

NARFE CHAPTER 1192 MEETING MINUTES

May 1, 2024

Call to order: *President Nancy Crosby*

- The May meeting was called to order at 12:00 by Nancy.
- Reminders to silence electronic devices and if attendees need to leave the meeting early or to stand during the meeting to please do so.
- Pledge of Allegiance was said. Members then took a moment of silence to remember active-duty and retired military, government civilians (and their families) and citizens who were stricken by recent tornadoes and flooding.
- Acknowledgement of speaker Alexis Bonoff, Program Manager and Research Champion Alzheimer's Association (WA and N ID Chapter). Alexis will speak on "Advancing the Science: The Latest in Alzheimer's and Dementia Research."
- Words from attendees on Carl Gallion's health and his impact to our Chapter and several members was noted. (NOTE: Sadly Carl passed away on May 2, 2024. He was a lifetime member of NARFE and our Chapter 1192.)

Officer and Coordinator Reports

President's Report: *Nancy Crosby*

- Reminder from Nancy on the upcoming Dust Devils baseball game and the need for 25 attendees in order to get seating in the Bully Pen, BBQ, drinks, and entrance fee to the game for \$30 per person. Parking is an additional \$5.00.
- CG's Catering will provide luncheons for our monthly meetings until the end of the year.
- Available at the meeting is information on PAC and Alzheimer's.
 - Check the Chapter website for minutes, newsletters, meeting programs, updates, etc.
 - Check the Federation website for other updates, and current and historical information.

Service Officer (Acting): *Nancy Crosby*

Reminder to members to log on to the OPM website twice a year in order to stay in the system (otherwise OPM could delete you from the site). If you have problems, please let Ellen LeVee (509 438 4284) know and she will help you.

Treasurer: *Liz Bowers*

Reminder from Liz that the Chapter's financial report is posted at the bottom of the sign in sheet.

Vice President: *Newsletter/Public Relations/Legislation/NARFE PAC: Mary Binder*

- May/June chapter newsletter was sent out by April 26.
- The TRI CITIES SENIOR RESOURCE GUIDE was distributed.
- Senior Times Expo (April 16) provided another opportunity for our Chapter to have visibility with the community. The Expo was well attended (700 people and 80 vendors).
- Reminder of the upcoming Veterans Service Fair (May 11, 10:00 a.m. – 2: 00 p.m.), hosted by Congressman Dan Newhouse, at the Three Rivers Convention Center. Our Chapter will have a table at this free event.
- The Tri Cities Chamber of Commerce monthly meeting will be held on May 29 (starting at 11:30 a.m.) at the, Red Lion Hotel and Conference Center, Pasco. Topic for this meeting is, "Legislative Session Wrap-up". Contact Mary or Nancy if you wish to attend and need help registering.

Legislation: *Mary Binder Have Mary review to be sure*

- **Federal:**

Closest we have ever been to a vote on reforming or a reform to WEP and CPO. NARFE is working on this issue and has been working on it for the past 25 years.

- **State:**

NARFE is a member of the Washington State Senior Citizens' Lobby. The organization deals with programs/issues of interest to seniors. Of particular interest in a recent meeting is the appointment of a new director for the State's broadband office. The office will help work towards having individuals in rural communities get access to high-speed internet.

NARFE-PAC: *Mary Binder*

Mary provided a brief update on the quarterly reporting (ending March 31). A variety of summary sheets were made available which show various comparisons between states, regions, and chapters. Mary reminded attendees that PAC works in the same two-year cycle as the legislature. Our Chapter has more "sustainers" than any other State chapters.

WSF –*Eastern Washington District Vice President: Mary Binder*

- Mary will be "on the road again" visiting NARFE chapters in Spokane and Colville.
- Spokane is the site for the Washington Rural Letters Carriers Association Convention June 3-5. Mary will be staffing a NARFE table and making a NARFE presentation at the convention.
- FEDcon24, is August 18-20. If interested in attending, please let Mary know (reduced price for early registration is currently available).
- Two items of interest in the WSF elections is (1) Secretary Linda Wallers is resigning (June/July) and will be moving out of State; and (2) candidates are needed for all positions.
- Region IX Symposium, October 24-26. Contracts with a hotel and the convention center have been signed. Attendees will be from Alaska, Idaho, Montana, Oregon, and Washington. During the meeting it was announced that NARFE national president, William (Bill) Shackelford, will be attending.

NARFE Alzheimer's Research Coordinator: *Larry Williams*

Larry reminded folks of the October Walk for Alzheimer's (October 19). The Chapter does have a team and will have a table at the event. See the Walk's website for information to join the Chapter team, register for the Walk, or to donate. ([copy/paste link: 2024 Walk to End Alzheimer's - Tri-Cities, WA | Walk to End Alzheimer's](#))

Webmaster: *Larry Williams*

Nothing to report.

