

MONTHLY NEWSLETTER  
except July & August

**NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES  
ASSOCIATION, BREMERTON CHAPTER 181**  
P.O. Box 4514, Bremerton, WA 98312-0392

**June 2024**

**NUMBER 06-24**

**General Meeting Date & Time: May 13, 2024 1:00PM**

**Meeting Place: Westside Improvement Club, 4109 West "E" Street, Bremerton, WA**

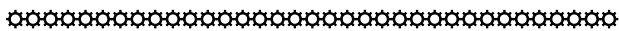
**Program: From the Kitsap County Assessor's Office, Andrew Bothe Exemption Specialist and Shannon Lewis Office Administration Manager. They will explain the senior/disabled persons exemption program for property taxes and assist with completing applications (see pg. 3 for required documents)**

*NARFE is recognized as the association devoted exclusively to serving and protecting the earned entitlements, rights and benefits of all federal retirees, employees and survivors.*

**Executive Board meetings are held from noon to 2:00PM at the Westside Improvement Club the Wednesday prior to general meetings. Members are welcome to join us.**

**UPCOMING EVENTS**

- 9 September.....Membership Meeting**
- 14 October.....Membership Meeting**
- 11 November.....Membership Meeting**



**PRESIDENT**  
Bill Powers

Our executive board has heard from all three candidates for our Sixth Congressional District seat to replace Derek Kilmer who is stepping down so he can spend more time with his family. The three candidates are Hilary Franz (D), Emily Randall (D), and Drew MacEwen (R). They all gave very good presentations and are cognizant of the issues in our congressional district. They understand how important Puget Sound Naval Shipyard and Submarine Base Bangor are to our economy and to us federal employees, annuitants, and surviving spouses.

Last month we had the representative from KidVantage give a presentation on how they support the needy families in our community. One thing we learned is that, rather than buying disposable diapers retail and donating them, it is better to donate cash for them to bulk-buy

diapers from distributors. They can make your donation stretch much further with their purchasing power.

*Our horse, "Federal Families Advocate" got 1318 points for donated diapers...thank you for donating!!*

We participated in the Armed Forces Day Parade again this year. We got the exposure we were looking for and, hopefully, we have encouraged new membership.

I visited the Bremerton Eagles and saw the remodeling of their facility now that they have fixed the frozen pipe leakage and flooding of the establishment that happened last winter. The facility looks good and they are preparing a bid for our Holiday Luncheon in December. I will present this bid to the executive board when finalized.

In closing, have a great summer!

**Remember to access your OPM, TSP and Social Security accounts to keep logins active!**

**MOVING? SNOWBIRDS?**

Even if it's from one apartment to another in the same building or complex, please contact Ralph Sanders at 360-535-4334 to update your mailing address!!! USPS charges a fee for returned newsletters. THANK YOU!!

## **Alzheimer's Report**

President Bill Powers

In April 2022 I wrote an Alzheimer's article for our newsletter. Alzheimer's is our NARFE charity of choice and we support its research. There are still many unanswered questions about this disease so we decided to provide an update on this subject prior to the summer break.

In April 2022 I mentioned a drug that showed promise removing amyloid plaques. It has since been taken off the market and replaced by Lecanemab. This drug removes these giant ugly blobs in the brain and slows down early-stage Alzheimer's. This drug costs \$6,636 annually as of March 2024. Rather than further discuss the research into potential drugs for this disease, I'm going to discuss what some brain and behavioral scientists are studying to prevent this disease.

A half million Americans will develop Alzheimer's this year. Of those, it has been estimated that one third of these cases are attributable to lifestyle habits such as lack of physical, social and cognitive brain activity, stress, poor diet, e.g., highly processed foods, and poor quality sleep. The good news is that, since the turn of the century, Alzheimer's has dropped 30 percent. Lifestyle changes are attributable to this trend and may point toward a cure in the future.

The brain is three percent of the body's weight but uses 20 percent of the body's energy, mostly from glucose. Glucose mainly comes from sugar and refined carbohydrates such as soda, fruit juice, desserts, potatoes, bread, and white rice. When foods containing sucrose (table sugar) are eaten, they are broken down into glucose and fructose and absorbed through the stomach and gut into the blood stream. Carbohydrates also break down into glucose in the form of starch.

The glucose and fructose travel to the liver, which stores most of the fructose for its needs and stores some glucose in the form of glycogen. The rest goes into circulation as blood sugar.

