



# NARFE

## Coastal Sussex Chapter 1690



Volume 11 Issue 6

PO Box 390, Ocean View, DE 19970

June 2020

### Happy Father's Day



### Upcoming Dates

**June 6**

D-Day

**June 11**

Monthly Chapter Luncheon Meeting (Cancelled)

**June 14**

Flag Day

**June 20**

Summer Begins

**June 21**

Father's Day

### In This Issue:

June Cancellation	pg 1
NARFE-Pac Report	pg 1
Advocacy	pg 2
Public Service Op-Ed	pg 2
President's Column	pg 3
Alzheimer's Column	pg 4
June Speaker Article	pg 5
Chapter Renewal	pg 6
Coronavirus Scams	pg 7
Summer Break	pg 8

## June Luncheon Meeting Cancelled

We regret having to announce that we will not be holding our June luncheon meeting, previously scheduled for Thursday, June 11 at 1776 Steakhouse in Rehoboth Beach.

Although businesses are starting to reopen in stages, restaurants in particular are facing challenges in how to serve larger groups of people. 1776 Restaurant simply will not be able to accommodate a group as large as ours as early as the second week of June. In addition, our Executive Board unanimously felt that it would be safer and more prudent not to rush into a group gathering, and instead, to set our sites for our September 10 meeting after our customary July and August hiatus.

As we did in the May newsletter, we are pleased that our planned June luncheon speaker, Annie Berger, of the Army Arlington Ladies, provided us with a written summary (page 5) of the remarks she was going to share with us in person.

Stay safe, have a good summer, and put Thursday September 10 on your tentative future calendar!

## NARFE-PAC Report

NARFE headquarters has released contribution totals for the period ending March 31, 2020. Nationally, NARFE has raised just over \$1,427,000, which is 81% of its goal of \$1.75 million. It has distributed \$916,500 to candidates and committees, representing 73% of the \$1.25 million goal.

Locally, Chapter 1690 had 50 contributions totaling \$2,948. That is 74% of our \$4,000 goal. The Delaware federation had 115 contributions and a total of \$6,938. In addition, national-only NARFE members residing in Delaware contributed \$2,260, with 47 members participating.

At this same point in the prior two-year cycle, March 31, 2018, our chapter had raised \$2,576 with 49 contributors. So, we are about 15% ahead of last cycle's pace. That's very positive news. Thank you to all who have contributed. Your money is being put to good use as NARFE works hard to support candidates who support us and our earned benefits.

There's no way to know now when we might be able to have chapter meetings again where we "pass the pig" to collect for NARFE-PAC. In the interim, please use the form in the monthly NARFE magazine and send contributions directly to NARFE headquarters. Be sure to note you are with Chapter 1690.



**Advocacy Notes:****Carl Bouchard**

Most of you should have received your Covid-19 stimulus check. Remember that we will not have to take an RMD for 2020 because our TSP portfolio may have taken a hit and that the age limit increased from age 70 1/2 to 72 before needing to take a distribution.

Both houses will be in and out of Washington until the election and will not tackle any major legislation unless a fluke happens and something is slipped in one of the funding packages. I think our federal benefits are safe until after the election when we will have to watch out for all the “new” attacks that are likely to surface from the parties and the neophytes and newly elected.

Attention is being given to the coronavirus relief bill - the Heroes Act – which includes, among many items (the “summary” is 71 pages long), provisions encouraging and protecting employees teleworking and pandemic premium pay for federal employees whose positions require them to have regular contact with the public or where they have to report for duty where social distancing isn’t possible. It’s not clear whether the bill has any chance of passage, but national NARFE will be following proposals like this carefully.

**Civil Servants - Heartbeat of America**

*Chapter Member **Ken Sosne** wrote an inspiring letter to the Cape Gazette on the occasion of Public Service Recognition Week that we would like to share with all our members.*

“Federal employees, both active and retired, provide vital services that benefit Americans every day, yet much of this important work goes unnoticed.

“We see them when hurricanes strike, floods destroy communities and pandemics spread worldwide. We know that they help land our planes safely and perform inspections to maintain a healthy food and water supply. But for every image you see on TV, thousands more work behind the scenes to keep this country running.

“Retired federal employees volunteer in the community bringing their extensive public-sector knowledge to the nonprofits and the community organizations they volunteer at.

“The National Association of Retired and Active Federal Employees has a chapter right here in Coastal Sussex County. Carl Bouchard is the president and helps the chapter work to support all in the community.

“COVID-19 is the latest crisis during which we expect our civil servants to work tirelessly and often around the clock. I take comfort in knowing that our country is fortunate to have dedicated professionals who continue to selflessly serve their fellow man all for the greater good. Some retired federal employees have gone back to work to support the Veterans Administration and Social Security in this time of need.

