



2011 OFFICERS and CHAIRS

President	Tom Huntzinger	785-766-6717
1 st Vice President	Roger Lemmons	785-840-9594
2 nd Vice President	Elaine Seeman	785-331-2280
Secretary	Dianne Throop	785-841-1408
Treasurer	Cheryl Travis	785-841-1616
Membership	Betty Scribner	785-865-8235
Service	Wanda Lyon	785-764-2210
Public Relations	Gordon Montney	785-760-0595
Newsletter	Wendy Hambly	913-845-0121
NARFE PAC	Linda Surritte	785-856-0558
NARFE Net Coor		
Alzheimer's Chair	John Scott	785-542-3510
Legislative Chair	John Surritte	785-856-0558
Sunshine	Reba Bryant	785-843-4407

KUDOS & THANK YOU'S TO:

- ☆ **Betty Scribner for ongoing recruiting efforts.**
- ☆ **Roger Lemmons for the great meeting programs he continually plans & sitting in for Tom Huntzinger at the May meeting.**
- ☆ **Linda Surritte for getting Chapter 378 some publicity with photo & blip about NARFE Citation awarded to Betty Scribner.**
- ☆ **Clara Arnold who continues to fill in as Treasurer for recuperating Cheryl Travis**
---Report deserving members to Wendy Hambly---

NARFE Political Action Committee (PAC)

'GIVE BY GOING' OR 'GO BY GIVING'

If you watch, read or listen to the news, you know that many of our Federal Active Employee and Retiree benefits are in jeopardy. As members of NARFE we can affect Legislation in two ways.

- * We can **GO** to see or write to our senators and representatives and **GIVE** them our positions on Legislative Issues.
- * Or we can **GIVE** money to NARFE-PAC so that our collective NARFE voice will **GO** to affect Legislation.

If you haven't Gone, please Give. NARFE-PAC contributions can be sent to Chapter 378's NARFE-PAC coordinator:

Linda Surritte
5907 Longleaf Dr,
Lawrence, KS 66049

Make checks payable to 'NARFE-PAC'. Any contribution of \$20 or more will be recognized with a NARFE-PAC lapel pin via mail.

"The annuity you save may be your own."

JUNE 15th MEETING INFORMATION

Meet at Conroy's Pub. Program begins at noon, lunch at 12:30. Choose from 3 menu items. Iced tea and coffee, gratuity and tax are included for \$10.00. A business meeting follows lunch. June's program is Mary Kavanagh of Meadowlark Estates, a new independent retirement living facility. In July, Janice Early, Director of Lawrence Memorial Hospital, will discuss the latest activity at the hospital complex.

MAY 18th MEETING RECAP

John Glassman, of the Lawrence Senior Center, provided thought provoking trends and statistics concerning the changing demographics in conjunction with our aging population. This is a subject with which we can all identify. Mr. Glassman explained how his perceptions of aging evolved as he, a Baby Boomer, entered the senior citizen arena and cares for his own aging mother.

Old views of equating turning 60 with becoming dependent are shifting to seniors being a resource for communities. Baby Boomers want to stay active. New policies should keep seniors involved in the community. Seniors have the numbers and numbers equal votes to effect change.

Aging doesn't care about gender, ethnicity, or financial levels. Next year there will be more people over 60 than those under 15 years old. This is a BIG social shift. What are WE going to do, because we will redesign services to meet the needs of seniors.' His presentation was a wakeup call for us to begin addressing the current problems and those that will unfold in the future for seniors. He supported the message with statistics sprinkled throughout his talk.

- Lawrence and Douglas County are experiencing a huge migration of seniors. Children bring parents and grandparents to the area.
- One job is created for every 1.8 retirees moving in
- Socialization - not isolation - is key for seniors to lead meaningful lives.
- Nationally there are 5.4 million with Alzheimer's and only 3.2 million beds for them, the overflow are cared for at home.
- Ten thousand will turn 65 everyday for the next 10 years.

Some of the things to plan for in the next 10 years include housing with sidewalks, signage with

large lettering, public transportation (seniors are choosing not to drive), food services, and specialized medical services (*i.e.* geriatricians-Lawrence currently does not have one), and doctors willing to serve Medicare patients.

Issues begin at the ballot box, vote for people that are going to help you.

MEMBERSHIP Betty Scribner

Recently Chapter 378 recruited at several federal agencies outside of Lawrence. We did this because approximately 560 active federal employees living in Lawrence commute to agencies outside the area. Of the 600 federal retirees in the area, only 120 are members of Chapter 378. This ratio compares with chapters across the country.

When Wendy Hambly and I asked employees at the National Archives and Records Administration (NARA) health fairs in Lenexa and Lee Summit if they knew what NARFE was, it became evident that NARFE is a very well kept secret. Not one of the 120 active federal employees we spoke to at those fairs was aware of NARFE, it's goal to protect and enhance federal workers' benefits, or NARFE's accomplishments. Offering a drawing for a free membership helped create interest in our table. (This idea came from Elizabeth Bornman, Shawnee Mission Chapter Legislative Chair.) Follow-up letters were sent to the winner and all other participants.

Our participation in these fairs has expanded our contacts and opportunities. Ron Miller, BCBS representative, graciously offered us podium time and table space at an Open Season informational meeting he sponsors each fall for area federal human resources directors in the Kansas City area. What an opportunity to get the word out about NARFE! In addition, BCBS, Humana, GEHA and Coventry indicated they would participate in a health fair if Chapter 378 sponsored one.

