



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

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

As the year 2021 closes, we can look back as well as look forward. COVID-19, along with its variants, was still present, but mitigation and protection came with the availability of vaccines. This enabled Chapter 409 to resume in-person luncheon meetings in September, with those members attending feeling safe and happy to be able to gather as a group. Now, as we start 2022, *omicron* variant has us taking a step backward to ensure our health and safety, with the need to mask, social distance, test as needed, and avoid large groups. Going into a second year, there is indeed a sense of weariness and complacency.

NARFE wrapped up its 100th year of advocacy in 2021, with its team looking toward the work that lies ahead in 2022. This is a Congressional midterm election year, as the entire House of Representatives and one-third of the Senate are up for re-election of current, or election of new, lawmakers. Campaigns are certain to be contentious, given the political climate of today. NARFE-PAC will focus on advocating NARFE’s legislative priorities and supporting those candidates who do so. This is accomplished through attending campaign events, meeting with and thanking incumbents who have supported NARFE, and educating those who have not, and engagement by phone calls, letter writing, and social media. It is important that NARFE members get to know the candidates for whom they may be voting, as well as the campaign issues of the candidates. Contributing to NARFE-PAC is a way to support these advocacies.

Chapter 409 will also be having an election in 2022 for officers and members of the Executive Committee. The last election, held in 2020, was never completed, as COVID interrupted. As there were no meetings or business for some 19 months, those proposed candidates (mostly incumbents) simply stayed in place. Our Chapter, like many other organizations, finds it difficult to find volunteers willing to step up and serve. NARFE’s mission is to preserve and protect your earned pay and benefits. It is most certainly in the best interest of all members that Chapter 409 remains strong and viable, but this will require some volunteer time and service. We are so much more than just a “lunch bunch”! Know that other chapters facing this problem have either dissolved or joined with another chapter. There is a little poem that says in part: *if **Everybody** thinks that **Somebody** will do the job that almost **Anybody** can do, then **Nobody** steps up ... and the job never gets done.*

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

Balance available to Chapter 409 as of Nov 20, 2021 \$6,583.59
• Income \$411.62
• Expenses \$370.00
Balance available to Chapter 409 as of Dec , 2021 \$6,625.21

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

Congress has passed, and the President has signed, a Continuing Resolution to fund the government at FY 2021 levels through February 18, 2022. Congress has also passed, and the President has signed, a bill to lift the debt ceiling. Thus, the Federal Government is able to pay its obligations, including Social Security and pensions, that it has incurred. A bill (H.R. 6066), which NARFE strongly supports, has been introduced to strengthen the Office of Personnel Management.

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

Wishing you a healthy and Happy New Year! As we welcome in the New Year, I’d like to highlight some major milestones in Alzheimer’s achievements for 2021. In June the U.S. Food and Drug Administration approved Aduhelm (aducanumab) for the treatment of Alzheimer’s, the first new treatment approved for Alzheimer’s since 2003. Currently available therapies only treat symptoms of the disease; this treatment option is the first therapy to target and affect the underlying disease process of Alzheimer’s.

In September, NARFE members exceeded their National Goal of \$14 million by the end of 2022 for NARFE-Alzheimer’s Research. A new National goal of \$15 million by the end of 2024 was set with the approval of NARFE Headquarters and the National Alzheimer’s Committee

As of November 2021, the USPS has sold 9.5 million Alzheimer’s Stamps, raising more than \$1.2 million for Alzheimer’s research at NIH. NARFE’s National Walk to End Alzheimer’s Team has raised a total of \$75,643 to date, and Team HOPE is still holding strong in first place nationally at \$8,125. Thank you all so very much for your generosity and support of the Alzheimer’s cause. Together we will find a cure and finally achieve a world without Alzheimer’s.

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

The following NARFE members are ill and need our prayers: Betty Brewer; Ruth Davis; Lynn & Richard McKnight, Betty Potts; and Tom & Delores Wiley. In case of illness or death, please notify me at the phone number above, or by email at earlebrowning@gmail.com. Thank you!

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.

The subject of our December luncheon presentation was Frederick Community College’s Institute for Learning in Retirement (ILR). Kelli Ackiewicz, Program Manager, Community Education, spoke to us about the ILR’s casual, noncredit, low-cost classes and other learning experiences. Many classes are offered on-line. (Learn more at <https://ILRatFCC.com>.)

Photos by Chuck Calioa



Kelli Ackiewicz



Kelli Ackiewicz presenting information about the ILR



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

January 2022

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January 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
Sep 13	Jeannine Robinson, Consumer Protection Division of the Office of Attorney General of MD	The latest scams and frauds
Oct 11	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=rOk0girovcw
Nov 8	David Hurka, Blue Cross/Blue Shield	Federal Employees Health Benefits (FEHB) Program
Dec 13	TBA	
Jan 10	TBA	
Feb 14	TBA	
Mar 14	TBA	
Apr 11	TBA	
May 9	TBA	
Jun 13	BINGO	BINGO

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