“Throughout the year, but especially during Public Service Recognition Week, May 3-9, we should gratefully acknowledge federal employees and their service. While we remain shuttered indoors to fight the invisible enemy among us, let’s recognize and appreciate civil servants for what they truly are: the heartbeat of America.”

**President's Column****Carl Bouchard****Reflections on the New Normal**

In one of my previous Federal positions, I was labeled as a futurist. I would gather all the facts as well as the rumors and make projections as to where the world would be in 10, 20, and 50 years. We would then lay out a path to get there and decide how to structure the agency to accomplish that. Some might call that strategic planning but we actually did some implementation.

Observing what is happening today with Covid-19 quarantine, we need to make some projections and figure out how to live with what the future holds. We can safely say that the world has changed and that many businesses will not reopen. Many will have to adjust their method of operation.

For instance, the standards for restaurants will change to house maybe only 25 to 50 percent of their current capacity. Restaurants won't want to do this but states and municipalities will enforce these new standards. We used to say the fire marshal would be the one to set building or commerce limits. Now, the Health Departments will increasingly take over that role. These are changes food and grocery stores will have to grapple with.

Airlines have traditionally been reducing seat size to add another row or another seat across in order to squeeze more people on the plane. I anticipate that trend will reverse, as some airlines are not using the center seat. Maybe comfort will return to air travel.

I also believe that there will be fewer in-person conferences. Years ago, I turned down several offers to travel across the country and overseas to receive awards. People were upset when I did not attend and I had someone else accept the award for me instead of me receiving 15 minutes of fame. Sometimes I would hook up by phone. We did not have video conferencing capabilities then and the Internet was in its infancy.

Today, we still have not mastered video conferencing primarily because of a lack of uniformity among platforms. I had a couple of doctor appointments postponed and was contacted to do a video conference with the doctor. Guess what? The doctor and the hospital were operating on an Apple I-phone platform and I was working on an Android platform, so we ended up having a nice chat. Telemedicine will become the standard but there is a lot of work to be done in the meantime to achieve a common platform.

Other areas that will change are work habits, especially in the construction industry. Jobsites will be cleaner and safer. Distancing will become the norm. Inspections will no longer be on site. If there are questions, the project manager will be able to monitor progress from a distance. I used that process when I built my house 18 years ago. I had my daughter who was teaching in the area stop by and take pictures every day after school. She would then e-mail those to me and I would talk to the construction supervisor immediately if there were problems. Projects will take longer since you will not be able to schedule two or more trades at the same time.

*(Continued on Page 6)*



2020 Officers	
<b>President</b>	
Carl Bouchard	424-4425
<b>1st Vice-President</b>	
Larry Trombello	430-7689
<b>Secretary</b>	
Martha Justice	664-1231
<b>Treasurer</b>	
Jo Ann Teiken	616-2017
<b>Federation Treasurer</b>	
Jim Blakeslee	227-5306
Members-at-Large	
<b>2019-2020</b>	
Pat Brady-Rice	215-805-7782
<b>2020-2021</b>	
Linda Berwick	436-4261
Maria Ryan	537-1117
Nominating Committee	
<b>2019-2020</b>	
Vinnie Rice	215-805-7783
Committee Chairs	
<b>Alzheimer's</b>	
Lisa Botluk	443-852-0043
<b>Chaplain</b>	
Theresa Pitman	539-5280
<b>Membership</b>	
Ron & Carol Weber	829-8906
<b>NARFE-PAC</b>	
Greg Neuner	539-1013
<b>Newsletter</b>	
<i>Editor:</i> David Fiske	604-0504
	<a href="mailto:davidfiske17@gmail.com">davidfiske17@gmail.com</a>
<i>Email:</i> Pat Brady-Rice	215-805-7782
	<a href="mailto:narfeneews@gmail.com">narfeneews@gmail.com</a>
<b>Public Relations</b>	
David Fiske	604-0504
<b>Service Officer</b>	
Mike Buso	703-861-9180
<b>Social Committee</b>	
Jo Ann Teiken	240-481-4623
<b>Sunshine</b>	
Cece Niemi	<a href="mailto:sumien@mchsi.com">sumien@mchsi.com</a>
<b>50/50 Raffle</b>	
Vinny Rice	215-805-7783

## Alzheimer's Report

Lisa Botluk



*Alzheimer's Magazine, in the spring 2020 issue, had an interesting article on the practice of seniors having cognitive checkups, not just physical checkups. The article, "Keep Your Brain Top of Mind during an Annual Checkup" had a lot of interesting points that are excerpted below.*

The American Academy of Neurology recommends that adults aged 65 and older receive annual cognitive health assessments. However, according to a recent Alzheimer's Association report, only 16% of seniors say they receive regular screenings for memory or thinking issues during routine checkups, unlike checks for blood pressure or cholesterol levels. These facts point to a major disconnect: Seniors expect their doctors to recommend testing, but doctors are waiting for patients or family members to report symptoms.

