



NARFE NEWSLETTER

GREATER BOWIE-CROFTON AREA

CHAPTER 1747

National Active and Retired Federal Employees Association

Volume 31, No. 6

www.NARFE1747.org

February 2011

GENERAL MEMBERSHIP MEETINGS are held at Bowie City Hall (2614 Kenhill Drive, Bowie) on the third Thursday of the month at 10:00 AM in Conference Room 204. There is never a charge to attend and all meetings are open to the public.

EXECUTIVE BOARD MEETINGS are held the first Thursday of the month at 10:00 AM in Conference Room 125, Bowie Senior Center. All chapter members are welcome.

NOTE: Chapter meetings are cancelled when Prince George's County schools are closed due to inclement weather. Otherwise, meetings are held as scheduled.

COMING ATTRACTIONS

- ❖ *General Meeting.* Thursday, February 17, Ms. Alice Roberts of BG&E speaks on their community and senior services.
- ❖ *General Meeting.* Thursday, March 17, Mr. Gene Sumi from Homestead Gardens will discuss gardening methods.

PRESIDENT'S MESSAGE

Dorothy Campbell

As always, this month's message deals with the importance of all NARFE members doing more than just paying dues. Yes, there are those of you who do regularly attend membership meetings and other events, and you are to be commended for that. You're interested members, and loyal supporters, and it's a real pleasure to see you often. But your chapter needs more from you and everyone else.

At our January 6 executive board meeting, the board members voted unanimously to strengthen our chapter by aggressively searching for "new blood" – members who might not want to become officers now, but would be willing to serve as "back-ups" for officers, or would like to serve on a committee, particularly the Membership Committee. This search, by the way, is part of a board-adopted "Chapter Membership Action Plan." The plan was formulated at the request of the Maryland Federation of Chapters; each chapter was asked to develop a plan to be used to increase recruitment and encourage retention of members. Our chapter's Membership Action Plan can be found on our website: NARFE1747.org or you can contact me for a copy and I'll mail it to you. And anyone willing to give a little time to the chapter should contact me or any other officer.

Should 2011 Bring Program Changes?

Only infrequently do we get a complaint about our meetings and our guest speakers. I believe that's because we provide a wide variety

of topics of interest designed to appeal to most members. But if this isn't the case, we'd like to know so that we can make changes. You can contact 1st VP Howard Dobson, who's in charge of programs.

Keep in mind that we're always open for suggestions. You may recall that last year we mailed a survey form to every member but we heard from only a handful who had no complaints and no new ideas. Therefore, your executive board will continue to come up with program ideas – some old standbys and some new ones. But we also will solicit your input regularly.

Chapter Adds Third 'R' for Recognition*

Starting this month, the newsletter will regularly highlight a member who has done something special for our chapter. We lead off this month with member Bill Park, whose recruitment efforts brought us two new members and brought back another member whose dues had lapsed. You can read Bill's story on page 3. The big question: Who will be the next member featured? Will it be you?

* In NARFE, "R & R" stands for Recruitment & Retention.

FEDERAL LEGISLATION

Joseph Young

Health Care Changes Effective Jan. 1, 2011 and Later

Free preventive screenings for those enrolled in traditional Medicare plans

Although senior citizens in many Medicare Advantage plans have free preventive screenings, those enrolled in traditional Medicare often have to make co-payments for these services. Starting January 1, 2011 however, Medicare beneficiaries will receive—at no cost—preventive services and screenings, including: flu shots and pneumonia vaccines as well as screenings for diabetes, colorectal cancer, high blood pressure, depression, obesity and HIV. In addition, men will receive cholesterol screenings and women will receive free mammograms, cervical cancer screenings and

Continued on Page 2

bone-mass measurement. The screenings also include nutritional counseling for those at risk for diet-related chronic diseases such as diabetes. If your plan uses a network of doctors, you can only receive these services free from that network.

Although the law also requires free preventive services for all new health plans, that won't apply to Americans whose insurance hasn't changed substantially in the past year. This change is most likely to benefit those who have individual or small-group coverage. If your employer's health-insurance plan hasn't changed much—or if you haven't bought a new health-care plan—you will be covered under your old plan and you may still have to pay a deductible or a co-pay for preventive services. Check with your health insurer for details.

National restaurant chains must provide nutritional information

Coming to a fast-food or chain restaurant near you—calorie counts. Starting March 23, restaurants with 20 or more locations must list calorie content information for standard menu items on restaurant menus and menu boards, including those at the drive-through window. (The law doesn't apply to specials, such as a daily special.) Other nutrition information—fat, saturated fat, cholesterol, sodium, total carbohydrates, sugars, fiber and total protein—must be available upon request. You may start to see calorie content information on vending machines. The law requires vending machine companies that own or operate 20 or more vending machines to disclose calorie content for certain items on the same date.

