



Kaw Blue Communiqué

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PRESIDENT'S CORNER

(Clifford Spaeth, 539-1363)

I hope you all have enjoyed the mild summer with the timely rainfall as much as I have. In the 46 years of living in Manhattan, I can't remember such a period of agreeable weather. Crops and pastures haven't looked better.

The 12th Biennial College of NARFE Knowledge was held at South Sioux City, Nebraska the last week of August. Kaw Blue Chapter 0366 was represented by Dick McChesney, Judy & Dennis Grossnickle and me. This was my first time to attend the event. I gained a lot of knowledge.

Maintenance and growth of our club membership is constantly a very challenging process. Sometimes we inadvertently neglect to get the NARFE dues paid on time. At least I can say from my experience, that's happened to me several times over the years. About three years ago, I signed up for NARFE dues withholding from my monthly annuity check and dues now cost 15% less by using that process. It's very convenient! I suggest you at least consider it.

It is not too early for each of you to determine which NARFE office you want to hold in 2016. Two vacancies we need to fill are president and secretary. The secretary position is the most immediate need. Two very capable and dedicated individuals have volunteered to finish out the 2015 year as secretary. However, they both are currently carrying a heavy NARFE load and it would be appreciated if someone else would step forward. It is very gratifying to become more familiar with the level of commitment many of the Kaw Blue 0366 members have. However, we will never run out of jobs for those willing to serve.

See you at the September 16 meeting!

MONTHLY PROGRAMS

(By: Elaine Liddell, Program Chairman)

September 16

Dr. Scott Bean,
Research Scientist,
Grain Quality & Structure Unit,
Agriculture Research Service
"Research on Sorghum Crops"
(Dr. Bean is also wonderful photographer)

October 21

Lindsey Younger, Senior Representative
Blue Cross, Blue Shield

November 18

Scott Hesseltine
Little Apple Hearing Aid Center

December 16

To be announced

DON'T FORGET TO COLLECT BEST CHOICE LABELS AND TO CONTRIBUTE THEM TO THE ALZHEIMER'S FUND. ELAINE LIDDELL NEEDS AS MANY AS YOU CAN CARRY INTO OUR MEETINGS! SHE SENDS THEM IN AND RECEIVES CASH BACK WHICH GOES INTO OUR ALZHEIMER'S FUND.

**Support NARFE
PAC!**

LEGISLATIVE REPORT

(By: John Drach, Legislative Committee Chairman)

I will bring to your attention in this article two items.

The first item discusses introduced legislation that NARFE supports. A representative reintroduced H.R. 3351, the CPI-E Act of 2015, which would adopt the Consumer Price Index for the Elderly (CPI-E), rather than the current Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), as the measure for determining annual cost-of-living adjustments (COLAs) for Social Security beneficiaries, federal and military annuities, and certain veterans' benefits. It is the position of NARFE that the current CPI-W fails to accurately measure seniors' costs and spending habits, particularly related to health care. Individuals ages 65 and older allocate 13 percent of their spending toward health care costs compared to the 5 percent allocated by the general public. COLAs would be larger using the CPI-E and would more accurately reflect seniors' real costs.

The second item provides a review of the OPM cyberattack. According to the Office of Personnel Management (OPM), 4.2 million individuals were affected by the first incident targeting personnel records, and those people have been notified. In the second breach, sensitive information, including the Social Security numbers of 21.5 million individuals, was stolen from background investigation databases. This includes 19.7 million individuals who applied for a background investigation and 1.8 million nonapplicants, predominantly spouses or cohabitants of applicants. If an individual underwent a background investigation through OPM in 2000 or later, it is highly likely that the individual is impacted by this cyberbreach. It is anticipated these individuals will be notified during August.

