



850 Hungerford Drive, Rockville, MD 20850

www.mcpsra.org

Volume 2025-26, Issue #5

June, 2026



PRESIDENT'S

MESSAGE

Bill Gregory

President – MCPSRA

I am writing this letter following the April luncheon. It was wonderful to see so many members enjoying one another's company and to

hear from Dr. Troy Boddy, Co-Director of the Sandy Spring Slave Museum. Dr. Boddy shared his story from his years in MCPS and how that work led to the meaningful contributions he has made since retirement. One of the things I value most about MCPSRA is the opportunity to stay connected with friends from MCPS while also making new ones. Even in retirement, we share a strong common bond.

One of our goals this year has been to increase opportunities for members to become involved in

MCPSRA. In the fall, we hosted our second Homecoming, bringing together current members and new retirees. We also launched a virtual book club, organized a game day, sponsored a blood drive, and provided additional opportunities for

community service, along with our quarterly luncheons. In addition, we reached out to members to share information about Montgomery County Bill 28-24 and appreciated the letters many of you sent to members of the County Council. We have also kept members informed about the potential transition to a Medicare Advantage plan and encouraged support for candidates

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we endorsed for County Council, County Executive, and the Board of Education. I am grateful to our Board of Directors for organizing these activities and to the many MCPSRA members who have participated.

Over the past few months, MCPSRA has received valuable feedback from the survey we shared in our newsletter and on social media. We are currently analyzing the results and will report back in the next newsletter. A key goal of this effort is to expand opportunities for member involvement—not only within Montgomery County, but also across Maryland and beyond. We envision the possibility of forming regional groups, similar to alumni associations, to help members stay connected.

As you may be aware, MCPS has been exploring the possibility of transitioning to a Medicare Advantage plan for members age 65 and older who are enrolled in Medicare and currently have Cigna Indemnity as their secondary insurance. I am grateful that MCPS has included us in this process from the outset. We have heard from many members who have shared concerns about this potential change, and we have communicated those concerns. At the time of this letter, MCPS is reviewing proposals received through its

request for proposals process. We expect to learn more in the coming weeks and will share updates as they become available. Our priority remains clear: to protect retirees' health benefits and preserve the strength of the coverage we currently have.

(Continued on page 4)

MCPSRA BOARD OF DIRECTORS (BOD)

Officers:

President	Bill Gregory	410-241-8731
Vice President	Marla Caplon	240-793-8288
Immediate Past President	Dr. Debra Munk	240-426-8407
Recording Secretary	Ranona Heller	301-801-1414
Treasurer	Dr. Stephen M. Raucher	301-318-4969

Committee Chairs:

Archives	Marti Gray	301-641-8896
Budget Development	Dr. Stephen M. Raucher	301-318-4969
Community Service	Judy Mills	240-223-7271
Consumer Education	Deb Berner	301-455-8608
Financial Review	Phil McGaughey	301-482-0497
Hospitality/Luncheons	LeeAnn Kaye	301-598-5480
--- Co-Chair	Trish Bendler	301-540-5160
Insurance and Benefits	Denise Bracalilly Stultz	240-535-5182
--- Co-Chair	Chris Richardson	410-852-4331
Legislative	Marita Sherburne	240-432-9671
MCPSRA Projects	Joan Donovan	301-253-6099
--- Co-Chair	Trish Bendler	301-540-5160
Membership Record Keeping	Kay Katz	240-793-2428
Membership Outreach	Galit Zolkower	301-570-6424
Membership Recruitment	Becky Hubbard	240-643-8610
Newsletter - Editor	Dr. Russell G. Wright	301-806-7252
Nominating	Dr. Debra Munk	240-426-8407
Parliamentarian	Reggie Ott	301-452-5449
Political Action	Dr. Debra Munk	240-426-8407
Public Relations	Dr. Dick Lipsky	301-318-0613
Recognition	Joan Donovan	301-253-6099
Scholarships (MCPSRA)	William Stief	301-956-5891
Social Media	Christina Sutter	301-471-3637
Trips	Bernadette Rager	301-774-0345

Don't Miss the Final MCPSRA Luncheon/Business Meeting Of the School Year!!!

