



NARFE

Coastal Sussex Chapter 1690



Volume 9 Issue 10

PO Box 390, Ocean View, DE 19970

December 2018



Upcoming Dates

December 5

Executive Board
1 – 2:30 pm
Meeting Room B
South Coastal Library
Bethany Beach

December 7

Pearl Harbor Day

December 13

Monthly Chapter
Luncheon Meeting
12 Noon
1776 Restaurant
Midway Shopping Center
Rehoboth Beach

December 21

1st Day of Winter

December 25

Christmas Day

December 31

New Year's Eve

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HOLIDAY LUNCHEON: THURSDAY DECEMBER 13

HOLIDAY LUNCHEON: 'Tis the holiday Season, and our annual Holiday Luncheon will be Thursday, December 13th, with good food, music, and conversation. Our social committee has worked with 1776 Steakhouse to provide a festive holiday menu. Please mark your calendars and plan to join us.

DECEMBER GIFT TRADITION: At the December lunch, we will continue our longtime tradition of bringing gifts (valued at approximately \$10-\$15) for residents at three local nursing homes: Harbor Healthcare and Rehabilitation in Lewes; Harrison Senior Living in Georgetown; and Atlantic Shores Rehabilitation and Nursing Center in Millsboro. These gifts help fill the void for residents who often have few if any contacts with family or friends at Christmas time.

The gifts should not be wrapped but placed in a gift bag marked "man", "woman", or "either". Suitable gift ideas include: clothing, such as pullover and button-up sweaters, night gowns and pajamas, lightweight sweatshirts and sweatpants, and non-skid socks; personal items, such as combs and brushes, shampoo, lotions, creams, and chapstick; and entertainment items, such as large-piece jigsaw puzzles and crossword puzzle books, large print books, colored markers and pencils, and trivia and joke books. *Alzheimer patients* like soft stuffed animals, lifelike baby dolls, and soft lap blankets. 2019 calendars are always appreciated.

Thank you for your generosity to these residents.

Note: After the meeting, we will need three chapter "elves" to take our gifts to the three facilities.

HOLIDAY ENTERTAINMENT: The holiday spirit will include a performance of Christmas and contemporary songs from the guitar and singing group - *The Remnants* - a local ensemble from St. Ann's Church in Bethany Beach. You may have heard them on the boardwalk at Bethany Beach. It will be a great way to get into the holiday season mood.

Blue Cross Representative at November Luncheon

David Fiske



Mary Ann Gagliardino, Senior Client Service Manager of the Highmark Blue Cross/Blue Shield Federal Employee Program in Delaware, was the speaker at the November monthly luncheon.

She handed out the 2019 BC/BS Service Benefit Plan and Benefit Summary booklets, explained some of the service changes for 2019, and said the back page of the Service Benefit Plan booklet contained the rate schedules for 2019. She encouraged members with any questions to access

www.fepblue.org, or call 1-800-411-BLUE.

She said that rates for 2019 would be roughly the same as for 2018, with only “minimal if any rate increases.” She said rates for the dental and vision plans actually went down. She said a complete list of changes to the 2019 Standard and Basic Option plans is available at www.fepblue.org/brochure.

She said that in addition to the Basic and Standard options, a third option – FEP Blue Focus - has been added for 2019. This is a lower cost option that is “designed to give you quality coverage at an affordable cost.” It covers In-Network Care and Preferred Drugs Coverage, and “Preventive Health”, but does not cover out-of-network care and non-preferred drugs. She handed out a booklet on the new plan, and said information is available at www.fepblue.org/focus.

She also discussed coordination of benefits for seniors who have signed up for Medicare, and said that to learn more about the BC/BS coverage with Medicare, visit www.fepblue.org/medicare.

She said that health prevention efforts, and screening for specific health issues, remain a priority in their program.

OPM Open Season is Still Underway

A reminder that the 2018 OPM Open Season for making any changes to your federal health plan began on November 14 and will continue until **Monday December 10, 2018**. See the NARFE Magazine for a description of the various plans.

Health Tips – Morning Workouts

Did You Know - - - that there are health benefits to working out first thing in the morning, rather than later in the day or in the evening. According to www.health.com, here are five reasons that is true:

Wellness choices: You’ll make better wellness choices all day “in order to maintain that morning healthiness,” including better breakfast and lunch choices.

