

THE BISON



Buffalo Bill Chapter 27

February 2014

Issue 1

From the President:

Happy New Year 2014!

I hope you are all staying warm during this record cold spell we are having as I write this. It has been cold enough, but with the wind blowing it is biting cold.

I want to thank all who made the Annual Fall Festival successful. We had a nice turnout, tasty food and our entertainment was great. If you were unable to attend this year I hope you will plan to attend next year.

The Kansas State Federation of NARFE Chapters Annual Convention will be held April 27-29, 2014 in Manhattan Kansas. Last year we had very nice items donated for both the live and silent auctions that was held at the convention and will be collecting items again this year. If you have an item(s) you would like to donate please get in touch with one of our officers.

I wish each of you a healthy and safe 2014.

Boni Lages
913 683-2222
boniwoody@gmail.com

From the 1st VP—Membership

Here we are in a new year and as NARFE members one of our resolutions should be to recruit new members. . . especially active federal employees.

In 2013 our chapter lost 26 members who have passed away, and 16 members have dropped out or cancelled their membership. Another 4 members transferred out. That is a total of 46 members we have lost.



On the other hand we received only eight new members/transfers in or reinstatements. We had seven prospective members, but none of them have responded when contacted.

We must all work together to gain members for NARFE. I would also like to have some assistance to contact members who have dropped out, to see if we can get them to return. If you would be willing to help with this, please contact me at 913-682-0898. Thanks.

Fran Gast

From the 2nd VP—Programs

Feb. 6th—Memorial Service

March 6th—TBA.

April 3rd—TBA.

May 1st—TBA.

Billie Oertel

From the 3rd VP—Service Officer

In the December edition of the *NARFE* magazine, pg. 40, where 2014 changes to Blue Cross Blue Shield benefits are listed, they said that the plan would no longer cover heart-lung transplants. This is incorrect. What they should have said was that the plan would no longer cover that benefit at their transplant centers. Here is what the official brochure states:

“We no longer provide benefits for heart-lung transplants performed at Blue Distinction Centers for Transplants. Previously, benefits were available for heart-lung transplants performed at these types of facilities.”

This information is from the NARFE Global Email Messaging System (GEMS).

John Leavitt

From Sunshine Chair:

If you know of members who are hospitalized or ill at home let me know and I will send cards. We would also like to recognize wedding anniversaries and need your help by furnishing us with that information. Please call me at 351-3386. Thank you.

Get Well cards were sent to Don Murray, Helen Stewart, Shirley Studdard, and Lila Williams

Marilyn Murray

IN MEMORIAM

Members

Elaine Hofstra	Jacquelyn I. Mosier
Mildred Kinder	Rose Marie Qualley
Bobby D. Lawrence	Betty Jane Spiewak
Margaret "Peg" Vlademar	

Family Members

Edward Gordon, father of Gene Schneider
 Mary Haling, sister of Martha Cain
 Crystal Harris, mother of Delores Vargas
 Lorraine Kurtz, sister of Mary Margaret Gabrish
 Dorothy Lowe, sister-in-law of Margie Baldwin

From the Alzheimer's Chair:

Alzheimer's Hope

Jeanne Reeder, Heart of America Alzheimer's Association was our guest speaker at the December meeting. She provides support to 16 counties in the Kansas City area including Leavenworth. She gave an excellent presentation on Alzheimer's and dementia. Alzheimer's is actually just one kind of dementia.

Researchers are exploring new targets and avenues to tackle dementia. About 5 million Americans are living with Alzheimer's, a brain disease that causes a slow decline in memory, thinking and reasoning skills. That number is expected to almost triple in the next 40 years. But researchers continue to work to uncover what causes Alzheimer's, what happens in the brain as it progresses and what can be done to treat or prevent it. Recent studies have identified proteins and other potential targets that may help develop new drugs to slow or stop the disease. Here's some of the latest findings:

Scientists at Washington University School of Medicine in St. Louis studied 145 men and women ages 45 to 75 and found that although they all had about the same quantity of sleep,

those who reported poor quality had higher levels of a specific protein that makes up brain plaques found in Alzheimer's patients. More research is needed, but what we do know is that memory loss, especially forgetting recently learned information, is one early symptom.

Recent studies on different classes of blood pressure drugs suggest they may have protective effects against Alzheimer's, slowing mental decline or even reducing risk overall. This is preliminary, but it supports a growing body of evidence that suggests keeping your heart healthy by controlling blood pressure and cholesterol benefit your brain as well. Known risk factors for Alzheimer's include age, family history and genetics.

Helen Stewart

ALZHEIMER'S REQUEST

Do not ask me to remember,
don't try to make me understand.
Let me rest and know you're with me,
kiss my cheek and hold my hand.

I'm confused beyond your concept,
I'm sad and sick and lost.
All I know is that I need you,
to be with me at all cost.

Do not lose your patience with me,
do not scold or curse or cry.
I can't help the way I'm acting,
I can't be different though I try.

