

## National Active and Retired Federal Employees Association Northern Prince George's County Maryland Chapter 1122

*Beltsville, Berwyn Heights, College Park, Cheverly, Glenarden, Glenn Dale,  
Greenbelt, Hyattsville, Landover Hills, Lanham, New Carrollton and Seabrook*



### GROWING OLD AT HOME WITH HELP FROM AGING IN PLACE COUNCIL (NAIPC) Dr. Howard Waterworth, 1st Vice President and Legislative Chair

Most of us would rather grow old at home as opposed to in an institution. And indeed it is possible now days to delay or even avoid being institutionalized during advanced years with physical or mental disabilities. Some seniors have long term care insurance (which is distinct from medical insurance). Some of these policies allow for care at home, which avoids having to stay in a nursing home in order to receive payments for care.

Americans are living longer but not all of those extra years will be with perfect health. Life expectancy of a 70 year old with no current impairment is about 14 years. Healthy elders can expect to be active with no impairments for about 9 of those years. Those in poor health can expect to live another 10 years, but only 2 of those years will be without some impairment that could make it hard to continue to live at home.

The National Aging in Place Council (NAIPC) located in Washington, DC (phone 202-939-1770) is a senior support network founded on the belief that older Americans want to remain in their homes for as long as possible, but lack awareness of home and community-based services that make independent living possible. About 13% of homeowners over 62 need help with activities of daily living (ADL).

Professional services are available to help with financial advice, adult day care, transportation, medical, security, and legal issues, providing meals, janitorial services, home maintenance, shopping, and many more. Some disabilities qualify for payments by Medicare or long term care insurance.

Fortunately, there are now many for profit companies that offer assistance with ADL. Their fees depend on the kind of help needed. Some of the non- physical services performed are not covered by insurance. Most are bond-

ed and insured, but be sure to see proof if services are needed. Some charge an annual membership fee to join. Some of these companies are members of the NAIPC. Their goal is to encourage member companies to work with each other to provide better services in their communities. Their Resource Directory lists local chapter members by the kinds of services provided. Details, such as member organizations, fees, code of conduct, making your home senior friendly, promoting independence in your home, and chronic health issues, are available on the web at [www.NAIPC.com](http://www.NAIPC.com).

The Yellow Pages lists some 50 companies under the heading of "Home Health Care and Services." Among them are Options for Senior America, Home Instead Senior Care, Passion Health Care Services, Specialty Care Services, and many more. Services commonly offered include shopping, cleaning, cooking, using the phone, laundry, taking care of one's self, and money management.

The other major source of help for seniors is provided by the County and is listed in the government section of the white pages under the headings "Family Services" and "Adult and Geriatric Health Division." Most of these services are free. The Assisted Living Program offers support to those with ADL and can be reached at 301-265-8450. Another important county service is Medicaid Home and Community Based Waiver for Older Adults. This waiver enables services typically covered by Medicaid to allow older adults to remain in their community or even at home. For further details phone 301-265-8450.

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January 2013

2013

#### Upcoming Events

- February 5  
Federation Board Meeting
- March 9-12  
Legislative Training Conference
- March 19  
United Seniors  
Legislative Forum  
Annapolis
- April 29-May 1  
Maryland Convention  
Ocean City

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**THANK YOU TO**

**Ron Bowers  
Past President Region II  
NARFE Maryland Federation**

For joining us at the December Holiday Luncheon and giving a lively and informative speech on the membership status of NARFE and ideas on getting new members to join. He also enlightened us on some financial statistics on the state of Social Security.



**Dr. Sharma**

Greenbriar Community Center, Terrace Room  
7600 Hanover Parkway, Greenbelt, MD 20770  
Call office for directions 301-441-1096 Dial 0

Executive Board Meeting immediately follows

**January Meeting**  
Wednesday, January 9, 2013  
At 1:30 PM

Guest Speaker

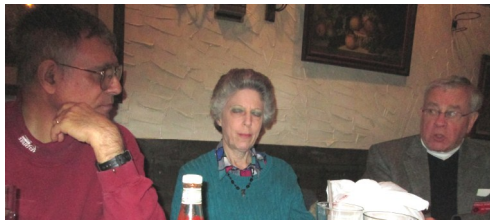
**Manan Sharma, Ph.D.**  
Research Biologist  
USDA Environmental, Microbial,  
and Food Safety Laboratory

“What’s In Your Salad”

*All are Welcome  
Refreshments Served*

**Chapter Corner**

The Holiday Luncheon was enjoyed by all at Sir Walter Raleigh Inn on December 12.



