



**SHAWNEE SIGNAL**  
**Chapter 1162 Shawnee Mission Kansas**  
**National Active and Retired Federal Employees Association**  
**November-December 2015**

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[www.narfe-chapter1162.org](http://www.narfe-chapter1162.org)

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**2nd Vice President**

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Jerry Lloyd



**ANNUAL CHAPTER CHRISTMAS PARTY**

**DECEMBER 15th**



The NARFE Chapter Christmas Party Committee invites you to join us for the Annual Chapter Christmas luncheon and Installation of Officers. The luncheon will be held on Tuesday, December 15th beginning at **Noon** at the Overland Park Lutheran Church. In addition to the luncheon, we also have the SpinOffs, a women's chorale that will provide entertainment and in keeping with tradition, there will be some great prizes given away.

**The luncheon will be catered by HyVee consisting of the following menu items:**

Roasted Turkey Breast, Smoked Pulled Pork, 7-layer Salad, Party Potatoes, Green Bean Casserole, assorted Desserts and rolls and butter. Coffee, tea and water also provided.

The cost is **\$15.00** per person. Make checks payable to "NARFE Chapter 1162". To make a reservation you can pay at the November 24<sup>th</sup> Chapter meeting, or send your check by December 10<sup>th</sup> to: Mary Haswell, 2308 N. 114<sup>th</sup> St. Kansas City, KS 66109. Contact Mary with any questions at 913-400-7303.

**Chapter President – Louise Lloyd**

As I start to write my last article for this year, everyone is celebrating the Kansas City Royals World Serious Championship. What a great year for the Royals, and certainly worth celebrating. Relative to NARFE, you can be grateful that NARFE achieved success with the two-year budget agreement. The budget agreement was accomplished without targeting the federal community as a pay offset. NARFE President Richard Thissen in the October 30<sup>th</sup> Hotline message issued a thank you to the 13,000 NARFE members who contacted their legislators over the past few months on the Medicare Part B premium increase. These congressional contacts, coupled with NARFE's lobbying on Capitol Hill, undoubtedly made a difference. This to me really exemplifies the true value of being a NARFE member. NARFE fights diligently to protect our earned benefits with an outstanding Legislative Department, and with their ability to mobilize the membership to contact congressional delegation on important issues, truly demonstrates that your membership and your actions do make a difference.

And relative to membership, NARFE will continue to reimburse \$10 to members who recruit a new member by December 31<sup>st</sup>, so it's an excellent time to recruit someone you work with, or other retirees you may meet with. Now more than ever you can demonstrate the importance and value of being a NARFE member.

At our October meeting, we celebrated our Chapter's 45<sup>th</sup> Anniversary. We had ten Distinguished members present. It was amazing to hear about their varied backgrounds in federal service. We are fortunate in that we have a variety of members who worked for numerous federal agencies, both in the United States and international. In addition, Sheldon Schelling, owner of Heritage Senior Care, Inc. gave an excellent Alzheimer's presentation.

It's hard to believe, but we are now rapidly approaching the holiday season. And along with that it is once again time for the annual election of chapter officers that will take place at the November 24<sup>th</sup> Chapter meeting. Most of the existing officers have consented to run for office once again. However, the existing officers would welcome other interested parties to run for any of the offices so that they could step down. If you would like to submit your name as a candidate for a chapter office or board member position, please do not hesitate to contact Edward Acosta at 913-420-4061. Nominations may also be made from the floor at the chapter meeting if the member is present, or has given consent to run for office.

In order to make plans for the upcoming year, we request that any members who have some program ideas for the upcoming year to please share them with me or any member of the current board. We welcome your feedback on how we have been doing as well.

On a lighter note, I hope many of you will join us for our annual Christmas Installation /luncheon meeting on December 15<sup>th</sup>. You won't want to miss out on the delicious food, the entertainment, and the opportunity to visit with other NARFE members.

As the year draws to an end, I wish all of you a Happy Thanksgiving, and hope you have a wonderful and blessed holiday season!