You’ll sleep better: The National Sleep Foundation says people who exercise at 7 am sleep longer and experience deeper sleep cycles than those who exercise at later times in the day.

Lower blood pressure: Studies have shown that those who worked out early in the morning reduced their post-workout blood pressure by 10%.

Mood boost: Workouts boost endorphins so you'll start your day feeling more optimistic and less susceptible to stress and anxiety.

The rest of day is free: If you’ve worked out in the morning, it’s no longer a chore or an obstacle to your plans for the rest of the day.

President's Column

Carl Bouchard



Holiday Giving: Here it is - Thanksgiving time and the start of the Holiday Season. It is a time to love, remember, forgive and to give to those less fortunate. We will be gathering gifts at the December luncheon for those in three assisted living homes. Please be generous. Many of those in nursing and assisted living homes have nothing and no relatives.

I remember when my mother passed away, 10 years ago this week, we had to empty her room and had loaded almost everything into the car for donation to a center when one of the nursing home administrators came out and asked me if we would be willing to donate her chair, clothing, and other personal items for other residents to use. She told me many residents were just dropped off with just the clothes on their backs. Naturally we said yes and took everything back into a storage room which was pretty barren. It was put to good use.

Wreaths Across America: This is also the time of year to remember those who have fought for our freedom by helping out on Wreaths Across America Day on December 15. This is the 27th year that the Maine State Society of Washington, DC has placed wreaths at the graves at Arlington National Cemetery. This practice has expanded to about 1500 veterans' cemeteries worldwide, including, for the first time, placements at seven American Cemeteries in France by a combined American, Canadian, and French delegation.

If you cannot be at Arlington Cemetery, watch the newspapers for the stops the wreath caravan will be making in Delaware, and/or help place wreaths at your local veterans cemetery on the 15th.

Chapter Officers for 2019: Remember, at the December luncheon, we will be swearing in our officers for the coming year. Thanks to those of you who have volunteered to be our leaders for the coming year as we prepare for the 2019 Federation Conference.

2019 Federation Conference: As we plan for that important Federation event in May, which we are in charge of organizing this year, we still need help. Many volunteers are needed. So please step up - and offer your skills and experience. We will be calling on many of you. Areas needing help are in program development and speakers, sponsor gathering, gift gathering, bag stuffing, registration, raffle, and miscellaneous items.

Advocacy: With the election results returning Democrats to control the House, our NARFE legislative experts will be hitting the road running, and analyzing what the leadership change will mean for federal retirees. But there will still be budget battles, and the possibility of a partial government shutdown has been kicked down the road to December 7th.

The Federal pay may increase by 1.9 percent. It looks like we will be getting a 2.8 per cent COLA increase on January 1st. FEHBA increases will average only 1.2 percent with the highest increase being about 1.5 percent. Open season ends on December 10th if you are making changes.

Holiday Luncheon: We hope to see you at our Holiday Luncheon on December 13th.

2018 Officers

President	
Carl Bouchard	424-4425
1st Vice President	
Larry Trombello	430-7689
2nd Vice President	
Carol Weber	829-8906
Secretary	
Martha Justice	664-1231
Treasurer	
Jo Ann Teiken	616-2017
Federation Vice President	
Larry Trombello	430-7689

Members-at-Large

<i>2017–2018</i>	
Linda Berwick	436-4261
John Pitman	539-5280
<i>2018–2019</i>	
Bob Clark	829-8767
Dick Oliver	539-3771

Nominating Committee

<i>2017–2018</i>	
Vinny Rice	215-805-7783
<i>2018–2019</i>	
Pat Brady-Rice	215-805-7782
Maria Ryan	302-537-1117

Committee Chairs

Alzheimers	
Claude Benner	684-1641
Chaplain	
Theresa Pitman	539-5280
Legislative	
Membership	
Ron & Carol Weber	829-8906
NARFE-PAC	
Greg Neuner	539-1013
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Service Officer	
Mike Buso	703-861-9180
Social Chair	
Kathy & Larry Trombello	430-7689
Sunshine	
Cece Niemi	suomien@mchsi.com
50/50 Raffle	
Vinny Rice	215-805-7783

