

NARFE Chapter 1192
October 5, 2022, Meeting Minutes

CALL TO ORDER President Pat Turner called the meeting to order at 12:00 p.m., Red Lion Hotel, Kennewick. She welcomed 20 chapter members, 1 national-only member and 4 guests – Alexis Bonoff and Coleen Culmer, the program speakers; Al Farabee, a guest of member Nancy Crosby; and Randy Reynolds, a guest of member John Wetterling. National-only member was Debbie Carlson. [Note: Debbie Carlson changed her membership to the chapter; Al Farabee and Randy Reynolds joined NARFE and the Tri-Cities chapter.]

Pat welcomed everyone to a beautiful Tri-Cities fall day and reminded them to silence electronic devices. She asked members who could stand to do so, led the Pledge of Allegiance and then asked attendees to remain standing for a moment of silence for:

- All affected by Hurricane Ian, and the first responders and all others trying to assist those affected, may they remain safe.
- Our active-duty military and reservists, our military retirees, and all military families, may they know we appreciate their service and support.

Introductions – Pat:

- Recognized Alexis Bonoff, community outreach manager, Washington State Chapter, Alzheimer's Association, and Coleen Culmer, community educator volunteer for the Alzheimer's Association. (*Mary introduced them later.*)
- Asked John Wetterling to introduce his guest, Randy Reynolds. They worked together at Ice Harbor Dam.
- Asked Nancy Crosby to introduce guest Al Farabee, a former DOE employee who worked with several chapter members.
- Welcomed Debbie Carlson, a NARFE national-only member who several members knew from working with her at DOE and BPA.

CHAPTER/FEDERATION/DISTRICT OFFICER AND COMMITTEE REPORTS

President *Pat Turner.*

- Pat said board members received feedback after the September chapter meeting about shortening the length of chapter meetings. To do so, the board needs input from members. Cards and pens were on each table for members to note what is important/not important to them at chapter meetings. Pat requested that members take the time to provide feedback. Cards can be left on the tables and will be collected. Information will be summarized and discussed at the October 24 board meeting and provided at the November 2 chapter meeting.
- Pat reminded members to check both the chapter, www.narfe1192.org, website, which Larry Williams, chapter webmaster, keeps up to date, and the WSF website, www.narfewa.org. Both have much good information.

Vice President and Hospitality Coordinator *Nancy Crosby.* Nancy said she would be meeting with the Red Lion catering point of contact next month to discuss the chapter's 2023 hotel contract. She explained there may be a price increase. To note, the actual lunch price this year is \$21 but members are only paying \$20. The chapter board voted to cover the additional \$1 from non-dues funds as there is money to do so and it helps Treasurer Liz with not having to make change each month. Nancy requested member input on the menus and asked members to use the cards on each table to note their ideas and suggestions.

Treasurer's Report *Liz Bowers.* Liz provided a summary report with copies at each table:

- The chapter had \$14,779.47 between checking and savings.

- **Monies collected at the September meeting** Lunch, \$400; Alzheimer's Research Fund, \$61; NARFE-PAC, \$36; 50/50, \$24 collected/\$12 (donated to the Alzheimer's Research Fund); general donations, \$0; other income, \$0.

Secretary Mary Binder. Sunshine Coordinator report for Faye Vlieger.

- Since the September chapter meeting, Faye sent cards to:
 - Sam Kranz on the passing of his wife, Dana, a chapter member.
 - Member Larry Williams on the passing of his former wife, Judy.
 - Member Norma Van Patten, wishing her get well wishes.
- And, Mary sent a card to Faye wishing her get well wishes/a quick recovery from COVID.

Newsletter/Public Relations Coordinator Mary Binder.

