



Kaw Blue Communiqué

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PRESIDENT'S CORNER

(Clifford Spaeth, 539-1363)

Sometimes we have to take some time to concentrate on our health issues. That's what I'm doing right now. I'm working on getting back to 100%. I know that Elaine Liddell did an excellent job presiding at our last meeting.

This is March which means that it's time to look forward to the Kansas Federation of NARFE Chapters Convention. This year it will be held at the Salina Ambassador Hotel and Convention Center in Salina, KS starting on Sunday afternoon on April 24 through Tuesday, April 26. We need Alzheimer Auction items. These should be new items, handmade items or valuable antiques. If you cannot attend the convention, bring your items to the meeting in March or April and someone will take them down to Salina. The proceeds from your donated items will be credited to our chapter's Alzheimer's donation tally.

We need delegates and alternates to represent our chapter. Let our secretary, Chuck Marr, know and he'll get you lined up. Only the delegates and/or alternates have voting privileges.

Further on in this issue, you'll be able to read an article from Cathy Bolte who has recently agreed to fill the position of Service Officer for our Chapter. Please join me to express our thanks to her for filling this position.

MONTHLY PROGRAMS

(By: Elaine Liddell, Program Chairman)

April 20, 2016

Doug Tippin
Military Trails in Kansas

May 18, 2016

Mission of Circles
End Poverty by Building Relationships
That Empower Families & Communities
That Thrive

June 15, 2016

To Be Announced

If you'd like to share your projects or talents, please present a NARFE program, just let Elaine know.

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)

Recently House Bill 711 was introduced by the House Ways and Means Committee Chairman. The bill would reduce the Windfall Elimination Provision (WEP) penalty but it would not repeal it. For individuals who turned 62 prior to 2017, H.R. 711 would reduce their WEP penalty by a certain amount, not exceeding 50 percent. There would be no retroactive reimbursements under H.R. 711.

National NARFE favors full repeal of the WEP, but years of pushing repeal by NARFE and other groups have been unsuccessful. The bill's sponsor is chairman of the committee with jurisdiction over WEP. In addition, H.R. 711 has bipartisan support and is cost neutral, unlike full repeal. These factors indicate that H.R. 711 has a good chance of seeing action in Congress. If there is an opportunity to provide NARFE members and hundreds of thousands of WEP-affected retirees with some relief, the Association feels it is a worthwhile endeavor.

It is noted Congress has a shortened congressional calendar this year due to the election and the expected fight over a Supreme Court nominee. Because of this, it remains to be seen how far bills make it through the legislative process this year.

IN MEMORIUM

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

Howard "Leroy" Brooks
Edward L. Call
George M. Wyatt
Lewis Browder

ALZHEIMER'S UPDATE

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

'One drop' blood test for Alzheimer's part of \$1 million funding announcement

In the future, Alzheimer's therapies may be administered to people before cognitive symptoms of the disease appear. First, however, tests must be able to detect those at high risk. Toward that end, the Alzheimer's Association, the Crin Institute for Down Syndrome and the Global Down Syndrome Foundation have announced \$1 million in funding for Alzheimer's disease research, including the study of a test requiring one drop of blood.

All of the research will be related to Down syndrome. Because people with Down syndrome are at high risk for Alzheimer's, according to the Alzheimer's Association, research in this population may result in quicker answers than research in the population with sporadic, late-onset disease. Almost all adults with Down syndrome begin developing the brain changes of Alzheimer's in their 30s. By age 55 or 60, 55% to 70% will develop dementia. The study results, however, have the potential to help those with or without Down syndrome.

The "one drop" blood test study will examine whether changes in ribonucleic acid found in the drop can accurately identify people who will develop Alzheimer's. The test, if found to be accurate and if implemented, would make checking for Alzheimer's similar to checking glucose levels for diabetes, said one of the study's leaders, Marwan Sabbagh, MD director of the Alzheimer's and Memory Disorders Division of the Barrow Neurological Institute in Phoenix.