What Did I Learn at CONK 2015? (College of NARFE Knowledge)

Judy Grossnickle, Editor

As always, at the College of NARFE Knowledge (CONK) a lot of information was imparted quickly and rapidly. It is almost impossible to assimilate it all. So, in summary, this is what I want to pass on:

- NARFE is facing financial difficulties because our membership is dropping. HQ has saved a lot of money and we're in the black this year. Our dues only cover 66% of the budget.
- Starting 1 Sep through 31 Dec, Big NARFE will offer a \$10.00 incentive to the recruiter for each new member recruited.
- Legislative Outlook: We are probably going to fare okay until after the elections—but, then Congress is going to come after us!
- We probably won't get a COLA this year.
- Medicare is expected to be raised by \$50.00 per month if you don't have your Medicare withheld from your Social Security payment, if you qualify for Social Security payment.
- Check with a Kansas Attorney on this next one. Is a "Transfer on Death Deed for Real Estate or Mineral Rights" a good idea for you?
- Everyone should have a Will, Power of Attorney and a Health Care Directive. Do you?
- NARFE must change if we are going to survive into the future. Are you on board for change? Stay informed. Articles should be forthcoming in the magazine and on the web-site. Let your representative to the next NARFE Convention know how you'd like them to vote.

ALZHEIMER'S UPDATE

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

Can Alzheimer's be prevented? It's a question that continues to intrigue researchers and fuel new investigations. There are no clear cut answers yet, partially due to the need for more large scale studies. However, promising research is under way.

The Alzheimer's Association continues to fund studies exploring the influence of exercise, diet, social and mental stimulation, and other factors in the development of Alzheimer's. While research is not yet conclusive, certain lifestyle choices may help support brain health and reduce the risks of Alzheimer's. Many of these lifestyle changes have been shown to lower the risk of other diseases, like heart disease and diabetes, which have been linked to Alzheimer's. With few drawbacks and plenty of known benefits, healthy lifestyle choices can improve your health and possibly protect your brain.

Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It also can significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's and other dementias.

Research suggests that high cholesterol may contribute to stroke and brain cell damage. A low fat, low cholesterol diet is advisable. And, there is growing evidence that a diet rich in dark vegetables and fruits which contain antioxidants, may help protect brain cells.

Mentally stimulating activities strengthen brain cells and the

ALZHEIMER'S UPDATE Continued from previous column

connections between them, and may even create new nerve cells.

Alzheimer's disease is the most common form of dementia. Well established risk factors for Alzheimer's disease are genetics and aging. Unfortunately, aging and genetics are two risk factors you can't control. It's not known what causes Alzheimer's disease or what role genetics plays in most cases of Alzheimer's, though having parents or siblings with the disease increases your risk. A small percentage of cases are known to be caused by inherited mutated genes. In other cases, variants of specific genes increase risk, but even people who inherit such variants from both parents still may not get the disease. There is hope that adopting healthy brain life habits might delay the appearance of Alzheimer's disease.

Total Contributions from the silent and live auctions at the Federation Meeting totaled \$6,450.83.

IN MEMORIUM

Albert Harenchar, Member

Our sympathy is extended to their families, friends and co-workers.

MEMBERSHIP SCOREBOARD

MONTH	GAIN	REINSTATED	LOSS
Jun—Aug	1	0	4

Memberships in peril: 7

TOTAL MEMBERSHIP as of May, 233

Continued in next column

MEMBERSHIP

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

NARFE membership should be an easy sell—BUT; too many who are eligible to belong, don't. They may think our benefits will always be there, may be complacent or may not know how valuable NARFE is in retaining our benefits. If we could reach them, we could tell them how many legislative bills are introduced to reduce or eliminate current employee and retiree benefits that NARFE prevents from passing. Our National staff testifies, calls, writes, etc. our congress people and the President to avoid current employee and retiree benefits reductions.

Naturally, funds are required as well as membership numbers. Our Congress members and staff want to know our numbers and the constituency they are representing. We, members, know how important it is to have a voice nationally and NARFE's

sole purpose is to obtain and retain current employee and retiree benefits.

Please discuss NARFE with those who are eligible to join, mainly: Current employees, CSRS and FERS retirees, and spouses and surviving spouses.

National dues are \$40 a year and our chapter dues are \$7 a year. First year members join for \$40 per year total. Retirees can save 15% by selecting dues withholding from their annuity. Life memberships are available for both current employees and retirees. Also, electronic memberships are available. These applications are generally found in the back part of monthly NARFE magazines and from me.



Forwarding Service Requested
Judy Grossnickle, Editor