Membership Coordinator: *Johanna Caylor*

- New member Ed Revell was welcomed.
- Jeannie Compton's membership was moved from National to Chapter.

Sunshine Coordinator: *Faye Vlieger*

- William Hoyt passed away. With no other means to pass on the Chapter's sympathy to his family Faye sent an online sympathy notice
- A card was sent to Scotty Kruschke who had fallen, broke his leg, and ultimately had knee replacement surgery.

Caller Coordinator: *Nancy for Darleen Wall*

Remember, the number of lunch orders must be reported early on the Monday before the Wednesday meeting. If you do not get a call, please contact Nancy (509.735.3288).

Old Business:

- For those who are responsible for submitting articles for the Chapter's newsletter it is important you get your article to Mary when she asks for them. Late articles result in the newsletter getting to the printer late and, in turn, it is mailed out late.

- A gentle reminder that if you are getting your newsletter via “snail mail” and can switch to electronic mail, please let Nancy know. Save the Chapter some money and get your newsletter “right away”.

New Business:

In June, Nancy will provide a survey to Chapter members in preparation for the search for another venue for our Chapter luncheons/meetings. Suggestions for new meeting locations is appreciated.

Announcements:

Nancy Pochert (509 987 1742) has received an invitation for the Women’s Veterans Conference to be held on June 8 at the Yakima Convention Center. If interested in registering, please check in with Nancy Pochert. Faye has offered to check on the possibility of the Chapter can sponsor a table at this event.

Open Discussion:

Today’s lunch was “okay”. We will be back to our usual meeting room in June. The way in which the tables in the room were arranged was well received.

Drawing: 50/50

There was \$24 in the 50/50 drawing; Winning ticket belonged to Larry who donated his \$12 split to the Alzheimer’s Association.

May Birthdays/Anniversaries:

Congratulations to the four members who celebrated their birthdays in May.

Next Chapter Meeting:

Wednesday June 5, Clover Island Inn, Kennewick, Plaza Room, doors open at 11:30 a.m., social time; lunch/meeting/program starts at noon (remember, we are back in the big room). Gary Kleinknecht, MCBONES Education Director, will present on the history of the dig (and will bring fossils).

Next Chapter Board Meeting:

The next virtual Board meeting will be held on June 12, 2024, at 1:30, via Zoom. All Chapter members are welcome to attend the board meeting but remember only board members can vote. Please contact Nancy if you want to attend.

Closing Remarks:

- Nancy closed with her wish to see “everyone” at the June 5 meeting.
- Handouts with dates/events to remember are on each table – please take a copy.
- Nancy noted she had attended a celebration of life for John Cavanagh at the Maryhill Winery.
- As past president Pat often said, “remember, family first.”

Adjourned:

The meeting ended at 12:49 p.m.

Prepared by:

Debbie Carlson
Secretary

Program:

- POC for the May 3 program was Mary.
- Alexis started her presentation by expressing her thanks to the Chapter's for its support of the walk.
- Highlights:
 - Accelerating global research is driving risk reduction, early detection, and maximizing quality care and support.
 - 7,000,000 Americans have Alzheimer's (1 in 3 seniors have Alzheimer's or dementia); women are more likely to get Alzheimer's than men.
 - Dementia is the overall collection of symptoms related to cognitive decline – Alzheimer's is a type of dementia.
 - Alzheimer's is a continuum, that is it starts in the brain maybe 20 years before outward appearances appears.
 - Genetic testing will show risk factors but cannot tell you if you have it.
 - Mild, moderate, severe symptoms – generally the mild or moderate symptoms affect daily life in that sometimes there is a need for more help. In severe cases regular brain functions stop working (e.g. swallowing), can develop MCI and stay that way their entire lives. Important to note, no two Alzheimer's patients are alike.
 - Early detection and diagnosis: early stage or MCI – clinical trials are only effective in early stages.
 - Alzheimer's is currently diagnosed by neurological exam; physical exam; cognitive testing; biomarkers; imaging and fluid analysis (new).
 - A biomarker: biological marker that measures change—reliable predictors and indicators of disease and disease progression (glucose – diabetes; cholesterol – heart disease).
 - Biomarkers: cerebrospinal fluid; positron emission tomography; magnetic resonance imaging – cannot tell if you have Alzheimer's but can rule out other things.
 - Other ways to test include examining skin, saliva, and retinal imaging
 - Treatments: FDA therapies: Prior to 2021 drugs only attacked symptoms. In 2021 the first drug to attack the disease itself. Donepezil is the most common drug to treat all stages of Alzheimer's disease (currently there are 140 treatments in development, some of which target specific things (will end up being a cocktail of drugs e.g. cancer)
 - 40% of dementia can be delayed by risk reduction which includes eating right, keep moving, and reduce alcohol consumption. Remember the brain is a muscle and needs to be involved with different things (being social) making use of it is a huge risk reduction.
 - Funding from the Federal government has increased seven times since the passage of the Alzheimer's Accommodations Act.