

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES  
SAN FRANCISCO CHAPTER 65  
**SENTINEL**

HERMAN BRACEY, EDITOR

Meets 3<sup>rd</sup> Wednesday each month, FOB 90 – 7<sup>th</sup> Street, SF, Lower Level Room B-120 (Civic Center BART station)

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**FEBRUARY 2013 NEWSLETTER**

**OUR NEXT MEETING IS ON FEBRUARY 20, 2013 AT FOB, 90 7TH ST.**

**EXECUTIVE BOARD MEETING 10:30 AM; 11TH FLOOR RM 11-010**

**GENERAL MEETING 1:00 PM - LOWER LEVEL - "RM B-120"**

**PHOTO ID REQUIRED TO ENTER BUILDING.**

**CALENDAR OF EVENTS**

FEB 20 SHANNON SIMONSON OF THE SPEECH AND HEARING CENTER OF NORTHERN CA  
MAR 20 LUNCHEON AT "VISTA ROOM" BURK HALL SF STATE UNIVERSITY  
APR 17 LT ERICA ARTESEROS, SF FIRE DEPT NERT PROGRAM COODINATOR  
MAY 3-4 4<sup>TH</sup> BIENNIAL CSFC CONVENTION IN SACRAMENTO, CA

**PRESIDENT; JERRY HALL; 229 De Montfort Ave, SF, CA 94112; 412-0488, fritz1313@hotmail.com**

**GREETINGS AND CONGRATULATIONS TO ALL CHAPTER MEMBERS WITH BIRTHDAYS AND/OR ANNIVERSARIES IN FEBRUARY...** We had an excellent meeting on January 15<sup>th</sup> with good participation. The topic on Advance Health Care Directives was appropriate for all our members. The speaker suggested that every person 18 years of age or older needs a "Directive" on file with their doctor and needs to regularly update it and make sure that their family is aware of their wishes in the case of accident situations and serious illness. If you are interested in hearing the presentation at some later date (They provide it at their offices and for groups requesting it.) or using any of the consultation and referral services provided by "Seniors at Home," a nonsectarian division of the Jewish Family and Children's Services, you can contact them Monday through Friday at 415-449-3700. Special thanks to Leslie Ching for arranging this important and informative program for the San Francisco NARFE Chapter.

Please contact me or Dianne Joseph if you are interested in being a delegate at the California State Federation Convention in Sacramento beginning the evening of May 2<sup>nd</sup> and concluding at approximately 5pm on May 4<sup>th</sup> at the Doubletree Hotel, 2001 Point West Way, Sacramento, CA. Convention rates at the hotel are \$84 plus 12% tax. NARFE members are responsible for their own costs, but the San Francisco Chapter will pay its delegates' registration fees and provide a small stipend of support from funds raised by this year's Holiday raffle. March 1<sup>st</sup> will be the deadline for contacting the Chapter and indicating your desire to serve as a delegate at the May convention. Besides conducting business of the California Federation, the convention provides NARFE training and many opportunities for fellowship with other NARFE members from throughout the State. For further information feel free to call or email me or visit the Federation website at: [www.csfcnarfe.org](http://www.csfcnarfe.org); then click on 2013 convention.

Your San Francisco NARFE Chapter is here to serve its members, to provide them with accurate information about Federal Benefits, both active and retired federal employees. Moreover, your Chapter provides a wide range of speakers eight times a year on topics of interest to our members. Additionally, the Chapter provides fellowship and member opportunities for interaction by sponsoring three luncheons a year and at least one outing and a social event. NARFE provides a strong voice in Washington, through its leadership and its representatives that regularly communicate with Congress and the White House, making them aware of the Federal Employee and Retiree perspective, trying to ensure that current and former Federal Workers maintain the earned benefits for which they have worked. Please feel free to contact any of your officers to express any concerns or suggestions you may have to make your Chapter and NARFE stronger and ensure that our Chapter is representative of its members.

**ALZHEIMER'S: FRANK MORELLI: 1237 Filbert Street, San Francisco, CA 94109-1713; 563-8361**

Every 68 seconds someone in America develops Alzheimer's. So, every minute that passes without action from our elected leaders increases the devastating impact this disease has on families, caregivers and our nation. The arrival of the 113th U.S. Congress earlier this month brought a number of new faces to our nation's capital, along with many familiar ones. And for many Americans, it brought a hope that members of Congress would avoid the partisan gridlock seen in previous years. Thankfully, the issue of fighting Alzheimer's spans partisan lines.

