



2016 OFFICERS AND CHAIRS

| | | |
|--------------------------------|-------------------------------------|------------------------------|
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KUDOS AND THANK YOU'S

*Linda and John Surrutte for their generous Alzheimer's donation and their continued support of Chapter 378.

ALZHIEMER'S

October donations = \$409 plus a donation in memory of John Mulligan, from Linda and John Surrutte. The Year-to-Date total = \$848.25.

NARFE OFFERS WEBINAR

FEHBP and Medicare: Make the Best Choice, a NARFE Federal Benefits Institute Webinar, was aired Thursday, October 13th. The presentation will be available for all members to view on the NARFE website the following week. Until now, information on FEHBP & Medicare options created more questions than answers! Federal benefits and retirement expert Tammy Flanagan provides everything you need to know to make the right choices for YOUR situation. You'll discover why "free" coverage may actually cost you money, the best ways to balance your coverage between FEHBP and Medicare, how to effectively evaluate the many health plans available to the federal community, and much more.

What You Will Learn

- The ABCs and Ds of Medicare
- Coordinating Your Federal Health Plan with Medicare
- How to Evaluate Health Plans
- And more...

NOVEMBER 16TH MEETING

The November Chapter 378 will meet Wednesday, November 16, 2016, in the south room of Conroy's. The planned speaker is honor the Mayor, Mike Amyx. The program begins at noon, lunch entrée (turkey dinner) and coffee or tea for \$10 is at 12:30, and a brief meeting follows the lunch. Please note that lunch is optional.

RECAP OCTOBER 17TH MEETING

The November meeting's speaker is Kim Ens of the Douglas County Health Department, Director of Clinic Services, who spoke about lead in water. She said she was not a water expert.

Lead is naturally occurring metal in the earth's crust. In the last year or so we're been hearing more because of the lead in the water in of Flint MI.

Flint changed their water source from the lake to the river. The river water was more corrosive than the lake water. Therefore, the lead leached into the water passing through the pipes. The Lawrence water department uses an anti-corrosive phosphate additive to prevent lead from leaching lead into the water.

In Flint, MI, they began noticing elevated levels of lead in the young. That started the investigation, and it took a couple of years to determine source.

From Journal World articles, April 10, 2016¹ and September 4, 2016², are informative of also drew attention to lead in water. [¹ *As is required of all water treatment plants (EPA ruling), Lawrence adds chemical phosphates that coat the inside of pipes, protecting the water. Those phosphates were found to be missing from Flint's water.*

In the 1980s, when the U.S. passed laws banning the use of lead piping, Lawrence started a program through which it sought out lead service lines and replaced them, Klamm said. Service lines connect the water mains in the street to the meter. That program lasted for 10 years. During some of that time, it was still legal to use lead in soldering connections in the pipes.

Klamm said she was unsure how many pipes were removed during that program. She said there has been some sampling done since the Flint crisis to find any remaining service lines that contained lead.

In the U.S. communities where testing has shown elevated levels of lead, the contamination could be coming from homes that have lead content in their pipes or faucets, which are the homeowners'

responsibility. In accordance with the Safe Drinking Water Act, Lawrence tests for lead and copper content in water directly from residents' taps.

A majority of Lawrence's water comes from the Kansas River and Clinton Reservoir, and a small amount is pulled from underground wells.]

² *[No level of lead exposure is considered safe, but some homes in Lawrence are leaching small amounts of lead into water that residents are drinking and cooking with.*

The toxic metal is especially harmful for infants and children, and neurological damage from exposure can result in lower IQ and behavioral problems.

While the water leaving the city's treatment plant is lead free, it can be contaminated with lead after it passes from the city's water main into the privately owned plumbing lines of homes, schools and businesses. The city regularly tests the lead levels and takes steps to reduce contamination, but responsibility also falls on the property owner. Because of that, the city cannot guarantee residents' water will be lead free.]

Lawrence has replaced city pipes, but some older houses may have lead pipes. Lawrence has 2 major water sources, the Kansas River and Clinton Reservoir, and a small amount of water from 6 ground wells. Lawrence's water sources are lead free. Individuals should test their house water supplies periodically. Test taps every three years. Homeowners can test their own water.

Faucets in older homes may have lead. After 2014, faucets must be lead free. Let faucet run a bit when you haven't used it in awhile, such as overnight.

Lead accumulates more in hot water than cold. So use cold water for cooking and to make beverages such as coffee and tea.

Alarmed if there are more than 15/parts per billion. The goal is 0 parts per billion. She wants public education to let people know they should be testing their homes. Doctors test infants and children for lead.

Worry more about lead levels in children, because they are growing and developing.

Solder used to join pipes can contain lead. Homes and public buildings built prior to 1986 are of concern, because of lead in pipes and paint.