The pancreas releases insulin, which triggers the cells to take up glucose. When blood glucose is persistently high, cells become resistant to the effect of insulin; this high blood glucose level is called hyperglycemia. Chronic hyperglycemia is called type 2 diabetes and can drive inflammation in several different ways. If too much fructose is taken up by the body from our high-energy western diet of sugary, refined carbohydrates, it drives obesity and inflammation. The association of insulin-resistance

and obesity with Alzheimer's is strong enough that it is sometimes referred to as type 3 diabetes.

Scientists are still trying to understand Alzheimer's disease, its causes, and its relationship to diabetes.

## **MEMBERSHIP & MUSINGS**

V.P. Ralph Sanders

The Fair COLA for Seniors Act of 2023 (H.R. 716) proposes a change in how cost-of-living adjustments (COLAs) are calculated for certain federal benefits programs. Instead of the current model, the new bill suggests the Consumer Price Index for Elderly Consumers (CPI-E). Under this proposed legislation, COLAs for benefits available through federal and military retirement programs, Social Security, and specified programs for veterans would be tied to a price index that specifically tracks the spending patterns of older consumers. The Bureau of Labor Statistics of the Department of Labor would publish this price index monthly. If enacted, this bill could have significant implications for seniors' financial well-being by more accurately reflecting their cost of living.

H.R. 716 was introduced to the House on 1 February 2023 and, as of 28 February 2023, the bill was referred to the Subcommittee on "Disability Assistance and Memorial Affairs." It currently has 40 cosponsors but has apparently seen no other Committee action. None of our Washington State congressional representatives have cosponsored H.R. 716; please urge them to do so.

This Membership report covers the period from 25 April to 24 May. Our Bremerton Chapter now has 372 members on board. We have two members dropped for non-renewal: Deborah F [REDACTED] and John W [REDACTED]. If you know either of them, please ask them to renew their membership. Two members passed away this month: Harriet B [REDACTED] and Irena S [REDACTED]. Our condolences to their families.

We have two new members this month: Siylo S [REDACTED] and Kerry S [REDACTED]. Thank you for joining NARFE. If you have any questions regarding NARFE, please contact any one of the members listed on the back of this newsletter. We have two members who reinstated their membership this month: Robert J [REDACTED] and Jerome T [REDACTED]. Thank you for coming back. There is one new prospective member: Edward P [REDACTED]. It is our hope that you will join NARFE and become an active member of our chapter.

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Membership cont. If anyone has any questions regarding NARFE, or Bremerton Chapter 0181, feel free to contact any board member listed on the back page of this newsletter.

**PROGRAMS**  
Secretary Bea Bull

10 JUNE – Andrew Bothe, Exemption Specialist, and Shannon Lewis, Office Administration Manager, Kitsap County Assessor’s office, will discuss changes to the Senior/Disabled persons exemption program for property taxes. Following their presentation, they will be available to help attendees complete the application process. **What you need to bring:**

- Proof that you qualify (ID showing you are at least age 61 by December 31 of the previous year or proof of disability from physician, SSI or VA)
- Proof of income (2023 income tax return showing income of \$65,000 or lower)
- Information about your property (address and move-in year)
- Proof of expenditures for, if applicable, assisted living, adult family home, in-home care or nursing home
- Proof of premiums for Medicare Parts A, B, C and D
- Proof of non-reimbursed prescriptions and other non-reimbursed medical related expenses.

For a complete list, go to:  
<https://www.kitsap.gov/assessor/Pages/SeniorDisabledExemptionDetails.aspx>  
Click on “documents that you will need” at the bottom of the center column.

9 SEPTEMBER – Jennifer Calvin-Myer will present “Healthy Aging: Brain Health & Safe Use of Medication.”

**SECRETARY**  
Bea Bull

**Candidates Needed!** – Candidates are needed for the Region IX VP position (contact Steve Roy) and for all federation officer positions (contact Cray Henry).

**Federation Elections** – If candidates are found, the election will be held this summer; watch for an email or contact Bea Bull for information and a paper ballot.

**Postage Stamp Scam** – Beware of online offers of discounted postage stamps! The stamps are printed in China and are not valid for use in the U.S. If you use one, the USPS will dispose of your letter at their discretion; it will not be returned to you.

**27 July Whaling Days Parade** – Bea Bull will drive and Ralph Sanders will ride in the parade again this year. If you attend, please look for them and give them a wave.

**August is Grass Root Advocacy Month** – Be sure to watch for opportunities to meet with your congressional representatives.

**TREASURER**  
Rex Tauscher

Our account balance for April was \$17,027.82 and, for March, \$16,901.61, for an increase of \$126.01. The Life Membership Trust account value 1<sup>st</sup> quarter to 31 March 2024 has decreased \$0.03 per share for a value change of minus \$53.98; the total trust value is \$16,159.32. The balance in the bulk mail account was \$174.43, and in the return mail account, \$140.65, for a chapter net worth as of 30 April of \$33,502.22. A Treasurer’s report for May 2024 will be available at our June meetings.