The Congressional Task Force on Alzheimer's Disease is a clear example of bipartisanship and has been instrumental in raising awareness and securing funding for research. Led in the House by Co-Chairs Rep. Edward J. Markey (D-MA), Rep. Christopher H. Smith (R-NJ), Senator Susan M. Collins (R-ME) and Senator Mark R. Warner (D-VA) in the Senate, the Task Force is working to bring the mounting Alzheimer's crisis to the forefront of the congressional agenda. Please [thank your Senators](#) for their past participation in the Task Force and urge them to continue championing Alzheimer's initiatives.

## FEBRUARY 2013

Visit OUR CHAPTER 65 WEB SITE: (<http://www.narfe65.org>) for more Chapter information, photos, archived newsletter, etc. NATIONAL WEB SITE: (<http://www.narfe.org>); CSFC WEB SITE: (<http://www.csfcnarfe.org>) NARFE DUES: Currently National Dues are \$40.00 and Chapter 65 Dues are \$8.00 annually. Mail check for the full \$48.00, along with your DUES RENEWAL NOTICE, when you receive it, to NARFE, Membership Services, 606 Washington St, Alexandria, Va. 22314-1914.

**SERVICE OFFICER: DAVID GARCIA 510 235-7750**

Important numbers: OPM 1-888-767-6738 (Administrative Problems); NARFE 1-800-456-8410 (Membership Problems); SOCIAL SECURITY 1-800-772-1213 (Life Cycle Problems ); LTC 1-800 582-3337 (For Applications and Information Kits); OPM Toll Number 1-724-794-5216:

**TREASURER'S REPORT: DIANNE JOSEPH, 179 CHILTON AVE, SF, CA 94131; 334-6380**

Balance on 12/1/12	\$4,660.81
Income	\$1,507.36
Expenses	\$1,734.11
Balance on 12/31/12	\$4,434.06

(Please see the treasurer's report on our website, [narfe65.org](http://narfe65.org) for a breakdown of income and expenses.)

**SUNSHINE: EDITH HIGA, 566-7358**

Our thoughts and prayers to the friends and families of *Joseph A Daly, 1257 Bush St #4-A, San Francisco, CA 94109-5730; and Julie A Rose, 733 Rockdale DR, San Francisco, CA 94127-1721.*

**MEMBERSHIP: HERMAN BRACEY, 651 COLE ST APT 2, SF, CA. 94117; 668-2337**

We send out a warm WELCOME to our newest members, *Lillian Choy, Debra Folla, Randal J Hunfnagel and David A Walker.* We also THANK *Judie Crummel, Emma Jackson and Robert B Welch* for reinstating their memberships.

**AARP TAX AIDE PROGRAM:** From February 1 through April 15th each year, the AARP Tax-Aide program offers free one-on-one counseling, as well as assistance on the telephone and internet to help low income and senior individuals prepare basic tax forms, including the 1040, 1040A, 1040EZ and other standard schedules.

There are several Tax Aide sites around the city where you can make contact to receive tax help. (1) **Federal Bldg 450 Golden Gate Ave SF** located in the lobby, Turk St. side open Monday - Friday 9:00AM-1:00PM - phone (415) 364-8829 (appointment recommended); (2) **Stonestown YMCA 3150 20th Ave. SF** open Tuesday-Thursday 12:00AM-4:00PM - phone (415) 242-7135 (appointment required); (3) **St Mary's Senior Services at Morrissey Hall, 2250 Hayes St. SF** open Friday 10:00AM-2:00PM - phone (415) 750-5530 (appointment required); (4) **Aquatic Park Senior Center 890 Beach St. SF** open Tuesday 9:30AM-1:30PM - phone (415) 775-1866 (appointment required) **For locations outside the city call 1-888-227-7669.**

**Caring for Those You Care About:** During our January 16 meeting, presenters Redwing Keysaar and Gwen Harris from Seniors at Home informed us of an upcoming four-part workshop being held in San Francisco. Information about the workshops and contact information is below:

Are you caring for a family member or friend who is older or ill? Do you have concerns about your own care as you age? Join Seniors At Home for a four-part workshop series offering understanding, solutions, and support. Each session will be devoted to a different aspect of caring for someone while still caring for yourself. You are welcome to attend one or all sessions.

February 25— Being an Effective Healthcare Advocate—for Yourself and Others

March 4—Setting Boundaries and Dealing with Changing Roles

March 11—Coping with Difficult Diseases

March 18—Care and Compassion at the End of Life

Workshops will be held from 6:00 – 8:00 pm, at JFCS in San Francisco, 2150 Post Street. Light snacks provided. Pre-registration is required. (\$25 suggested donation for the series.)

For more information or to register, please call [415-449-3777](tel:415-449-3777) or email [Info@SeniorsAtHome.org](mailto:Info@SeniorsAtHome.org).

♥HAPPY VALENTINE'S DAY♥