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KUDOS AND THANK YOU'S

- ☉ Dianne Throop for donating 2 handmade scarves (1 mohair and 1 herringbone pattern in wool & acrylic yarns) for the NARFE KS Federation Convention Alzheimer's Silent Auction.
- ☉ John & Linda Surritte for again donating a Chapter 378 Alzheimer's Drawing Prize for NARFE KS Federation Convention.
- ☉ Beverly Kipp for welcoming members and guests to Chapter 378 monthly meetings and managing the nametags.
- ☉ Elaine Seeman for being Chapter 378's liaison with Conroy's for lunch selections and collecting lunch monies.

MEMBERSHIP Dianne Throop

Elsabeth M. Spalsbury, born on April 3, 1913), died peacefully on December 16, 2013. She was a life member of NARFE Chapter 378.

Norma Strickell Gienau 1923 - 2014 Wellsville, KS, passed away earlier this month. She was a long time NARFE member. A card was sent to the family.

Dianne Throop, email: d.throop@sbcglobal.net

SPEICAL EVENT ELAINE SEMEN

Elaine Semen announced that the Senior Center has a bus going to the New Dinner Theater in August to see "Smokie Joe's Café." Contact her if interested.

Elaine Semen 785-331-2280

MAY 21ST MEETING ROGER LEMMONS

The May 21, 2014 meeting of the NARFE Chapter 378 will meet in Conroy's meeting room. The program begins at noon, lunch is at 12:30 and is followed by a brief meeting.

May 21st program is Bonnie Lowe, from the Lawrence Chamber of Commerce. She will bring us the latest news about what going on in the world of C of C in Lawrence, what's happening now and looking into her crystal ball about the future. Should be an interesting program. I hope we have a good turnout.

June 18th program is Susan Metzger, Assistant Director of Tracy Streeter, Director of the Kansas Water Office, who will discuss water, both quality and quantity in Kansas. This may not sound very exciting to some of you, but consider how much water we use and it's availability to us here in Lawrence, Kansas, and the nation. We can live without oil but we can't live without water.

APRIL 16TH MEETING RECAP

Dave Bonnel, manager of "Travel Leader (TL)," loves to travel so he became a travel agent after graduating from KU. Travel used to be "friendly flights," Dave tries to put that fun back into travel. He primarily handles trips to places you haven't visited.

He used to book KU teams travels, then he came back to Travel Leaders. He has expertise. He knows which airlines have fees for carry-on bags checked bags, printing boarding passes. Southwest is a good business model because they have the consumer in mind.

He just returned from Ireland. The Irish say they know it's summer because the rain gets warmer. When you travel, you see history. Everything means something. Guides can provide history and stories on tours.

Chris Armstrong, owner of TL, creates group tours. There are themed cruises with instructors such as food and wine, cooking classes, quilting, or bridge. Experienced travel is new and involves such things as house building and quilting.

Visa rules differ by country. For European travel under 90 days, a visa is not needed. Your passport is ID for your country. A visa is from the country you visit. For safe places to travel, check the federal warning list and you can check the

See page 3 to protect your Medicare!

country's posting. Capital One credit card has no transfer fees for foreign currency.

Off season travel is less expensive and you can avoid the heat and students. Notify your credit card company of the country's or areas to which you plan to travel. Members of Triple A receive free money conversions.

Questions and Answers:

Q: What is appropriate tipping?

A: Each country is has a different policy. France-no tip. The average is \$7/person/day. Cabs 5%. Tour Guide-10% based on the length of time. Tipping varies from restaurants, cabs, touring.

Q: Length of tours?

A: Globus tours range form 7-45 days and 40 people. General Tours limit torus to 16 people. TL book what the client wants and send a quarterly magazine, *POSTCARDS*.

Q: What is Destination Partners?

A: Fully independent travel with guides, meals, sightseeing and entertainment.

Q: Around the World Ticket?

A: Good for 1 year. Can't go back and forth. Must be continuous travel in same direction.

LEGISLATIVE	John Surritte
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NARFE NEWSWATCH: Parties Stake Out Dueling Position on Federal Workforce Issues, as reported by the Washington Post, April 8, 2014

A spending outline for the upcoming fiscal year approved on a party-line vote by the House Budget Committee aims to shrink the workforce by attrition and require employees to share equally with the government in funding civil service retirement benefits. However, a vote also is scheduled on a Democratic-sponsored plan that rejects both those ideas.

