



The Key Notes

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

March 2014
Newsletter

VP-Membership Bill Elsen 301-663-4027
VP-Legislative Kathy Siggins 301-829-2462

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CO-PRESIDENT'S MESSAGE

by **Mary Lou Blessing Immediate Past President**

Bill Elsen (301-663-4027) bilmarmp@comcast.net

Kathy Siggins (301-829-2462) siggimax@mindspring.com

I was asked to write this month's newsletter and I have chosen to excerpt points from an article on "speaking with people with [Alzheimer's](#)". It was written by Carole Larkin, a Geriatric Care Manager in Texas.

1. **Make eye contact.** Always approach them face-to-face and make eye contact. Read their eyes. Always approach from the front, as approaching and speaking from the side or from behind can startle them.
2. **Be at their level.** Move your head to be at the same level as their head. Bend your knees or sit down to reach their level. Do not stand or hover over them – it is intimidating and scary.
3. **Tell them what you are going to do before you do it.** They need to know what is coming first so that they don't think that you are grabbing them.
4. **Speak calmly.** Always speak in a calm manner with an upbeat tone of voice, even if you don't feel that way
5. **Speak slowly.** Speak at one half of your normal speed when talking to them. Take a breath between each sentence. Give them a chance to catch up to your words.
6. **Speak in short sentences.** Speak in short direct sentences with only one idea to a sentence.
7. **Only ask one question at a time.** Let them answer it before you ask another question. You can ask who, what, where and when, but NOT why. Why is too complicated.
8. **Don't say "remember".** Many times they will not be able to do so, and you are just pointing out to them their shortcomings.

9. **Turn negatives into positives.** For example say "Let's go here" instead of "Don't go there". Be inclusive and don't talk down to them as if they were a child
10. **Do not argue with them.** It gets you nowhere. Instead, validate their feelings. For example "It sounds like you miss your mother. You love them very much, don't you? Tell me about the time..." Then ask for one of their favorite stories about that person.

Remember to come on March 21st to hear Dottie O'Neal speak on Genealogy – how to get started as well as lots of hints finding those lost ancestors.

LEGISLATIVE REPORT

Kathy Siggins (301-829-2462)

The "debt-limit suspension" impasse failed to materialize on Feb. 11th, when House Leader Rep. John Boehner (R-OH)-, in a surprise move, introduced a "clean" bill to suspend the debt ceiling until March 2015. The House approved the bill by a vote of 221 to 201. On Feb. 12, Senate Minority Leader Mitch McConnell (R-OH) and his Republican leadership team joined Democrats and voted to end a potential GOP filibuster. The vote exceeded the two third required majority rule. The Senate then voted by a party line vote, 55 to 43, to pass the same legislation and send it to the President for his signature.

Also, after the House passed a bill on Feb. 11 to restore military retiree COLA benefits to veterans who are under 62, the Senate on Feb. 12 voted, 95-3, to adopt the House bill and send it to the President. The bill also extends sequestration levels to Medicare spending.

As determined in October, federal retirees received a 1.5% COLA in January. For individuals receiving

insurance benefits under FECA, the December 2013 COLA of 229.174 was 1.5% higher than Dec. 2012. They will receive a 1.5% in March.

Another great champion of federal workers and retirees, Rep. Henry Waxman, D-CA, announced that 2014 would be his last year in Congress. Waxman, serving in his 40th year in the House, chaired the committee with jurisdiction for federal service and retirement for four years.

Senate legislation to overhaul the U.S. Postal Service, S. 1486, began on January 29, 2014. NARFE is opposed to the Carper/Coburn substitute because it would severely diminish, or authorize the elimination of, long-standing employee benefits, especially workers' compensation benefits. NARFE President Joseph A. Beaudoin sent a letter to each senator on the Homeland Security and Governmental Affairs Committee in advance of the markup.

Our "Enough Is Enough" message has just been updated and is ready for members to send to their congressional delegations. NARFE's Legislative Action Center makes this very straightforward.

Obtaining the Hotline. This weekly legislative message is available to telephone callers (703-838-7780 and toll-free at 1-877-217-8234) and is posted on the NARFE website at (www.narfe.org).

Prepared by Kahty Kusel & Orley Bourland

ALZHEIMER'S REPORT **Kathy Siggins (301-829-2462)**

Alzheimer's advocates recently achieved a major policy victory - the inclusion of *\$122 million in additional Alzheimer's disease funding* in the FY14 "omnibus" appropriations bill, our largest increase ever. Particularly in these difficult budgetary times on Capitol Hill, this is a tremendous success. This funding will go a long way in implementing the National Alzheimer's Plan goal of preventing and effectively treating Alzheimer's by 2025.

Advocates, through their involvement and support, were invited to a special hearing before the U.S. Senate Appropriations Subcommittee on Labor, Health and Human Services, and Education, on February 26th,

where we were able to thank the bi-partisan leadership and begin advocacy for the 2015 budget.

MEMBERSHIP REPORT **Walter Rabbit (301-865-5255)**

In January Chapter 409 had one (1) person transfer out and nine (9) who were dropped for non-renewal of membership. With two reinstatements and two transferred in to 409 the net is six fewer members.

What can you do to increase membership? Talk to other retirees and active employees who are not members. Let them know that our benefits must be guarded every year and it's NARFE's staff that does that for us. Give the application form located in the NARFE magazine, or call me with their name and address and I will sent them the application. My phone number is 301-865-5255 or email me at wraab@comcast.net . NUMBERS COUNT when the NARFE staff talks to the Congress!!