**Future Meeting Dates/Activities:**

**November 24<sup>th</sup>, Chapter Meeting, 1:30 p.m.,** Overland Park Lutheran Church, 79<sup>th</sup> and Lowell.

**Program:** Diane Smith, Dietitian -Tips for Healthy Eating during the Holidays. Also we will have representatives from Blue Cross and GEHA.

**December 15<sup>th</sup>, Chapter Christmas Party/Luncheon and Installation of Officers, Noon,** at the Overland Park Lutheran Church, 79<sup>th</sup> and Lowell. RSVP by December 10<sup>th</sup> with check to our Treasurer Mary Haswell 2308 N. 114<sup>th</sup> Street, Kansas City, Kansas, 66109. **Program:** The SpinOffs (Women's Chorale).

**January – No regular monthly chapter meeting will be held.**

**February 24<sup>th</sup> – Chapter Meeting 1:30 p.m.** Overland Park Lutheran Church, 79<sup>th</sup> and Lowell

**Note: Meeting Cancellation Policy for Chapter Meetings:** A chapter monthly meeting will be canceled if Shawnee Mission School District cancels classes due to inclement weather. This policy **does not** apply to the December 9<sup>th</sup> luncheon as we will be under contract for the number of meals we turn in.

**In Memoriam**

Theresa Mahan

**Reminder:** Don't forget to bring your egg cartons & plastic grocery bags for donation to the Community Service Center of Shawnee, Inc.

Sunshine Committee: Contact Don Faidley if you know of any members who may be sick.

**Note:** The chapter newsletter will not be published in December.



**Legislative News - Louis Bornman, 1<sup>st</sup> Vice President -Legislative Chair**

We have a budget deal, and it does not (currently) include cuts to federal employee and retiree pay and benefits. This budget deal should take us through the remainder of the current administration. This however, does not insure there will not be yet more attacks against our pay and benefits.

According to NARFE Headquarters, per the budget agreement, the standard Medicare Part B premium baseline is projected to be \$120.70 per month for 2016. Simply, premiums for those held harmless will not change; they will remain stable at \$104.90 in 2016. For most beneficiaries who are not held harmless, premiums will rise to \$120.70, plus a surcharge, as explained below.

To make up for the lost revenue to the Medicare Trust Fund as a result of lower premiums, beneficiaries will be charged a monthly surcharge of \$3, starting in 2016. The \$3 surcharge will not apply to those held harmless this year, but it will apply to those individuals in future years in which they are not held harmless. As such, premiums for most federal retirees who do not receive Social Security are projected to be \$123.70. Medicare beneficiaries who pay higher premiums due to their income level would see their premiums adjusted from the \$120.70 baseline, plus any surcharge. The surcharge is expected to last five years. This is not the best thing that could happen but it is much better than the previous situation where our premiums were forecast to be \$159.30.

We also now have a new Speaker of the House, Paul Ryan (R-WI). His past experience on House Budget and Ways and Means Committees indicates that his is no fan of federal workers and retirees. His previous budget proposals and plans have advocated major cuts to the government workforce, employee pay and benefits, increases to retirement contributions and many other items that would be bad for employees and retirees. In an interview, with CNN's Dana Bash, Ryan pledged to "go on offense" as speaker: "We've been too timid for too long around here." We will all have to be ever vigilant to see what new attacks will come our way and be prepared to call, email, and visit with our Congressman and Senators to oppose those plans that hurt both active employees and retirees.

**Distinguished Members attending 45<sup>th</sup> Chapter Anniversary Meeting, October 27<sup>th</sup>.**

From left t Don Faidley, Cecil Shannon, Frank McGough, Quinton Wright, Warren Edwards, Gertrude Wells, Teel Haas, A.L. Axford, Roy McBride. Not pictured Helen Theodosen Smith.