Swearing-in of 2019 Chapter Officers

At the December luncheon meeting, chapter officers for 2019 will be sworn in. Their nominations were approved by the membership at the November luncheon. Being sworn in will be:

- ✓ Member-at-Large 2019-20: Pat Brady-Rice
- ✓ Member-at-Large 2019-20: Kathleen Lagore
- ✓ Secretary 2019: Martha Justice (re-election)
- ✓ Treasurer 2019: Jo Ann Teiken (re-election)

Note: President Carl Bouchard, 1st Vice-President Larry Trombello, and 2nd Vice-President Carol Weber are completing their first year of two-year terms, and thus their positions were not up for election in 2019. The positions of Secretary and Treasurer are each for 1-year terms.

Fall Fund-Raising Report

Pat & Vinny Rice

The BOSCOV'S "Friends Helping Friends" Fundraiser Event on October 16 resulted in the sale of a record 129 Discount Shopping Passes – raising \$647 for our chapter. Thank you to all who bought passes, and a special thank you to Larry Trombello and Carol Weber for their help in joining us at BOSCOV's to sell passes.

Advocacy Notes

There are a few key issues which the lame-duck Congress may address in the few weeks left in 2018 which will have an impact on federal employees.

Partial Government Shutdown? Congress passed five of 12 appropriations bills before the midterm elections, but lawmakers still have a significant amount of work left in order to avoid a partial government shutdown on Dec. 7.

Pay Raise? Although House Republicans announced in October that they had struck an agreement on a 1.9 percent raise for civilian employees next year. A 1.9 percent raise would be in line with what most federal employees received in 2018. But NARFE points out that a report from the Senate-House conference committee hashing out details hasn't been finalized yet.

Pay Freeze? President Donald Trump back in August announced his intention to freeze civilian workers pay. If Congress can't agree on a raise, the president's planned freeze would move forward.

Stay Tuned!

NARFE RENEWAL REMINDER – WRITE IN CHAPTER 1690

Whenever you renew your NARFE membership during the year, please remember to indicate clearly that you are a member of - and want to renew your membership in - Coastal Sussex Chapter 1690.

Social Committee Report

Carol & Ron Weber

Forty-two members and guests attended our November 8th luncheon. Our guest speaker was Mary Ann Gagliardino, a Senior Client Service Manager for Highmark Blue Cross Blue Shield in Delaware. Ms. Gagliardino distributed the new program books and explained the changes for 2019. She addressed several questions from the members.



Our next luncheon will be Thursday, December 13th, which will be our Christmas Luncheon. We will have a special luncheon menu, and will enjoy Christmas music performed by a local group, "The Remnants." Don't forget to bring your gifts for the nursing homes.

The cost of the Christmas luncheon will be \$20.00, instead of \$17.00, as we were able to arrange a festive holiday menu with two special selections. Try to arrive at the restaurant by 11:45, so we can get the orders to the kitchen and not delay the lunch.

Remember to get your luncheon reservation to Carol and Ron before 5:00pm on Tuesday, December 11th.

We hope to see many of you on the 13th of December to celebrate Christmas together.

Sunshine Report

Cece Niemi

A sympathy card was sent to the family of Mary Jane Emrick expressing condolences on her death.

A Get Well card was sent to Carol Weber, and a Thinking of You card was sent to Ed Berwick.



LUNCHEON RESERVATION FORM

Make your reservation and luncheon selection with: **Carol Weber**

30923 Sea Breeze Lane, Ocean View DE, 19970 (302)-829-8906 or caw09@mchsi.com

Please note, I will respond to each email reservation. If you don't receive an email response from me, please contact me again.

Please make reservations for _____ Member(s) _____ Guest(s) for
Thursday December 13, 2018 at Noon at 1776 Restaurant in Midway Mall, near the theaters.
Price = \$20.00 per person, which includes gratuities.

Luncheon Selections:

_____ (1) Split Cornish Hen with Cranberry Stuffing and Green Beans

_____ (2) Crab Cake with Mashed Potatoes and Asparagus

Desert: Cheesecake

My check in the amount of \$_____ made payable to "NARFE Chapter 1690" is enclosed.

NOTICE: PERSONS MAKING RESERVATIONS, BUT NOT ATTENDING MUST PAY FOR MEAL(S)

Member(s) Names: Please Print Guest(s) Names: Please Print

Reservations must be made by 5:00 pm on the Tuesday before the luncheon. Walk-ins are welcome and can order lunch from the regular 1776 Restaurant menu.

