

### Officers

[President, Barry Grier](#)  
[Vice Pres, Shelly Ziman](#)  
[Sec/Treas, Bob Oszaica](#)  
[Membership, Max Munger](#)

### Membership Meeting

June 16<sup>th</sup> 1:00 pm

"Life at Asbury  
Solomons"

**ZOOM Only**  
See column one

### Executive Board Meeting

June 27<sup>th</sup> 1030am  
(live)

**Call!**  
Luncheon - TBD

### Future Membership Meeting

Summer Hiatus  
(Sep 15<sup>th</sup>)

### Active and Retired Federal Employees are invited!

Change of Address?  
Membership?

(410) 353-1150  
[maxmungermm@gmail.com](mailto:maxmungermm@gmail.com)

### Mailing address

NARFE 1466  
13033 Mills Creek Dr  
Lusby, MD 20657

### What's Next?

The Officers are continually looking to entice members to attend monthly meetings. We always need fresh ideas and new 'muscle'. Your participation and leadership are desperately needed to continue the chapter.

Without a LIVE audience, we are arranging ZOOM meetings via your computer screens. June 16<sup>th</sup> will be a 30 minute tour of "Life at Asbury Solomons". Please **Join the June Zoom Meeting 1:00pm by clicking** <https://us02web.zoom.us/j/84633047124>

### MEDICAL JOURNEY by Shelly Ziman, VP

Forty-plus years sitting behind a government desk was a primary source of the osteoarthritis in my hips. By the time I turned 70, I found myself using a cane to walk and secure balance. My main symptom was stiffness, and unlike others with the condition I luckily had no pain.

So after local Xrays confirmed the extent of the problem, I decided to prevent further deterioration and got a referral via a NARFE friend to an excellent orthopedic surgeon. Even though his practice is in Baltimore at Mercy, his five stars and reputation totally convinced me.

So I made an initial televisit appointment to discuss the specialized Xrays I had done at their Glen Burnie office. When I learned that no post-op PT would be needed, just home exercise, plus the anterior-no muscle cutting technique would be used, that sealed the deal. So they mailed me a 45 page "hip surgery navigation journal" describing pre- and post-op exercises, and followed up with an associated emailed video link. Telephone Q/A with hospital staff was impressive.

Meanwhile, I addressed the Baltimore logistics. Courtesy of the Calvert Office on Aging, I received a referral to a subsidized senior transportation service. For my income-level, the Baltimore trip cost me \$23, and again for a follow-up trip. I had reserved a handicap room at a nearby hotel for the day prior to the noon surgery. Since my niece works at the hospital, she graciously drove me to Admissions. B/t/w, watch out for all the tricky downtown one-way streets.

General anesthesia during surgery was excellent, and I was walking to the recovery gym the morning after surgery. A home-health service I used for my surgery discharge trip cost me about \$200, but my wonderful wife played nursemaid for free over the next couple weeks for incision care and compression socks. I used a walker for a few weeks before switching back to my cane.

My two-week follow-up visit with the doctor revealed adequate healing despite residual tenderness, and a good prognosis. One more follow-up is currently scheduled by phone, with the expectation of scheduling my other hip surgery. Meanwhile I try to walk a couple blocks daily, using a walking stick, despite lingering minor lumbar issues.

My goal is to resume cane-free walking, horseshoe-playing at family reunions, and gym workouts after Covid dies down. Advice to others with similar hip symptoms is do your initial homework and trust your five-star surgeon.

### State Board of Elections

This website offers a step-by-step guide for Marylanders who want to participate in the upcoming gubernatorial elections.

- [Register to vote](#) or verify that your [voter registration information](#) is current and [make any updates](#) by **June 28, 2022**.
- To vote by mail, you must [request a mail-in ballot](#) from the State Board of Elections or [your local board](#). Your request for a mail-in ballot for the Gubernatorial Primary Election must be received by **July 12, 2022**; and by **November 1, 2022** for the Gubernatorial General Election.

Mail-in ballots must be postmarked or placed in a [designated ballot drop box \(en español\)](#) by **8 pm on July 19, 2022** for the Gubernatorial Primary Election and by 8 pm on **November 8, 2022** for the Gubernatorial General Election.

To vote in person, Marylanders can vote during early voting or on election day:

**Early voting** will be held for 8 days and begin on **Thursday, July 7, 2022 through Thursday, July 14, 2022 from 7 am until 8 pm** for the Gubernatorial Primary Election; and begins on **Thursday, October 27, 2022 through Thursday, November 3, 2022 from 7 am until 8 pm** for the Gubernatorial General Election. You can vote early at any early voting center in the county you live in. A list of early voting centers for the Gubernatorial Primary Election is listed [here \(en español\)](#).

• The Gubernatorial Primary Election Day is **July 19, 2022**; and the Gubernatorial General Election Day is **November 8, 2022**.

• To vote in person on election days, vote at [your assigned polling place](#).

**For members receiving the email newsletter, an added bonus!** See the attached list of Candidates for Calvert County Commissioner.

### That's All Folks!

Have a great summer!  
Next Newsletter is in September!

**Alzheimer's 50/50** Make a check payable to **NARFE-Alzheimer's Research**, note "from NARFE Chapter 1466" on the check, and mail to: Alzheimer's Association, 225 N. Michigan Ave., 17<sup>th</sup> Floor, Chicago, IL 60601-7633

**PRINCE FREDERICK COALITION** Here is the link to the Armory Square site plan: [PFARC-2021-17-Armory-Square-Building-1-2-3-and-site-amenities-for-posting \(calvertcountymd.gov\)](https://calvertcountymd.gov/PFARC-2021-17-Armory-Square-Building-1-2-3-and-site-amenities-for-posting)

Calvert County Delegates are: 1-800-492-7122

**Rachel Jones** (27B) ext 3103  
Mark Fisher (27C) ext 3231  
Jerry Clark (29C) ext 3314

Calvert County Senators:

**Michael Jackson** (27-northern Calvert) ext 3700  
Jack Bailey (29-southern Calvert) ext 3673

## Treasurers Report

Bob Oszaica

	Treasury	Alzheimer
<b>Previous Bal</b>	3601.32	<b>0.00</b>
NARFE Dues	69.92	
Newsletter	(17.40)	

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<b>Bal May 27</b>	3653.84	<b>0.00</b>
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<b>Membership</b>	95
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<b>National Only</b>	85
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## Chapter 1466 Meetings

Chapter meetings are on the third Thursday of each month (except July and August). A short business meeting follows our special program or guest speaker.

Executive Board meetings are the fourth Monday. Active and retired federal employees, non-members, spouses and guests are always invited.

(See page 1 for actual meeting dates and locations)

**Chapter Lunches and Meetings are canceled ONLY WHEN Calvert County Schools are closed all day.**

Find us online or email  
[NARFE Chapter 1466](#) or [NARFE1466@gmail.com](mailto:NARFE1466@gmail.com)

## About NARFE

Since 1921, the National Active and Retired Federal Employees Association is the only organization exclusively devoted to protecting the earned benefits of active and retired Civil Service employees and their annuitants and survivors.

Membership is open to civilians in any agency of the Federal government, including retirees, current employees, spouses of current employees or retirees, and survivors of those eligible to join NARFE.

[www.NARFE.org](http://www.NARFE.org) and [www.mdnarfe.org](http://www.mdnarfe.org)