



The Key Notes

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

May 2013
Newsletter

President: Mary Lou Blessing • 5017 Camelback Lane
Frederick, MD 21703 • 301-473-5662

Editor: Lou Popowsky • 5943 Picnic Woods Rd
Jefferson, MD 21755 • 301-371-6648

PRESIDENT'S MESSAGE

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

At the last minute our January speaker, Heather Kirby, Director of Care Management with Frederick Memorial Healthcare System, was unable to attend due to family illness. At that time I was asked to invite her back and she will be speaking at our May meeting. Hopefully after this presentation we will all be better prepared to deal with the issues arising from the transfer of patients between healthcare facilities, or to a home. Sometimes, too late, we realize we didn't catch everything we were told at discharge; or question if all the information about medications, etc, moved with them from the hospital to the rehab facility. The healthcare industry is working on improving this situation and Heather will pass that word along. Come, listen and ask your questions as these changes are presented during the program on **May 17th**.

Last year the Board of County Commissioners included funds in this year's budget to gather input and create a report about the strengths, challenges and opportunities that older adults encounter as citizens of Frederick County. I have been asked and accepted the opportunity to participate with this group and may be coming back to you for input. The document produced may well serve to guide fiscal and programmatic planning over the next 10-20 years, so your input will be important.

This is my last column as President of 409. So, how do you say good-bye, so long, been good to know 'ya? I am not really saying goodbye, just thanks for being cooperative during my three years as your President. It is now time for me to relinquish that position and I wish I could say "to ...". But I can't. We are without a chapter president at this time. While we are without a chapter president, Bill Elsen and Kathy Siggins, who are our VPs for Membership and Legislation, will be

covering the duties. While I am sure that they will do the job well, it will be in addition to their other duties. So, **this is a plea** for someone to come to their rescue and assume the presidential position. Ideas are welcome as well. (See the Nominating Committee Report later in this newsletter for more details.)

LEGISLATIVE REPORT

Kathy Siggins (301-829-2462)

In his fiscal year 2014 budget to Congress, President Obama proposed changing the formula used to calculate annual cost-of-living adjustments (COLAs) to federally administered programs. The proposal would use the chained CPI method of determining inflation in place of the current CPI-W. Using the chained CPI instead of the CPI-W would reduce COLAs by an estimated 0.3 percent per year and, compounded over time, would add up to a big loss in earned benefits.

The median Civil Service Retirement System (CSRS) annuitant, with a monthly benefit of \$2,620, would lose up to \$1,525 during the first five years of lowered inflation protection. The median CSRS survivor annuitant (\$1,230 per month) would lose up to \$716 over the same five years. Over 30 years, an annuitant could lose over \$100,000 in benefits. Visit <http://www.narfe.org/legislation/calculator.cfm>, NARFE's online calculator to estimate how the proposal would affect you.

ALZHEIMER'S COMMITTEE REPORT

Kathy Siggins (301-829-2462)

Representative Edward Markey (D-MA) introduced two key bills pertaining to Alzheimer's on April 11, 2013.

H.R.1508: Provides for the issuance of an Alzheimer's

Disease Research Semipostal Stamp. Chapter 409 approved and submitted a Resolution to the Maryland Federation for consideration at the mini convention in Ocean City, MD. If approved, this Resolution would support current and future legislation that establishes a fundraising stamp known as a “semipostal” to support medical research relating to Alzheimer’s disease.

H.R.1507: Amend title XVIII of the Social Security Act to increase diagnosis of Alzheimer's disease and related dementias, leading to better care and outcomes for Americans living with Alzheimer's disease and related dementias. This legislation is also referred to as the Health Outcomes, Planning and Education (HOPE) for Alzheimer's Act.

April 22-24, 2013 hundreds of advocates from around the country came to Washington, DC, to urge Congress to make Alzheimer’s disease a national priority. President Obama’s budget for FY14 includes an additional \$100 million for implementation of the National Alzheimer’s Plan, but it’s up to Congress to approve it. We must Stop Alzheimer’s Now!

