



NARFE Chapter 0002, Topeka, KS

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION

Meetings at Aldersgate Village in Wesley Hall

7220 SW Asbury Drive, Topeka, KS



IT IS IMPORTANT



THAT YOU CALL EARLENE JIRIK 266-5492 BY SATURDAY, SEPT. 22ND WITH YOUR RESERVATION AND/OR CANCELLATION

Menu for September 28

- Corned Beef Brisket and Cabbage
- Boiled Potatoes
- Roasted Carrots
- Rolls & Butter
- Beverage
- Spice Cake

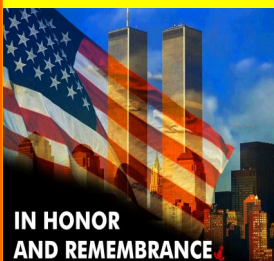
Cost: \$9.00

INVOCATION BY

Joan Arterburn

**TERESA PEARSON
Supervisor
HR Specialist
Department of
Veteran Affairs**

*OPM
Going Online*



IN HONOR AND REMEMBRANCE

Those whose lives were lost on September 11, 2001 will remain in our thoughts and prayers forever.

SEPTEMBER 2018

From President Sharon Rosenow's Desk rosenowsk@gmail.com 640-7317

Remember to vote for the National NARFE president. You have until 11:59 ET on September 30th to place your electronic vote. Your paper ballot was in the September issue of NARFE Magazine with your NARFE Member number and your unique pin which you will need if you vote on-line. Thank you to all of you that have been coming to our monthly luncheons. Besides having wonderful and informative speakers, we also have fun and good food! So please call Earlene and come to our September 28th luncheon! See you there!



SEPTEMBER 7 - 9:30 Executive Board Meeting in Parlor

SEPTEMBER 11 - Patriot Day

SEPTEMBER 17 - 12:30—2:00 Video at Library

Successful Aging & Your Brain video produced by the DANA Foundation. Following the viewing Dr. Paul Morte, retired neurologist from Lawrence, will facilitate Q&A.

SEPTEMBER 20 - 2:00 PM ET Webinar (sponsored by Aetna) on

Federal Benefit Forms: The Devil is in the Details

SEPTEMBER 22 - * Meal Reservation Deadline for September Luncheon *

SEPTEMBER 28 - Noon NARFE Luncheon

SEPTEMBER 29 - ALZHEIMER'S WALK AT LAKE SHAWNEE

with Inspirational Promise Garden Ceremony starting at 9 AM

OCTOBER 1 - 5:30 - 7:00 Program at Library titled Understanding Alzheimer's and Dementia by Cindy Miller of the Alzheimer's Association

OCTOBER 8 - 5:30 - 7:00 Program at Library titled Understanding and Responding to Dementia-Related Behavior by Cindy Miller of the Alzheimer's Association

From Legislative & Membership Chair, Ron Richey ronaldgrich@aol.com 234-4172

Voting for a NARFE National President is one way to shape NARFE's future. There is a ballot in the September NARFE magazine or you may have received it in an email. Ballots must be submitted by 9/30/18. NARFE encourages you to register to vote in the upcoming General Election. If you have not registered, or your name or address has changed, please note that the deadline to accomplish this is October 16th (21 days prior to November 6th).

Keep your address, phone number, and E-mail address current with NARFE Headquarters at 703-838-7760 EX 1. Do this so you don't miss important NARFE news. Every member of NARFE receives a copy of the NARFE magazine. If you have an email address on file, you receive the association's weekly electronic news digest---NARFE News Watch.

On August 30, 2018 President Trump made his long-awaited decision official on federal pay for 2019, and the news is not pleasing to many civilian employees. In a letter to congressional leaders, Trump said he is exercising his authority to implement a pay freeze for civilian federal employees in 2019. The President's latest announcement comes as the Senate has already cleared a 1.9 percent pay raise for civilian employees in 2019. The House, however, has remained silent on the issue, setting up an opportunity for congressional leaders to resolve their differences in conference.

August Legislative visits:

- 1) staff of Senator Pat Roberts (self)
- 2) Staff of Senator Jerry Moran in Olathe (self and wife, Navella)
- 3) Congresswoman Lynn Jenkins and her staff (self, wife, and Joan Arterburn)

NARFE MEMBERSHIP DRIVE runs September 1st through December 31st.

Consider inviting someone to our September or October luncheon to learn what NARFE has to offer them. Recruiters will receive \$10 for each new member, current or retired, who joins during the membership drive already in progress. **WHY SHOULD ONE JOIN NARFE?** to prevent erosion of earned federal benefits with aggressive federal and state legislative representation, obtain benefit counseling, receive NARFE magazine, gain access to advance info on changes to federal benefits, and qualify for scholarships and disaster relief grants.

