13, Chicken Tenders \$7, Soft Crab \$10, Chicken Salad \$8

SANDWICHES~served with choice of bread and chips
Crab Cake \$12, Crab Melt \$13, Soft Crab \$10, Fish \$10, Grilled Tuna \$9, Shrimp Salad \$9, Club \$7, Tuna Salad \$7, Chicken Salad \$7, Turkey \$7, Roast Beef \$8, Hamburger \$7, Cheeseburger \$8, Reuben \$7, Chicken Breast \$8, BLT \$6, Cheesesteak \$7, French Dip \$8

WRAPS~choice of wheat, sun dried tomato or old bay with chips
Chicken \$8, Shrimp Salad \$9, Turkey, Bacon & Ranch \$7, Tuna or Chicken Salad \$6, Fish Tacos \$8

There will be a 50/50 Raffle available, and donations for the Martha Greene Summer Scholarship Fund will be accepted.

CONSUMER EDUCATION

Submitted by Doris Valliant

AVOIDING FALLS AND FRACTURES

For older adults, a routine appointment with our primary physician almost always involves answering the question: have we fallen lately. Hopefully, our answer is no. However, each year thousands of older men and women experience a simple fall that breaks or fractures a bone. This might not sound awful, but simply tripping on the rug or slipping on a wet spot may lead to more serious problems. Many things can make us more likely to fall. Our eyesight, hearing, muscles and reflexes might not be as sharp as when we were younger. Diabetes, heart disease, or problems with the thyroid, nerves or blood vessels can affect our balance. Some medications can cause dizziness. Osteoporosis affects older women and men as well, so this could mean that a minor fall becomes more dangerous because of weak bones. How can we avoid falling?

A bone mineral density test tells us how strong our bones are. If this test shows the bones are weak, our doctor can tell us how to make them stronger and less likely to break. We can take charge of our bone health by staying physically active and following an exercise program that is right for us. Exercise helps keep joints, tendons and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from osteoporosis. Testing our eyesight and hearing often helps protect us since even small changes in sight and hearing can put us at risk for falling. We need to take time to get used to new eyeglasses, and we must always wear glasses when we need them. Hearing aids must fit well and must be worn. Some of our medications make us sleepy, dizzy or may have other side effects that affect our balance. Getting enough sleep is important just as limiting the amount of alcohol we drink because both alcohol and sleepiness can affect our balance and reflexes. After eating, lying down or sitting, we should stand up slowly because getting up too quickly can cause our blood pressure to drop and make us feel faint. Using a cane, walking stick or walker may help us feel steadier, and being cautious on wet or icy surfaces is always important. They may not be the most fashionable footwear, but rubber-soled, low-heeled shoes that support our feet also may support the rest of our body.

MAKING OUR HOMES SAFE

Making our homes safe also can mean keeping ourselves safe from falling. Always holding on to tightly fastened handrails on both sides of the stairs prevents falls. Carrying something on the stairs means holding it in one hand and keeping the other hand on the handrail. To counteract problems with vision or balance, we should try going down or up the stairs sitting on each step in turn. Light switches at the top and bottom of the stairs and in the hall help as does keeping areas tidy so we don't trip. Carpets should be firmly fixed to the floor, as well as adding no-slip strips to tile and wooden floors. Grab bars and non-skid mats make the bathroom safer. Nightlights help in the hallway and other rooms. Sofas and chairs should be the right height to enable us to get in and out of them easily. Things that we regularly use in the kitchen should be within easy reach. Standing on a chair to reach for something is a fall waiting to happen, but using a grabber to reach the object works well. Many of these helpful devices are available in catalogs, websites or in the hardware section or store.

How Children Perceive their Grandparents

1. I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!"

2. My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 72. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

3. After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

4. A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

5. My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.

6. A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."

7. When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6."

8. A second grader came home from school and said, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

9. A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another. "He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

10. A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and whenever we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

Sunshine Committee

submitted by Brenda Davidson

During February we remembered our friend Eileen Kuehn with a sympathy card on the loss of her Mother. We also sent condolences to Mrs. Connie Cook on the loss of her husband, Tom. Valentine wishes were sent to our Emeritus Members Peggy Mundt, Jane Barton, Kathleen Francis, Pat Mavity, Ella Morton, Cynthia Ramsey, and Mary Jarrell. We also sent valentines to our Shut-In members Betty Best, Connie Rathell, and Beverly Brash. (A valentine was also sent to our now deceased member, Jan Middleton.) “Thinking of You” cards were sent to our following members during the month - Peggy Ford, Ray Kraeer, and Mary Reeser. Sympathy cards were sent to the family of Jan Middleton, including a card sent to her husband Dick and her sister-in-law, Gail Middleton. We also sent a sympathy card to Cindy Spurry on the loss of her mother-in-law.

We offered Congratulations to Mrs. Jackie Valcik on being named the new Principal at Easton Middle School and to Dr. Kelly Griffith on the renewal of her contract as the TCPS Superintendent. Easter wishes were sent to our Emeritus Members and to our Shut-In Members, too. We also sent some sunshine to members Peggy Ford, Paul Smith and Ken Evans.

In April, we’ve remembered Midge Coppersmith with sympathy thoughts on the loss of her stepmother and Harriet Caporin on the loss of her stepson. We sent congratulations to Mrs. Blanche Walker on her recent retirement as a school crossing guard for students of Easton schools. A “Thinking of You” card was sent to member Jennifer Wheeler this month. We sent Jane Thompson some “Get Well” wishes after her recent shoulder surgery, too. Finally this month, congratulations were sent to our new Teacher of the Year, Mrs. Renee Warfield, from Easton High School and Support Staff of the Year, Mr. Oliver Kennedy, from St. Michael’s Middle/High School.

Please remember to contact me at anytime if you know a member who would enjoy a little “sunshine.” Thanks!

Brenda

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TCRSPA

c/o Dotty Olds

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