The plan from Budget Committee Chairman Paul Ryan (R-Wis.) would allow agencies to fill only one of three vacancies, with an exception for national security positions, with an eye to reducing the workforce by 10 percent.

However, the alternative from ranking committee Democrat Chris Van Hollen of Maryland says that "proposals to implement an indiscriminate 10 percent across-the-board cut to the Federal civilian workforce would adversely affect security agencies, leaving them unable to manage their total workforce, which includes contractors, and their operations in a cost-effective manner."

It says that "nearly all" of the growth in federal civilian employment since 2001 has been in

security-related agencies such as the Defense, Homeland Security, Veterans Affairs and Justice Departments. The increase "in part, represents a transition to ensure civil servants, as opposed to private contractors, are performing inherently governmental work and an increase to a long-depleted acquisition and auditing workforce at the Pentagon to ensure effective management of weapons systems programs, to eliminate the use of contractors to oversee other contractors, and to prevent waste, fraud and abuse."

According to the White House's recently released budget plan, federal civilian employment outside the Postal Service as measured by work-year equivalents grew from 1.7 million in fiscal 2001 to 1.9 million in fiscal 2009 and to an estimated 2.1 million currently. It further says that the four departments cited in the Democratic plan now account for 65.9 percent of the federal workforce, up from 58.8 percent in 2001 (with the Homeland Security portion at the time spread among other agencies).

The Democratic alternative also contains no requirement for employees to pay more toward their retirement benefits, in contrast to the Ryan plan that for most employees would mean an increase in that contribution of about 5.5 percentage points. Nor does it reflect the Ryan plan's call to end a supplemental retirement benefit paid to many federal workers who retire before 62 and also end a student loan reimbursement program available to agencies as a recruitment and retention incentive.

April Legislative Update for Chapters from NARFE's Legislative Department.

Email from John Surritte **concerning Insurance in Kansas and control of YOUR MEDICARE:**
Lawrence NARFE Chapter Members,

Linda and I were able to hear a presentation from our KS Insurance Commissioner, Sandy Praeger, at the Lawrence Arts Center April 19, 2014. Her presentation was on the Affordable Health Care Act and its effect on health insurance in KS.

Some things I heard that I didn't know are as follows:

- 1. State insurance directors from every state through the **National Association of Insurance Commissioners** had a lot of influence and input on the Affordable Health Care Act, popularly known as Obamacare. Their input started after*

the president was elected and the act was being developed.

2. Each state, not the federal government, still has final say on premiums insurance companies can charge in their respective states. The federal government only has influence in states, like KS, which use the federal exchange because they chose not to exercise their right, under the law, to establish their own exchange. The feds can tell an insurance company in states like KS that they can not participate in the federal exchange if they think their rates are too high and unreasonable.

3. Ms Praeger said that at a meeting with the president this past Thursday, he announced that over 8 million folks had signed up for Obamacare on the federal exchange, that 3 million children under the age of 26 were allowed to go back on the parent's policy, that 10 million folks (in other states) are now covered under Medicaid expansion, but not in Kansas, which means 88,000 Kansan's will not have health insurance, and that several million more enrolled in insurance plans with the subsidies directly with the insurance companies.?

*4. She also said to call the governor and tell him to veto KS HB 2553 regarding the so-called "health compact which 7 other states," 8 including KS. **If the governor doesn't veto, would allow the 8 states to take over your medicare.** To contact Governor Brownback, call toll-free 877-579-6757 or in Topeka at 785-296-3232 or e-mail. See more at: <http://states.aarp.org/aarp-urges-veto-of-healthcare-compact-ill/#sthash.jB1JciMO.dpuf>*

Ms Praeger had a lot of information and hopefully I am accurate in my description of her presentation.

Ms Praeger proved to be a very competent and caring state elected officer. It was a pleasure to listen to her. We will all be poorer with her retirement from this office and we will miss her.

ALZHEIMERS

John Scott

Since 1986, NARFE has donated \$10.7 million to Alzheimer's Research, and 100% went to research! The current goal is \$11 million.

The Alzheimer's Association recently developed a monthly "e-news" email specifically for NARFE members. The email provides information and updates concerning Alzheimer's. If

you wish to receive their e-news, sign up at:

http://www.alz.org/join_the_cause_narfe_email.asp

Alzheimer's Association applauds the introduction of Alzheimer's Accountability Act

The Alzheimer's Association applauds introduction of the Alzheimer's Accountability Act, which represents a bipartisan effort to ensure that Congress is equipped with the best possible information to set funding priorities and reach the goal of the National Plan to Address Alzheimer's Disease: to prevent and effectively treat Alzheimer's by 2025.

