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Legislative Chair	Tom Huntzinger/John Rowe	See above
Sunshine	Mary Margaret Rowen/Clara Arnold	785-842-8847

FEBRUARY 17TH MEETING Roger Lemmons

NARFE Chapter 378 will meet Wednesday, January 20, 2016, in the south room of Conroy's.

The program begins at noon, lunch entrée (choose from 3 entrées) and coffee or tea for \$10 is at 12:30, and a brief meeting follows the lunch. Please note that lunch is optional.

Dr. Virgil Dean will give a presentation on his book about the history of Lawrence.

JANUARY 20TH MEETING RECAP

Cheryl Travis gave an interesting and informative presentation on NARFE's pet project, Alzheimer's disease. She covered a description of the disease, what puts one at risk for getting the disease, history of the research, and the newest discoveries.

Cheryl Travis, one of our own, presented an informative and interesting program. Alzheimer's is a type of dementia that causes problems with memory, thinking, and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily life. Dementia is a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's accounts for 60-80% of all dementia cases.

The following is from the ALZMEIMER'S ASSOCIATION e-NEWSLETTER

"Alzheimer's is a progressive, fatal disease with no known cause or cure. It destroys brain cells and causes memory changes, erratic behaviors and loss of body functions. It is now the sixth-leading cause of death in the United States.

More than 5 million Americans are living with Alzheimer's, and millions more family members, friends, caregivers, and colleagues are effected on a daily basis. While your chances of developing the disease increase with age, approximately 200,000 Americans are living with *Younger-onset Alzheimer's* or another dementia."

Alzheimer's is NOT a normal part of aging. Although the greatest risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But up to 5% of people with Alzheimer's have early onset (also known as younger-onset), which appears when a person is 40-50.

Alzheimer's worsens over time. It is a progressive disease; dementia increases over a

KUDOS AND THANK YOU'S.

- 👉 John Scott for his long-time service to Chapter 378 as Alzheimer's Chair.
- 👉 Cheryl Travis for her Alzheimer's presentation.

ALZHEIMER'S JOHN SCOTT

Memorial Donation to Alzheimer's Research from NARFE Chapter 378 in memory of G. Robert Butell was made from the Chapter's birthday-sunshine-memorial fund. The chapter also received \$20 in donations from the Chapter members during the January 20th meeting, so January's donations totaled to date \$30.

The Chapter donations for 2014 were over a thousand dollars. The donations for 2015 were \$700. He was uncertain of the reason for the decline and hopes donations will increase in 2016.

President Obama recently signed into law an "historic annual Alzheimer's disease research funding increase" of \$350,000,000 to boost the National Institute of Health's current allocation for Alzheimer's research and brings the amount to nearly \$1 billion per year. The passage of this bill was due to the combined efforts of the Alzheimer's Association and NARFE.

CHAPTER 378 ALZHEIMER'S DONATION	
make check payable to: NARFE Alzheimer's Research	
Send to John Scott, Box 604, Eudora, KS 66025-0604	
AMOUNT: \$	_____
Donor:	_____
Address:	_____
If donation is "In Memory," complete form below	
Name:	_____
Address:	_____

number of years. In early stages, memory loss is mild, but in late-stage, individuals lose the ability to carry on a conversation and respond to their environment.

Those with Alzheimer's live an average of 8 years after their symptoms become noticeable to others, but survival can range from 4-20 years, depending on age and other health conditions.

The 10 warning signs of Alzheimer's are:

- 1) Memory loss (especially forgetting recently learned information) that disrupts daily life, forgetting important dates or events, asking for the same information over and over, increased need to rely on memory aids.
- 2) Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers.
- 3) Difficulty completing familiar tasks at home, at work, or at leisure.
- 4) Confusion with time or place
- 5) Trouble understanding visual images and spatial relationships
- 6) New problems with words in speaking or writing
- 7) Misplacing things and losing the ability to retrace steps
- 8) Decreased or poor judgment
- 9) Withdrawal from work or social activities
- 10) Changes in mood and personality

If you notice any of these signs with someone you know or yourself, schedule an appointment with a doctor.

With early detection, you can get the maximum benefit from available treatments, have more time to plan for the future, participate in building the right care team and social support network, and locate care and support services for you and your loved ones.

(for more detailed information go to <http://m.alz.org/10-warning-signs.asp>)

Research:

Plaques and Tangles are 2 abnormal structures suspected of damaging and killing nerve cells in the brain, which perform specialized functions such as thinking, learning, remembering, or helping us to see, hear, or smell. Plaques are deposits of a protein fragment called beta-amyloid (discovered in 1984) that build up in the spaces between nerve cells. Beta amyloid protein is the prime suspect in the decline and death of brain cells.

Tangles are twisted fibers of another protein

called *tau*, which builds up inside cells. Scientists don't know exactly what role plaques and tangles play in Alzheimer's. Most believe they play a critical role in blocking communication among nerve cells that is vital to cell survival. The death of nerve cells causes loss of memory, personality changes, and other symptoms of Alzheimer's disease.

Heredity plays a role Alzheimer's. In 1987, the first gene (Amyloid precursor protein [APP]) was discovered with mutations found to cause an inherited form of Alzheimer's.