Your child becomes eligible to stay on your insurance until age 26

Now most health plans that cover children must make coverage available for them up to age 26. Your adult children can join or remain on your plan whether they are married, living with you, in school, financially dependent on you, or eligible to enroll in their employer's plan. There is one temporary exception—until 2014, "grandfathered" group plans do not have to offer dependent coverage up to age 26 if a young adult is eligible for group coverage outside his or her parents' plan.

Annual limits on health insurance will increase

If your employer's health-care plan renews January 1, 2011 the annual limit—how much your insurance company will pay for each individual's health care over the course of the year—will be raised to \$750,000. Many consumers know that policies may have lifetime limits; many don't realize their policy can have a maximum payout amount for the year.

The health-care overhaul is gradually raising the annual limits—and, by 2014, there will be no annual limit for job-related health insurance plans and individual health-insurance plans issued after March 23, 2010. That's designed to provide protection for consumers in the event that they are involved in a catastrophic accident or have a serious illness.

Bonus of 10 percent to Medicare providers who offer primary care

As part of health-care overhaul, the federal government will pro-

vide a 10 percent bonus payment for some primary-care services this year. The idea is to reward those who provide primary care—such as doctors specializing in internal medicine, family practice, pediatrics and geriatrics—and encourage them to continue offering these services.

The American College of Physicians estimates that a typical office-based, general internist who qualifies for the bonus could earn \$12,000 to \$16,000 more in Medicare revenue each year for the next five years.

To be continued in the March Issue

STATE LEGISLATION

Ed Bice

Maryland's General Assembly 2011 session began January 12 with a projected 1.2 billion dollar budget deficit. Members of the State Legislative Committee (SLC) continue to seek sponsors/cosponsors for legislation supporting our priority issues: Equalize the Senior Tax Exemption, Provide an Annual Tax Credit for the payment of Long Term Care Insurance Premiums, and Reduce the Property Tax Burden on Senior Homeowners.

Committee and Chapter members under the sponsorship of MD-PAC have continued to attend fundraising events for legislators who have supported our issues in the past or who provided favorable responses to the survey forms mailed to them this past summer.

PROGRAMS

Howard Dobson

Ms. Alice Roberts from the Baltimore Gas and Electric Company will brief members on area community and senior services sponsored by BG&E at our February 17th meeting.

In March, Mr. Gene Sumi, of Homestead Gardens will discuss gardening methods and tips

Need Help? Service Officers Offer It

Whether you're covered by CSRS or FERS, whether you're retired or still working, if you have questions relating to retirement or Social Security benefits our Chapter 1747 Service Officers are here to give you answers.

If you've lost a spouse and don't know how to deal with OPM, they can provide all the information you need. They'll also assist you with other problems such as annuities and taxes, beneficiary changes, survivor, health, life, long-term care benefits and more.

And they're accessible. Chapter 1747 has three service officers; you'll find them listed on page 4 of the newsletter. Just pick one and call or e-mail him. Or stop by the Bowie Senior Center the first Tuesday of each month between 10 a.m. and noon. Ask at the desk where you can find the NARFE Chapter 1747 Service Officer.

They're here to help you. They're another benefit of belonging to NARFE.

United Seniors of Maryland Rally

The 34th Annual United Seniors of Maryland (USM) State Rally will be held on March 9, 2011 at the Francis Scott Key Auditorium, St. John's College, Annapolis. Registration starts at 8:15AM and the program at 9:00. The rally will end at 2:00PM. The event will feature town hall meetings with the Governor, the President of the Senate, and the Speaker of the House. In addition, attendees will meet with their local delegations and exchange views on USM supported legislation.

The \$15 registration fee includes a continental breakfast and a box lunch. Parking is available at the Navy Marine Corps Stadium for \$5. Free shuttle bus service from the stadium parking lot is available.

For tickets online go to <http://unitedseniors.net/join-pay.htm>. Hold down the control key and click on the link to go directly to the page to buy tickets. There will be no paper tickets; a packet will be waiting for you at the registration desk.

This is a very worthwhile opportunity. For any questions, please contact Ed Bice.

