



Kaw Blue Communiqué

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Manhattan, KS Date Dec 16, 2015

EXECUTIVE COMMITTEE

| | | |
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PRESIDENT'S CORNER

(Clifford Spaeth, 539-1363)

I want to thank the Kaw Blue Chapter members who stepped forward to accept chapter officer responsibilities for 2016. All positions are filled with very capable people looking forward to serving the chapter and leading us in a productive next year. Installation will occur at the December 16 meeting and will be conducted by John Ourada, NARFE District VP, Salina. In addition to the officers, a large group of members serve the chapter as chairs and members of various committees. It generally takes 10-12 people to be actively involved as greeters and an equal number as callers. Some are involved in both. Thanks to all!

For those of you who enjoy dabbling on computer internet sites, I suggest you go to www.narfe.org and become more acquainted with the activities of NARFE and the services offered by NARFE. The site can inform you of the legislation of concern and how you can let your views be known. Chapter 0366 will also have a site available in the near future which will involve an easy connection to the big NARFE site.

As we plan our meetings for 2016, we will be making a decision about the time for our June meeting. The last two years the June meetings were held in the evening as a gesture to actively employed members who find it difficult to attend noon meetings. We want to continue reaching out in a similar way, but invite your inputs, pro or con, on the issue. Please register your opinion with me or any of the other officers.

I hope each of you had the same opportunity I had enjoying the Thanksgiving season with family. Have a very joyous December holiday season and Happy New Year!

MONTHLY PROGRAMS

(By: Elaine Liddell, Program Chairman)

January 20, 2016

COL Gary LaGrange
Golden Prairie Honey Farms
Project that Benefits United States
Veterans

February 17, 2016

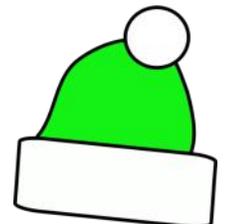
Lindsey Volz
Beyond the Desk
Fitness/Wellness for Older Persons

March 16

Michael Haddock
Assistant Dean
Research, Education & Engagement
KSU Libraries

Be a Sustainer!

Sign up for a **monthly credit card contribution of \$10 or more**, and you will receive the NARFE-PAC Sustainer lapel pin and a NARFE duffle bag



LEGISLATIVE REPORT

(By: John Drach, Legislative Committee Chairman)

Previously, the news was disseminated that the Medicare Part B premiums were to increase for the 2016 calendar year. Federal retirees and beneficiaries covered by the Civil Service Retirement System (CSRS) and others who were excluded from having Social Security coverage were expected to see the 2016 premium increase from \$104.90 to \$159.30 per month.

The President signed into law a two-year compromise fix addressing the 2016 Medicare Part B premiums for individuals who do not receive Social Security benefits. These individuals will see a smaller increase of 13 percent in their Part B premiums, instead of the anticipated 52 percent increase. The new rate will be \$118.80 per month, plus a \$3 surcharge for a total of \$121.80 per month. Those individuals earning social security benefits will see their premiums stay at their 2015 rate, which, for most is \$104.90 per month.

As a reminder, the 2015 Federal Benefits Open Season began November 9th, and ends Monday, December 14th. This is an opportunity for federal retirees and survivors to enroll in or make changes within the Federal Employees Health Benefits Program (FEHBP) and the Federal Employees Dental and Vision Program (FEDVIP). This is the first year eligible enrollees will have the opportunity to switch to the Self Plus One option within FEHBP.

The latest immunity advice is awfully counterintuitive. Get closer to your germier fellow humans. When researchers exposed willing participants to a common cold virus, those who received daily hugs were far less likely to develop symptoms than those who were seldom squeezed, reports a new study published in *Psychological Science*. The companionship and touch of a hug lower stress levels, which in turn protects against colds, says study coauthor Sheldon Cohen, a psychologist and stress expert at Carnegie Mellon University.

ALZHEIMER'S UPDATE

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

Weight in midlife may affect onset of Alzheimer's!

How much you weigh at age 50 could be a factor in the onset of Alzheimer's disease, according to new research. The study, published in the journal *Molecular Psychiatry*, found that in cognitively normal adults who later go on to develop Alzheimer's, being overweight in midlife (defined as age 50) seems to accelerate the onset of the disease. Specifically, the researchers found that for each unit increase in body mass index (BMI) at age 50, the age when Alzheimer's symptoms first appeared, was lowered by six and a half months.

