



The Key Notes

National Active and Retired
Federal Employees Association
Chapter No. 409 Frederick, Maryland

January 2013
Newsletter

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PRESIDENT'S MESSAGE

Mary Lou Blessing (301-473-5662) ml.blessing@comcast.net

The hustle and bustle of the holidays is over. It's time to take a breath and look towards the New Year and all of the opportunities that it will bring. As I write this column we are still waiting to see if we are to go over the "fiscal cliff". Hopefully our representatives in Congress won't have just "kicked the can down the road", but will instead have created a fiscal situation where the burdens are shared in a fair and equitable manner.

If you are interested in seeing the impact of the various proposals on your financial situation, the Urban Institute, a Washington, DC-based think tank, has unveiled a new interactive toolkit. It answers questions such as: How does the fiscal cliff affect Social Security, Medicare and Medicaid? What changes to these programs are proposed and whom would they affect? What are the consequences of paring down tax deductions and of the mandatory spending cuts that are part of the cliff? Answers are available at: <http://www.urban.org/fiscal-cliff>. You can calculate how much your taxes go up in various scenarios at <http://www.taxpolicycenter.org/taxcalculator/index.cfm>.

Recently there was an article in the Washington Post, written by a hospital nurse on the problems she and her husband encountered as he transitioned from an acute care hospital to a rehab facility and then to home, Records didn't always travel with him as he was transferred from place to place and neither did his history at each facility. His return home was filled with anxiety as she became the caregiver, trying to understand her new role and what she was being told by the various medical personnel. This process is an on-going concern for many folks. Our January speaker, Heather Kirby, Director Care Management with Frederick Memorial Healthcare System, will be

discussing what is being done locally to address these issues. Hospitals have always wanted the best for their patients. The Affordable Care Act has added serious incentives, including penalties for hospital readmissions, all aimed at improving outcomes for patients. Come, listen and ask your questions as these changes are presented during the program on **January 18th**.

Just in case, do remember our bad weather policy – if Frederick County schools are closed for weather the luncheon is cancelled and the checks are shredded.

NARFE Legislative Hotline

If you are interested in keeping up with NARFE's concerns and actions there is a NARFE Hotline available by phone or email. A weekly legislative message is available to telephone callers (703-838-7780 or toll-free at 877-217-8234); posted on the NARFE website, www.narfe.org; and can be sent to your email addresses. Should you have any questions regarding the information provided in the Hotline, please email NARFE's Legislative Department at leg@narfe.org or call 703-838-7760.

Caregiver Support in Frederick County

Did you have a chance to look at the Frederick Magazine in December? Many caregivers shared stories of their caregiving experiences as an attempt to raise awareness of the importance of that role. Are you a caregiver and are you aware of the caregiver support activities provided at the Frederick Senior Center? There is a monthly family caregiver support group, an opportunity to dine out at the center once a month with your loved one, and now the revival of a Caregiver Lunch Date where caregivers would get together to have lunch at a local restaurant. To get on the monthly Frederick Caregivers email list, contact: Mary M. Collins, Caregiver Support Coordinator, 301-600-6001 or mcollins@FrederickCountyMD.gov.

Mobile I&A Initiative

Mobile information and assistance at senior centers will provide assistance with topics ranging from legal documents, consumer education, and financial exploitation. This **Mobile I&A** initiative is scheduled to begin in January as representatives from MD Food Bank, Energy Assistance and the Department of Aging visit each senior center monthly to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies. People are encouraged to schedule an appointment, but walk-ins are welcome. The regular monthly schedule will be 10:00AM at: Frederick Senior Center on 1st Tuesday, Urbana Senior Center on 2nd Wednesday, Emmitsburg Senior Center on 3rd Thursday, and Brunswick Senior Center on 4th Friday. Because of the New Year’s Day holiday, the January visit to the Frederick Senior Center will be held on the second Tuesday, January 8th. For more information contact the Department of Aging at 301-600-3520

SECRETARY’S REPORT

Margaret Hawker (301-874-8409)

The Chapter Executive Committee met on December 18 at the American Legion. The secretary’s minutes and the treasurer’s report were approved. Legislative, Membership, and Service Officer reports were given. A holiday card has been received from the local Alzheimer’s chapter. The craft session scheduled for December has been postponed. More information to come.

TREASURER’S REPORT

Jerie O’Connor (301-845-7964)

BALANCE as of October 31,2012	\$7346.78
Receipts November.....	\$2125.38
Expenditures November.....	\$2040.68
BALANCE as of November 30, 2012	\$7431.48
TOTAL FUNDS available as of November 30, 2012 ...	<u>\$7431.48</u>

CHARITIES

Chapter Charities: Ruth Davis (301-874-1997)
Alzheimer’s Fund: Kathy Siggins (301-829-2462)

November Charities.....	\$ 60.00
YTD Charities Raffle.....	\$ 290.00
November Alzheimer’s.....	\$ 103.00
Alzheimer’s Donation.....	\$ 25.00
YTD Alzheimer’s	\$ 375.50

LEGISLATIVE REPORT

Kathy Siggins (301-829-2462)

Federal - The 113th Congressional Session will begin on January 3, 2013 with the swearing in of Representative John Delaney (D-MD), 6th Congressional District. Mr. Delaney can be reached at 202-225-2721 and will be located at 1623 Longworth House Office Building, Washington, DC 20515. Due to redistricting members of Chapter 409 are also represented by Representative Chris Van Hollen (D-MD), 8th Congressional District. Mr. Van Hollen can be reached at 202-225-5341 and is also located in the Longworth House Office Building.

