



NARFE

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

South Carolina Federation of Chapters

Esther L. Crandall - Federation President

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Message from the President



In July, I attended the Federation Presidents meeting in Louisville, KY. It was held at the Galt House, which will be the site of our 2008 National Convention. This is a wonderful hotel for a convention. The food served at our meeting was delicious; in addition, there are several cafes/restaurants in the hotel. Just a short walk uphill, there are restaurants and shops, even music in the street on occasion. There is a limo service housed in the hotel. For single passengers, this service is cheaper than a taxi. Reservations must be made in advance (don't wait until the day before). I'm sure the telephone number will be provided with convention registration information. Two or three passengers fare better by sharing a taxi ride. Either is very convenient as transportation between the airport and hotel.

As to the meeting itself, it went very well. The National Executive Board meeting began the day before our arrival. The first morning the Presidents met with the Executive Board and were told we had free hand to discuss whatever we wanted in regard to improving the NARFE organization.

The Presidents then agreed to limit our discussions to four important topics: Communication, Membership, Structure, and Legislation. We separated into three groups for a day and a half. Each group then gave a presentation to the other groups and the NEB. Not surprisingly, many of our ideas and suggestions were the same. The NEB then addressed each issue and gave us their thoughts, proposals, and solutions on our recommendations.

Following is a summary of actions taken:

Communication: We asked that the Web Site be more user friendly and were told that changes are already underway to improve the site. We asked for a search area in the Q&A section. The Treasurer and Will Speer will look into making this happen. We suggested Virtual Chapters and were told that the first Virtual Chapter is already in existence. It is a congressional chapter that meets online in real time. Others will follow. We said that we'd like to see more Letters to the Editor in the NARFE magazine. President Baptiste said that she encourages our members to write letters. She gets very few, but all that are suitable for publication are included in the magazine.

Membership: The Presidents voted to move toward single dues. The NEB will prepare a resolution and forward it to each Federation President for discussion within the Federations. We asked that instead of Headquarters sending two copies of the M112/M114 to the Federation Presidents, one be sent to the President and the other to the Federation Membership Chair. This change has already been made. The Presidents were split on the issue of eliminating Honorary Membership. The only way the present system could be changed is through a Bylaws amendment, so I expect this will come up again at next year's National Convention.

Structure: There were many, many suggestions on this topic. After considerable discussion, the NEB was asked to set up a committee to look at the feasibility of restructuring NARFE. A five-person committee of current and past Federation Presidents was formed and has already been sent past reports and studies and other pertinent material. They will meet at NARFE Headquarters on November 1 and 2 to consult with each other and any staff that they wish to consult. They will then write a report to be presented to the Board, Federation Presidents, and ultimately to the 2008 Convention.

Legislation: We all agreed that Judy Parks and her staff do an excellent job in this, our most important, area. We did ask for more communications from that department in the form of articles, etc. in the magazine. We also would like to have a training program in place and a state clearinghouse section on the website for this purpose.

I had the pleasure of meeting with the Florence and Spartanburg chapters in September. I thoroughly enjoyed their meetings as well as getting to know members of both chapters. I will attend meetings and install officers in Sumter on November 12, Camden on November 13, and Myrtle Beach on November 15. I'm looking forward to each of these visits.

Happy Halloween and Happy Thanksgiving!

SC Federation Convention April 16, 2008

The registration fee will be the same this year as the last two years, \$65.00. This includes two breakfast meals, one luncheon meal, President's Reception on Wednesday and the Convention Banquet on Thursday. Registration forms are on the SC Federation web site, and can be filled in and mailed. **Please submit payment in full by Saturday March 15, 2008, after that date registration will be \$75.00.**

The only full-service resort in the S.C. State Park Service, Hickory Knob rests on rolling, wooded shoreline alongside 70,000-acre Strom Thurmond Reservoir on the Savannah River: South Carolina's "West Coast."

The park's amenities also include a boat ramp, campgrounds and one of the state's most popular mountain biking trails. Serene and tucked away, location is another plus for this destination, with picturesque, historic small towns such as Abbeville and Greenwood nearby and Aiken and Anderson (and Clemson) just an easy drive away.

The SC State Convention will be held at Hickory Knob on April 16, 17 and 18, 2008, sponsored by the Aiken Chapter 934.

There has been a change in reservations since The August - September issue. Reservations should now be made by March 15, 2008. Reservations received after March 16, 2008 are subject to availability and at prevailing room rates.