- November/December chapter newsletter will be out by the end of October. Ideas and suggestions welcome.
- Handouts at each table summarized upcoming events and dates to note. See attached.
- Annual senior community picnic, Thursday, September 29, Howard Amon Park, Richland. Mary said she attended – a beautiful day and well-attended event, and a nice picture in the *Tri-City Herald*. Representatives were there with the new *Tri-Cities Senior Yellow Pages*. The chapter has an ad on page 14. Mary also said she was able to do final coordination with Alexis Bonoff regarding today's Alzheimer's presentation and with her point of contact for the upcoming Senior Times Expo, Tuesday, October 18, 9 a.m. to 3 p.m., Southridge Sports Complex.
- Handout at each table from the recent Benton County EmPOWERing Our Community forums. Mary shared that she attended one of the lecture-style forums and that it was in depth and informative.

WSF VP/DVP I/Editor, The Federation Reporter, Mary Binder; Alzheimer's Coordinator Lorie Bennett.

- VP Mary reminders and updates:
 - WSF Virtual Conference, October 11-13 – agendas on each table. Mary encouraged members to attend at least some of the sessions.
 - WSF elections – Mary reminded members to vote, discussed the candidates, answered questions, and had Ellen LeVee pass out paper ballots to members who had not voted and were not going to do so electronically. **[Note: Five ballots were submitted with voting results submitted to WSF Secretary Linda Wallers.]**
- DVP I Mary – provided an update on the other 4 District I chapters:
 - Chapter 32, Spokane – active and meeting.
 - Chapter 238, Yakima – meeting with board members October 6 to discuss the chapter's future.
 - Chapter 239, Wenatchee – is in the process of closing.
 - Chapter 856, Columbia Basin-Ephrata – is officially closed.
 - Chapter 1247, Colville Valley – visited with board members, September 15.
- Editor Mary, *The Federation Reporter*. No report. **[Note: Next annual edition to be released by the end of 2022.]**
- Alzheimer's Coordinator Lorie. Lorie provided 2 handouts that were at each table:
 - The NARFE announcement regarding reaching the \$15M milestone and the goal of raising another \$1M by the end of 2025.
 - The recent Associated Press article on "lecanemab," a new Alzheimer's drug from a Japanese company.

Legislative Coordinator Mary Binder.

- Federal – 2023 COLA announcement expected October 13.
- State: January 9, the 2023 legislative session begins.

NARFE-PAC Coordinator *John Wetterling.*

- The 7th quarter 2021-2022 legislative cycle ended September 30. The NARFE-PAC reports should be available about mid-October. John will provide an update at the November 2 chapter meeting.
- John said there is still time to donate before the November 8 elections.
- Regarding NARFE's 2021-2022 PAC goals, John had summary information at the PAC meeting's PAC table:
 - Goal – raise \$1,800,000; as of September 30, raised \$1,596,650.
 - Goal – Disburse \$1,850,00; as of September 30, disbursed \$1,102,000.
 - Goal – Send NARFE members to 120 fundraisers; as of September 30, to 116.
- John also said he spoke with Seth Ickes, NARFE's PAC political associate, regarding the drop in donations. Seth explained that donations typically are down during midterms.

Alzheimer's Coordinator *Larry Williams.*

- After talking about it for months, the 2022 local Walk to End Alzheimer's, Kennewick, is here, Sunday, October 9. For those not registered, registration is at noon, a program starts at 1 p.m., and the walk starts at 1:30 p.m. The chapter will have a booth and has volunteers to staff it.
- Regarding the November meeting, Larry reminded members it is the chapter's annual NARFE Alzheimer's Research Fund fundraiser. For new members and guests, he briefly described how it works, and **reminded everyone to bring items, AND cash/checkbook.**

Webmaster *Larry Williams.* Larry said it was good to see Randy Grekowicz back on his feet and at the meeting, and that he will be able to help out in the future as Larry's backup.

Service Officer *Ellen LeVee.*

- NARFE webinars – Ellen said there are many archived on the NARFE website. Webinars are at 2 p.m., ET, but then archived so members not able to attend the live webinar can still watch them, including hearing the questions and answers.
- FEHB program open season is November 14 through December 12. Premium increases for most plans is between 8 and 9 percent. Rates are now on the OPM website.
- There will be several in-person health fairs this year. Ellen encouraged members to attend a fair and talk with provider representatives. Current schedule:
 - October 18, 2420 Stevens, 9:30 a.m. and 2440, 1:00 p.m.
 - October 19, Corps of Engineers headquarters, Walla Walla, in the morning.
 - October 19, Richland Federal Building, in the afternoon – still being worked.
- For members with questions, contact Ellen.

