



SPOKANE CHAPTER 32 NEWSLETTER

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Advocates for Current and Former Federal Employees

January 2012

PRESIDENT'S MESSAGE *Arlene Patton*

As 2011 comes to a close, I would be remiss if I did not take this opportunity to thank the many Chapter 32 members for stepping up. During the year we hosted a very successful convention. Chapter 32's membership has remained steady and the Rest Stop fundraising event was very successful. Your officers/directors and committee members have performed in an outstanding manner, always looking out for the best interest of Chapter 32 & NARFE.

2012 will continue to be a challenging year as Congress struggles with the national debt and the overall federal budget. NARFE is as strong as its membership and needs our continued help. As part of your New Year resolution, I ask that each of us reach out to one retired or active federal employee to recruit them into NARFE. Encourage a current member to continue to renew his or her membership. Currently Chapter 32's membership is 821 voting members. If we all could commit to recruiting one (1) new member what a difference that would make! Membership applications are available at Chapter meetings or in the NARFE Magazine.

LEGISLATION *Bill Beatty*

Happy New Year! As I write this article the scenario in the other Washington can be described in two words: stalemate and uncertainty. Those two conditions will most likely extend well into 2012. The emotion associated with the presidential election, the public's low opinion of Congress, the draconian cuts in government spending starting in 2013, and reductions in the federal workforce that compel workers to do more with less foreshadow a long winter of discontent.

The legislative element of NARFE will undoubtedly be calling upon each of us to respond vigorously to attempts by lawmakers who believe that the solution to the nation's problems is to enact legislation that makes federal employment less attractive to those who are motivated to serve their country, or even worse, targets those who have devoted their lives to public service. The legislative committee will thus be seeking your support this new and interesting year. We were successful in 2011. With everyone's support we can repeat that success in 2012.

SERVICE OFFICER *Lennie Husa*

The January annuity and Social Security checks which you received reflected the amount as adjusted by the COLA for next year. You should have received the explanation in December from OPM and Social Security explaining how the COLA changes and any other changes effected your January check amounts. Remember, although changes to your medical plan became effective January 1st, the changes to your medical plan costs won't be reflected until the February annuity check. You will receive another explanation in January from OPM telling you what your February check will be.

JANUARY CHAPTER MEETING

Monday January 9, 2012
Old Country Buffet
5504 N Division Street
Lunch at 11:30 Meeting at 12:30

Program: Meals On Wheels
Pam Almeida, Executive Director

PROGRAM NOTES *Pat Hegerberg*

December: Mr. Gene Lorensen entertained us with a fine presentation of piping on the Scottish smallpipes plus a brief history of the Royal Highland Regiment. His uniform was representative of the Royal Highland Regiment (Black Watch) as worn in America during the French and Indian War in the 1750's and early 1760's. Scottish regiment soldiers (under British rule) were allowed to keep and carry a broadsword and pistol. British officers were allowed the same privilege (to keep & carry arms) but not regular British army soldiers, Mr. Lorensen explained.

January: Pam Almeida, Executive Director for Greater Spokane County Meals On Wheels, will speak about the local Meals On Wheels program

MEMBERSHIP *Ken Kaul*

If every member recruited just one new member our numbers would double. Have you got your ONE recruit for this year yet? You can do it! I know many of you are reluctant to approach your colleagues and former work friends and acquaintances about joining NARFE. It's a normal reaction. Most of us had jobs that were very distant from the type of sales skills needed to recruit new members. Fortunately, the membership committee consists of several people who are not only good at it, but actually enjoy asking people to join us. Just hand over your leads and contacts to them. They will get the job done.

Now more than ever before, we must grow our numbers to add clout to our voice. Remember,

**NARFE NEEDS YOU AND YOU NEED
NARFE!**

DATES FOR YOUR CALENDAR

Jan 9	Chapter Meeting
Jan 23	Board Meeting
Feb 13	Chapter Meeting
Feb 27	Board Meeting
Mar 13, 14	Pre-Retirement Seminar, FERS
April 19	District I, V Joint Workshop

Happy New Year!

National Active and Retired Federal Employees Association 32
 Spokane Washington Chapter 32
 1821 E North Crescent Avenue
 Spokane, WA 99207

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NARFE on the Web:

National: www.narfe.org
 WSFC: www.narfewa.net
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LONG TERM CARE COSTS. 2011 *Lois Pace*

Costs continue to rise for those requiring long-term care. According to the newly released *2011 MetLife Market Survey of Long-Term Care Costs*, national average rates for nursing home, assisted living, and adult day services rose over 2010 costs while home health aides and homemaker companion service rates were unchanged. We thought you might find these data interesting and, perhaps, useful.

Key findings in the 2011 survey:

- The national average daily rate for a private room in a nursing home rose from \$229 to \$239.
- The national average monthly base rate in an assisted living community rose from \$3293 to \$3477.
- The national average daily rate for adult day services rose from \$67 to \$70.
- The national average hourly rate for home health aides was \$21 and homemakers, \$19.

The survey gives high, low, and average costs for Spokane for nursing homes, assisted living, and home care. **Nursing home** costs in Spokane, for a semi-private room range from \$225 to \$294 per day. The average is \$254. A private room is slightly more.

Base rates for **Assisted Living** in Spokane range from \$1625 to \$4090 with an average cost of \$2991. Additional services are usually offered on an a la carte basis, thus impacting the overall cost of care. The average age of an assisted living resident is 86.9 years and the median length of stay is 25.6 months.

The desire for families and friends to remain at home has created a diverse and dynamic **Home Care** industry. Most home care is non-medical care provided by

paraprofessionals (although some home care can only be delivered by licensed professionals) and provides care and assistance to people in their homes who need help with activities of daily living. Hourly costs for home health aide services range from \$19 to \$35 per hour and average \$24. Hourly rates for **Adult Day Care** services in Eastern Washington in 2011 ranged from \$38 to \$70 and averaged \$52.

The entire survey is online at www.metlife.com/mmi

ALZHEIMER'S *Jean Flechel*

The Alzheimer's Association publishes a report annually, with some interesting information. An estimated 5.4 million Americans have this disease, with 14.9 million unpaid caregivers. This is in addition to \$183 billion in medical costs. One in eight people 65 or older (13%) has Alzheimer's, with a higher percentage for those over age 85. Some of the statistics are estimates because many do not receive a medical diagnosis. Early diagnosis helps manage symptoms with medication and allows patients to be included in trials that can assist in further research.

I have the 2011 Alzheimer's Report available for loan, or you can get a copy from the local Alzheimer's office in the Deaconess Medical Building.

SPOKANE SERVICE CENTER
 707 W Main Ave, Suite 500
 Spokane, WA 99201-0608
 (509) 625-1359

Staffed Tuesdays, 11 am to 2 pm
Call anytime and leave message

CHAPTER 32 OFFICERS AND COMMITTEES					
Officers and Directors:			Committees:		
President	Arlene Patton	747-1589	Alzheimer's	Jean Flechel	838-8081
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Service Center.....625-1359					

ELECTED OFFICIALS
President Barack H. Obama 202-456-1414 www.whitehouse.gov
Senator Patty Murray 10 N Post, Suite 600 Spokane, WA 99201 509-624-9515 www.murray.senate.gov
Senator Maria Cantwell 920 W. Riverside Ave., Suite 697 Spokane, WA 99201 509-353-2507 www.cantwell.senate.gov
Representative Cathy McMorris Rodgers 10 N. Post, 6 th Floor Spokane, WA 99201 509-353-2374