Physicians experience their own unique set of challenges. According to an Alzheimer's Association survey, 94% of primary care physicians say it's important to assess all seniors for cognitive impairment, yet report assessing only half. This was largely attributed to the absence of symptoms or complaints, lack of time during the visit, and fear of patient resistance.

One opportunity to assess cognitive function is through the Medicare Annual Wellness Visit, a yearly appointment with a primary care provider to create or update a personalized prevention plan. An assessment for cognitive impairment is a mandated part of the visit, but patients should ask for one if it isn't offered.

For those who are experiencing problems with memory or thinking, getting checked by a doctor can help determine if it's Alzheimer's or some other — perhaps even treatable — condition. If Alzheimer's is the cause, an early diagnosis allows the person living with the disease and their family to plan for the future, join support programs, access treatments that may lessen symptoms, or sign up for a clinical trial.

### What to Expect During a Cognitive Assessment

- The person experiencing symptoms, and a friend or family member accompanying them to the appointment, will be asked to describe any changes in memory or thinking.
- The doctor will ask about other health problems, current medications, and any family history of memory issues.
- The person may be asked to perform a mental status test to evaluate their memory, ability to solve simple problems, and other thinking skills. For example, the person may be asked to remember a short list of words or perform tasks like drawing a clock or doing basic math problems.
- The doctor may recommend additional tests or refer the person to a specialist.
- Most screenings during an annual check-up should take less than 10 minutes and are non-invasive.

## Planned June Luncheon Meeting: Army Arlington Ladies

*The planned speaker for our June luncheon meeting was **Annie Berger**, a representative of the Army Arlington Ladies, a group of volunteers who attend funeral services at Arlington National Cemetery “to ensure that no soldier is buried alone.” She was planning on describing their work and their mission.*

*She was delighted to present a written version below of her planned presentation.*



I am pleased to tell you about the Army Arlington Ladies, a group of about 60 women who attend the funerals of all Army veterans who are buried at Arlington National Cemetery. The U.S. Navy, Coast Guard, and Air

Force also maintain similar organizations.

Our philosophy is simple and has never changed: “Each and every Veteran buried at Arlington National Cemetery is not buried alone.” And strange as that may seem, it occurs more than many folks realize.

I have been an Arlington Lady since 1990. You might ask, “How did I get involved?”

Well, I was an army wife for over 28 years. Somewhere back in time, in the 70’s, when my family was stationed in Germany, the wife of the “CG” (Commanding General), Carol Myer, told us - the wives of the soldiers under her husband’s command - that when she would return to “the States” (soldiers called it “the world” in those days) she would become a part of a new stateside organization whose purpose was to make sure that no veteran would ever be buried at Arlington National Cemetery with no one there to grieve for them.

Though I was a very young wife and mother at the time, something in those words, struck a chord in my heart. “How could anyone be buried with no one there?” I asked myself, and I made a promise to someday get involved.

Then in 1990, when we were stationed in Washington D.C., and the four children were off to school, I did join the group and realized

that I could volunteer for an entire day. Hence, like my role model, Carol Myer, I became an Arlington Lady, and have been so for approximately thirty years.

Even when we were stationed outside of Washington, I have travelled to Arlington from Pennsylvania, New Jersey, and now Delaware, to fulfill my monthly volunteer mission.

My typical Arlington day is usually one of attending five funerals. The Ladies are an official part of the funeral service, and we represent the Chief of Staff of the Army and the Army Family. We have two volunteers daily serving at Army funerals, as do the organizations of the other services, possibly totaling as many as 150 funerals/week.

When I attend a funeral – or “mission” as the 3<sup>rd</sup> Infantry Division soldiers refer to services, I have an escort, from the US Army Old Guard, our Nation’s top Honor Guard. He both chauffeurs the chaplain to the gravesite and serves as my escort.

Upon arrival there, we wait at the curbside until the caisson or hearse brings the remains; then we follow the funeral party to the gravesite. There, our nation’s flag is unfolded, prayers offered, honors (taps) rendered, and the American flag is refolded and presented to the next of kin. Then I am escorted to the next of kin and I offer condolences from the Chief of Staff of the Army and the Army family. Throughout these many years, I have probably offered condolences at 1800 funerals.

*(Continued on Page 6)*

### *(President's Report – Continued from Page 3)*

Telework will be the norm. Designers will no longer have to be physically located in the office but could be anywhere. Undoubtedly, there will probably have to be some collective bargaining power for the workers, and that will have to be worked out.