Rooms are \$51.75; Cabins



Chow Time

The restaurant at Hickory Knob State Resort Park serves breakfast, lunch and dinner.

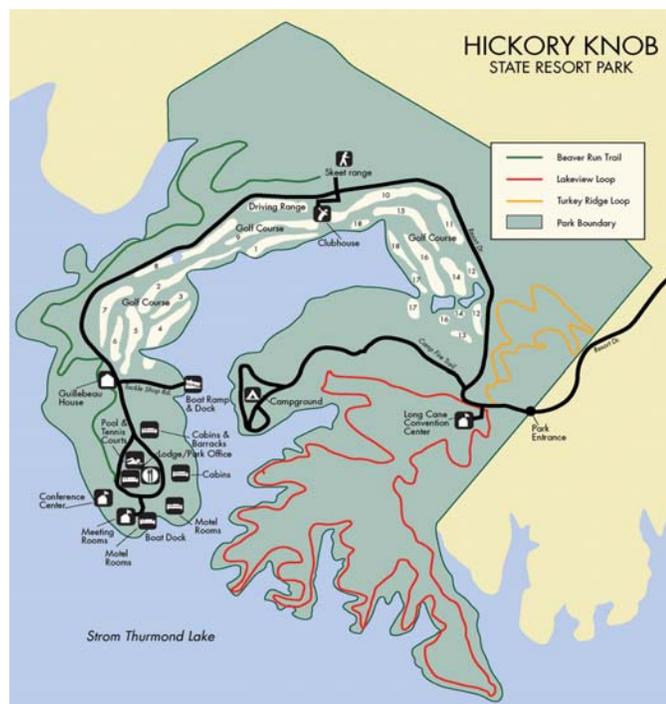
are \$73.75, and Suites are \$73.75, plus tax, currently 8%. Guests will be required to pay a deposit of \$55.89 per room, including tax. For cancellation with 30 days or less notice, \$5.00 (plus tax) per room will be charged.

To make a lodging reservation, call the park toll free at 1-800-491-1764. Make sure you

tell them you are with NARFE.

Lodge rooms in the 200 section are located next to the lodge and restaurant. Lodge rooms in the 300 section and 400 section are located lakeside.

If you would like to stay for the weekend, the rates will be the same.



SC Federation Chapter Donations To Alzheimer's Research

April 1, 2007 - September 30, 2007

Chapter	
Aiken #934	74.00
Anderson #825	
Beaufort #1021	487.50
Camden #2319	
Charleston #1013	2,019.00
Clemson #1079	25.00
Columbia #087	1,027.50
Florence #960	105.00
Greenwood #920	100.00
Greenville #121	165.00
Hilton Head #2258	1,255.00
+ 223.00 to local Alzheimer's chapter	
Mount Pleasant #997	Closed
chapter	
M. Beach #1015	1,965.48
Newberry #0772	50.00
N. Charleston #072	218.00
Orangeburg #1170	
Pawleys Island #1958	186.00
+47.00 to local Alzheimer's chapter	
Rock Hill #1180	50.00
Spartanburg #560	134.00
Summerville #1082	380.35
Sumter #1786	
Walterboro #1185	
TOTAL	\$ 8241.83
+ \$270.00 Local Alzheimer's chapter	

Greenville Ch.# 121 donated
\$61.00 in memory of the Bob
Harrell family
Rock Hill Ch. # 1180 donated
\$50.00 in memory of Lee Fast

Submitted:
Laura Wilcox

REGION III - Biennial Leadership Development Seminar

Columbus, GA October 2 – 4, 2007

Based on the positive experience I had two years ago, when I attended the Leadership Development Seminar held in Macon, GA, I decided I couldn't miss this year's event. A decision was made that instead of combining two regions (III and X, as in Macon), each region would meet separately. Bob Harrell, Region III Field Vice President, presided over this year's Seminar, which was hosted by the Columbus, GA Chapter 219, at the Quality Inn, in downtown Columbus. The host chapter was only expecting about 75 people, but we surprised them by showing up with 120 members and guests. Based on that alone, I would say the seminar was a success!

Region III was represented by AL (19), FL (7), GA (44 + 21 from the host chapter = 65), MS (8) and SC (11) and 10 guests registered from the various states. No one came from Puerto Rico or the Virgin Islands. The two members traveling the farthest came all the way from Key West, having started out at 5 a.m. Tuesday and arriving at 8 that evening.