CHAPTER 1747 BUDGET REPORT

Balance on: December 1, 2010	\$3395.99
Receipts:	1318.85
Disbursements:	1242.36
Balance on: December 30, 2010	\$3272.48

WELCOME NEW MEMBERS

Wilbert Baccus
Ramona Cappetta
James F. Corcoran
Vicky Lee Donolrio
Betty S. Ellis
John E. Gimperling

Myrna S. Gines
Wallace Hanger
Debra J. Hood
Arthur C. Tanner
Karen Vesterby

Well, we didn't meet our goal of gaining more new members every month than we lose, but at least in the last reporting period (for the month of December 2010) we came out even. National NARFE dropped ten members who did not pay their dues after repeated requests and we lost one member who moved to New Jersey. That made 11. Above, the list of 11 new members includes nine recruited by national and the chapter plus two who transferred to our chapter. Note: Not listed or counted in are two reinstated members.

Let's all do more than hope that breaking even is only a one-month occurrence. Let's all try to recruit more members than are dropped – that's the only way we can increase chapter membership. And let's warmly welcome these new members, and welcome back those who were reinstated – knowing that they all obviously recognize the benefits of belonging to NARFE.

DAYS TO REMEMBER

February 12 – Lincoln's Birthday
February 14 – Valentine's Day
February 21 – Presidents Day
February 22 – Washington's Birthday

Greater Bowie-Crofton Area NARFE News

NARFE News is published ten times a year (monthly from September through June) by Greater Bowie-Crofton Area Chapter 1747, National Active and Retired Federal Employees Association, P. O. Box 504, Bowie, MD 20718-0504.

Vol. 31, No. 6

Dues payments, gifts, and contributions to NARFE are not deductible as Charitable Contributions for income tax purposes.



'R' for Bill Park: His 'Invite' Increases Membership

This "R" is for "Recognition," accompanied by a big hand, to Bill Park. But at this time it's not for his regular attendance at membership meetings, nor his regular participation at the annual May parades in Crofton and Bowie behind the wheel of his vintage VW, proudly sporting his Uncle Sam hat. This recognition is for inviting three retired former coworkers to our Holiday Luncheon in December, and getting two of them to join NARFE. His third guest, who had been a member but inadvertently let his dues lapse, has since rejoined, thanks to Bill's recruiting efforts.



Congratulations Bill, on being our first "R for Recognition" winner!

How about everyone else out there? You can take a lesson from Bill and invite a former coworker or a friend or neighbor to a membership meeting or other event. And even if they're not eligible to join NARFE, they may know someone who is. Remember, one-on-one recruitment works. Talking is the most effective way to spread the word that all federal retirees/active employees should belong to NARFE. But even better than talking is showing prospective members what we do.

CHAPTER BOARD

Elected Officers

President	Dorothy Campbell	301-464-6372	Dcbowie@aol.com
1st Vice President	Howard Dobson	301-809-1645	hrd789@aol.com
2nd Vice President	Vacant		
Secretary	Lillie Watson	301-262-5926	lwatson16@hotmail.com
Treasurer	Bob Cullen	301-262-4783	ba3537@aol.com
Assistant Treasurer	Louise Cole	410-672-6528	col9135@aol.com

Committee Chairs

Federal Legislation	Joseph Young	301-218-5187	JosephYoung48@yahoo.com
Membership	Lillie Watson	301-262-5926	lwatson16@hotmail.com
Newsletter	Jessica Forman	843-347-9287	jessicaforman@yahoo.com
Programs	Howard Dobson	301-809-1645	hrd789@aol.com
Public Relations	Dorothy Campbell	301-464-6372	Dcbowie@aol.com
Service Officers	Bob Cullen	301-262-4783	ba3537@aol.com
	Paul Schuette	301-262-0975	paulschuette@verizon.net
	Lee Tuveson	301-262-3164	ltuveson@verizon.net
State Legislation	Ed Bice	301-464-3748	DE3637@verizon.net

Activity Coordinators

Alzheimer's Fund	Maria Francer	240-245-4328	
Community Events	Ed Bice (Bowie)	301-464-3748	DE3637@verizon.net
	Louise Cole (Odenton)	410-672-6528	col9135@aol.com
	Donna Minner (Crofton)	410-721-9799	
Meeting Sign-In/Greeter	Mary Catloth	301-390-2206	mcatloth@aol.com
NARFE-Net Coordinator	Howard (Flash) Gordon	301-464-2745	flash@acm.org
NARFE-PAC	Ed Bice	301-464-3748	DE3637@verizon.net
Photographer	Frank Lee	410-672-5065	fllee0716@verizon.net
Refreshments	Jack Calloway	301-262-3457	
	Dave Galliard	301-262-7261	
	Tom Page	301-262-3418	
Sunshine	Marjorie Laios	301-262-1566	

Thursday, February 17, 2011
BG&E Community and Senior Services