Membership Coordinator *Johanna Caylor.* Johanna:

- Welcomed Beki Van Buren as a member vs. a guest. (Her husband, J, had transferred his membership to the chapter and "recruited" Beki as a member, too.)
- Said she had a new address for member John Slaughter whose newsletter had been returned. She would provide the update to Mary and Nancy for mailing future newsletters.
- Reminded members about NARFE's annual fall membership drive that runs through December 31.
- Said she has membership applications should anyone need one for recruiting.

Old Business No old business.

New Business No new business.

Announcements No announcements.

Open Discussion No open discussion.

Free Lunch Drawing Nancy Glaesemann.

50/50 Drawing Lorie Bennett, \$12, donated to the Alzheimer's Research Fund.

October Birthdays Johanna Caylor.

October Anniversaries Lorie/Leon Bennett.

Next Chapter Virtual Board Meeting Monday, October 24, 10:00 a.m. Pat encouraged members to attend to learn more about how the chapter operates.

- Non-board members, contact Nancy Crosby to attend; she will then send the Zoom link.
- All chapter members are welcome.

Next Chapter Meeting Wednesday, November 2, Red Lion Hotel, Kennewick. Doors open at 11:30 a.m. for social time; meeting/program begin at noon.

November Chapter Meeting Program Chapter's annual "white elephant" fundraiser for the NARFE Alzheimer's Research Fund. President Pat said this would be a "big day, a fun day," and reminded members to **bring items for the fundraiser, to bring cash and/or checkbook.** (POC: *Larry Williams*)

Closing Remarks *President Pat.* Pat had several reminders:

- October 9 is the annual local Walk to End Alzheimer's.
- October 10, WSF officer elections close. It is important to vote.
- October 11-13, WSF virtual conference. Try to attend at least some of the sessions.
- October 18, Senior Times Expo, Southridge Sports Complex, 9 a.m. to 3 p.m.
- And always, family first.

MEETING ADJOURNED 12:34 p.m.

Prepared by:

Mary Alice Binder,
Secretary

MEETING PROGRAM Mary introduced Coleen Culmer, a local community volunteer who provides Alzheimer's Association educational programs, and Alexis Bonoff, community outreach manager, Alzheimer's Association, Washington State Chapter. Both Coleen and Alexis have worked in education. Coleen provided the Alzheimer's education program titled the "Ten Warning Signs" of Alzheimer's. Before listing the 10 signs, Coleen briefly talked about typical age-related memory issues vs. actual dementia issues. Dementia is an umbrella term for several types of memory issues with Alzheimer's being the most prevalent at 60 to 80 percent. Both Coleen and Alexis thanked members for their support, and NARFE's support to Alzheimer's Research.

The 10 signs Coleen discussed are:

- 1) Memory loss that disrupts daily life.
- 2) Changes in planning or solving problems.
- 3) Difficulty completing familiar tasks.
- 4) Confusion with time or place.
- 5) Trouble understanding visual images and spatial relationships, balance, reading, judging distances.
- 6) New problems with words in speaking or writing.
- 7) Misplacing things and losing the ability to retrace steps.
- 8) Decreased or poor judgment, e.g., less grooming.
- 9) Withdrawal from work or social activities.
- 10) Changes in mood and personality.

The Alzheimer's Association has a 24-hour/7-day a week hotline with trained staff answering calls. Information is available in 200 languages. The number is: 800.272.3900. A website to access resources is: www.alz.org/crf. Locally, the Association has an office at: 609 The Parkway, Richland. There are support groups, a memory café, and classes/presentations. A copy of the presentation will be on the chapter website, www.narfe1192.org.

(POC: *Mary Binder*)