In 1992, the second gene (Presenilin-1[PS-1]) with mutations was found to cause early-onset of Alzheimer's.

In 1993, the third gene variation (Presenilin-2 [PS-2]) was found to cause early-onset Alzheimer's.

In 1993, the first gene variation (Apolipoprotein E-e4 [APOE-4]) was found to increase the risk of Alzheimer's and remains the risk gene with the greatest known impact. However, having this gene mutation does not mean a person will develop the disease.

Note: Humans have 23 pairs of chromosomes which contain all 30,000 genes that code the biological blueprint for a human being.

Ninety percent of what we know about Alzheimer's was discovered in the last 15 years.

The research has shown how Alzheimer's affects the brain. It is hoped that this better understanding will lead to new treatments. The latest research (September 29, 2015) discovered a gene linked to amyloid beta plaque build-up; scientist isolated genes that delay Alzheimer's (October 26, 2015); two new drugs for amyloid therapies are in phase 2 & 3 of trails.

Alzheimer's has partnered with the National Institute of Aging to collect blood samples from people who develop Alzheimer's late in life. The goal is to try to identify additional Alzheimer's risk genes.

Drugs used to treatment symptoms of Alzheimer's are:

- Aricept-approved for all ages
- Nanenda-for moderate to severe symptoms
- Razadyne- for mild to moderate symptoms
- Exelon- for all stages
- Namzaric-for moderate to severe symptoms

NARFE, one of largest contributors to Alzheimer's research, has supported Alzheimer's research since 1986. To date, NARFE members have contributed

more than \$11,552,000, and 100% of NARFE donations go to research.

The Alzheimer's Association produces a weekly e-newsletter for NARFE members. To subscribe, go to the website alz.org. **Look for *Join Our Mailing List* in lower right corner of the home page and click on *sign up for NARFE e-news*.** There is much useful information on the web site and in the e-newsletter.

The 24/7 Helpline Number is: 1-800-272-3900

MEMBERSHIP

DIANNE THROOP

Meeting guest John Como, retired air traffic controller .

OPM OFFERS TRAINING WEBCASTS

OPM Offers Webcast February 16 on Topics of Interest to Retirees, Active Employees

NARFE announced that the Office of Personnel Management (OPM) will host a Webcast on Tuesday, February 16, from 1-2:30 EST on topics that should be of interest to members – both retirees and active federal employees. Staff of the OPM Insurance Office will present information on the 2016 Federal Employees Group Life Insurance (FEGLI) Open Season and the Self Plus One Limited Enrollment Period. The program also will discuss the new tax forms for Federal Employees Health Benefits Program Enrollees (Form 1095-B and Form 1095-C). In addition, NARFE is providing the slides that will be used for the Webcast [here](#). The link to view the OPM webcast is: <http://web.2.c3.audiovideoweb.com/ca25web26002/7c3flslive1573.html> You will be able to watch the webcast on a PC or MAC computer. When you click on the link it will open up into whatever your default browser is set to on your computer. Chrome. Firefox. Internet Explorer. Safari. You can also watch the webcast stream on an iPhone, iPad, or Droid. The device should be WiFi or 4G capable. The link to view the captioning for the webcast is: <https://recapd.com/w-9c9e16> If you have questions about this Webcast, contact NARFE Federal Benefits Department at fedbenefits@narfe.org.

“SUVIVOR BENEFITS” webinar will be offered Thursday, March 10th, at 2pm.

Videos of 3 prior Webinars are available for viewing by members. (From Federal Employee to Annuitant: Master the Process, FEHBP and Medicare; Make the Best Choice, and Will You Be ready for Retirement)

Go to the NARFE website homepage (narfe.org) and click on the **Federal Benefits Institute** graphic on the left.

READ YOUR NARFE MAGAZINE

January issue: --NARFE Bill Tracker pages 10-13 describes pending congressional legislation, the sponsors, and latest actions on these bills. Good information for making an informed decision before voting in November. There will be monthly follow-ups In future issues.

--Investment Strategies on pages 24-29.

--National Convention Details page 43. 34th NARFE National Convention, Reno, NV, Aug. 28-Sept. 1, 2016. Registration begins March 1, 2016.

February Issue: -- More National Convention information page 46.

--114th Congress: Second Session Outlook Page 7.

--An Opening for WEP Reform page 8.

--Do Your Pre-Election Grass-Roots Homework page 10.

--2016 NARFE Scholarship Application page 47.

NARFE SCHOLARSHIP APPLICATION

See page 47 of the NARFE Magazine February issue. For full details and the form. Applications are for high school seniors planning to attend an accredited college full-time in a degree program in the fall/winter of 2016, have at least a 3.0 grade point average, and be sponsored by a parent or step-parent, grandparent or step-grandparent, or great-grand-parent who is a current NARFE member. See article for complete list of how to apply. Deadline APRIL 29, 2016.

For more information, request the GUIDE TO NARFE's Annual Scholarship Awards program (F-105) by sending an email to scholarship@narfe.org, download it from the NARFE website, www.narfe.org, or call Headquarters (703-838-7760) and request scholarship information.

UPDATE YOUR CONTACT INFO WITH NARFE

To change your mailing address, phone number, or email address: Call (800) 627-3394 or to to the website narfe.org.

OPM phone number is (888) 767-6738.