**ALZHEIMER’S CHAIR**  
Secretary Bea Bull

NARFE members raised a combined total of \$30,044.36 in national fundraising in April. As of 30 April 2024 the grand total was \$16,196,241.47.

Our 2024 Walk to End Alzheimer’s will be 21 September at Silverdale Waterfront Park. Watch for more information in the September newsletter.

Alzheimer’s donations were received from Loraine B [redacted], Bea B [redacted], Bill F [redacted] and Rex T [redacted]. We thank everyone for their donations.

**To make a tax-deductible donation to the NARFE Alzheimer’s Research fund please make your check payable to “NARFE Alzheimer’s Research”, write “Bremerton Chapter 181” on the notation line, and mail it to: Alzheimer’s Association  
225 N Michigan Ave, 17<sup>th</sup> Floor  
Chicago, IL 60601-7633**

**SUNSHINE CHAIR**  
Lois Barber

A sympathy card was sent to the family of Elmer M [redacted] and a speedy recovery card was sent to Lois B [redacted].

If you know of a chapter member in need of a little sunshine, please contact Lois at 360-297-2671 so she can get a card out to them.

**PRESIDENT**

Bill Powers 360-377-7917  
 powersw@silverlink.net

**VICE PRESIDENT  
 MEMBERSHIP CHAIR**  
 Ralph Sanders

**SECRETARY  
 NEWSLETTER EDITOR**  
 Bea Bull

**TREASURER**  
 Rex Tauscher

**LEGISLATIVE CHAIR-NATIONAL**  
 Vacant

**LEGISLATIVE CHAIR-STATE**  
 Lyn Damschen

**NARFE-PAC CHAIR**  
 Lanny Ross

**SERGEANT AT ARMS**  
 William Fuhrmeister

**SUNSHINE CHAIR**  
 Lois Barber

**EXECUTIVE BOARD MEMBERS  
 UNTIL DECEMBER 2024**  
 Ralph Petersen

Lanny Ross

**UNTIL DECEMBER 2025**  
 Stan Barber  
 John Burch

**WESTERN WASHINGTON  
 DISTRICT VP**

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 tbkbull@gmail.com

**REGION IX VP**  
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 stevenroy1@yahoo.com

**WSF SERVICE OFFICER**  
 Charles Caughlan  
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 csquare@pacifier.com

**SENIOR INFORMATION &  
 ASSISTANCE**  
 360-337-5700 OR 1-800-562-6418

**OFFICE OF PERSONNEL  
 MANAGEMENT (OPM)**  
 Phone: 1-888-767-6738

Hours of operation:  
 7:30AM – 7:45PM ET with best time to  
 reach someone being 6:30PM – 7:30PM  
 or at 7:30AM.

Mailing Address:  
 Office of Personnel Management  
 Retirement Operations Center  
 P.O. Box 45  
 Boyers, PA 16017

**NARFE NATIONAL WEBSITE**  
[www.narfe.org](http://www.narfe.org)

**LEGISLATIVE HOTLINE**  
 877-217-8234

**ADD YOUR E-MAIL ADDRESS**  
 800-456-8410

**NARFE DISTRICT WEBSITE**

Webmaster – Bea Bull  
[www.narfewadistiv.org](http://www.narfewadistiv.org)

**CHAPTER FACEBOOK PAGE**  
<https://www.facebook.com/narfechap181>

**NARFE STATE WEBSITE**  
[www.narfe.org/wa/](http://www.narfe.org/wa/)

**OUR ELECTED REPRESENTATIVES**

**Senator Patty Murray**  
 950 Pacific Avenue #650  
 Tacoma, WA 98402  
 Tacoma Phone Number 253-572-3636  
 D.C. Phone Number 202-224-2621  
[www.murray.senate.gov](http://www.murray.senate.gov)

**Senator Maria Cantwell**  
 915 – 2<sup>nd</sup> Avenue, Suite 3206  
 Seattle, WA 98174  
 Seattle Phone Number 206-220-6400  
 D.C. Phone Number 202-224-3441  
[www.cantwell.senate.gov](http://www.cantwell.senate.gov)

Congressional District 6  
**Derek Kilmer**  
 345 – 6<sup>th</sup> Street, Suite 500  
 Bremerton, WA 98337  
 Bremerton phone number 360-373-9725  
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<http://kilmer.house.gov>

Congressional District 10  
**Marilyn Strickland**  
 6000 Main Street SW, Suite 3B  
 Lakewood, WA 98499  
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