



TIRED OR TIRED TWICE

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NATIONAL WEB PAGE

<http://www.narfe.org>

NARFE NM Federation

<http://www.narfe-nm.net>

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NEXT MEETING

August 12, 2006, at 8:00am (08:00) in the cafeteria of the Carlsbad Medical Center. Please Attend as there are a number of issues that need to be discussed.

SO THAT IS WHAT WE DID.

NARFE Meeting
July 8, 2006

John Clay reported there was an excess of \$180.00 from the pre-retirement seminar. Motion made by Bernice Harrison and seconded by Betty Gordon to move that money to the general fund. A check for \$73.00 was submitted to Alzheimer's Association resulting in \$550.23 in the treasury.

Charles Beeson and Chad Garoni were introduced as new members.

Three types of fundraisers for Alzheimer's were discussed. Members will solicit businesses to sponsor dinners at the Blue House. These dinners could be a means of rewarding their employees for superior performance. The Christmas tree will be decorated at Christmas on the Pecos. Glass ornaments will be sold at the craft show at Christmas on the Pecos, with an inscription for Alzheimer's, the year, and NARFE.

Be sure and pay attention to the questions and answers in the NARFE magazine. They are very good, and may answer questions you have.

Legislation is being considered for a voluntary computer program to include all medical data on employees involved in the Federal Employees Health Benefits program. This would be beneficial if the annuitant were to be away from home and his own medical provider. Someone in another location could pull up the medical history and find out anything needed on that particular individual.

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Committee Chairpersons:

Discussed the Thrift Savings Plan and the many options it has now.

Tony Harrell, District Manager for the Carlsbad Bureau of Land Management was the guest speaker. He reported that in the next five years 50% of the workforce and 80% of management will be eligible for retirement. It's important to bring in people to overlap prior to folks retiring so the institutional knowledge is not lost. Young folks can learn from those who have been around for awhile, especially diplomacy in dealing with conflicts.

Since he has returned to Carlsbad, he noticed the availability of unhealthy snacks in the break room and has provided healthy snacks as an alternative. The wellness program pays half of the fee for employees who want to work out at a gym.

Folks near retirement age need to be looking at long term care.

The next meeting will be August 12

Question of the Month

Q. How long do I wait until I mow a re-seeded lawn? The only info I could find on the bag was about germination taking four to six weeks before I fertilize and not to use weed killer for three mowings. No note on to when I can mow the first time.

A. Wait until the grass is 3-5 inches tall, set the mower high with a sharp blade, and mow.

IS IT SAFE FOR ME TO DRIVE A FAMILY CONVERSATION?

There are many factors that can drive a person's concern about just how safe it is for an older family member to be behind the wheel.

Although studies show that older drivers are, as a group, safe drivers, as people age, driving can become a somewhat more difficult and challenging task, especially for those with physical and cognitive health problems.

To compensate, older drivers typically drive fewer miles and avoid difficult or demanding driving conditions such as rush hour, inclement weather or nighttime hours.

While many people can drive safely throughout their later years, others may have to significantly curtail and even give up driving.

According to new research, older drivers, if they are having problems behind the wheel, prefer to hear from family members. But before broaching the subject or taking drastic action, family members need to take the time to observe firsthand their relative's driving behavior to see if skills have deteriorated.

"Get in the passenger seat, observe driving, get a bird's-eye view of your older driver not once, but a number of times. Look for a

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pattern of problems, not just an isolated incident like a minor fender bender," recommends older-driver expert Maureen Mohyde.

While minor issues may be overcome with changes in driving behavior or physical fitness, more serious behaviors may require immediate action.

Some minor warning signs to watch for include:

- * Decrease in confidence while driving
- * Incorrect signaling
- * Scrapes or dents on the car or garage.

More serious indicators are:

- * Failure to notice traffic signs
- * Near misses
- * Confusion at exits.

Warning signs that require immediate action by the family are:

- * Confusing the gas and brake pedals
- * Stopping in traffic for no apparent reason.

Mohyde advises families to observe their older driver over a period of time.

"The good news," she said, "is that older drivers are more willing to listen to those who have driven with them."

