

January 2024 Newsletter The Key Notes

National Active and Retired Federal Employees Association Chapter No. 409 • Frederick, Maryland • https://narfechapter409.org/

<< Next luncheon / meeting is on Tuesday, January 9 at 11:00 AM >>

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

Here we are at the start of a new year, which seems to be a time to act upon reflections from last year that we will do more, take some improvement action, etc. This is certainly a good time to look at your life documents - your will and powers of attorney, both legal and medical, come to mind. Perhaps there have been changes in your life in the past few years that make these documents in need of updating in order to accurately maintain your wishes. The program this month is timely, featuring speakers from the office of Frederick County Register of Wills, Mary Rolle and Chris Manners, who will be providing important information about this subject.

It is still early enough in this new year that some holiday spirit remains. If you missed the December meeting and the wonderful program on how Christmas our celebrations came to be, you can access the presentation by Brad Stone representing the National Museum of Civil War Medicine. You can view Mr. Stone's interesting slide



Brad Stone with Chapter 409 President, Elinor Abrell

show in the "Supplemental Materials" section of Chapter 409's website located at https://narfechapter409.org/handouts/.

Frederick County is blessed to have as part of Frederick Community College, the Institute for Learning in Retirement (ILR). Their message is that one is never too old to learn. ILR offers a wide breadth of diverse courses to fulfill the intellectual, social, and physical interests of adults ages 55 and over. Something for everyone! You may have received a catalog in the mail for winter and spring offerings that start in January. If not, catalogs are available in every Frederick County Public Library as well online information at https://ilrfcc.org. An ILR course would be a great way to start 2024.

Looking back, 2023 was a very political year with heated debates of both sides of issues critically important to federal employees and retirees, and there is still some uncertainty for the funding process in 2024. NARFE will be there for us, advocating to protect and advance earned benefits. It is important to remember that while NARFE is political, it is nonpartisan, working with all members of Congress who support NARFE's mission. This 118th Congress will soon be returning for its second year. NARFE will be vigilant to happenings, as must we!

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

Balance available to Chapter 409 as of Nov 20, 2023	. \$5,816.01
• Income	\$371.30
• Expenses	\$140.98
Balance available to Chapter 409 as of Dec 20, 2023	\$6.046.33

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

Congress passed the Conference Report for the National Defense Authorization Act for Fiscal Year 2024. That Act included a provision to expand access to family and medical leave for veterans entering the federal work force by recognizing their military service when determining their eligibility for such leave.

There may be a partial Government shutdown in January and/or February. Funding for Agriculture – FDA, Energy – Water, and Transportation – HUD for Fiscal Year 2024 will end on January 19, 2024, without Congress extending further funding. Funding for other Government Departments and Agencies. except Defense, for Fiscal Year 2024 will end on February 2, 2024, without Congress extending further funding.

Membership Report (Scott Darby • 301-662-7123)

We are still at 310 members. The Chapter would like to welcome two new members: Talisha Kellogg and Melba Reed. We hope you can join us at our January luncheon.

Chaplain's Report (Margaret Clark • 240-405-4018)

Dorothy (Dottie) Kline died at age 81 on December 11. Kathleen (Kathy) Kusel Patrick died at age 80 on December 18. Kathy had been the Chapter 409 Luncheon Coordinator and Assistant Chaplain for many years. She is survived by her husband, Chapter 409 member, Robert Patrick.

We keep in touch with the shut-ins who are **Betty Brewer** & **Mary Miller**. In case of illness or death, please notify me at the phone number above, or by email (mclark615@verizon.net). Thank you!

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

NARFE's National Walk to End Alzheimer's Teams have raised more than \$105,000 for the 2023 Walk. Currently, Team HOPE, Chapter 409 is in Second Place nationwide with Kathy Siggins currently leading as the Top Individual Fundraiser for 2023. Donations will continue to be accepted through the end of the year. Thank you all for your generosity and support of the Walk and for your commitment to the Alzheimer's cause. Just want to highlight a few successes in 2023. For the first time ever, the FDA approved a drug, Lecanemab, that slows the progression of Alzheimer's, and with the help of supporters and advocates convinced Medicare to cover the cost of that drug. Also, a drug that helps with agitation was approved for people at a more advanced stage of the disease. Medicare also removed its long-standing policy limiting coverage for PET scans to just one in a person's lifetime. As a crucial tool in early detection and monitoring, this is a win for people living with Alzheimer's. And lastly, federal funding for Alzheimer's research at the National Institutes of Health increased by \$226 million, bringing federal research funding to more than \$3.7 billion. • More exciting news to come in the new year.



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NARFE Chapter 409 luncheons take place at the Golden Corral Buffet & Grill, 5621 Spectrum Drive - Frederick, MD 21703 - Phone: 301-662-5922. See the 2024 luncheon schedule below. Buffet starts at 11:00 AM, program starts at 12:30 PM. If you are not feeling well on the day of the luncheon, please do not attend.

SNOW POLICY: If Frederick County Schools are closed due to weather, the luncheon meeting is canceled. If County Schools are delayed but open at meeting time, the luncheon meeting will be held as scheduled.

Date	Speaker(s)			Program			
Jan 9	Mary Rolle & Chris Manners – Frederick County			The Frederick County Register of Wills			
	Register of Wills						
Feb 13	Brad Young, CFP			Tax strategies for seniors			
Mar 12	Moss Rudley, Supt. <u>Historic Preservation Training CTR.</u>			National Park Service			
Apr 9	To be determined			Maryland General Assembly update			
May 14	Representative of charity donation recipient			New officers' installation, charity donation, memorial service			
Jun 11	BINGO	BINGO	BINGO	BINGO	BINGO	BINGO	

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