Many of the new Chapter brochures have been distributed at these agencies, and we've met federal employees from Lawrence at the Topeka and Leavenworth VA's, Shawnee Mission IRS, and Lenexa and Lee Summit NARA.

Thank you to those who have assisted in numerous ways to reach out to active federal employees. A special thank you goes to Dianne Throop for her assistance at the Topeka and Leavenworth VA's and IRS agencies.

SERVICE OFFICER		Wanda Lyon	
CPI-W		% Chg Mo.	% 2012 COLA
April 2011	221.743	.08	+2.90

(785)764-2210 or lyonden@sunflower.com

The following article by Dr. Richard Wood, Service Committee Chair for NARFE Chapter 551, Ames, IA, appeared in Chapter 551's March 25, 2011, Newsletter: *Your Service Officer has found that it's a good idea to practice what he preaches. You have heard me mention the 4-digit PIN (Personal Identification Number) that the Office of Personnel Management (OPM) assigned each of us, starting in 1997. **The PIN is being replaced with a password. If you use the PIN to request service on the OPM web site, and you haven't used it for 15 months, it has expired, and you will have to call OPM and request a temporary password, which they will mail to you (they won't get you one over the phone). Even if your PIN hasn't expired, you will be prompted to replace it with a password.***

You can use the temporary password to sign in on the web site, and you will be instructed to replace it with a permanent one of your choosing. They will specify the characteristics that it must have.

To sign in, you must also enter you Civil Service Claim Number, (CSA or CFS), and, if it is a 7-digit number, you must add a zero at the end so it has a total of 8 characters.

To get on the OPM web site, they recommend: www.serviceonline.opm.gov. It's faster. Important note: You don't need to sign in with a password for certain types of information or service; for example, reporting the death of an annuitant, or obtaining general information. Also, a password isn't necessary if you call the OPM number (888-767-6738) and have the patience to get past the busy signal.

NARFE NEWSWATCH May 10, 2011

The federal long-term care open season is an opportunity for only CURRENT federal employees to enroll with abbreviated underwriting (there are fewer health questions to answer). The open season began April 4 and runs through June 24, 2011. Federal retirees are eligible to enroll in the FLTCIP program at any time, but they must use the full underwriting application. Find more information at to www.ltcfeds.com.

SUNSHINE CHAIR **Reba Bryant**

Please continue to let Reba know about illness, special birthdays, celebrations, or honors our members receive, so she can send an appropriate card. Email: rebabryant@sbcglobal.net

ALZHEIMER'S **John Scott**

Auction items donated by Chapter 378 at April's Kansas Federation Convention brought \$81. As of May 2011, Chapter 378's total contribution is \$194 to the Alzheimer's Research Fund in 2011.

What goes round comes round...Linda Surritte, who declined Chapter 378's quilt donated at last year's convention when her name was drawn 3 times, purchased a hand crocheted afghan at the Kansas Federation's 2011 convention.. The afghan was made and donated for the Alzheimer's auction by Betty Warne of Wichita Chapter 138. Betty was the winner of Chapter 378's quilt at the 2010 convention.

LEGISLATIVE **John Surritte**

The 10th Biennial Region V College of NARFE Knowledge (CONK) will be held August 29-31, 2011 at the Maria Inn, 4th and B St, South Sioux City, NE. Emphasis this year will be on the current budget situation and NARFE's legislative efforts. **Register before August 15th at a rate of \$60**, which includes the Monday evening sandwich buffet with salads and the Tuesday noon and evening meals. Meal choices are listed on the CONK registration form in the right-hand column. **After August 15th the late registration is \$65.**

To register:

1. Print page 3 of this newsletter
2. Complete form and meal selections
3. Mail registration form and payment to Carol Ek.

Participants must make their reservations at the Marina Inn, 800-798-7980 or 402-494-4000. The room rate is \$87 plus tax per night for a single or double room and includes a buffet breakfast for 2 people. Please ask for the "NARFE Rate" and any special facility needs. **The hotel registration deadline is August 1, 2011.**

REGISTRATION FORM
REGION V – 10TH BIENNIAL
COLLEGE OF NARFE KNOWLEDGE
AUGUST 29-31, 2011
MARINA INN – SOUTH SIOUX CITY,
NEBRASKA

Name: _____

Badge Name: _____

Street Address: _____

City/State: _____

Zip: _____

Chapter: _____

Location: _____

Chapter #: _____

THIS WILL BE MY (CIRCLE ONE) 1st 2nd 3rd 4th
 5th 6th 7th 8th 9th 10th CONK

**REGISTRATION DEADLINE IS AUGUST 15;
 AFTER AUGUST 15, LATE REGISTRATION
 FEE IS \$65. PLEASE SUBMIT SEPARATE
 FORM FOR EACH ATTENDEE.**

**PLEASE INDICATE MEAL CHOICES
 BELOW: (CIRCLE ONE FOR EACH MEAL)**

MONDAY EVENING:
 NEW YORK DELI BUFFET (ALL)

TUESDAY NOON:
 - CHICKEN SUPREME
 - LASAGNA
 - BURGUNDY BEEF TIPS
 Lunches include salad, vegetable, bread & butter,
 coffee or tea. Chicken Supreme includes a potato.

TUESDAY EVENING:
 - CHICKEN MARSALA
 - ALASKAN HALIBUT
 - BACON WRAPPED MONTREAL PORK CHOP
 Evening meals include salad, potato, vegetable,
 bread & butter, coffee or tea.

**MAIL FORM AND PAYMENT TO: (CHECK
 PAYABLE TO NARFE COLLEGE)**

CAROL EK
907 SYCAMORE PLACE
MCPHERSON, KS 67460-5804