April showers not only bring May flowers, but it also brought 100 retirees to the MCPSRA April Luncheon at Argyle Country Club. President Bill Gregory addressed potential changes to retiree health benefits (specifically the shift toward a Medicare Advantage plan) and what MCPSRA is doing regarding the possible changes. The consensus was clear: if implemented, any change must remain a member's choice. Business also included adopting the FY 26-27 budget and updating the MCPSRA Bylaws. Dr. Troy Boddy (Co-Director of Sandy Spring Slave Museum and MCPS Retiree), concluded the meeting with a heartwarming presentation on his life and career.

Our final Luncheon/Business Meeting is June 11. (See page 11 for the menu and reservation form.) Our speaker will be Randy Trivers, current head football coach at Gonzaga High School. A Sherwood HS and Holy Cross graduate, Randy holds a Master's Degree from the University of Maryland and teaches literature at Gonzaga. His 30-year coaching career includes leading Northwest HS to a state championship and guiding the Gonzaga Eagles to multiple titles. Notably, he coached 2022 Heisman winner Caleb Williams.

The June 11 meeting will also provide crucial updates on the Medicare Advantage proposal—you won't want to miss it! Mark your calendars for our 2026-2027 meetings:

October 29, 2026
February 25, 2027
April 15, 2027 and
June 10, 2027

Join us for good food, vital information, and great company.

— LeeAnn Kaye

HELP!!! HELP help

Now there's a word that grabs your attention, doesn't it? But your reaction frequently depends on how you hear it. You rush as fast as you can to come to the aid of someone who is yelling, "HELP!!! HELP!!!" Your adrenaline flows, your heart pounds, you know that the person is in deep distress. Has that ever happened to you at school? Let me share an experience that I had while my students were eating a snack in the classroom. Suddenly several of them screamed, "HELP!!!, Mrs. Donovan, HELP!!! **Scotty can't breathe and he's turning blue!**" I nearly had to pole vault over desks and chairs to get to him. As I snatched him out of his chair and started the Heimlich Maneuver, 12 grapes ricocheted out of his mouth. He could now breathe so I was trying to notify the office when the cry rang out again, " **HELP!!! He's doing it again!**" This time it was 16 grapes! From that day on GRAPES were strictly banned in my classroom, just like peanuts!

There are times of emergency when the roles of the teacher and the students are reversed. I am highly allergic to bee stings. Early one spring I was stung while sitting on a stool reading to my 2nd graders. I didn't want to alarm the children by shouting **HELP!** but soon I had extreme difficulty breathing and passed out on the rug. Off went little Sally, my office messenger, to report what happened. She stood quietly until the secretary looked up. The conversation went something like this I was told: "Could I help you?" "Well, I don't know." "Did your teacher send you up here?" "No." "Then why are you here?" "Well, my teacher couldn't breathe so she fell off the stool onto the rug and I think she's dead." "**WHAT?!**" Poor scared little Sally finally got the story out and EMTs arrived just in time. After that we held not only fire drills but bee drills in my classroom!

Search for the meaning of **help** on line. **Help** is not rendered only in times of emergencies. It can mean something as simple as being kind and useful, to assisting in the completion of a task, to contributing in some way to improving the wellbeing of others. Now in its 23rd year, our association's **Toolkits Project** fits that description exactly.

