



Next luncheon / meeting – BINGO!!! – is on Tuesday, June 14 at 11:00 AM – HAPPY FATHER’S DAY!

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

This June luncheon meeting is the last gathering in the Chapter 409 year. I think I can safely say how very nice it is to be able to once again have our Chapter meetings in person. Before COVID, when we were meeting at the American Legion, the June meeting was popularly known as the “fried chicken and Bingo meeting”. Now, at Golden Corral, we can still enjoy fried chicken as well as other tasty items, with Bingo to follow.

At the May meeting the Chapter 409 annual charitable donation (\$400 this year) was presented to *Partners in Care*, a local non-profit organization whose mission is to provide to seniors a variety of services that empowers them to live independently in their own homes, doing so through a network of volunteers. Visit their website for information and perhaps consider volunteering your time and service. Perhaps you may know a senior in need of transportation to a medical appointment or a small home repair, the kinds of services offered by *Partners in Care*.



Chaplain Earle Browning presents check to Hongwei Xu, Director, *Partners in Care*
(Photo by Michael Corson)

Chaplain Earle Browning led a memorial service recalling those Chapter 409 members who passed away in the time period of March 2020 to present. Sadly, the list was long.



Installation of the Officers and Members of the Executive Committee for the 2022-2023 year was also at the May meeting, in a service led by Mary Lou Blessing. The Executive Committee will be working on the business of the Chapter, as well as setting up programs for meetings in the coming year. Suggestions for speakers and topics are most welcome; contact President Abrell with any ideas.

Front (l to r): Jeanine Young, Earle Browning, Margaret Clark, Pam Ogasawara, Vicki Yanez
Back (l to r): Kathy O’Connor, Dan Grauman, Scott Darby, Elinor Abrell, J.D. Brooks, Kathy Siggins, Chuck Caloia
Not shown: Linda Adams, David Carmack, Margaret Hawker, Walter Rabbitt
(Photo by Michael Corson)

Remember that the Maryland Primary Election will be on July 19. Some folks dismiss a primary election as something not really important and thus not worth coming out to vote. *Wrong! Wrong!* Fortunately for us in Maryland, we have voting options easily available. Be an informed voter and make sure that the candidate of choice truly represents your views, which may not be the candidate with the biggest and brashest political ad campaign. *Frederick News Post* publishes candidate information for virtually every elected office. League of Women Voters has a non-partisan publication of candidates as well. Voting is a privilege that allows your voice to be heard. Use it . . . vote in the Primary!

Enjoy your summer. Continue to stay safe and well. See you in September. There will be no newsletter in July and August.

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

Balance available to Chapter 409 as of Apr 20, 2022 . . \$7,157.34
• Income \$307.00
• Expenses \$1,510.50
Balance available to Chapter 409 as of May 20, 2022 . . \$5,953.54

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

NARFE members who have passed away: Ruth Davis – 3/20/2022, Orley Bourland – 4/23/22, Frances Louise Federline – May 2022

NARFE members who are shut-ins: Betty Brewer, Richard and Lynn McKnight, Kathy Kusel Patrick

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

I’m proud to announce that once again Chapter 409, Team HOPE, was the top NARFE National fundraising team for the 2021 Walk to End Alzheimer’s. With your help, we raised \$8,205. Thank you so much! The Longest Day is the day with the most light — the summer solstice. For the caregiver, every day is the longest day. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer’s through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support, and research efforts of the Alzheimer’s Association. This event has become the second largest fundraising event behind the Walk to End Alzheimer’s and the funds that we raise through these two events will be credited to NARFE’s national goal. Please join me by visiting the websites to register for **The Longest Day** ([link](#)) and the **Walk to End Alzheimer’s** ([link](#)).

Alzheimer’s Stamp: As of April 2022, the USPS has sold 9.9 million Alzheimer’s stamps, raising more than \$1.2 million for Alzheimer’s research at NIH. In July, the rate of First-Class postage will go from 58 cents to 60 cents. The cost of semipostal stamps will remain at 75 cents. The cost of a sheet of 20 stamps remains at \$15, however, instead of \$3.40 going to Alzheimer’s research per sheet, Alzheimer’s research will receive \$3.00 due to the increase. Stamps can be purchased online by going to the **USPS website** ([link](#)), so please stock up now! ☺

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

On April 23, 2022, NARFE sent to the House and Senate Financial Services and General Government subcommittees letters concerning significant retirement processing delays and the inability of annuitants and their families to connect to the Office of Personnel Management Retirement Services. In that letter, NARFE requested those committees to include specific language in the FY 2023 appropriation bill to direct the Office of Personnel Management to provide those committees with quarterly briefings on efforts to eliminate these problems.

In a NARFE-supported bill, the House of Representatives by a vote of 288 to 131 passed on May 11, 2022, the Federal Firefighters Fairness Act, H.R. 2499, which creates a presumption of occupational illness (e.g., cardiovascular disease, cancer, and certain infectious diseases) for Federal workers engaged in fire protection services. The presumption applies to workers with at least five years of service who become sick within ten years of their work. The coverage extends to firefighters, paramedics, emergency medical technicians, rescue workers, ambulance personnel, and hazardous material workers.

Frederick Chapter 409, Inc. of NARFE
2471 Five Shillings Road
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June 2022

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June 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	Activity			
Jun 14	BINGO	BINGO	BINGO	BINGO

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

Service Officer's Report (Chuck Caloia • 301-938-2000)

Need a Boost?

Are you among the 1 in 3 Americans 65 and older who received their initial Pfizer, Moderna, or J&J vaccination(s) against COVID-19, but you still haven't received a booster shot? The vaccines' immunity decreases over time. Boosters restore it. As emerging subvariants of the virus spread more easily, COVID cases are again increasing, meanwhile, fewer of the people around us are masking up. Getting boosted is especially important for seniors, who remain the group at highest risk from severe COVID. One study of older veterans found that those who received a booster were up to 79% less likely to die from COVID than those who received only the initial vaccinations. Among the reasons that seniors may have for not receiving their boosters are that they don't know how or where to get them, or they may not have transportation available. If such a reason has prevented you from getting boosted – or if you never received the initial COVID vaccination(s) – feel free to contact me, and I'll do my best to help. If you use a computer and have internet access, please email your request, including your name and phone number, to Chuck.Caloia@yahoo.com. Otherwise, please phone me at (301) 938-2000.

NOTE: Facts given above are taken from a recent article that appeared in the Frederick News-Post, "Why Won't More Older Americans Get Their COVID-19 Booster Shots?" (5/17/22, p. A10)