Continued on the next page

“if we can learn early on that a person is at risk, the goal would be to start preventive therapies immediately,” he said. “This could be a game changer.”

The three other studies receiving funding:

- ◆ A blood test of whether a specific set of blood proteins can identify who is at risk for developing Alzheimer's.
- ◆ A test of a potential Alzheimer's medication that reduces levels of toxic protein fragments in the brain of a mouse model of Down syndrome.
- ◆ A study to determine whether a protein call Dyrk1A influences the build-up of brain proteins that lead to the formation of plaques and tangles that re key features of Alzheimer's in a mouse model Alzheimer'

Each of the four studies will receive \$250,000 in funding.

FIVE TIPS FOR TALKING TO SOMEONE WITH ALZHEIMER'S:

- ◆ Diminish distractions (banish background noises).
- ◆ Converse one-on-one (more people equals more confusion).
- ◆ Keep things simple (stick to short, specific statements).
- ◆ Avoid arguments (no one will win).
- ◆ Just keep talking (even if they can no longer respond).

SERVICE OFFICER REPORT

(By: Catherine [Cathy]Bolte)

As the current Chapter Service Officer, I will be attempting to continue the work of Don Erickson, who has served as the chapter Service Officer for several years. My name is **Catherine (Cathy) Bolte** and I can be reached by telephone at **785-313-2636** or email: cathy.bolte@cox.net. I retired, after almost 40 years of working, from the U.S.

Continued in the next column

Army Corps of Engineers and had also previously worked for the U.S. Dept. of Agriculture, ARS.

I have been a member of our local NARFE chapter for over 15 years. I did serve as vice president for membership at one time, but then was not able to continue being active due to family illness and taking care of our grandchild.

My basic responsibilities include, but are not limited to:

- ◆ *Help individual chapter members, their families and survivors take the proper actions to obtain and retain their annuities and survivor, health, long term care, and federal group life insurance benefits.*
- ◆ *Provide emotional support to members having serious problems with their benefit arrangements and particularly to surviving spouses when they suffer the trauma of a death or serious illness.*
- ◆ *Make the availability of my services and assistance known to all members of the chapter through newsletter articles and reports at chapter meetings.*

While I certainly don't pretend to know everything about our benefits, I am more than willing to try to run down an answer and help with benefits in any way I can. I need the help of all members in identifying people that may need some assistance. I don't know everyone so may miss an obituary for a member or their family that I may be able to assist. Please let me know of anyone that I might be able to help or need to contact to offer assistance. I will definitely appreciate your help. I hope to be of service to members and/or other federal retirees you may be aware of that need some help in obtaining or changing benefits. Again, please be sure I am made aware of any situation where I might be of assistance.

MEMBERSHIP

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

Each quarter I try to write a message which will encourage you and me to recruit members. If we would take recruiting as a challenge and as accomplishments we would be successful. More importantly, think what new members and we receive by belonging:

1. A unified voice to protect our benefits for \$40 - \$47 year. A great bargain.
2. Receiving the National NARFE monthly magazine full of pertinent news.
3. Access to the NARFE website for the most current info and easy access to our Senators, Congressman and President.
4. Opportunity to attend chapter, state, regional and National functions.

Too many current employees and retirees believe benefits being received or promised will always be there. (We members know this is untrue.) Many do not know the sig-

nificance and success NARFE has in protecting our benefits. If we take the initiative to explain NARFE to prospective members, some will join. Lets talk about NARFE!

Any questions, applications, etc., please call me after April 1.

Dick McChesney
(785) 537-8302

MEMBERSHIP SCOREBOARD			
MONTH	GAIN	REINSTATED	LOSS
Jan—Mar	0	8	4
Memberships in peril: 9			
TOTAL MEMBERSHIP as of Mar, 233			



Forwarding Service Requested
Judy Grossnickle, Editor