Alzheimer's Association awards largest-ever research grant

The Alzheimer's Association recently announced its largest ever research grant — \$8 million over four years — to support the Longitudinal Evaluation of Amyloid Risk and Neurodegeneration (LEARN) study as a companion study to the Anti-Amyloid Treatment in Asymptomatic Alzheimer's Disease (A4) Study, a pioneering Alzheimer's prevention trial that begins this year.

The following is the complete March 7, 2014, Boston Globe article by Kay Lazar:

A Boston scientist poised to launch a pioneering Alzheimer's prevention study was awarded an \$8 million grant Thursday to expand the research and further explore potential causes of cognitive decline in the mind-robbing disease.

Dr. Reisa Sperling, a neurologist at Harvard Medical School and an Alzheimer's specialist at Brigham and Women's Hospital, received the Alzheimer's Association grant, the largest such research award the group has ever given, the association said.

The goal of the new money is to "jump-start the development of new detection methods, treatments, and prevention strategies for Alzheimer's disease and other dementias," Maria Carrillo, the association's vice president of medical and scientific relations, said in a statement.

In the next few months, Sperling and her colleagues are preparing to launch a study called A4, which will follow 1,000 adults, ages 65 to 85, who have abnormal proteins, known as amyloid plaques, revealed by brain scans, and who are exhibiting subtle cognitive problems that are typically reported in people years before they are diagnosed with Alzheimer's.

The study will give half of the participants a drug designed to clear amyloid plaques from their

brains, and the others a placebo, while researchers will track the rate of cognitive decline in both groups. The goal is to determine whether this potential Alzheimer’s drug treatment, which blocks amyloid proteins from building up in the brain, can slow or prevent Alzheimer’s in people who do not yet have memory and thinking problems.

The new grant money will be used to launch a companion study, called LEARN, to determine whether there may be reasons for the memory and related problems associated with Alzheimer’s, other than the buildup of abnormal amyloid plaques, the association said.

Researchers will select an additional 500 participants from the pool of volunteers who aren’t selected for the A4 trial, and scan their brains to see whether they have a buildup of another protein, known as tau, which form tangles in the brain and are a hallmark sign of Alzheimer’s disease.

The LEARN study will also run for three years, and participants will undergo identical memory, blood, and other testing as those in the A4 study, according to the Alzheimer’s Association.

Researchers will study these participants, who do not have an abnormal buildup of amyloid in their brains, to see what other biological changes may be related to their cognitive decline, including possible later build-up of amyloid plaques.

Sperling said the new grant money will also help researchers “test the tests” they are developing for their A4 study to measure the subtle memory and thinking changes people undergo in the earliest stages of Alzheimer’s disease.

The A4 study is expected to begin enrolling participants in the next few months at over 60 sites in the U.S., including Brigham and Women’s Hospital.

2014 CHAPTER 378 DONATIONS

Month	Chapter Donations	YTD Total
January	\$126	\$126
February	\$17	\$143
March	\$9	\$152
April	\$14	\$166

KANSAS FEDERATION CONVENTION

NARFE Kansas Federation Convention

At the NARFE state convention held in late April, Region 5 VP Carol Ek led a discussion on the future of NARFE. The presentation can be found on narfe.org, or you can hit on each blue line below for information.

NARFE has lost half of its membership over the last 20 years. We now have around 250,000 members. Kansas has lost almost 2,000 members since I left the State President position in May, 2008. **It is obvious something must be done to reverse this trend.**

The future of NARFE will be discussed and voted on at this year's national convention. If you have the time you might want to review the report and answer the survey. Contact John Surritte for a copy of the survey.

The following are pdf’s covering the committee’s findings and recommendations:

http://www.narfe.org/pdf/narfe_insider_0314fon.pdf

<http://www.narfe.org/pdf/THE%20NEB%20REVIEW%20OF%20THE%20FUTURE%20OF%20NARFE%20REPORT%20AND%20RECOMMENDATIONS.pdf>

<http://www.narfe.org/pdf/FON%20Report%20Recommendations.pdf>

<http://www.narfe.org/pdf/FON%20Report%20Recommendations.pdf>

http://www.narfe.org/pdf/FON_C.pdf

http://www.narfe.org/pdf/FON_R.pdf

http://www.narfe.org/pdf/FON_SO.pdf

http://www.narfe.org/pdf/FON_SO.pdf