MEMBERSHIP REPORT
Bill Elsen, Membership (301-663-4027)

Although we had no new members join our chapter in March, George Birch transferred into our chapter from chapter 1116. Charles Dwyer and Nicholas Kirilloff have been reinstated. Joseph Fanelli and Richard Long have moved out of our area and transferred out of our chapter. We were notified that one member has passed away. Eleven members were dropped because they did not renew their membership. They are Edith Barnhill, Edward Bunyan, Robert Fischer, Anna Fogle, Nancy Hoffa, Sarah Huber, William Long, Neil Maceachen, Dorothy Makel, Rachel Moler, and Geraldine Newsome. If you know any of these members, please ask them to re-join. This gives us a net loss of eleven members. If you know of any recently retired people you can find membership applications in the monthly NARFE Magazine or contact me .

NOMINATING COMMITTEE REPORT
Mary Lou Blessing, Bill Elsen, Kathy Siggins

For the one-year term beginning May 2013, the following people have been elected to serve our chapter. You will notice that no one has stepped up to

take the position of President. Unfortunately, this situation puts an added burden on two already busy officers, the 1st and 2nd VPs. Suggestions from the membership nominating a member for this position would be very welcome (and yes, we have asked the officers listed below to consider taking that position). Just contact a member of this committee.

Chapter 409 OFFICERS 2013-2014

President	Vacant
1st Vice Pres.	Bill Elsen
2nd Vice Pres.	Kathy Siggins
Newsletter Editor	Scott Darby
Treasurer	Jerie O'Connor
Luncheon Coordinator	Kathy Kusel
Chaplain	Gilbert B. Monck
Assistant Chaplain	Kathy Kusel
Service Officer	Charles Caloia
Assistant Service Officer	Betty Lind
Recording Secretary	Margaret Hawker
Corresponding Secretary	Linda Adams
Immediate Past President	Mary Lou Blessing
Members-at-Large	Elinor Abrell, Margaret Clark, Ruth M. Davis, Walter Rabbitt, Joseph N. Shrader, Tom Wiley

SECRETARY’S REPORT
Margaret Hawker (301-874-8409)

The Chapter Executive Committee met on April 16 at the American Legion. The secretary’s minutes and the treasurer’s report were approved. Legislative, Membership and Service Officer reports were given. Kathy Kusel has agreed to be nominated for the Luncheon Coordinator position. The position of President is still open. The Committee approved a donation to the Montevue Home Auxiliary of \$1000. Chapter outreach was discussed.

TREASURER’S REPORT
Jerie O'Connor (301-845-7964)

BALANCE as of February 28, 2013	\$7877.80
Receipts for March.....	\$1416.89
Expenditures for March.....	\$1454.84
BALANCE as of March 31, 2013	\$7839.85
TOTAL FUNDS available as of March 31, 2013	<u>\$7839.85</u>

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

March Charities.....	\$ 46.00
YTD Charities Raffle.....	\$ 502.00
March Alzheimer's.....	\$ 45.00
Alzheimer's Donations.....	\$ 14.00
YTD Alzheimer's	\$ 730.50

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.

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

- Chapter 409 members.**
Bernard L. Long, 81 years old, Died March 18, 2013, widow is Maisel Long of Frederick.
Abram C. Goldsworthy, 62 years old, Died March 24, 2013, Widow is Rosemarie Goldsworthy of Pt. of Rocks.
Geraldine R. Fagin, 94 years old, Died April 3, 2013, no widower.
Irvin F. Stride, 97 years old, Died April 4, 2013, widow is Eva Stride of Frederick.
Frances V. Skinner, 89 years old, Died April 12, 2013, no widower.

Relatives of Chapter 409 members:
 No relative of Chapter 409 members passed away this month.

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

Editor's Note: I would like to take this opportunity to thank everyone on the board for providing their reports in a timely manner, and especially Mary Lou who generally provides the major portion of the Newsletter content. I hope you all have enjoyed reading your newsletters this year as I have enjoyed putting them together for you. This issue is probably my last as Scott Darby will be taking over the reins as editor. For those of you who receive the Newsletter electronically please remember to designate his email sdarby1601@gmail.com as valid for your inbox as he will be sending out the Newsletters in the future.
 Lou Popowsky

Luncheon:
Date: MAY 17, 2013
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: Salisbury Steak
Program: **Heather Kirby of FMH, Installation of Officers, Annual Memorial Service**
 We must receive your mail reservation or cancellation no later than Friday May 10. Call **Liz Popowsky 301-371-6648** with any questions. MAILING ADDRESS: **P.O. BOX 609, JEFFERSON, MD 21755-0609**

Reservations for May 17, 2013 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, May 10, 2013 so PLEASE MAIL AS EARLY AS YOU CAN.

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March 2013 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/>

**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			