



Kaw Blue Communiqué

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Manhattan, KS Date June 21, 2017



PRESIDENT'S CORNER

(Clifford Spaeth, 539-1363)

To support legislation and regulations beneficial to federal civilian employees & annuitants under ANY federal civilian retirement system and to oppose those detrimental to their interests.

To promote the general welfare of federal civilian employees and annuitants, to advise and assist them with respect to their rights under retirement, health and other employee and retiree benefits laws and regulations, and to represent their interests before appropriate authorities.

To cooperate with other organizations and associations in furtherance of these general objectives.

The June 21st monthly chapter meeting of Kaw-Blue 0366 will begin at 5:30 p.m. We hold this evening program so the current employees or prospective members who cannot attend our regular noon meetings may attend an after-work dinner meeting. We encourage all members to attend and bring other potential members. The speaker in June will be Vanessa Avara, Milford Nature Center Assistant Director. As usual, we will observe a two-month summer break until our September meeting. Don't forget to wear purple for Alzheimer's Awareness Day, September 20th.

Several bylaw changes that were approved by big NARFE at the National Convention last August are having a trickle-down effect on local chapters. The "one-member-one-vote" policy change and the elimination of the chapter membership requirement will require chapter bylaw modifications to be in sync with the national office. We will be forming a committee to reword and/or make recommendations to the chapter for approval in the next few months. If you have an interest in serving on that committee, please let me know.

We all need to give some thought to the possibility of hosting the 2019 Federation Convention/Seminar here in Manhattan and how we individually can contribute to a team effort in the event we choose to pursue it. The 2017 meetings had no chapter serving as host so the federation executive board filled that responsibility. The 2018 meetings will be handled in a similar manner since no one offered to host it. I indicated we would be willing to consider hosting the event in 2019. We will have additional discussions about this at future chapter meetings. Don't hesitate to offer your input.

EXECUTIVE COMMITTEE

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MONTHLY PROGRAMS

(By: Elaine Liddell, Program Chairman)

June 21, 2017

Vanessa Avara
Milford Nature Center

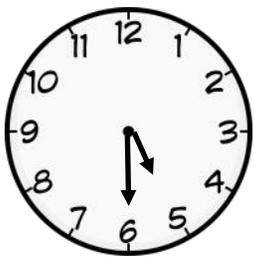
Remember the time change!

September 20

**Don't forget to wear purple for
Alzheimer's Awareness Day!**

October 18

Lindsey Younger



LEGISLATIVE REPORT

(By: John Drach, Legislative Committee Chairman)

The spending bill that will fund government operations through September, passed the House and Senate and the President signed the bill on May 5. The \$1 trillion spending package increased spending levels for some government agencies, including an extra \$15 billion in defense spending and an additional \$1.5 billion for border security. It also provides an additional \$2 billion in new spending for the National Institutes of Health.

Of importance to NARFE, the bill provides a \$400 million increase for Alzheimer's research, setting current funding levels at nearly \$1.4 billion. Debates about fiscal year 2018 spending are on the horizon and it is expected negotiations could get tough. In the "skinny budget" proposal Trump sent to Congress, he proposed cuts that were steep and sweeping.

The plan calls for the total elimination of funding for programs and some agencies that were spared in the fiscal 2017 legislation, such as the U.S. Department of Housing and Urban Development's Community Development Block Grant program and the Appalachian Regional Commission. It is certain various negotiations will occur.



MEMBERSHIP SCOREBOARD

MONTH	GAIN	REINSTATED	LOSS
Apr-May	0	2	11*
Memberships in peril: 0			
TOTAL MEMBERSHIP as of May 25 – 208			



*3 members renewed NARFE Membership; but, didn't retain chapter membership.

MEMBERSHIP

(Ann Murphy , VP for Membership, 785 539-2056)

When considering whether or not to join or renew your NARFE membership, I think most of us are convinced NARFE is important because it is the only organization dedicated solely to protecting the earned benefits of all federal workers. NARFE is our information source. NARFE is our legislative voice; but the strength of our voice is the number of members in our organization.

A couple of years ago NARFE started an eNARFE chapter that would become "home" for NARFE members who were unable or chose not to affiliate with a local chapter. The eNARFE chapter drew in thousands of members. WOW! In September of 2016 the NARFE board terminated eNARFE and now all NARFE members are national members and have the option to join or not join a local geographic chapter. How all this is to work in Kansas is still under discussion.

A past VP of eNARFE in Florida put some consideration points in a NARFE blog. He stated that not everyone wants to go to meetings or to be an officer or to get lots of emails. A lack of interest in being active should not be seen as apathy. eNARFE members proved to be active by participating in NARFE electronic legislative letter writing efforts and some did more legislatively. Share your knowledge of NARFE with retirees and active employees. Encourage everyone who is eligible to join NARFE!



ALZHEIMER'S UPDATE

(Ann Domsch, Alzheimer's Committee Chair,
537-5147)

Have you noticed any of these warning signs with yourself or a loved one? If so, talk with a doctor.

1. **Memory loss that disrupts daily life?** Some of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information; forgetting important dates of events; asking for the same information over and over; relying on memory aides (e.g. reminder notes or electronic devices). **What's typical?** Sometimes forgetting names or appointments, but remembering them later.
2. **Challenges in planning or solving problems?** Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. **What's typical?** Making occasional errors when balancing a checkbook.
3. **Difficulty completing familiar tasks at home, at work or at leisure?** People with Alzheimer's often find it hard to complete daily tasks. Sometimes people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. **What's typical?** Occasionally needing help to use the settings on a microwave or to record a television show.
4. **Confusion with time or place?** People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. **What's typical?**

Getting confused about the day of the week but figuring it out later.

5. **Trouble understanding visual images and spatial relationships?** For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast in terms of perception, they may pass a mirror and think someone else is in the room. They may not recognize their own reflection. **What's typical?** Vision changes related to cataracts.
6. **New problems with words in speaking or writing?** People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a watch a "hand clock") **What's typical?** Sometimes having trouble finding the right word.
7. **Misplacing things and losing the ability to retrace steps?** A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. **What's typical?** Misplacing things from time to time, such as a pair of glasses or the remote control.
8. **Decreased or poor judgement?** People with Alzheimer's may experience changes in judgment or decision making. For example poor judgement with finances, or they pay less attention to grooming and hygiene. **What's typical?** Making a bad decision once in a while.
9. **Changes in mood and personality?** The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. Easily upset when out of their comfort zone. **What's typical?** Developing routines and becoming irritable when it's disrupted.

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ALZHEIMER'S UPDATE Contin-
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10. Withdrawal from work or social activities? People with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sport team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced. **What's typical?** Sometimes feeling weary of work, family and social obligations.

HAVE YOU CHECKED US OUT?

**[Www.narfe.org/site/
chapter 0366](http://Www.narfe.org/site/chapter_0366)**

IN MEMORIUM

**Our sympathy is extended to the families,
friends and co-workers of the following
deceased members:**

**Dorothy Peterson, Mar 6, 2017
Luchin Poulin, Feb 1, 2017
Herman Westmeyer, May 8, 2017**



Forwarding Service Requested
Judy Grossnickle, Editor