



**KANSAS STATE FEDERATION OF CHAPTERS**  
**National Active and Retired Federal Employees**  
**Association NARFE Tri-River Chapter 2098**

NARFE Chapter # 2098 Newsletter      October 2016

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NSXT MEETING will be held at the Presbyterian Church in Hillsdale, Ks. at 6 p.m. (We hope a lot of you can attend.) On Tuesday evening, October 11 Put it on your calendar--- now!!! Please call Mark Peters to leave your reservations at 913-259-9400. Last month we met at the Grange Hall at Cadmus and was entertained with an employee from Life care who works with Alzheimer patients, Kelsey Miller. She gave a good description of how these patients appear to be affected. Five million suffer with this disease and is said to be irreversible. Communication is difficult to impossible sometimes. Loss of memory normal and she gave examples of warning signs that may tell us ahead of problems. Small things like misplacing the remote, losing keys, preparing a meal, speech different, recognizing people and social participation gone. One person every 30 seconds is diagnosed with the disease!!!! Average of 65 years old getting it and perhaps living to 80 with it...Other countries do not seem to be affected with it like we are. Many things we do not know about this disease yet. Every day I think I might have it!!! How about you?? The secretary report was given and Bob Hodge gave the legislative report. Bob commented on results of the national convention and what may result from their decisions. Some were not able to be present at our meeting and appreciate if you made a reservation and could not come to please let whoever takes the reservations know as soon as possible as we have to pay for the number we turn in each time....

Dean McCready had fallen recently and we are sorry to hear of the passing of a brother of Jack Crossland. Aaron Hughes will have BOTH knees replaced on our meeting day--- Oct. 11, at the Paola Hospital. We are thinking of him with having both knees done at the same time!!!! Wow!! Congratulations to Jean Ryszewoski for winning a blue ribbon in the New Quilter Category at the Drag and Brag quilt show last week. Please let me know what is going on in your "world" as all of us are interested in your happenings too!!

I have sent in the \$553.64 for Alzheimer research we collected at our last meeting at Cadmus for our annual Alzheimer collection. \$30.00 more has been donated since then and hopefully we will receive more. We certainly appreciate each donation and hopefully that disease will soon be a thing of the past.

The Office of Personnel Management (OPM) announced that the 2017 rates for FEHBP on November 14 start of Open Season says on average new premiums for non-postal employed and all annuitants will be 4.4% higher in 2017 with the average enrollee share increasing by 6.2%. The cost of self only coverage in BC and BS Standard Option will increase \$5.81 per/biweekly and those with Self Only plus one will pay \$9.46 more per biweekly pay period and those with Self and family will pay \$15.99 more. The Federal Employees Dental and Vision Ins. Program (FEDVIP) will have an average increase of 1.9% dental and 6.3% in vision increase. Congress passed Continuing Resolution (CR) and recessed to keep the government funded through Dec. 9 and signed by the President on Sept. 29. It covered new funding for combating ZIKA; for Veterans affairs; flood relief in Louisiana, West Virginia and Maryland and for Flint, Mi. for their water projects bill.

Congress reconvenes November 14 after National Election. The October issue of NARFE Magazine has the NARFE Congressional Voting Scorecard for the 114<sup>th</sup> Congress if you are interested. NARFE is a nonpartisan organization and does not endorse candidates running for office. Members are encouraged to use the Leg. Action Center to send letters to members of congress on NARFE issues, letter to editors to newspapers and track NASRFE-related bills and votes. Free for NARFE Members: Make the Best Choice by listening or participating in Webinar on Health Benefits presented by Tammy Flanagan on Thursday, October 13 at 2 p.m. ET Free coverage may actually cost you money. Register for this 1 hour webinar and stay online for a bonus 1-hour QandA session—all free for NARFE members. This is sponsored by GEHA. # # # This item caught my eye!!!!

Should I Really Join Facebook????? When I bought my blackberry, I thought about the 30 yr. business I ran with 1800 employees, all without a cell phone...I signed up under duress for Twitter and facebook so my 7 seven kids and spouses and 13 g. kids and 2 Great g. kids could communicate with me in a modern way. My phone was beeping every 3 minutes with details of everything except bowel movements of the entire next generation. I keep my cell phone in the garage in my golf bag! The kids bought me a GPS for my last birthday – they say I get lost every once in awhile going to the grocery store. I keep that in a box under my tool bench. I have to take my hearing aid out to talk on my phone and I get a little loud..... everyone nearer than 50 yds. glare at me when I use it. I am still trying to learn how to use the cordless phone we have had for 4 years and am trying to figure out how I lose three phones all at once and have to run around checking into everything to find where I laid them down. I am even asked at the grocery store “paper or plastic? When I check out. I just say—“Doesn’t matter to me . I am bi-saksual.” Then it is their turn to stare at me with a blank look. We senior citizens do not need any more gadgets.. the TV remote and garage door remote are about all we can handle. # # # Hope to see you Tue. Night at Hillsdale!!! Everyone take care of yourselves... Jean Nickell, Secretary

Darrell and Kelsey Miller from Life Care.