It's a daunting task to make approximately 2,000 kits each year. It has only been possible due to the **help** from hundreds of generous members. Many faithful and wonderful volunteers have been hard at work since early February donating their time and energies to sorting and bagging bottle caps that were saved and donated by many of you. (Note: WE DO NOT NEED ANY MORE BOTTLE CAPS FOR THIS YEAR—SAVE THEM FOR NEXT FALL). Volunteers have unpacked all the cartons of supplies, labeled all the shoe boxes, and even started assembling the kits. But we need your **Help!** This project requires lots of money to succeed. Please make a donation to our project by completing the form below. Checks MUST be made payable to: **MCPS EDUCATIONAL FOUNDATION**. Please indicate "Toolkits Project" on the memo line. Mail the form and your check to the address printed on the form. We are immensely grateful for your **help** and your commitment to our project that benefits so many children each summer.

Joan Donovan

SUPPORT FOR THE MCPSRA TOOLKITS PROJECT

Please provide 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: _____

Donation enclosed: \$ _____

Optional: In memory of _____ In honor of _____

Send acknowledgement to _____

Select one: _____ *e-mail me a receipt at _____

(*preferred)

_____ no receipt is necessary _____ mail me a receipt (if necessary)

Welcome New Members

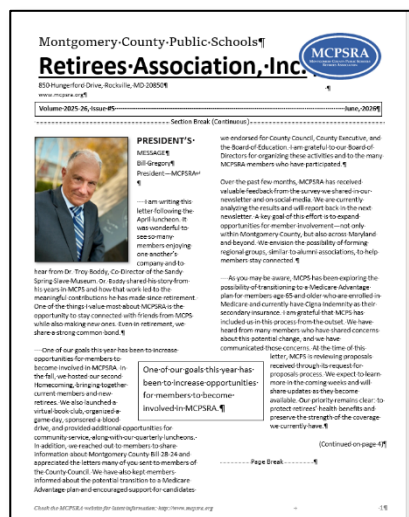
Joined in March 2026

Max L. Sartoph	1208 Conestoga Ct., Mt. Airy, MD 21771	301-237-6299
Carol S. Hylton	2505 Chain Bridge Rd. NW, Washington, DC 20016-3305	202-362-8437
Catherine M. Minahan	3651 1st Ave., Edgewater, MD 21037	301-622-2780
Joan E. Reisfeld	8801 Bosley Rd. #308, Ellicott City, MD 21043	301-674-7733
Roselyn Onungwa	2417 Laurelwood Ter., Silver Spring, MD 20905	240-381-6504
Brenda O. Brice	13501 Belle Chasse Blvd. #310, Laurel, MD 20707	410-813-2287
Marie Byrd	13321 Old Forge Rd., Silver Spring, MD 20904	
Stephen M. Dell	9600 Milestone Way #2014, College Park, MD 20740	301-346-6774
Charlene M. Parilla	651 Diamondback Dr., Gaithersburg, MD 20878	301-237-5087

Joined in April 2026

Linda S. Carter	20244 Shipley Terrace #101, Germantown, MD 20874	240-246-7071
Jennifer Hitchcock	19004 Dowden Cir., Poolesville, MD 20837	202-531-5403
Michelle Koopman	4215 32nd St., Mount Rainier, MD 20712	240-481-2104
Rona A. Dixon	9322 Edway Circle, Randallstown, MD 21133	410-655-3374

Get Future Newsletters by Email Only!



Do you prefer reading our newsletter on a screen? If so, you can help us save on printing and postage by getting only the email version!

Let us know if you'd like to join the **243** members who have already switched to email only.

Just send an email to mail.mcpsra.org@mail.com. Include your first and last name and write the words **"EMAIL ONLY"** on the Subject line.

The change will take effect with the October 2026 issue.

Presidents Message Continued from page 1)

As I reach the end of my first year as MCPSRA president, I want to express my gratitude to each member of the Board of Directors. Each brings a passion for supporting retirees as well as the MCPS students and community. I also want to thank our membership for their continued support and involvement in MCPSRA. We are the retirees' organization that works directly with MCPS, and our collective voice is heard.

I wish you a wonderful summer and look forward to working together when the new school year begins.