SERVICE OFFICER REPORT **Chuck Caloia (301-938-2000)**

Last summer OPM Retirement Services introduced a way for annuitants and survivors to use their Services Online (SOL) account to receive their annual notice and IRS Form 1099R. Since then, thousands have signed up to receive these mailings using SOL. OPM expects even greater enrollment this year.

Eighty-seven percent of annuitants who participated in an OPM customer survey indicated their overall satisfaction with SOL. OPM has stated that it will continue to keep SOL secure and easy for users to access now and in the future.

One objective of SOL is to help reduce OPM's carbon footprint by reducing the number of mailings it sends out.

To sign up, visit www.ServicesOnline.opm.gov . If you don't remember your password, directions for obtaining a new one are given. SOL passwords expire after 15 months of non-use.

The above information is taken from an item appearing on an OPM web page. If you have questions or comments about your experience with SOL, the Chapter 409 Service Officer, Chuck Caloia (Chuck_Caloia@yahoo.com) would like to hear from you.

SECRETARY'S REPORT

Margaret Hawker (301-874-8409)

The Chapter Executive Committee met on February 18 at the American Legion. The secretary's minutes and the treasurer's report were approved. Membership, Legislative, Chaplain, Luncheon, Service Officer, and Newsletter reports were given. Chapter officer vacancies were discussed.

We are saddened to report the following Chapter 409 related deaths.

Members

Guinevere Winpigler, 85 years old died Feb 9, 2014. Widower is Harry Winpigler of Buckler MO.

George Combs, 92 years old died Feb 11, 2014. No widow.

Mary Strailman, 87 years old died Feb11, 2014. No widower.

Relatives of Chapter 409 members:

Constance "Connie" Eyler, 90, of Frederick, died on January 24, 2014, mother of member Judy Eyler.

Anthony George Petrie, 73 years old died on February 10, 2014, brother of member Kathy Kusel.

Chapter 409 members, relatives sick and or shut-ins needing our prayers and concerns:

Betty Chase, Don Dupreie, Joyce Gregoire, Irene Owens, Dorothy and Jurgen Piper (now in Homewood), Ann Simon, Gil Monck

Gil Monck, Chaplain (1-717-762-7484)

CORRECTION

Please note a correction in this past month's request for a webmaster for the Maryland Federation. The response email should be narfe409@hotmail.com. We are sorry for the inconvenience.

TREASURER'S REPORT

Jerie O'Connor (301-845-7964)

BALANCE as of December 31, 2013.....\$7224.38
 Receipts for January..... \$1,658.59
 Expenditures for January..... (\$1,570.23)
TOTAL FUNDS available as of 1-31-2014.....\$7,312.74

CHARITY REPORT

Ruth Davis

February 2014	50/50	\$40
February 2014	Alzheimer's Raffle	\$77
	Alzheimer's donations	<u>\$20</u>
	Total	\$137

Chapter 409 is now sending the Newsletter electronically to members who have provided their email addresses. We would like to have more participants in our E-Newsletter as this saves us the costs of printing and postage. We ask that everyone consider trying the electronic version of our Newsletter. We will only use your email address for the Newsletter and the Booklet. Please email Walt Rabbitt at wraab@comcast.net with the email address you prefer to use for the newsletter.

Luncheon:

Date: March 21, 2014

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: Tuna casserole

Program: Genealogy

We must receive your mail reservation or cancellation no later than Friday March 14, 2014. Call

Kathy Kusel 1-202-264-0892 with any questions.

MAILING ADDRESS: 4006 Carriage Hill Dr., Frederick, MD 21704

Reservations for March 21, 2014 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 CHAPTER #409, 4006 Carriage Hill Dr., Frederick, MD 21704**

We need to reserve the number of meals by Friday, March 14, 2014 so PLEASE MAIL AS EARLY AS YOU CAN.

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

Telephone Number: _____

Frederick Chapter 409, Inc. Of NARFE
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ADDRESS SERVICE REQUESTED

MARCH 2014

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MARCH 2014 NEWSLETTER

Chapter 409 NARFE

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

Visit us at our website: <https://sites.google.com/site/narfe409/>
 Linda Adams-Webmaster 301-253-4740

**CHAPTER 409 OFFICERS
 May 2013 – May 2014**

<i>Co-Presidents</i>	Bill Elsen	Kathy Siggins	<i>Chaplain</i>	Gil Monck	1-717-762-7484
<i>Immed Past President</i>	Mary Lou Blessing	301-473-5662	<i>Assistant Chaplain</i>	Kathy Kusel	202-264-0892
<i>VP-Membership</i>	Bill Elsen	301-663-4027	<i>Newsletter Editor</i>	Scott Darby	301-662-7123
<i>VP-Legislative</i>	Kathy Siggins	301-829-2462	<i>Exec Comm At-Large</i>	Elinor Abrell	301-831-8753
<i>Recording Secretary</i>	Margaret Hawker	301-874-8409	<i>Exec Comm At-Large</i>	Margaret Clark	301-834-7519
<i>Corresponding Sec'y</i>	Linda Adams	301-253-4740	<i>Exec Comm At-Large</i>	Ruth Davis	301-874-1997
<i>Treasurer</i>	Jerie O'Connor	301-845-7964	<i>Exec Comm At-Large</i>	Walter Rabbitt	301-865-5255
<i>Luncheon Coordinator</i>	Kathy Kusel	1-202-264-0892	<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			