**President Richard Bennof, Arlene Bennof and Ron Bowers**

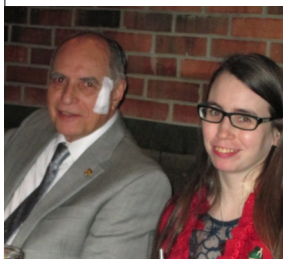


**Bob Haas, Bonnie Shields, Lee Shields and Elaine Cameron**

**(R) Odella King with guest Jeanette Gordy**



**(L) Warren Wilcox and daughter Tara**



**The Chapter welcomes all new members.**

**We wish all sick and shut-in members a speedy recovery and plenty of sunshine peeking through their windows each day.**

**To all January Birthday Members - “HAPPY BIRTHDAY” - from all of us!**



**NARFE Chapter 1122  
Treasurer’s Report for  
November 2012**

Balance as of 10/31/2012	\$2,957.52
<b>Income:</b>	
NARFE (Nov Dues)	<u>237.95</u>
<b>Total Income</b>	<b>237.95</b>
<b>Expenses:</b>	
CHI Centers Inc (Printing Oct Newsletter)	63.31
D. Green (Memorial Plant)	83.68
Terry’s House (Memorial Donation)	50.00
B. Smith (Nov Refreshments)	38.78
US Postal Service (Mailing Dec Newsletter)	64.61
MD Federation (2012 Per Cap Dues)	<u>264.50</u>
<b>Total Expenses</b>	<b>564.88</b>
Balance as of 11/30/2012	\$2,630.59
Submitted: Warren C. Wilcox, Treasurer	

## NARFE - PAST! PRESENT! FUTURE?

(Excerpt of letter from Sam Girson, Past National Federation Vice President Region II  
Addressed to the National Executive Board and Federation Presidents)

What does 491,876 represent? That was NARFE's nationwide peak membership total attained in 1982. Since then we have had a net loss of about 220,000 members in 30 some years! At our continued rate of decline we will hit the milestone of **losing more than half** (245,938) of this peak membership number before, or by early 2013. These numbers raise major concerns and issues! Mainly, can NARFE continue to operate efficiently and on a cost effective basis? Also, can we accomplish our goals/objectives in order to fulfill our mission/vision statements, using the same "business model" that has and currently exists?

The numbers tell it all! Despite all of our efforts and dollars spent over the years we have failed to reverse our membership decline! By and large, we have an aging membership and despite our re-focused efforts to attract and recruit current federal employees and recent retirees (the echapter), we remain on the same downward track. For whatever the reasons, and there are many, we have been unable to reverse this trend! Why?

Here's a perspective on one of the main reasons for this decline – **our members want and expect more!!!!** Although we try, there seems to be a serious disconnect between NARFE's Mission and Vision Statements as compared to the result expected by our members. Bottom line, we have not produced a truly positive/material/meaningful compensation nor benefit improvement or gain in a long, long, long time! We've essentially been running in place and losing ground!

Additionally, we have another significant membership issue! As highlighted in the recent election, the demographics of our population has been changing. Minority groups – African Americans, Hispanics, Latinos, Orientals and others – will soon become America's majority! We should realize the federal/postal community will mirror this same demographic minority change pattern. NARFE is basically a "white" dominated organization! With this evolving demographic change in the landscape we have to openly change our make-up if we are to stabilize and grow NARFE! Suffice to say, we need to take major pro-active steps to attract and recruit minority groups, and make them welcome as a part of the NARFE family!