Our chapter's October meeting will be a mini health fair with Blue Cross/Blue Shield and GEHA insurance representatives announcing 2019 changes to both coverage and cost. New this year - Neighborhood Hearing will be on hand to do free hearing tests in the Parlor - it is FREE and it only takes five minutes of your time. Be sure and take advantage of this service. More details later. Did you know that hearing aids are covered by insurance?

NARFE Members can bring federal benefits training directly to their computer, tablet or mobile device through live and recorded webinars. Upcoming sessions are September 20, October 11, and November 8. Details of the current month session are publicized above.

NARFE CHAPTER 0002 MINUTES

AUGUST 24, 2018 - ALDERSGATE VILLAGE

President Sharon Rosenow, called the meeting to order. **Ron Miller** gave the invocation, followed by the flag salute. **Program – Cindy Miller, Alzheimer's Dementia Care Specialist with the Alzheimer's Association**, spoke about the progress being made in Alzheimer's research thanks in part to NARFE donations. She spoke about the importance of caregivers and healthy brains needed in Alzheimer's Clinical Trials. Go to https://www.alz.org/alzheimers-dementia/research_progress/clinical-trials to sign up to assist in these trials.

Earlene Jirik – there were 33 members and 1 guest (Rachel Olsen) were in attendance. Door prize was given out: A Popcorn Basket was won by Ed Shaw.

Gwen Ketter, Secretary – Minutes of the July meeting were published in the newsletter and were approved as printed.

Ron Miller, Treasurer – we have \$1,865.55. The Life Account has a total of \$1200. Ron stated that Alzheimer's money is necessary and so are our prayers. We should pray that some Doctor will find the cure.

Richard Wike, 2nd V-P, was minding the sale. Sharon reported that Teresa Persol from the VA would speak at our next meeting in September.

Jim Miller, PAC Chair – General Election Time - Candidates will be requesting money. Money is given to candidates who request it and who support NARFE causes.

Ron Richey, Legislative – Ron issued a written report for inclusion in the newsletter.

Jo Burenheide, Good Cheer Chair – Get Well card was sent to Glenn Montgomery. Sympathy Cards were sent to family of Elvin Reed who passed away August 9th and Betty Born who passed away on August 11th. Please remember to let Jo know if you hear of anyone who could use some cheer.

Joanne Miller, Public Relations Officer – Newsletter deadline is Friday August 31st. Entertainment/Book Sale across the hall will end at 1:30. Save the date - Dale and Earlene will celebrate their 70th anniversary on Sunday, September 2nd from 2-4 at Countryside United Methodist Church. Friday December 7th will be our Christmas Lunch.

Sue Wike, Alzheimer's Chair – Alzheimer's Walk is September 29th. We are looking for walkers and those who cannot walk but wish to donate to the cause. Walkers so far are: Sue and Richard Wike, Jim Miller, Joanne Miller, Jo Sue Burenheide, Charlotte Pittman, Mary Harms and Fred and Nedra Holyrod. 50/50 Drawing - No drawing due to sale.

New Business -

Executive Committee Meeting – September 7th

Chapter Meeting – September 28th

Meeting adjourned at 1:27 PM.

Respectfully submitted: Gwendolyn Ketter, Secretary

CAREGIVER DATA FROM THE 2015 BRFSS

(Behavior Risk Factor Surveillance System is a public health survey conducted annually by all states, in accordance with the Centers for Disease Control)

OF ALL ALZHEIMER'S CAREGIVERS

- 59.8% are women**
- 52.2% are 45-64 years old**
- 54.3% are currently employed**
- 64% have been to college**
- 25% are in the sandwich generation**
- 57% are caring for a parent or parent-in-law (this compares with 37% of caregivers of people with other conditions)**

They provide an average of 20 hours/week and do so for at least two years. 64% manage or perform personal care and 80% manage household needs. The greater and longer the care is provided, it is more likely it is a woman providing the care.

A HUGE THANK YOU TO EVERYONE

Our ENTERTAINMENT NOOK SALE was a big success. We made \$105 for NARFE Alzheimer's Research. *Sue Wike, Alzheimer's Chair*

Chapter 0002 Officers

President	Sharon Rosenow	640-7317
1st Vice President	Charlotte Pittman	845-6819
2nd Vice President	Richard Wike	783-8122
Secretary	Gwendolyn Ketter	220-7196
Treasurer	Ron Miller	554-5313
Member-At-Large	Mary Harms	249-0511
Member-At-Large	Barbara McLain	272-3407

Other Contacts

Service Officer	Acting Jim Miller	478-0651
Newsletter Editors	Joanne & Ron Miller	271-8117
Alzheimer Chair	Sue Wike	783-8122
Publicity	Earlene Jirik	266-5492
Good Cheer	Jo Burenheide	272-8971
Legislative/Membership	Ron Richey	234-4172
PAC Chair	Jim Miller	478-0651

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