Lawrence is doing a great job of educating the public. See website, lawrenceks.org/utilities/lead/ for tips on reducing risks of lead. 1. Run cold-water tap

for 2 minutes before using it for drinking and cooking.

2. Do not use the hot water tap for drinking and cooking.

3. Remove and clean faucet aerators.

4. Install lead-free plumbing fixtures.

5. Replace lead service pipes and household galvanized plumbing.

6. Drain your water heater annually.

7. Flush cold water taps after installing new household pipes or fixtures.

8. Use filtered tap water.

The Health Department sends children, usually under 5 years old, with elevated lead levels above 10 ug/decibels to the hospital. The Health Department will investigate if an adult, 18 years and older, has lead levels above 25 ug/decibels. Child under 2 year olds is tested during physicals at the doctor's office.

For the general public: If you are interested in testing your water, the Johnson County Wastewater's Water Quality Laboratory in Olathe (11811 S. Sunset Dr, Suite 2500, Olathe, KS 66061-7061, phone 913-715-8590. They will send kits. The cost is \$66.50 for the first sample and \$33.50 for additional samples. You take water sample and return to lab. (<http://www.jocogov.org/dept/wastewater/water-quality-lab>)

The most common source of lead is pre-1974 lead based paint. Other sources include gun pellets, pottery from other countries, so know the source of cooking utensils, and spent rechargeable batteries (recycle these). Occupations that create lead dust. A boy was contaminated with lead from his dad's work clothes, which contained lead dust.

Lead can cause neurological problems. Being deficient in other minerals such as calcium and iron helps to increase lead in the body. Symptoms include: fatigue, headache, abdominal pain, memory loss, mood disorders, muscular weakness, joint pain, numbness or tingling of the extremities

Children at or below poverty level are at more risk because the paint in older houses (pre-1950) where they live may contain lead. Wash hands and faces and pacifiers often.

Lawrence tests 30 samples every 3 years of tap water in homes.

The Kansas Health Department has had 3 cuts totally 30%, so resources to respond to the sampling program are limited.

NARFE MAGAZINE NOVEMBER 2016

*OPEN SEASON IS NOVEMBER 14-DECEMBER 12, 2016. Premiums on page 34.
Convention Report pg. 60.*

NARFE HOTLINE OCTOBER 19, 2016

*Only a small, 0.3%, cost-of-living adjustment (COLA) to federal and military retirement annuities and Social Security benefits. As a result, those who pay their Medicare Part B premiums out of their Civil Service Retirement System (CSRS) annuity are facing an unfair, disproportionately large increase in their premiums. We need you to **take action!***

Make Your Voice Heard in Congress NARFE members are encouraged to use the [Legislative Action Center](#) to easily send [letters](#) to members of Congress on a variety of NARFE issues, submit [letters to the editors](#) to local newspapers and track NARFE-related [bills and votes](#).

CHAPTER 378 2017 OFFICERS AND CHAIRS

Nominations for 2017 Officers for Chapter 378 are still open. If you are interested in an office, or want to nominate someone, contact Tom Huntzinger. (Phone: 785-766-6717) Voting for officers is at the November Chapter 378 meeting.

MEMBERSHIP DIANNE THROOP

Reba Bryant passed away October 13, 2016 at Kansas City Hospice House. She was 93.

CHAPTER 378 CHRISTMAS PARTY INFO

The party will be at the Smith Center at Brandon Woods on Wednesday, December 21st. We will gather at 11:30, dine at noon, have installations of officers, and be entertained by a saxophone quartet.

The menu includes: 2 Entrées, 4 Sides, Dessert, and coffee/tea.

Entrées—**Beef Brisket**, Whole Beef Brisket rubbed with barbecue seasoning or mixed herbs is slow cooked overnight. Trimmed, sliced and served with a sauce of choice, usually barbecue or sherry cream.

Chicken Florentine, Baked boneless Chicken Breast or bone-in leg Quarters in a creamy Spinach sauce with fresh Tomatoes

Sides ----**Roasted Red Potatoes**

Green Bean Almondine

A Variety of Steamed Vegetables

Baked Asparagus

Dessert---**Chocolate Dream Dessert**, Brandon Woods signature, Layers of chocolate cake, chocolate pudding and whipped cream

We need a head count for Brandon Woods and prepayment for the meal(s), so **please complete and return the Reservation Form by Dec 16th**. **Make check payable to: NARFE CHAPTER 378. Send the form and your remittance to:**

Wendy Hambly, 25029 Dehoff Dr.
Tonganoxie, KS 66086



NARFE Party Reservation Form

| <i>Name(s)</i> | <i>\$16/person</i> |
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| <i>Total Remittance:</i> | |