



Message from the SC Federation President:

As I mentioned last month, we have an opportunity between now and election day to revitalize our relations with our South Carolina Congressional Delegation. In keeping with that, Bill Nicol, Federation Legislative Chair and I are participating in a Region 3 conference call on June 4 to plan for "Meet Your Candidates Month" from August 8 to September 8, taking advantage of the delegation's District Work Periods. This August 8 - September 8 would be the optimum time for each of our Chapters to make our NARFE presence known at the grassroots level. Also, preparation for the National Convention, further described on page 3, continues with each Chapter submitting its Delegate Certification by June 9 to validate the delegate numbers that will be eligible to vote in Louisville, KY, in September. Finally, I have included a copy of our Executive Committee agenda to give you an idea of what we are doing on your behalf. Thank you for your continued confidence in the Federation and we look forward to serving you in the year ahead. The Executive Committee of the SC Federation will be meeting in Columbia, Monday, June 9, 2008 All Committee chairs and District Field Officers should be there to present their reports. We have appointments, subject to Executive Committee approval, for the Alzheimer's Chair (Betty Wessinger) and the Resolutions Chair (Hugh Wessinger), so we have the 2 major vacancies filled. FEEA is the only vacancy left, and we are working on that.

Here is the Meeting Agenda:

1. Welcome: President John Geiger
2. Invocation: Chaplain Nellie Bodenhamer
3. Pledge of Allegiance: Sgt. At Arms Charles Giavelli
4. Roll Call: Secretary Esther Crandall
5. Quorum: Parliamentarian: Judy Kemp
6. Minutes of the State Convention meeting: Secretary Esther Crandall
7. Correspondence: Secretary
8. Treasurer's Report: Buck Mizelle - Proposed 2008/09 Budget
9. Officer/Committee Reports:
- " First VP/Membership - Jeanette Keepers
- " Second VP - Sally DePreker
- " Nominating - Bill Nicol
- " Past President - Esther Crandall
- " Legislative - Bill Nicol
- " Historian - Carl Young
- " Audit - Paul Donahue
- " Bylaws - Larry Shaff
- " Region III National Field Vice President - Bob Harrell
- " District Field Officers:
- #1 - Judy Kemp
- #2 - Ernest J. Williams, Jr.
- #3 - Dan Love
- #4 - Joe McCarty
- #5 - Moses Moultrie
- #6 - John Neely
- #7 - Mamie Clarke
10. Old Business:
- Banner Final Report - Bill Nicol
11. New Business:
- Approve Committee Chair Appointment:
- New Alzheimer's and Resolutions Chairs;
- FEEA Scholarship and Disaster Relief vacancy remains.
- 2009 Convention Time and Place
12. Next Meeting
13. Adjourn

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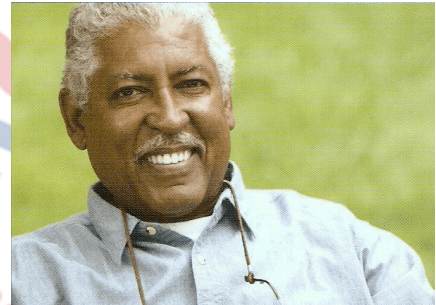
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Medicare Now Offers FREE INTERNET Access For Personal Health Records

(Paul D. Donahue, SCNARFE Federation Web coordinator)

At our recently concluded Federation's Annual Convention, held at Hickory Knob State park, I announced that (CMS) Medicare had just introduced a pilot project, specific to South Carolinians, that offers **free access to an Electronic Personal Health Record called My Personal Health Record, South Carolina (MyPHRSC)**. This one year project, sponsored by Medicare, offers a person with Medicare living in South Carolina an opportunity to create their own Personal Health Record at no expense to them.

- A Personal Health Record (PHR) is a tool that helps you to collect and store important medical information about yourself. It can be helpful in an **emergency** since **MyPHRSC** provides you, your trusted caregivers and your authorized providers with a comprehensive view of your medical history. You have a choice in determining who has access to your records. A condensed medical history is available on a wallet-card printout feature, which is convenient for immediate identification purposes by all Emergency Medical Technicians (EMT's).
- My Personal Health Record, South Carolina (**MyPHRSC**) allows you to view a history of your Medicare claims over the past 24 months, in a very attractive format. **MyPHRSC** provides you with one convenient location to track your Medicare provider and hospital visits, medical conditions, allergies, and additional information.
- You can also add your own notes, the medications you take, immunizations, allergies, and any non-Medicare appointments to your record. **MyPHRSC** will help you better understand your health and the services you use.
- Signing up for **MyPHRSC** is easy to do and only takes a few minutes of your time. There is no fee for this service. All you need is internet access (a personal e-mail address*), your Medicare number and some basic information about yourself. It is important to note that **MyPHRSC** follows strict security measures to ensure all of your information is safe and secure.
- Create your record today by going to <http://www.myphrsc.com> on the web. It's **Your Health. Your Record. Online. Anytime.** And remember, it's useful and it's **FREE!**



"I created my Personal Health Record in less than 5 minutes. Two days later, I was able to view my Medicare information at home. Best of all, I've been able to add my own notes to my record."

