



NARFEian

Newsletter

Chapter 185, Gainesville, Florida

November 2022

Chapter Leadership

President: Dan Webb

danwebb@bellsouth.net

1st VP: Sharon Papciak

sharonpapciak@bellsouth.net

2nd VP:

Membership: Dan Webb

danwebb@bellsouth.net

Treasurer: Linda Cook

Ldcook45@gmail.com

Secretary: Tom Kucharek

tagator@cox.net

Alzheimer's Chair: Linda Cook

Ldcook45@gmail.com

Chaplain:

Legislative: John Woeste

jandmwoeste@juno.com

Newsletter Editor: Diane Pedersen

diane_pedersen@aol.com

Sunshine: Diane Pedersen

diane_pedersen@aol.com

Public Relations and Outreach:

November NARFE Chapter 185 Meeting

Monday, November 14, 2022. The speakers are Houston Bowles for BCBS, and Patricia Wright for Aetna.

Join Zoom Meeting

<https://us02web.zoom.us/j/89356474511?pwd=cHNmcE1qNHZuWFNKTU41SmR6NWRSUT09>

Meeting ID: 893 5647 4511

Passcode: 180850

One tap mobile

+16469313860,,89356474511#,,,,*180850# US

+13017158592,,89356474511#,,,,*180850# US (Washington DC)

Dial by your location

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 346 248 7799 US (Houston)

+1 360 209 5623 US

+1 386 347 5053 US

+1 564 217 2000 US

+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 719 359 4580 US

+1 253 215 8782 US (Tacoma)

Meeting ID: 893 5647 4511

Passcode: 180850

Find your local number: <https://us02web.zoom.us/j/89356474511>

Future Meetings

Monday, December 12, 2022: Holiday Brunch and get together at Trinity United Methodist Church in the Youth Center.

Chapter 185 Holiday Gathering – Monday, December 12, Trinity Youth Building,

10:30 am – RESERVATIONS SUGGESTED Chapter 185 will gather on Monday, December 12, at 10:30 to celebrate the holiday season. It will be a time to enjoy food and fellowship with other NARFE members, generate funds for Alzheimer's research, and sing the songs of the season. Information you need to know:

- The Trinity Youth Building is located at the back of the property and allows parking at the door.
- Checks for Alzheimer's should be made out to NARFE Florida, Inc. with Alzheimer's written in the note line.
- In the spirit of the holidays and giving, you are asked to bring non-perishable food items to be donated to Gainesville Community Ministry.
- There is no charge to participate but a **RESERVATION** is encouraged so there is enough food for everyone. Reservations can be made by contacting Linda Cook at ldcook45@gmail.com or 352-213-3327. Registration deadline is **December 5th**. If less than 12 people indicate they are coming, the gathering will be cancelled.

Sharon Papciak, 1st Vice President

President's Message for November 2022

Fall is here! The weather is a bit cooler and we all hope for some rain!

We plan to have our monthly chapter meeting on November 14 via ZOOM. This meeting will bring guest speakers from Blue Cross and Aetna who will provide updates to Federal Health Insurance programs. You'll want to tune in to get the latest information.

Plans are underway for our December meeting which will feature a Christmas focus along with some form of Brunch. Since this meeting will be in person (at Trinity Youth Center), you'll want to contact organizers for reservations so that adequate provisions can be obtained. We will need an exact count.

Special News We learned this week of a special recognition for one of our long-standing chapter members. DR. JOHN WOESTE will be inducted into the Florida Agricultural Hall of Fame early in 2023! Dr. Woeste is being recognized for his significant contributions to Florida agriculture through his leadership as Dean of the Florida Cooperative Extension Service and other activities. There will be a recognition ceremony for presentation of this prestigious honor during the Florida State Fair in Tampa in February. *Congratulations to John!*

President's Ponderings

There have been conversations recently about the future of our Gainesville NARFE Chapter (0185). Our chapter was first organized in May 1952 and has functioned since then. Currently, there are 88 paid up members. We have a regular newsletter (thanks to Diane Pedersen) and over \$6,000 in the bank.

In recent months though, participation has diminished, new members have reduced, and enthusiasm has waned. Probably, some of this is due to impact of Covid-19. We wonder if there is a place for our Chapter? Serious discussions need to be held and decisions made about the future of our Chapter! We may need to "fish or cut bait".

(In addition there are 91 National only NARFE members who live near Gainesville.) The state NARFE organization is active with regular communication via email and internet.