Alzheimer's Committee Report

Claude Benner

The Alzheimer's Association, in addition to offering guidance and guidelines for dealing with family members who have Alzheimer's, also states that it is important for caregivers to not neglect taking good care of *yourself*.

They state that one of the best things you can do for the person you are caring for is to stay physically and emotionally strong *yourself*. They offer a number of tips and advice to help you do this.

Medical Care: Be sure you visit your physician regularly and listen to what your body is telling you. Any exhaustion, stress, sleeplessness, or changes in appetite or behavior should be taken seriously. Ignoring these symptoms can cause your own physical and mental health to decline.

Flu Shot: Talk to your health care provider about the seasonal flu shot. Being vaccinated protects both you and the person you are caring for.

Exercise: An important part of staying healthy is exercise. You can get in a good workout in just a short period of time - even a 30 minute break. While a general recommendation is that you undertake 30 minutes of physical activity at least 5 days a week, even 10 minutes a day can help. One suggestion - a good time to perform an exercise program is when the person with dementia naps.

Be Active Together: You can be active with the person with dementia. You may walk together, go to the mall, do seated exercises, or engage in other routine activities.

Eat Healthy: Heart-healthy eating patterns are good for overall health for both you and the person with Alzheimer's, and may also help protect the brain. Try new recipes and involve the person with dementia in planning meals.

Manage Stress: In order to help you cope, you should manage your level of stress. Recognize that while the care you give does make a difference, many behaviors can't be controlled, and you shouldn't let that situation add stress to your life. Remember that the care you provide does make a difference and that you are doing the best you can. Try to avoid feeling guilty because you can't do more.

Utilize Community Resources: People with Alzheimer's disease change over time and so do their needs. They may require care beyond what you can provide on your own. Become aware of community resources and care options that you can utilize to help you adapt to changing needs. Utilize community support groups from people who are facing the same issues you are. You are not alone!



December 2018

LUNCHEON RESERVATION FORM

Update on Federation Conference – Workers Needed!

Your Executive Board has been hard at work making preliminary arrangements for the June 5, 2019, Delaware NARFE Federation Conference that our chapter is charged with organizing and hosting. The biennial one-day event will be held at Maple Dale Country Club, Dover.

Below are some of the major items that we need to begin accomplishing. Please review this list, identify areas where you can help, and step forward and volunteer your time and services. We need many members to help out if the event is to be a success.

Speaker and Guest Invitations. Letters need to be mailed out to invited guests and speakers. Guests to be invited will include Dover Mayor Robin Christiansen, Governor John Carney, and Congressional and State Senators and Representatives. Speakers will most likely be from NARFE National Headquarters.

Event Registration: Carol Weber and Larry Trombello will do the planning and organizational work in this area, but will also need help.

Carol will need helpers to prepare the registration packets: get envelopes; print names on the registration packets; make name tags and badges; prepare color coded luncheon tickets; insert door prize tickets, program booklets and any handout items. We particularly need members to go out and ask businesses for donations for these “goodies”. These could include pens, writing tablets, coupons, glass wipes, etc.

On the day of the conference, we will need helpers to staff the registration desk and hand out the registration packets.

Please let Carol know if you can help in advance to prepare these materials and/or serve at the Registration Desk on the day of the Conference to welcome attendees and hand out the packets.

Conference Program Book: Mike Buso and David Fiske will be coordinating this task, but can utilize assistance in writing, laying out, and printing the booklet.

Vendors: We need someone to contact various vendors about having a table at the conference. Likewise we need members to solicit for ads in the program book. If you are willing to help in this area, Larry can provide guidance about the kinds of companies that have participated in prior Federation Conferences.

Other Tables: Vinnie Rice has volunteered to handle the 50/50 table, but would welcome some assistance on the day of the event. Greg Neuner has volunteered to be at the NARFE-PAC table to answer questions and take donations, but would also like to have some assistance.

Photographer: We need one or more people to take photos at the conference, both at registration time and throughout the day of the event. We can provide the chapter camera.

As the event nears this spring, there may be other tasks popping up where committee members will be needed. Please step forward to make this a group chapter effort.



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