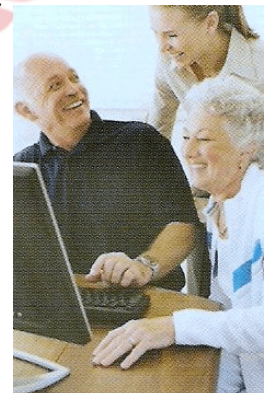
1-888-697-4772

www.myphrsc.com

*Don't have a personal e-mail address? You can get one **FREE** from **HOTMAIL** or **YAHOO**. Simply go to <http://www.hotmail.com> or <http://www.yahoo.com> on the web. Following are simple steps to register:

1. For **HOTMAIL**:
2. Click on **Sign In**
3. Click on the Windows Live Hotmail **Get It button**
4. Type in the requested information. Click on **I accept**
5. Choose the **Classic version**
6. Click on **Inbox** to check your mail

IMPORTANT: Remember to always record your e-mail address and any



password information provided in obtaining it. Similarly, when registering for **MyPHRSC**, make note of the password information you submitted.

1. For **YAHOO**:

2. Click on the **Sign Up** link (top right corner)

3. Type in the requested information. Be sure to click the box stating that you agree with the terms and conditions

4. Click on the **Create My Account** button

5. A Congratulations page will appear

6. Click the **Continue** button

7. Click the **Inbox** to check your email

IMPORTANT: Remember to always record your e-mail address and any password information provided in obtaining it. Similarly, when registering for **MyPHRSC**, make note of the password information you submitted.

If you have questions or would like to know more about **MyPHRSC**, please call their toll free number at: 1 (888)697-4772 or email them at: questions@myphrsc.com



NATIONAL NARFE CONVENTION - LOUISVILLE, KY

(From NARFE National)

Every two years since 1950, NARFE members have gathered to set the Association's course during the next two years. This year, Louisville, KY, plays host to the 30th

Biennial NARFE National Convention, September 7-11. This is the second time the convention has been held in Louisville. The last time was in 1990.

Not surprising for a gathering held in the Kentucky Derby City, the 2008 convention takes its theme, "NARFE: Going the Distance for Your Future," from the sporting world. Convention planners think they have a Triple Crown-winning event for NARFE delegates to enjoy.

- First, the convention schedule is being streamlined.
- Second, all convention activities will be conducted under one roof.
- Third, the convention hotel's downtown location is within walking distance of many attractions.



The convention program is being designed to try to ensure that delegates complete all convention business within the allotted time. As usual, most of the convention business will take place on the main convention floor, where delegates will debate and signal acceptance or rejection of resolutions and committee reports. The Convention will be held in The Galt House Hotel & Suites, which recently underwent a \$60 million refurbishing. It has comfortably sized rooms; several restaurants, including a revolving rooftop restaurant; and all of the amenities of a large hotel. The Galt House consists of two towers joined by a covered walkway above the street between the buildings.

The walkway features conversation areas, tables and a deli. The Convention will not be held in a convention center, but in the Hotel itself.

Delegates also will have the opportunity to attend the convention's Kentucky Night, being planned by the Host Committee. It will spotlight the bicentennial of President Abraham Lincoln's birth near Hodgenville, KY, on Feb. 12, 1809. There will be a number of optional events and tours, including a dinner cruise on the Belle of Louisville on the Saturday evening before the convention and representatives of the Louisville Convention & Visitors Bureau will be on-site to help delegates arrange their own tours.

Galt House Hotel & Suites - 140 N. Fourth St. Louisville, KY 40202 - Reservation number: 1-800-843-4258 Hotel rate: \$75 single/double + \$10.50 tax Check-in: 3 p.m. Check-out: 12 noon. Cut-off date for reservations: August 3, 2008

EMERGENCY CONTACT

(From the Red Cross, Spartanburg Chapter.)

Ever heard of ICE? It stands for In Case of Emergency! Paramedics know about it, and if you use a mobile phone, you should too. Store the word "ICE" in your mobile phone address book. Against it, enter the phone number of the person to contact "IN CASE OF EMERGENCY." For more than one contact, enter ICE1, ICE2, etc. In case of an emergency, paramedics or anyone that knows about ICE can simply use the 'call' button to notify your emergency contact. It works!



NARFE - PAC

Today federal employees and annuitants have a sound retirement system and a model group health insurance program. We worked and paid for these benefits during our federal careers so we could depend on them in our retirement. But, to do so, we must make certain that those protections are not diminished or destroyed by Congress. Since its inception in 1982, NARFE-PAC has allowed NARFE members to pool their political resources on behalf of U.S. House and Senate candidates.

NARFE-PAC procedures rely on the advice and consent of NARFE members through consultation with local chapters and state federations. This democratic process exists to justify NARFE-PAC's creed...



Of the donors,
by the members,
for the good of all retirees and survivors.

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