We (myself as President and other members of chapter leadership) welcome any suggestions that might increase interest in our chapter. We are constantly seeking additional members for our chapter. Currently, about half of the National NARFE members who live in our geographical area are members of our Chapter. If you are one of the National NARFE non-chapter members, we encourage you to join up. Contact me and I'll get you enrolled. If you are not sure of your membership status, look at the mailing label on your latest issue of the NARFE MAGAZINE which will show "Chapter 0185". If your term of membership is coming due, take a few minutes to renew now so you won't miss out.

Submitted by Dan Webb, NARFE Chapter 185 President

Minutes of NARFE Chapter 185 Meeting September 12, 2022

President Dr. Dan Webb opened the Zoom meeting at 10:28 AM. By the end of this meeting, 10 individuals participated.

Dan introduced Tania Weaver as our guest speaker. She has worked at the Radiant Credit Union, worked as a free-lance writer and for Social Security. The general topic of her presentation related to how one should maintain saving accounts safe from illegal activities. Many scam types exist and one should monitor his/her accounts for possible intrusion and recognize attempts by others to "penetrate" your private account information.

The first scam she presented related to those winning with lottery proceeds. Scams for these monies begin by using phishing techniques from unknown individuals. A second scam used is they claim they are providing renewed technical support possibly resulting in their accessing account numbers. Scams can be initiated via phone, computer, email, etc. Do not click on suspicious emails or suspicious links in emails. Your bank, credit union, or legitimate business contacts will not ask you to participate through third parties. Doing so could compromise

your own control of your computer and accounts. Another scam can come from an unknown person contacting you about your income tax. Some have used arrest threats as a way to get people “to bite.” Should you have a real issue with the IRS, they will contact you with their formal letter heads, etc. They will not have you wire funds.

Overall, to keep safe from scams, use secure passwords that you, not others, can relate to. It is best to use multifactor authentication within passwords. Always check your monthly statements for suspicious intrusions. If you are a victim, freeze that account immediately. Stop using your computer if it becomes compromised. Get professional advice on how to solve these problems. One may have to file a police or identity report or deal with the Federal Trade Commission.

She warned us to be aware of “dumpster divers”. They access your trash, mailbox, etc.

Dan began the business portion of the meeting at 10:49 AM. He led us in the pledge of allegiance followed by a moment of silence.

Vice President, Sharon Papciak, informed us that our guest speakers next month will be from Blue Cross/Blue Shield (BC/BS), and Aetna insurance companies. Premium costs for BC/BS will increase by 8% next year. Basic coverage will be \$43/month. Aetna will be providing some sort of return dollar program to the federal government. She then indicated that our December meeting will be on December 12, 2022 and will be a dinner of some sort. By December 7, 2022, she will need have the exact number of participants for that meal meeting. Linda Cook and Joy Joy Jordon will be making the arrangements related to the December meal meeting.

Dan suggested that by December 1, 2022 is when we should make our participation commitments for the meal. It may be held at the youth building on the premises of Trinity United Methodist Church. He said we need to have at least 15 individuals for that meal meeting. Possibly the cost for the meals for members will come from our Chapter 185 budget because we have adequate funds to cover such. Cost for friends/guests will be \$10 should be covered by related members.

Dan called for approval of the minutes for the September Chapter 185 meeting and such was done. Also, Linda Cook summarized her assembly of the most recent budget which was combined for both August and September. Dan suggested that maybe we could give more to Alzheimer’s, i.e. \$500 to \$1,000 because we have adequate money in savings and checking accounts. He has mentioned that idea in previous meetings.

Dan adjourned the meeting at 11:21 AM.

Tom Kucharek, Secretary

Alzheimer's

Alzheimer's and High Blood Pressure - What's the Connection?

“High blood pressure is tricky because it often doesn't cause any symptoms. And while the biggest threat may be to your heart, surprising new findings show your brain health is at risk, too. This is the case even if you only have slightly higher blood pressure.

A study published in the JAMA – which included findings from 12 studies involving more than 92,000 people – found even slightly higher blood pressure is linked to a **30% higher risk of dementia** two decades later. Dr. Steven Greenberg, professor of neurology, Harvard Medical School said, ‘This study underscores the thinking that lowering blood pressure is likely to be an effective way to prevent cognitive impairment.’ Cognitive impairment is often a precursor to dementia.”

Source: Harvard Heart Letter, Harvard Medical School

Sunshine Club

Notify Diane Pedersen at diane_pedersen@aol.com or call 352-339-2378 if you would like Chapter 185 to contact a member or send a card to a member or their family.

Birthdays

November

Arthur Benton

Bill Austin

Richard Laws

Eloise Staples

We would like to wish all our members a happy birthday during their birthday month. Please send the month of your birthday to Diane Pedersen diane_pedersen@aol.com or 352-339-2378 so she can add your name to the birthday Calendar.