The registration fee for the seminar was \$40, which included an "ice breaker" heavy hors d'oeuvres buffet complete with red or white wine, from 4 until 7 the first evening, two full breakfast buffets (Quality Inn's standard fare), a buffet lunch and dinner on Wednesday, and a box lunch at the conclusion of the seminar. Where

else can you get that much good food for that amount?!

The highlights of the seminar had to be the presentations by John Clements, National Director of Recruiting and Retention Services, Ben Pappa's "How to Conduct a Chapter Meeting", Bob Harrell's Leadership Development, Virginia Hawsey's Federal Employee Education and Assistance fund (FEAA), and Dr. Marion Somers, guest speaker at the Wednesday evening dinner. The latter has written a book, *Elder Care Made Easier*, which is available at Barnes and Noble. They all did outstanding jobs in their subject areas and certainly left us more informed after their presentations.

We also had a brief presentation from Blue Cross/Blue Shield (BC/BS), by Kay Ashby, the GA representative. She said that mail-order medications will be going back to MedCo, from CareMark, which she felt was a very good thing. You should be receiving your Federal Employees Health Benefits Program pamphlet in the mail any day now, with the various plans and their respective 2008 rates.

Obviously, I can't possibly cover almost two day's worth of information exchange and dynamic net-working in this space, but I will say this year's Seminar in Columbus was certainly worth my harrowing trip through downtown Atlanta! Kudos and mega thanks to the host chapter for all their hard work!

Jeanette M. Keepers
2nd Vice President, SC Federation

Senior Vaccination Season

Columbia, SC – Governor Mark Sanford has declared October 1 – March 31 as Senior Vaccination Season and, for the sixth straight year, The Carolinas Center for Medical Excellence (CCME), is providing a web-based list of flu clinics in the Carolinas. To find a clinic near you, visit www.thecarolinascenter.org/fcf.

Last flu season, more than 3,500 flu clinics were listed on the Flu Clinic Finder, attracting nearly 35,000 web hits. This season CCME expects just as many or more listed this year to provide the public with an abundance of choices when you are ready to get your flu shot.

In a typical year, more than 1,000 South Carolinians 65 and older will die from complications of the flu and pneumonia. Patients who get the flu are more likely to get pneumonia – one of the leading causes of death for older adults.

Last year, about 60 percent of South Carolina seniors reported getting flu shots. Medicare pays for both flu and pneumonia shots.

While everyone is susceptible to catching the flu, those most in need of a flu vaccine are the elderly, babies and toddlers ages 6-59 months, people with chronic conditions such as diabetes and heart or lung disease, pregnant women, and health care workers. In an average year, flu kills 36,000 people and hospitalizes another 200,000, mostly the elderly.

Approximately 50,000 adults die each year from vaccine-preventable diseases in the U.S. Pneumonia and influenza are the fifth leading cause of death in older adults in the U.S. According to the



Centers for Disease Control and Prevention (CDC), 1.25 million people are infected with the hepatitis B virus, which attacks the liver and can cause liver cancer, liver failure, and death.

Myths

With flu season just around the corner, now is a good time to separate fact from fiction on the flu. Here are some common myths that unfortunately prevent some people from receiving flu shots:

Myth 1: The flu is dangerous only to the elderly. While the flu is especially dangerous to older adults, it is even more dangerous to those who have diabetes, chronic illness, or a weak immune system. You're also at higher risk if you live in a nursing home.

Myth 2: The flu shot can cause the flu. Not true! The flu shot is made from a killed virus, so it is impossible for the shot to give you the flu. The flu shot is your best weapon against the flu.

Myth 3: You don't need a flu shot every year. You do need to get a flu shot every year because the flu virus changes from year to year.

Myth 4: After November, it's too late to get the flu shot. While it's true that the best time to get the shot is between mid-October and mid-November, the flu virus can be spread as late as March.

Myth 5: Flu and pneumonia shots are the same. The pneumonia shot is a different shot; it can be given any time during the year. Talk to your doctor about what's best for you.

Myth 6: As long as I don't eat or drink after someone who has the flu, I won't get it.

The flu is very contagious. In fact, if someone who has the virus coughs or sneezes near you, the virus can be spread to you through the air you breathe.

CCME sets up a Flu Vaccine Exchange

Shortages of flu vaccine in previous years have meant that some people were not able to get their flu shot.