Projects and facilities including hospitals, schools, theaters, and other group gathering places will need to be designed to handle these new norms. Just-in-time delivery of materials and supplies will have to be rethought since no one will be able to keep all items in stock.

This will impact department stores, if any survive in their present form. All supply warehouses will be in the same boat. Think of ordering from Amazon for all supplies instead of going to a local box store. Sears once had the corner of that market in response to national events and they did not adapt to the changes forced on them. Amazon essentially followed that model by adapting to new technology and to attitudes of their customers, and Walmart is getting into it. Just think what drone and remote deliveries will do. It will certainly save you a trip to the store.

So sit tight and hang on because the ride will be different and rough for some time to come. The only problem is that some jobs are no longer there and will not return, at least with the same requirements as before. In the meantime, we anticipate that restaurants will reopen in some form and be ready for us in September.

Stay safe and enjoy the summer.

### *Army Arlington Ladies – Continued from Page 5)*

My mission knows no rank or religious denomination. It is solely for the veteran alone. When that American flag for his/her service is lovingly saluted and presented to a grieving loved one, that veteran is a Hero.

I have stood at the gravesite of Congress persons, doctors, lawyers, Chaplains, a WWI vet, WWII – the greatest generation) Vets, Korean Conflict service members, Vietnam Vets, Middle East Vets, and saddest of all, those killed in action. The stories are poignant, sad, and celebratory, but are all about heroes. It will never cease for me to be so very honored to be an Army Arlington Lady.

Someday Arlington Cemetery will be full, but for now, there is always more burial space to be found –for casket burials and cremains alike. And the Army Arlington Ladies – and our sisters from the other services – will be there to honor these Heroes.

#### **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.

*Help us keep our local membership strong!*

## Advice from Senior Helping Seniors Group

*The Cape Gazette newspaper recently published a news article about scam artists trying to take advantage of seniors during coronavirus crisis, and it highlighted a number of recommendations from the local group Seniors Helping Seniors In-Home Care Services. We thought these recommendations would be of interest to our chapter members and are reproducing many of them below.*

The group reports that a recent variation of false calls during the coronavirus crisis is callers offering a free coronavirus testing kit. False! All coronavirus testing requires your doctor's order.

Other fake calls involve offering you respiratory masks they'll never send, offers for protective equipment, "immunity" pills, and even cures.

Scammers may claim to be able to give you stimulus funds if you enter your bank account information.

The group says that the scammers are using fears generated by the coronavirus crisis to make unsolicited telephone calls asking for money using various "tricks."

- Scammers might tell seniors they are the winner of a contest they did not actually enter, or say a loved one is stranded and in need of money to get home, or that a grandchild has been arrested and a lawyer wants to be paid in Walmart gift cards. These are always false.
- Scammers often promise to wire money for a work-from-home job if you give them personal and bank account information.
- Scammers might tell the senior they are a relative of royalty in a country no one can find on a map.
- Scammers might claim to be a charity and that they need your Social Security number to accept a donation.
- Scammers will sometimes say they are calling from Medicare, and ask for your social security information to confirm who they are talking to.

A first rule to follow is that if you find yourself on a call with a scammer making one of these calls, or similar requests or claims, HANG UP, and don't talk with the caller. If the call sounds suspicious, it probably is!

Better yet, if you don't recognize a calling number with digits quite similar to your phone number, you don't need to answer. Let the call go into voice mail if you have that feature on your phone.

Senior citizens can also block these calls using software/call-blocking apps or service from their phone provider, and report any unwanted or illegal calls to the Federal Trade Commission.

A second rule is never give any vital information – age, date of birth, social security number, Medicare number, even your mother's maiden name – over the phone. Ask for written requests (which of course will never come).

The group, Seniors Helping Seniors In-Home Care Services says it "wants community members to stay safe, aware, and alert to fraud." For more information about consumer tips, or information about their services, go to [www.seniorcarerehoboth.com](http://www.seniorcarerehoboth.com) or call 302-858-7330.

Another helpful website to visit is [medicare.gov/fraud](http://medicare.gov/fraud) for more information and tips on preventing Medicare scams and fraud.



*Coastal Sussex Chapter 1690*

PO Box 390

Ocean View, DE 19970

[www.narfed.org](http://www.narfed.org)

## June 2020 Newsletter

### Summer Break

As has been the practice of our Chapter in past summers, we will be taking a break during July and August from both chapter luncheon meetings and our newsletter.

Our next scheduled (?) chapter luncheon meeting is scheduled for Thursday, September 10<sup>th</sup>.

The September newsletter will be your next newsletter, which you should be receiving around Labor Day, and which will have details about events planned for the fall.

*Have a great summer – stay safe - and hopefully we'll see you in September!*