State – On January 9, 2013, the Maryland General Assembly session will begin at noon. The session will run through April. The state has 47 districts represented by 47 Senators and 141 Delegates

Alzheimer’s - In November NARFE reached and exceeded its goal of \$10 million for Alzheimer’s research. To date, a total of 56 research projects have been funded through NARFE’s generous contributions.

MEMBERSHIP REPORT

Bill Elsen, Membership (301-663-4027)

NOTE: Last month I gave erroneous information due to receiving incorrect data. The \$10 rebate from the MD Federation of Chapters for Dues Withholding is only available to new NARFE Members, NOT for present members switching to Dues Withholding. However, it is still a good move to switch: cheaper and easier.

We have four new members that have joined our chapter. Treva Siedling (Annuitant), Theodore Manakas (Annuitant Spouse), and Clifford Nivling and Lawrence Sullivan, both Prospective members. We look forward to welcoming them to our luncheon meetings. We also had seven members reinstated to membership: Jim Grothe, Charles Hawley, Charles Kingsolver, Thomas Proctor, George Walton, Jenny Ellen Weddle, and Emilline Zimmerman. One member has passed away, Marjorie Hoffman of Frederick. Two members have been dropped for non-renewal: Carl Lenhart and Lucille Nielsen. If you know either of these members, please contact them and encourage them to re-join. This gives us a net **gain** of **eight**

members. This is definitely moving in the right direction! Please continue to be on the lookout for new prospective members. Applications for membership are in the monthly NARFE Magazine plus I have applications.

CHAPTER BIOGRAPHY



**Kathy Kusel
Assistant Chaplin**

I was born in New Orleans and attended LSU for my BSN nursing and Washington University in St. Louis for my MSN in Psychiatric Nursing. I am a retired nurse of over 38 yrs. having served in the Department of Veterans Affairs (aka VA). I have served as a staff nurse, nurse administrator and educator and retired as the Chief of Hospital Education for the North Chicago VA Medical Center. I served in 7 different facilities. In addition to my work in mental health I assisted veterans in their benefits applications. I am married, have 2 grown sons and 2 grandsons. My older son and his family are in Virginia and my younger son and his wife are in Chicago. My husband is also retired and we, so far, are still talking with each other, traveling and visiting our children. I am a member of NAMI and have been a NARFE member since I was an active working nurse in the late 1990. Presently I am serving NARFE as assistant Chaplin.

We are saddened to report the death of the following chapter 409 member.
Eleanor A.Orndorff, 84 years old, Died Dec. 3, 2012.
Drucilla B. Lake, 82 years old, died Dec. 15, 2012

Relatives of Chapter 409 members:
 Robert E. Kallstrom, 74 years old, died Dec. 16, 2012, Husband of 409 member **Maureen Kallstrom**.

Chapter 409 members, relatives sick and or shut-ins needing our prayers and concerns:
 Don Dupreie, Joyce Gregoire, Mary Grace Mullinix, Betty Chase, Irene Owens, Dorothy Piper, Jurgan Piper, Ann Simon.
Gil Monk, Chaplain (1-717-762-7484)

Luncheon:
Date: January 18, 2012
Location: American Legion, 1450 Taney Ave., Frederick, MD.
Time: Doors will open at 11 AM. Lunch served at 12 noon. Program starts promptly at 1 PM.
Menu: Fried Chicken
Program: **Frederick Memorial Hospital Speaker**
 We must receive your mail reservation or cancellation no later than Friday January 11. Call **Liz Popowsky 301-371-6648** with any questions. MAILING ADDRESS: **P.O. BOX 609, JEFFERSON, MD 21755-0609**

Reservations for JANUARY 18, 2012 luncheon meeting: Please complete this form and send it with a check payable to NARFE Chapter 409 in the amount of \$12.00 per person. Mail both to **NARFE #409 Luncheon, P.O. Box 609, Jefferson, MD 21755-0609**. We need to reserve the number of meals by Friday, January 11, 2012 so PLEASE MAIL AS EARLY AS YOU CAN.

Name	Member	Guest	New Member	1 st Luncheon	Name	Member	Guest	New Member	1 st Luncheon
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Frederick Chapter 409, Inc. Of NARFE
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ADDRESS SERVICE REQUESTED

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January 2012 NEWSLETTER

Chapter 409 NARFE

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

**CHAPTER 409 OFFICERS
 May 2012 – May 2013**

<i>President</i>	Mary Lou Blessing	301-473-5662	<i>Chaplain</i>	Gil Monck	1-717-762-7484
<i>Immed Past President</i>	Ted Jensen	301-845-2088	<i>Assistant Chaplain</i>	Kathy Kusel	202-264-0892
<i>VP-Membership</i>	Bill Elsen	301-663-4027	<i>Newsletter Editor</i>	Louis Popowsky	301-371-6648
<i>VP-Legislative</i>	Kathy Siggins	301-829-2462	<i>Exec Comm At-Large</i>	Margaret Clark	301-834-7519
<i>Recording Secretary</i>	Margaret Hawker	301-874-8409	<i>Exec Comm At-Large</i>	Ruth Davis	301-874-1997
<i>Corresponding Sec'y</i>	Linda Adams	301-253-4740	<i>Exec Comm At-Large</i>	Scott Darby	301-662-7123
<i>Treasurer</i>	Jerie O'Connor	301-845-7964	<i>Exec Comm At-Large</i>	Walter Rabbitt	301-865-5255
<i>Luncheon Coordinator</i>	Liz Popowsky	301-371-6648	<i>Exec Comm At-Large</i>	Joseph Shrader	301-845-7184
<i>Service Officer</i>	Chuck Caloia	301-938-2000	<i>Exec Comm At-Large</i>	Tom Wiley	301-534-4247
<i>Assistant Service Officer</i>	Betty Lind	301-898-7419			