"To tighten the network of flu clinic providers and to prevent unnecessary shortages or wasted vaccine this flu season, we have expanded our Vaccine Exchange email system, which will allow providers who need vaccine or have leftover vaccine to alert other flu clinic providers when they have excess vaccine available," said Anne Butzen, MPH, CCME Improvement Consultant and Flu Clinic Finder Coordinator. Two hundred providers are already enrolled in our Vaccine Exchange, which is available to health care providers on the Flu Clinic Finder webpage.

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Health Insurance Portability and Accountability Act

The Health Insurance Portability And Accountability Act (HIPAA) was passed in 1996, With certain provisions of the act only becoming effective on April 14, 2003. HIPAA provides for the privacy of individuals medical records and requires the Office Of Personnel Management to distribute a notice of privacy practices to all federal employees health benefits program enrollees. The Notice of Privacy Practices is included in every FEHBP health insurance plan's 2003 brochure.

HIPAA also requires health care providers, including doctors and hospitals; health plans, and health care clearinghouses to comply with the privacy rules. As of April 14, 2003, disclosures from individuals medical records without their consent will be limited. Hospital and doctor patients will be given notices of privacy practices by employees of the hospital and doctor's office. FEHBP Health Insurance Plan enrollees will also receive a notice of privacy practices from their plans.

For more information on the OPM Notice Of Privacy Practices, go to: www.opm.gov/insure.health

For frequently asked questions about the privacy of medical information, go to: www.opm.gov/insure.

Don Loper, Service Officer
SC Federation NARFE



When you reach for the stars you may not quite get one, but you won't come up with a handful of mud either.
LEO BURNETT (1891-1971)
Advertising executive

In Maintaining South Carolina's NARFE Chapter Web Sites

Paul Donahue, SCNARFE FED-Webmaster

Chapter Officer Election Report Information

Not only are we now being bombarded by "election canvassing notices" via email, newsletters, junk-mail flyers, television, telephone, billboards and placards scattered around street corners for our U.S. of A. Presidential Nominees of 2008, on a National level; we are also faced with the job of electing NARFE Chapter Officers on a State level, as 2007 comes to an end. That is an individual's civic duty... to VOTE.

Once done, each Chapter Secretary is required to fill out a Chapter Officer Roster F-7 Form and submit it to headquarters by January 1, 2008, indicating any Chapter Officer's position or Committee Chair's status change.

The F-7 Form may be accessed from Headquarters' Web Site at <http://www.narfe.org> This Form is also an .pdf formatted file, which allows for simply filling in the data blanks on-line and emailing copies (as an attachment) to the Federation's Secretary, Federation President and also to the Chapter Secretary themselves. The Chapter Secretary can then forward this form to the Chapter President, plus others.

It has also been suggested that a copy of each Chapter's Officer Roster, F-7 Form be forwarded to the Federation Newsletter Editor in order to assure that newly elected Chapter Officers be added to the mailing list, in order to be kept abreast of Federation happenings.

Additionally, I would like to request that a copy be forwarded to my attention at paddona@scnarfe.org so that I may readily make necessary changes to the 21 Chapter's located in the SC Federation of NARFE Chapters. It is to our advantage, for all concerned, to have up-to-date listings of current Officers and Committee Chairs for each South Carolina NARFE Chapter listed on their respective Chapter Web Page.

Pay Attention to Your Mental Health: Get Screened for Depression

While everyone feels sad or unhappy at times, depression is not a normal part of aging. Depression is a serious illness that affects 15 out of every 100 adults over the age 65 in the United States. It is also one of the most common conditions associated with suicide in older adults. It is an illness that can be successfully treated at any age.

Before seeking help or treatment, a person must accept that he or she has a health issue that may require professional health assistance. This is an important first step. A depression screening can help someone identify whether or not clinical intervention is needed. A screening tool is a series of questions that, when linked together, help create a picture of how that person is feeling and what kind of evaluation they may need. It is not a diagnosis. It is a net that helps catch those who may need some assistance. The earlier a disorder is diagnosed and treated, the better quality of life one can enjoy.

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Check the Newsletter at our
website address www.scnarfe.org

PLEASE READ THIS NEWSLETTER – THERE IS EXCELLENT INFO IN EVERY REPORT.
WHEN YOU HAVE FINISHED – PLEASE GIVE IT TO A PROSPECTIVE MEMBER TO READ.

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DEADLINES: May 20, July 20, September 20, November 20, January 20 & March 20
SC FEDERATION CONVENTION: April 16-18, 2008
NATIONAL CONVENTION: Louisville, Kentucky in 2008