

Rumsey Island Residents Association

The Islander

October 2014

It's an Island Thing

*Monthly RIRA Meeting Thursday October 24th
7 p.m. @ Parkers Eat, Drink, And Stay. Members
must be in good standing and present to vote for
the five Board of Director Members.*

RIRA FALL FESTIVAL FOR KIDS

**Saturday October 25th
2:00 p.m. to 5:00 p.m.**

Shore Drive and Towne
Center Drive



Join us for an afternoon of fun for the kids. The Magnolia Fire Department will be on hand and we will have the ever-popular Bouncy House again! There will be scarecrows to make, pumpkins to paint, caramel apples to eat and apple cider to drink!

Board of Director Elections

RIRA Meeting This Thursday Night

Board Elections - We will hold elections for the five Board of Director positions at our October meeting, Thursday night October 24th. The term of office will be for one year. If you are interested in a position on the board, you can express your interest by writing to RIRA@RumseyIsland.com.

Do you Nextdoor?

You know Rumsey Island is using a private online network called Nextdoor Rumsey Island, right? But did you know all the great benefits of joining? On our

Nominations will also be accepted from the floor at Thursdays' meeting. For specifics on Board of Director positions, please refer to the by-laws, found on the website.

Nextdoor site, neighbors share community events, recommendations, items for sale, crime & safety concerns, plus other ideas about how to make our Island better. Please join us to build a great neighborhood!

rumseyisland.nextdoor.com/join code: **CWNXPZ**

Healthy Tips from Gunpowder Fitness

Q: I have a bad back, if there anything I can do to help me feel better without hurting myself more?

A: Absolutely! No matter what your ailment is, there is always ways to work around it and even improve it. People often avoid activity because of pain or limitations, but what they don't know is that often times they would start to feel a lot better if they started to exercise. As the saying goes "If you don't use it, you lose it", and it couldn't be more true! This is especially important for the older population. Lack of activity can account for loss of muscle mass, bone

integrity, metabolism, and mobility. So what can you do? In the simplest terms and depending on your condition, find exercises or activities that don't cause pain and do those. I recommend focusing on strength training 2-3 times per week to help preserve muscle mass and improve bone density. In addition to that, do some light walking to get in some extra activity. Remember, if you need help, I'm just a phone call away!

Kerry King-Rahn
Gunpowder Fitness
443-846-9653
www.gunpowderfitness.com

To have your health/fitness question answered, please email your question to info@gunpowderfitness.com.

Join the Rumsey Island Residents Association

Now is the perfect time to join RIRA. For only \$30, your annual dues help pay for great events like Community Day, the two Yard Waste Pick Up Days, and the Holiday Light Contest. If you join now, your dues will cover the remainder of 2014 AND all of 2015. Mail your check of \$30 to: RIRA, PO Box 196, Joppa, MD 21085 or bring it to the next RIRA meeting.



**For Information
Please Contact:**

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679 Towne Center Dr. \$179,900 4 BR / 2.5 BA