



Next luncheon / meeting is on Tuesday, February 8 at 11:00 AM

President: Elinor Abrell • 301-831-8753 • abrellem@comcast.net

Editor: Dan Grauman • 301-806-5999 • dangrauman@gmail.com

President's Message (Elinor Abrell • 301-831-8753)

Seems as if COVID, in the form of one variant or another, just won't go away. It might be that we will have to learn to live with it, as we do now with the flu. Vaccination is indeed the key to keeping us all safe. Regretfully, the January luncheon was cancelled, but the February luncheon will be held as planned. Positivity numbers have reached a plateau and are beginning to go down. Hospitals, while full, are primarily caring for unvaccinated individuals. As always, each member must assess his/her own risks and then decide whether or not to attend. We are still under a mandatory mask order, and we can maintain some distancing in the restaurant meeting room. The scheduled speaker has cancelled, but we can still get together just to meet, greet and chat. *Please, do not come unless you are fully vaccinated and boosted, or if you are feeling ill.* This is for everyone's safety.

The January cancellation was a last-minute decision based on COVID escalation at the time, and was made at the Executive Committee meeting, which is on the Thursday prior to the Tuesday luncheon. It was an easy matter to notify those members on the chapter email roster, but impossible to reach those members who receive just the printed Newsletter. For future reference, to any member, if weather or other circumstance makes you question whether a meeting will be held, please call me or any other officer whose phone number is in the Newsletter.

Chapter members may not know that the current officers and Executive Board members are still the nominated-but-never-elected slate from 2020. COVID struck and shut down the world in March 2020, so our election was never held. It is now time to move forward with an official election process. Our By-Laws state that a Nominating Committee announce a slate during February, so we are already behind here. I have appointed Chuck Calioa Chair of the Nominating Committee; two others will join with him in the task of preparing a slate. Finding persons willing to consider an office or Executive Board position is difficult at best, and the help of our membership is needed! NARFE, as you know, is a *service* organization whose mission is to look after the interests of active and retired Federal employees. Our chapter is composed almost entirely of retired folks who surely have a little time that could go to supporting the chapter and the mission. Without leadership and a growing membership, any organization will flounder, gasp, and die. We cannot let this happen!

Chapter 409 is fortunate to have members who regularly give a little of their time to keep the chapter running smoothly. But we can always use more help. No special knowledge or skills are required, just a little of your time, and your reward is the satisfaction of knowing that you made a difference for our chapter. If you'd consider pitching in, please get in touch with Chuck Calioa (Chuck_Calioa@yahoo.com, 301-938-2000) to learn more about how you can help. Thank you!

Financial Report (Kathy O'Connor • 301-845-7964)

Balance available to Chapter 409 as of Dec 20, 2021 \$6,625.21

• Income \$108.00
• Expenses \$132.50

Balance available to Chapter 409 as of Jan 20, 2022 \$6,600.71

Legislative Report (David Carmack • 240-578-4965)

The National Defense Authorization Act for Fiscal Year 2022 now provides

a paid parental bereavement leave benefit for Federal employees for up to two weeks of paid time off, if an employee experiences the death of a child. OPM has directed all Federal Employee Health Benefits (FEHB) carriers to cover over-the-counter COVID-19 tests meeting the statutory criteria under Section 6001(a) of the Families First Coronavirus Response Act, including tests that have been approved for use without the involvement of a health care provider. But FEHB carriers are not required to provide coverage of testing that is for employment purposes. Additionally, every home in the U.S. is eligible to order 4 at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. For further information go to <https://www.covidtests.gov/>.

Alzheimer's Report (Kathy Siggins • 301-829-2462)

The Alzheimer's Association has launched the 2022 Walk to End Alzheimer's and the NARFE's National Walk Team website is up and running. [Click here](#) for additional information.

Chaplain's Report (Earle Browning • 301-831-5355)

During the first part of February, I will be sending "Thinking of You" cards to our shut-ins, who are: Betty Brewer; Ruth Davis; Richard and Lynn McKnight; Kathy Kusel Patrick; Betty Potts; and Tom and Delores Wiley. Joseph Dominick, a NARFE member, passed away on July 29, 2021. I sent his wife a sympathy card on January 5, 2022, from NARFE Chapter 409.

Save \$\$ (Chuck Calioa, Service officer • 301-938-2000)

Seniors who've attended one of our Chapter's luncheon meetings at Golden Corral know what a good deal the buffet is – all you can eat for under \$10 per person before gratuity. Sam's Club has been offering \$50 worth of Golden Corral gift cards (2 \$25 cards) for only \$35, a savings of \$15. The cards can be used like cash for any breakfast, lunch, or dinner. The unused balance on a card can be used during a future visit.

Editor's Note (Dan Grauman • 301-806-999)

Partners In Care

When the January meeting was cancelled, a virtual Zoom presentation of the Partners In Care (<https://partnersincare.org/>) program was made to our members by Ms. Hongwei Xu, Site Director, Partners In Care, Maryland, Inc. For those who did not participate in this, Partners In Care is a local service organization that offers programs and services that enable older adults to remain independently in their homes. Some service examples include transportation to and from appointments, handyman small repair jobs in the home, support with working through sometimes difficult applications and forms that may be required to access other senior services. The organization, founded in 1993, bases its mission on "neighbor helping neighbor". This mission is accomplished by a unique service exchange where members volunteer their time and talents to help each other and can "bank" these hours for a future needed use. Perhaps there are Chapter 409 members, or persons known to them, who could benefit from these offered services, and perhaps there are some who might be interested in volunteering. You may contact Ms. Xu by phone at 301-682-7433 Ext 201 or by email at hongweixu@partnersincare.org.

Frederick Chapter 409, Inc. of NARFE
2458 Five Shillings Road
Frederick, MD 21701

February 2022

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February 2022 Newsletter

NARFE Chapter No. 409 • Frederick, Maryland

**NARFE Chapter 409 luncheons take place at the Golden Corral Buffet & Grill
5621 Spectrum Drive • Frederick, MD 21703 • Phone: 301-662-5922**

2022 luncheon schedule • buffet starts at 11:00 AM, program starts at 12:30 PM

If you have not been fully vaccinated, or if you are not feeling well on the day of the luncheon, please do not attend.

Boosters are now available and encouraged but are not required for luncheon attendance.

Date	Speaker	Presentation Title
Feb 8	No speaker this month	N/A
Mar 8	Kathy Schey, Director, Frederick County Senior Services Division	Services available to Frederick County senior citizens
Apr 12	David Campbell, Beekeeper	Pollinator Habitat and what you can do to help
May 10	Dr. Mark Kortepeter, author of the book "Inside the Hot Zone"	Dr. Kortepeter was in charge of the Fort Detrick lab, where they work with bacteria like anthrax and viruses like Ebola. Learn more about the book at https://www.youtube.com/watch?v=rOk0qjrovcw
Jun 14	BINGO	BINGO

Dues payments and gifts or contributions to NARFE are NOT deductible as charitable contributions for Federal Income Tax purposes.