According to the National Institute on Aging, more than 5 million Americans are living with Alzheimer's disease. Though the cause of the disease is unknown, research suggests several factors can contribute to a person's risk, including age, family history and genetics, as well as modifiable risk like high blood pressure, heart disease, smoking and obesity.

Continued research into these factors is important, experts say, to help develop treatments for Alzheimer's disease, for which there is currently no cure. Understanding how risk factors in midlife may accelerate the onset of Alzheimer's disease in later life is important in our efforts to develop interventions and treatments that may delay the onset of Alzheimer's. Lead study author Dr. Madhav Thambisetty, Clinical Investigator and Chief at the Unit of Clinical and Translational Neuroscience at the National Institute on Aging at the National Institutes of Health, told CBS News. "Although being overweight or obese in midlife is known to

Continued on the next page

increase the risk of Alzheimer's disease, we do not yet understand how it may affect the age when the disease first begins." Thambisetty and his team analyzed data from 1,394 cognitively normal adults who underwent neuropsychological assessments on average every two years for approximately 14 years. Of this group, 142 individuals developed Alzheimer's disease.

The researchers found that having a higher BMI at age 50 was associated with earlier onset of Alzheimer's. Additionally, the study authors looked at 191 autopsy results and found that higher BMI in midlife was associated with a higher amount Alzheimer's related beta amyloid plaque in the brain at the time of death.

The study "adds to body of evidence linking midlife obesity and later life obesity and later life risk" Dr. Heather Snyder, Director of Medical and scientific Operation at the Alzheimer's Association, told CBS News "Understanding those connections and the overall health of the cardiovascular system is important for brain health," she said.

The study builds on previous research establishing that maintaining a healthy weight, moderate exercise and avoiding high cholesterol and diabetes can help reduce the risk of Alzheimer's. The best advice, Snyder said, comes down to "what's good for your heart is good for your brain."

She said this latest study is the first to find a connection between BMI in midlife and the earlier onset of dementia years later. "Scientists are starting to look at what might be going on biologically, what are the underlying biological changes going on in those individuals" she said. "I don't think we completely understand that yet." The study authors note that their research does not prove a cause and effect relationship be-

tween BMI and earlier onset of Alzheimer's disease and more research is needed.

"We would like to confirm these findings in larger studies with a wider range of BMI values and also in younger individuals," Thambisetty said. This will be important to conclusively determine whether there are certain BMI value and/or ages when the relationships with age at onset and brain pathology are especially strong.

IN MEMORIUM

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

**Wilhelmina L. Mayer
Marian Y. Smith
Joe Ellis**



| MEMBERSHIP SCOREBOARD | | | |
|---------------------------------|------|------------|------|
| MONTH | GAIN | REINSTATED | LOSS |
| Sep-Dec | 5 | 3 | 5 |
| Memberships in peril: 6 | | | |
| TOTAL MEMBERSHIP as of Dec, 235 | | | |

**Happy
New Year!**

MEMBERSHIP

(By: Dick McChesney for Membership 785 537-8302.)

Wouldn't it be great if all current employees and retirees knew what NARFE does for us? Without doubt, they would be so appreciative and belong to NARFE.

The National staff and specifically the legislative personnel makes personal contacts with Congress persons and Senators to protect employee and retiree benefits. NARFE National President Richard Thissen often testifies before Congressional committees, either supporting or opposing bills in our best interest. In addition, letters and e-mails are sent and calls made for the same purpose. Digressing, those of us with internet need to send the form letters, which NARFE prepares, To Congressman Huelskamp, Senators Roberts and Moran. Remember, silence is acceptance. Please act, especially if you disagree.

Remember, there are different ways to belong to NARFE, annual dues, dues withholding and life memberships. Even gift memberships are an option. Its Christmas, time for giving. The \$10 incentive for recruiting each new member expires December 31. Generally, in the back portion of each monthly NARFE magazine are applications or contact me, 785 537-8302.

Dick McChesney



NARFE

National Active and Retired Federal Employees Association

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Forwarding Service Requested
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