To help families determine if their loved one is still capable of driving, The Hartford and the Massachusetts Institute of Technology's AgeLab have created a free 24-page guide called "We Need to Talk: Family Conversations with Older Drivers."

Families must determine when a person's attention span or reaction time is making driving dangerous for the driver and others.

Courtesy of NAPSnet

HAL ABOUT THAT

With this newsletter we welcome new members Vernon Daub, DOE active duty and Jamie Kingsbury, USDA Forest Service active duty, Chad Garoni, spouse of deceased DOD retiree and Charles Beeson, VA retiree (transferred from Florida NARFE chapter). We also welcome those active duty DOE employees who attended the Pre-Retirement Seminar. We hope that you will choose to join us in protecting your earned retirement benefits through NARFE membership.

Chapter 796 continues to grow in membership and service by banding together in support of Alzheimer's Disease Research. We contributed \$5,000 in 2006. We will be learning more about progress in this research at our August 12 meeting. We will also be considering the chapter campaign for 2007 which could double our contribution. This will take the full participation of all members.

Coming up September 10-14 in Albuquerque is the NAREW 29th National Convention. It is still possible to register and attend, a convenient opportunity to learn more about your organization,

fellowship with delegates from all 50 states, as well from US Possessions, Panama and The Philippines. The registration form is in the centerfold of NARFE Retirement Life magazine.

Another local opportunity to learn about the NARFE New Mexico Federation and meet with Southeast District chapter representatives will be here in Carlsbad on Saturday November 4 at the Carlsbad Health Center Dining Room (Chapter 796 meeting place) when the S.E. District Workshop will be held from 10:00 am to 3:00 pm. This annual training session is open to all Chapter 796 members. Contact me for more information and registration.

I am pleased to report that the state of Chapter 796 is very good as we are in our second year of reorganization. We have reached my goal of at least 50 members and have more than \$600.00 in the treasury as I write this report. I have asked Mary Browning to once again chair, with the help of Richard Farrell, the nominating committee for the slate of officers to serve in 2007. I will be stepping down as chapter president, as I now serve as NM Federation Vice President for the S.E. District. I hope that you will respond to the call when asked to serve and keep the chapter growing and serving.

NARFE Opposes Plan to Expand Controversial Health Savings Accounts in the FEHBP

National Active and Retired Federal Employees Association (NARFE) President Charles L. Fallis announced today that his organization is unalterably opposed to a proposal sent to Congress this week by the Office of Personnel Management (OPM) for legislation to allow Blue Cross/Blue Shield (BC/BS) to offer.

A GOOD READ FROM YOUR NATIONAL MAGAZINE.

Drug Interactions: Avoid the Dangers

■ Drug Interaction Dangers. Whenever you take two or more medications, it is possible that one may interact with the other. Here's how to avoid potential problems

RECIPE

Light and Easy Strawberry Cream pie is a cinch to make and even easier to eat!

What you need: 2/3 cup of boiling water

- 1 package of strawberry gelatin (a four serving size)
- 1/2 cup of cold water
- Ice cubes
- 1 tub (8 ounces) of a non-dairy whipped topping*
- 1 prepared graham cracker pie crust (6 ounce or 9 inch in size)
- Strawberry slices for garnishes along with a sprig of mint

What you do:



1. Stir the boiling water into a large bowl containing the gelatin and stir for at least 2 minutes to make sure the gelatin becomes completely dissolved.
2. Mix the cold water and ice to measure 3/4 cup. Add this to the gelatin in the bowl. and stir until the mixture becomes somewhat thickened. Remove any remaining ice.
3. Stir in the whipped topping with a wire whisk until the mixture is smooth. Refrigerate for 15-20 minutes or until the mixture is very thick and will mound.
4. Spoon into the prepared pie crust and refrigerate for at least 4 hours or overnight. Garnish with the sliced strawberries and mint sprig.

*** You can use real whipped cream**

instead of the non-dairy whipped topping. Just whip a pint of whipping cream and add 2 tablespoons of sugar to the cream as you beat it. Be careful not to overbeat or you will have butter. Add the whipped cream as you would the non-dairy topping in step 3 except fold in with a spatula, and continue to gently fold until well mixed.

This makes 8 luscious servings---