Bill Gregory
President, MCPSRA

Community Service Update by Judy Mills

On nine different days, from September through May, MCPSRA members visited Interfaith Works in Rockville, MD to sort and hang gently worn clothing or to restock the food pantry. Interfaith Works appreciates its volunteers who travel from throughout Montgomery County and beyond to donate a few hours: sorting and hanging clothing or shelving canned and non-perishable foods. All are welcome, please join us at a future event, or sign up as an independent volunteer throughout the year. [Interfaith Works](https://www.iworksmc.org/)—<https://www.iworksmc.org/> Interfaith Works (IW) is a 501(c)(3) nonprofit organization that provides emergency shelter, supportive housing, essential needs, and employment programs to over 35,000 residents of Montgomery County, MD, every year. Look for social media updates or MCPSRA Email blasts as new dates for 2026-2027 are announced.



Update for the MCPSRA [Toolkits Project](#) – For over 20 years, a lively and friendly group of MCPSRA volunteers meet weekly at the MCPS Warehouse, Rockville, MD. The volunteers recently finished sorting and bagging donated plastic bottle caps of all shapes and sizes in quart-sized zip-lock bags. Over a dozen different age-appropriate school supplies, including a specialized curriculum prepared by the MCPS Early Childhood Office, are packed into sealed plastic bins for distribution to incoming kindergartners participating in [Title I Extended Learning Summer Adventures In Learning \(SAIL\) Program](#) at select MCPS elementary summer school sites. These supplies are made possible through generous contributions to our Toolkits Project discussed on page 3 in this Newsletter! **Want to help with toolkits assembly?** Contact: pame2k1@aim.com .



**Senior
Neighborhood
Programs**

Multiple locations throughout the County

-  Fitness and Wellness
-  Sports and Games
-  Connect with Friends

It's Grand to be 55+ in Montgomery County, MD! Look for summertime activities throughout MoCo! Did you know Seniors 60+ can register to sign up for lunch? For more information visit www.mocorec.com or call (240) 777-4999.

Volunteers are always needed to fill unpaid roles in non-profit organizations for special on-site programs or projects: tour guide, gardening, prepping meals, organizing, restoration; you name it. Anytime, anywhere, any day, think about how you can share your special talents by reaching out to a local Crisis Center, Food Bank, Animal Rescue, Historical Society or Parks Department. And don't forget the Montgomery County Volunteer Center...

<https://montgomerycountymd.galaxydigital.com/need/>



Montgomery County VOLUNTEER CENTER

MCPSRA encourages members to participate in community service and ensures appropriate recognition for your community service work. Please tell us what you're doing! If you'd like to highlight your own volunteer experience, or experience as shared by another, please provide details. We appreciate all you do for the greater good. Always remember these three little words, "Just Show Up!"

Consumer Education June/July 2026 by Deb Berner

As we move into the summer months, there are many things you can do to have a safe, healthy, and enjoyable season. The first thing many people think about at this time of year is vacation and travel! But summer is also a time to stay socially connected, as well as putting plans travel plans in place.

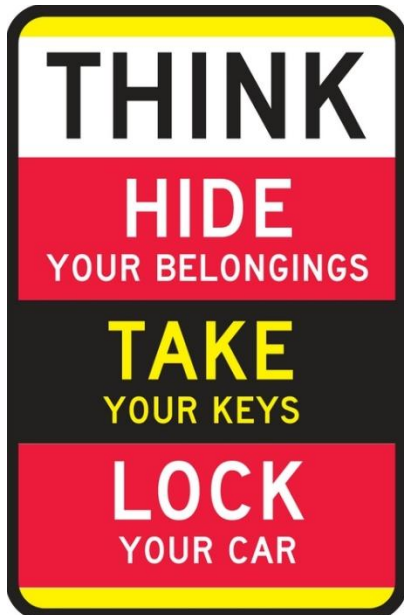
In our last issue, I mentioned how important it is to stay alert to scammers and subscription traps. Staying safe is essential to enjoying what matters most to us at any time—especially in the warmer months, when we are more active outside the comfort and safety of our homes. On the next page are some additional reminders to help keep you safe this summer.