**NARFE-PAC, Edward Acosta, Chairperson**

The final federally proposed budget has been approved by the House and is on its way to finality. What is significant about this budget is that it appears not to make any demands for sacrifice on the federal employee/retiree community. It also eliminates the drastic increase in the Medicare premiums. These are two positions that have been consistently advocated by NARFE. The budget deal avoids a government shutdown and raises the debt ceiling. This demonstrates the importance of the NARFE-PAC Fund and of your continued support of this effort. Please either make donations at the next chapter meeting or by mailing your check to Eddie Acosta, 14311 W 116 Terr, Apt 2008, Olathe, KS 66062. You will be given a NARFE lapel pin for a \$25 donation. Also, the Bornmans have donated a coffee drinkers delight basket for the first person who contributes as a sustainer, a credit card automated withdrawal for 2 years of \$10 per month

**Service Officer, Elizabeth Bornman**

Medicare Premiums will be going up for those individuals who do not have their Medicare deducted from their Social Security pension. The 2016 Part B premiums that enrollee will pay are based on our 2014 MAGI (Modified Adjusted Gross Income). It is not uncommon for an enrollee to qualify for a decrease in premiums because your income drops to a lower bracket as a result of a life changing event. For example, if an employee retires in 2015 or in early 2016, then the retired employee's income will likely decrease to when you are retired. The retired employee is eligible to apply to the SSA for a lower MAGI bracket Part B premium amount. Another example is individuals who was married in 2014, but is now single, divorced or widowed and who's MAGI no longer includes their spouse's income. The lower the MAGI bracket, the lower the Medicare premiums. Others ways of reducing the premium is to contribute to Roth accounts whether it is the Roth Thrift Savings Plan or a Roth, IRA, and or converting traditional IRA's to a Roth IRA. Another way for active employees is to contribute to a Health Savings Accounts (SAs) They are tax-preferred savings accounts and made with pre-tax dollars. Another recommended way is to purchase a Cash value life insurance as long as loan proceeds are not included in the policy owner's MAGI.

The Senior Citizens League has indicated that Social Security benefit recipients have seen their buying power decrease by 22 percent since 2000. An average monthly Social Security benefit has grown to \$1,166 a month in 2015 from \$816 a month in 2000. However, recipients would need a monthly benefit of \$1,418 in 2015 to have the same purchasing power they had if they had received their first Social Security check in 2000.

Remember Open Season begins November 9th through December 14, 2015. Read carefully your plans, Benefits are always changing. Know what you are buying. The Self plus One is not necessarily a good deal. Read clearly the fine print.

**Alzheimer's Awareness by Judy Lukas Arnold**

Prudent diet may help reduce cognitive decline and impact of less-healthy diet: Research suggests that a heart-healthy diet rich in vegetables and fruits, whole grains and fish may help guard against cognitive decline. A new study, published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, says that study participants who ate a mix of healthy and less-healthy foods, such as red and processed meats, sugar and beer, still fared better on brain tests over a six-year period compared to those who ate diets heavy on less-healthy foods. (Taken from "Alzheimer's & Dementia E-News".)

I hope everyone who attended the October meeting enjoyed the presentation by Sheldon Schelling, owner and CEO of Heritage Senior Care, Inc., on Alzheimer's Disease.

I regret due to my own health and some unforeseen family issues, my ability to organize the silent auction for the December meeting as previously planned is precluded this year. Therefore, it has become necessary to cancel the silent auction as planned for December.

I have decided that it is time for me to move on from this appointment as our chapter's Alzheimer's Chairperson. I have truly found the last three years to be very rewarding, but family obligations need to take precedence right now in my life. I do hope that someone reading this will recognize the value in stepping up and volunteering for this service. I would certainly do all I could in helping a new person transition into this role.

**Contact Information:**

**Senator Jerry Moran** – [jerry\\_moran@moran.senate.gov](mailto:jerry_moran@moran.senate.gov); Olathe, KS office: 913-393-0711. D.C. Office: 202-224-6521

**Senator Pat Roberts** – [pat\\_roberts@roberts.senate.gov](mailto:pat_roberts@roberts.senate.gov);

Overland Park Office: 913-451-9343. D.C. Office: 202-224-4774.

**Congressman Kevin Yoder** – Kansas City, KS telephone:

913-621-0832, Washington D.C. Office: 202-225-[www.yoder.house.gov](http://www.yoder.house.gov).

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