Just remember that I need you,
that the best of me is gone.
Please don't fail to stand beside me,
love me 'til my life is gone.

Editor's Note: I received this on Facebook with no credit given and author unknown. It had been posted on a room door of an Alzheimer's patient. Reminded me of sitting at the bedside of my dear Mother who didn't have Alzheimer's, but was slowly slipping away from us. Maybe this will be an encouragement to you who are care-givers to loved ones going through difficult times.

Delores Vargas



FYI

**NARFE Legislative Update January 10:
Hope for 2014**

Glimmer of Bipartisanship

The Ryan-Murray 21-month budget agreement (House Joint Resolution 59) passed with 77 percent support in the House and 64 percent in the Senate, and was signed into law by the president on December 26. This evidence of bipartisanship could carry over into the new year. In the first two votes in the Senate this year, Janet Yellen won bipartisan support in her confirmation to chair the Federal Reserve's Board of Governors, and a three-month extension of emergency unemployment insurance, championed by Sens. Jack Reed, D-RI, and Dean Heller, R-NV, won just enough votes to overcome a Senate filibuster. Just as important, an omnibus appropriations bill, shepherded by Sen. Barbara Mikulski, D-MD, and Rep. Hal Rogers, R-KY, appears on schedule to meet the January 15 deadline, although some remain skeptical.

2014 Expected to Hold Less Drama for Federal Workforce and Retirees

A 1-percent federal pay raise after three years of frozen pay, the budget agreement and progress on meeting the January 15 deadline all provide reasons to hope that the federal family will not be targeted for deficit reduction or other congressional priorities in the new year. However, it should be noted that Rep. Darrell Issa, R-CA, introduced legislation, H.R. 3801, to repeal the reductions in certain military retirement benefits made by the Bipartisan Budget Act of 2013 by authorizing the United States Postal Service (USPS) to implement a modified Saturday delivery schedule. NARFE continues to oppose any efforts to decrease the services USPS provides to millions of Americans, an issue which is sure to come up again and again.

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If you are not receiving messages generated by NARFE'S Global Email Messaging System (GEMS), you can go to www.narfe.org and subscribe to them.



Kansas Federation Convention

The Kaw-Blue Manhattan Chapter 0366 is hosting the 2014 Kansas State Federation of NARFE Chapters annual convention April 27-29, 2014. The convention will be held at the Four Points by Sheraton Hotel, 530 Richards Dr., Manhattan, KS.

If you would like to be a delegate, contact President Boni Lages, 913-683-2222, and she will be able to give you all the details.

Registration is \$20 + meals is \$80.50 = \$100.50. You don't have to sign-up for the meals. The hotel registration is up to you to make.

President Lages can fill you in on all the details.

LEGISLATORS' Address / Phone:

Federal: Sen. Jerry Moran, PO Box 1154, 23600 College Blvd Suite 201, Olathe, KS 66061, (913) 393-0711, www.moran.senate.gov.

Sen. Pat Roberts, 444 SE Quincy, Rm 392, Topeka, KS 66683, (785) 295-2745, www.roberts.senate.gov.

Rep. Lynn Jenkins, R-2nd Dist., 3550 SW Fifth St., Topeka, KS 66601, (785) 234-5966.

NARFE member toll free line to Congress members: 1-866-220-0044, www.lj@mail.house.gov

Kansas State (by Dist. at Statehouse, Topeka 66612, telephone (785) 296 + ext.):

Rep. John Bradford, R-40th Dist., 300 SW 10th Ave., ext. 7653, john.bradford@house.ks.gov

Rep. Willie Dove, D-38th Dist., 300 SW 10th Ave., ext. 7670, willie.dove@house.ks.gov

Sen. Steve Fitzgerald, R-5th Dist., 300 SW 10th Ave., ext 7357, Steve.Fitzgerald@senate.ks.gov

Sen. Tom Holland, D-3rd, 300 SW 10th Ave., ext. 7372, tom.holland@senate.ks.gov.

Rep. Melanie Meier, D-41st, 300 SW 10th Ave, ext. 7650, Melanie.meier@house.ks.gov.

Rep. Connie O'Brien, R-42nd, 300 SW 10th Ave, ext. 7683, connie.obrien@house.ks.gov.

State legislators hot line: 1-800-432-3924.



"I'm not a meteorologist!"



Why I Like Retirement !!!

Question: Among retirees, what is considered formal attire?

Answer: Tied shoes.



Calendar of Upcoming Events

Feb. 6 Chapter Meeting: Memorial Service.
Feb. 27 Executive Committee meeting.
Mar. 6 Chapter Meeting: TBA
Mar. 27 Executive Committee meeting.

April 3 Chapter Meeting: TBA
April 24 Executive Committee meeting.
May 1 Chapter Meeting: TBA
May 29 Executive Committee meeting.

NOTE: Chapter meetings are held in the **Heritage Center, 109 Delaware** at 1:30 p.m.
Executive Committee Meetings are held at the Leavenworth Public Library the last Thursday of each month at 9:15 a.m.



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