Vehicle Safety Tips

Communities are seeing an increase in stolen vehicles and thefts from unlocked vehicles. Here are a few simple steps to help reduce your chances of becoming a target:

- **Lock It:** Always lock your vehicle doors, even if you're only stepping away for a short time.



- **Hide It:** Keep valuables out of sight—or better yet, take them inside with you. Items like wallets, electronics, purses, and firearms are common targets.
- **Take Your Keys:** Never leave key fobs or spare keys inside your vehicle.
- **Light It:** When possible, park in well-lit areas or locations covered by cameras.
- **Report It:** If you notice suspicious activity in your neighborhood, contact your local police.

Distraction Thefts—Be Aware

Montgomery County police are warning residents about a rise in “distraction thefts” targeting senior citizens in shopping centers and grocery store parking lots.

According to 1st District officers (Gaithersburg and Rockville area), suspects may approach victims with friendly conversation—asking for directions, offering compliments, or even placing “gift” jewelry on them. During these interactions, they use quick, deceptive movements to steal valuable items the victim is already wearing.

Detectives urge the community to stay alert and take these precautions:

- Be aware of your surroundings, especially when wearing jewelry
- Do not engage with strangers who approach unexpectedly
- Remove any item placed on you and walk away
- Never allow anyone to touch or remove your personal property

If you are approached or feel unsafe, contact police immediately.

If you believe you have been a victim, report it to the non-emergency line at 301-279-8000. Anonymous tips can also be submitted to Crime Solvers at 1-866-411-TIPS (8477). Police ask residents to help spread the word, especially to older family members and neighbors.

Thank you for a productive year. A little awareness goes a long way in helping all of us stay safe. Enjoy your summer!

** Please be sure to check out the most recent Consumer Connection newsletter on the Maryland Retired School Personnel Association website at mrspa.org for additional updates and helpful information.



**Have you checked out the Upcoming MCPSRA Events?
Information is available on Facebook and the MCPSRA Website.**



Facebook
Public
Page



Check out MCPSRA
on the internet!

Stay
Connected
!

Like



Facebook
Private
Members
Group



Share

Join

And

Follow

AA montgomeryschoolsmd.org

MCPS RETIREES
ASSOCIATION
(MCPSRA)

MCPS
Web
Page



Instagram
Marylandmcsretirees



"It's simple. At Osher, I learn new things from excellent instructors and make new friends with similar interests. What could be better?"

DEBBY VIVARI



"I belong to Osher at JHU because I like nurturing my mind and interacting with peers who share my interests. Through Osher, I'm exposed to different viewpoints from people locally, and from as far away as California... and even England!"

BILL LEWIS



"In-person classes provide an invigorating opportunity to socialize with other members, not only in class but over lunch or coffee. The Zoom classes are convenient and allow us to learn from instructors who are outside the Washington metropolitan area—as far away as Pennsylvania and California."

MILLIE ROGERS

The Osher Lifelong Learning Institute at Johns Hopkins offers enrichment classes, field trips, and travel opportunities for adults. Memberships include one, two, four, or six classes per semester. Keep your mind active and have fun like these members do.

For program details, visit osher.jhu.edu, call the staff cell phone at 240-595-2319, or email osher@jhu.edu.

OSHER
LIFELONG
LEARNING
INSTITUTE



In Memoriam

The following MCPSRA members have passed away:

Sorry, but we have not received the list of retired MCPS employees who passed away during March and April of this year. When we receive that list, the names of deceased members will be included in our October issue.

It has come to our attention that beloved member **Alice Busche** passed away on June 30, 2025. Since her name has not been listed in previous "*In Memoriam*" sections we are including it here.

