



Kaw Blue Communiqué

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LEGISLATIVE REPORT

(By: John Drach, Legislative Committee Chairman)

A REMINDER TO ALL--Vote in the NARFE Provisional Election by September 30th

Here are some items taken from the National NARFE website showing what NARFE is urging Members of Congress to do during the remaining time in the 115th Congress:

Oppose ANY Cuts to the Earned Retirement and Health Benefits of Federal Retirees. This includes the reducing the government contribution towards federal health insurance premiums. Also included is the opposition to using the Chained CPI to determine cost-of-living adjustments.

Oppose Across-the-Board Federal Employee Compensation Cuts. NARFE opposes proposals that would effectively reduce the pay of all federal employees by reducing their benefits or by preventing pay increases, notably including: the increasing of federal employee payroll contributions towards retirement; the eliminating

MONTHLY PROGRAMS

**11:15 AM on the 3rd Wednesday
Sep—Jun**

RC McGraw's, 2317 Tuttle Creek Blvd
(By: Elaine Liddell, Program Chairman)

**October 17
Lindsey Younger
National & Special
Field Representative,
Blue Cross/ Blue Shield**

**November & December
To Be Announced**

**Don't forget your best
choice labels, we're still
collecting them.**

Help! We need to fill the 1st VP position until January. Will you help us?

OBITUARY

Ann Murphy: Passed away June 11. She was born March 1, 1944 in Paxico, KS. Ann graduated from Kansas State University in 1966 with a degree in Elementary Education. She married James "Pat" Murphy on June 18, 1966. She taught school and later worked in Army Education at Fort Riley. In retirement, she was a docent at Konza Prairie, researched her family genealogy, and served the National Active and Retired Federal Employees (NARFE), both at the chapter and federation levels. She is survived by her husband, Pat; son, Craig; daughter, Paula Walter; Ann had four grandsons.

Condolences are extended to Ann's friends, family and fellow Chapter 0366 members. Ann you are missed.



**Vote! In the
NARFE Election by
Sep 30th!**

LETTERS TO THE EDITOR

Dear Editor:

Kay and I have the sad duty to announce the recent hospitalization with advanced Alzheimer's of our dear friend and neighbor and long-time NARFE member, Helen Selvidge. Helen started her Civil Service career at Fort Riley with the Directorate of Industrial Operations, she then transferred to the Main Post Finance Division until she retired in 1990.

Helen held many positions in our NARFE chapter. She served as the secretary for two years, Sunshine Committee for four years, calling Committee for four years and Alzheimer's Committee Chairman for three years. She also served as a chapter delegate to the State Convention many times. At the Federation Conventions she served as the delegate registration table and on the decorating committee. Helen's volunteer work for our chapter earned her the Special Super Senior of the Year Award.

Helen loved and spent many hours, quilting, crocheting and needlepointing. Helen donated many of her handmade quilts to the Alzheimer's Auction where they raised serious money for Alzheimer's Research.

Helen also loved to travel. While still able Helen completed three European trips. She followed the route her deceased husband, John, fought and traversed in WWII. John participated in the D Day Invasion, Battle of the Bulge and ended the war in Austria.

Helen, we all thank you! I know the entire chapter appreciates what you have accomplished for our NARFE Organization. God Bless You, Helen!

Michael & Kay Cardella

LEGISLATIVE REPORT continued



MEMBERSHIP SCOREBOARD			
MONTH	GAIN	REINSTATED	LOSS
Jul-Sep	0	1	6
Memberships in peril: 4			
TOTAL MEMBERSHIP as of Sep 4 – 176			

ALZHEIMER’S UPDATE

So far this year, our chapter has donated \$637.44 for an average of \$3.34 per member to Alzheimer’s. You may contribute in the baskets on the luncheon tables or send your contribution to Carol Ott, 117 Harvey Dr., Manhattan, KS 66502-4943.

<p>Our Chapter WEB Site:</p> <p>http://www.narfe.org/site/chapter366/</p>

the Federal Employees Retirement System (FERS) annuity entirely for new hires without an equivalent pay increase or Thrift Savings Plan (TSP) contributions; or Across-the-board federal employee pay freezes. Support Reform of the Windfall Elimination Provision (WEP) that Would Provide Relief to Current Retirees.

Oppose Requiring Postal Retirees to Either Purchase Additional Health Insurance Coverage (Through Medicare) or Forfeit Their Earned Retiree Health Benefits.

Oppose unwise civil service “reform” policies that would undermine the effectiveness of the federal workforce. Civil service policies should be focused on ensuring an effective federal workforce; not based on politically appealing talking points.

Support Reforms to Calculating Medicare Part B Premiums When There is a Zero or Low COLA to Social Security Benefits. Medicare Part B premiums should not differ based on whether they are paid from a Social Security check, a federal or state government pension or a personal check.

Support Reforms to the Federal Long-Term Care Insurance Program (FLTCIP) That Would Ensure Price Stability And Affordability.



Lifestyle Changes can help avoid Alzheimer's!

Though you can't avoid being genetically predisposed to brain-related issues, lifestyle changes can only help. According to neurologists, it's best to focus on living an active, healthy life-style. Be active by participating in some of these activities.:

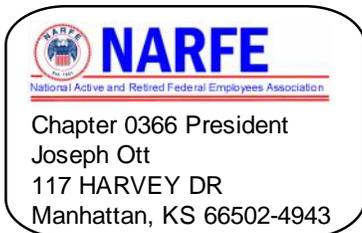
PHYSICAL ACTIVITY — dancing, yoga, walking, running, biking is mentally engaging.

STAY SOCIAL — volunteer, maintain friendships and memberships. Attend concerts and plays. Invite a friend for lunch.

Loneliness is considered the new smoking. Studies have shown that it can shave eight years off life expectancy and that it has a big negative effect on quality of life, and that it is the single largest predictor of dissatisfaction with health care. The mortality risk for loneliness is greater than that of obesity. Social isolation of older adults is associated with an estimated \$6.7 billion in additional Medicare spending annually.

USE IT OR LOSE IT — Everyday activities such as jigsaw puzzles, reading, learning a foreign language, listening to music or playing piano can build up your "brain reserves".

AVOIDING BAD HABITS CAN ENSURE YOUR BRAIN THRIVES AS YOU AGE — Wear a helmet when bicycling or riding a motorcycle to avoid trauma, don't smoke, and if you have sleep apnea (which decreases the brain's oxygen supply, potentially destroying brain cells), get tested and treated as early as possible.



Forwarding Service Requested
Judy Grossnickle, Editor