In conclusion, I trust the above issues will be recognized and addressed at the upcoming NEB Meeting, as part of this Administration's Strategic Planning and actions. I am aware the echapter is on the agenda. While this is a piece of the action, it is by no means the entire picture! Beyond that, It is strongly recommended that the NEB address: 1) Re-assess to assure Mission and Vision Statement objectives and actions are established to meet and accomplish member expectations; 2) Change/realign NARFE's "business model" to reflect our current status and resources so that we are properly positioned for an orderly transition in to the future; and, 3) Establish an aggressive Minority Outreach and Recruitment Program.

The challenge is there! The question is, who is going to lead this charge and what is going to be done to assure NARFE is a "player" in the 21st Century?

## Presidential Quote

**"Now I realize that on any particular decision a very great amount of heat can be generated. But I do say this: life is not made up of just one decision here, or another one there. It is the total of the decisions that you make in your daily lives with respect to politics, to your family, to your environment, to the people about you. Government has to do that same thing. It is only in the mass that finally philosophy really emerges."**

*Dwight David Eisenhower*  
34th U.S. President  
1953 - 1961

### !!!! Attention Chapter Members !!!!

A member is needed to volunteer to coordinate and maintain the Chapter's email list and label list. There are two principal duties involved:

- 1) To send a notification that the Newsletter is on the web site each month to members who receive it by email only. And to send important announcements to members that have requested to be on the email list. Maintaining the email list with monthly updates.
- 2) To maintain the chapter label list and update any changes to the information monthly. Printing the labels each month and furnishing them to the distributor for placement on Newsletters for mailing.

This is a vital function of the Chapter and members with computer skills and Excel program knowledge are urgently needed. If you are interested in helping with this, contact Richard Bennof at [bennof4skins@aol.com](mailto:bennof4skins@aol.com) or Barbara Smith at [bsg.smith@verizon.net](mailto:bsg.smith@verizon.net)

Upcoming Newsletters can be viewed on line the last week of each month at  
[www.mdnarfe.org/chapter1122](http://www.mdnarfe.org/chapter1122)

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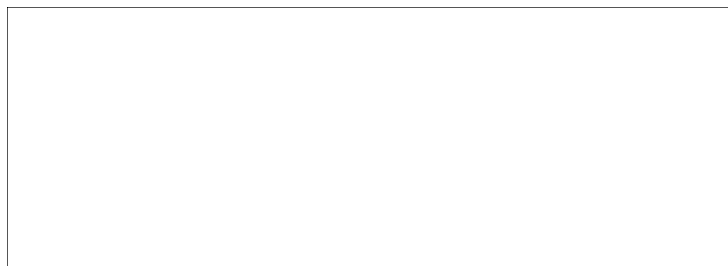
**NARFE Chapter 1122**  
7353 Green Oak Terrace  
Lanham, MD 20706

**Chapter 1122 Website**  
[www.mdnarfe.org/chapter1122](http://www.mdnarfe.org/chapter1122)

**MD Federation Website**  
[www.mdnarfe.org](http://www.mdnarfe.org)

**NARFE National Website**  
[www.narfe.org](http://www.narfe.org)

**RETURN SERVICE REQUESTED**



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Thomas Mike Miller, Jr., Pres./Senate 301-858-3700  
Michael E. Busch, Speaker of the House 301-858-3800  
Senator Barbara Mikulski (D-MD) 202-224-4654  
Senator Benjamin L. Cardin (D-MD) 202-224-4524  
Congressman Steny Hoyer (D-5th Dist.) 202-225-4131  
Congresswoman Donna F. Edwards (D-4th Dist.) 202-225-8699  
President Barack H. Obama 202-456-1111  
White House Web Site: <http://www.whitehouse.gov/>

**Important Telephone Numbers**

**NARFE National Headquarters (Direct Line)**

**1-703-838-7760**

**NARFE Sponsored Line to Congress**

**1-866-220-0044**

To contact Maryland Delegates and Representatives

Call 301-858-3000

or visit the NARFE Web Site

**[www.mdnarfe.org](http://www.mdnarfe.org)**

To reach the Governor call

1-800-811-8336

or visit the Web Site

**[www.gov.state.md.us/mail](http://www.gov.state.md.us/mail)**

**Inclement Weather Notice!** When Prince George's County Schools are closed or opening late, the NARFE Chapter 1122 meeting will not be held.