As noted, a list of deceased retired employees is provided to us by MCPS. That list is cross checked against our membership list so that only members are remembered here. There were several months during the past school year when MCPS failed to provide a list of deceased retired employees to us. Therefore, there may be other members who should have been listed but who were not. We are very sorry for failures of this sort. If you know of anyone else who had been missed, please bring it to my attention.

Thank you,
Kay Katz (Chair, Membership Record Keeping)
Kaykups@gmail.com

Support the Candidates Who Support Us

Dear Members,

As chair of our Political Action Committee, I want to urge you to support the candidates that the MCPSRA is endorsing for the **2026 Maryland Primary Election on June 23rd**. Here's what I suggest we all do. Select one candidate to support (I have chosen Karla Sylvestre). Donate either your time or money to that campaign. If you contact the candidate's campaign's email, they can advise you on how to help. It might be attending a Meet and Greet for the candidate, putting up a sign in your yard, or volunteering to distribute flyers.

If we each pick one candidate to support, we can spread our influence. Getting involved in a local political contest is fun, patriotic, and exciting. Just think how you will be rooting for your candidate on election night.

So please get involved! You might just make the difference in whether a candidate wins or loses.

Warm regards,
Debra Munk

County Executive

Andrew Friedson

info@andrewfriedson.com

County Council At-Large

Fatmata Barrie

info@fatmatabarrie.com

Marc Elrich

info@marcelrich.org

Laurie-Anne Sayles

sayles4moco@gmail.com

Karla Sylvestre

michele@karlasylvestre.com

County Council District 1

Julie Yang

Julie@JulieYang.org

County Council District 2

Marilyn Balcombe

Marilyn@MarilynBalcombe.com

County Council District 3

Jud Ashman

jud.ashman@gmail.com

County Council District 4

Kate Stewart

VoteKateStewart@gmail.com

County Council District 7

Dawn Luedtke

dawn@dawnluedtke.com

School Board At Large

Omar Lazo

omar@omarlazo4boe.com

School Board District 3

Bret DiResta

Brett@votediresta.com

MCPSRA LUNCHEON AND BUSINESS MEETING

Thursday, June 11, 2026

Argyle Country Club

14600 Argyle Club Road

Silver Spring, MD 20906

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

Gathering: 11:00 a.m. Business Meeting: 11:30 a.m. Luncheon: Noon Program: 1:00 p.m.

Menu Choices

Barbequed Chicken, Mashed Potatoes,
Mixed Squashes

\$40.00

Entrees include: Appetizer, Rolls and Butter,
Coffee, Hot & Cold Tea, Lemonade, Dessert

OR

Honey Garlic Salmon, Soy Sauce, Vinegar
and Garlic, Mashed Potatoes, Mixed
Squashes

\$40.00

Appetizer: Marinated Cucumber, Tomato &
Onion Salad

OR

Tomato-Fennel Braised Chickpeas,
Mashed Potatoes, Mixed Squashes

\$40.00

-----Cut here-----

Thursday, June 11, 2026

Circle Entrée Choice

Name: _____ Phone: _____

Chicken Fish

Email address: _____

Vegetarian

Name: _____ Phone: _____

Chicken Fish

Email address: _____

Vegetarian

Total amount enclosed: _____

Reservation form and check must be received by Wednesday, June 3, 2026. Make check 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

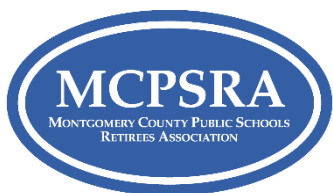
geolakaye@gmail.com

ANY FOOD ALLERGIES? PLEASE LET ME KNOW!!!

Montgomery County Public Schools
MCPS Retirees Association, Inc.
850 Hungerford Drive
Rockville, MD 20850

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

DATED MATERIAL



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

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

Next Luncheon Date June 11, 2026

The MCPSRA Newsletter is published in October, December, February, April, and June.
This is the April 2026 issue.