

VOLUME 58 - Number 3

VFC AREA IX

September - October 2023

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Happy Labor Day! It's hard to believe that it's already September. Kids are back in school, the weather is improving (we hope), and we're starting back to our regular NARFE Chapter meetings.

Our meetings are held on the second Wednesday of the month. The next one is September 13, at La Fiamma Italian Kitchen, 6124 Franconia Rd, Alexandria, VA. We start with lunch at 12:00 and the meeting follows at 1:00. If you are unable to join us for lunch, please join us for the meeting and speaker. If you are joining for lunch, please order your food by 12:15 so the meeting can start on time.

In recognition of National Preparedness Month, our speaker for September is Moriah Kitaeff, Community Engagement Specialist, Fairfax County Department of Emergency Management and Security. Moriah will tell us how to prepare for any kind of emergency in Fairfax County and will share many useful tips from her firsthand experiences from her position in the county. Moriah has been in this position since 2019 and thoroughly enjoys the work and helping the residents of Fairfax County.

I hope some of you took advantage of the Grassroots Advocacy Month in August. There are many ways you can make a difference in advancing NARFE's advocacy priorities. Your advocacy doesn't have to stop at the end of the Grassroots Advocacy Month; many of the suggestions such as the action letters to lawmakers, calling your lawmakers or meeting with them personally can continue throughout the year.

If you are interested in helping your Chapter, check out the article on nominations for Chapter Officers! We can always use your help.

I'm looking forward to seeing you at the next Chapter meeting on September 13th.

Marcy Stennes,
President

ALZHEIMER'S

As we begin the 'entrance' to Fall, there is new "positive" info re Alzheimer's. First, there may soon be another option for an Alzheimer's drug capable of slowing the progression of this disease ... an experimental drug from Eli Lilly, called **donanemab**; however, side effects were serious in some cases. The news of this drug came on the heels of the Food & Drug Administration first fully approved drug, **Leqembi**, that aims to slow the progression of the disease. Both drugs are monoclonal antibodies that work by targeting amyloid in the brain, a hallmark of Alzheimer's disease. The thinking goes that by targeting amyloid, disease progression could be slowed. It doesn't make people better, but it delays the progression. The success of donanemab and Leqembi are yet another pivot on the long road of research. The potential of these drugs is a source of hope, but is hampered by concerns about their potentially life-threatening side effects including brain swelling and brain bleeding; however, there are patients and families who are going to want the drug, despite the side effects.

Another bit of good news: on July 31st, a new Centers for Medicare & Medicaid Services (CMS) initiative to improve the way dementia care is delivered for people living with Alzheimer's disease and other dementia, the **Guiding an Improved Dementia Experience (GUIDE) Model**, run thru the Center for Medicare & Medicaid Innovation (CMMI), was announced. There is growing support in Congress for the Comprehensive Care for Alzheimer's Act (H.R.1637/S.626). CMS said its **GUIDE Model** will test an alternative payment for participants who deliver key supportive services to people with dementia, including comprehensive, person-centered assessments and care plans, care coordination, and 24/7 access to a support line. People living with dementia and their caregivers will also have access to a care navigator who will help them access services and support.

This initiative from CMS comes at an extremely important time as new disease modifying treatments introduce new challenges and opportunities for care providers. While these treatments are only for individuals living with early Alzheimer's, this care model aims to benefit all those with dementia at any stage. HOWEVER, these programs will not develop on their own because health care practitioners would need to provide unreimbursed services without capturing offsetting savings. To encourage and facilitate the development of dementia care management programs under Medicare, a change in the payment structure is necessary.

As research continues and small measures of progress are being made, please consider a donation for 2023. All monies go directly to Research. Please make any checks for donations to: NARFE/ALZHEIMER'S RESEARCH **noting Chapter 893 in the memo line** and mailing to me at 5822 Fitzhugh St, Burke, VA 22015. Donations may be made in memory of or in honor of someone - please provide me that info when you send your check!

As of this writing (early August), our Chapter has raised \$1,845.00 toward our goal of \$4,500. We have a way to go, but can make it with your support. THANKS for your continued support and understanding of the importance of RESEARCH.

Margaret Yowell, Alzheimer's Chair

NOMINATIONS

Are you looking for a rewarding volunteer position? Have you considered becoming an officer in your NARFE Chapter?

Nominations will be open until 27 October 2023. NARFE Chapter 893 is seeking nominations for the following:

President

Vice President

Treasurer

Secretary

Board Members

If you would like to become a member of your Chapter leadership or know someone who would, please contact Marcy Stennes, marcystennes@msn.com.

MEMBERSHIP

We celebrate the lives of the following members who passed since our last newsletter:

Joseph P. (Pat) Harahan Earl Levy

Tolise Norwood Robert Richardson

Neal Schiff Jacquelyn Argodale

Hector Alvarez Linda Jean Mccosky

We welcome 2 new members to our chapter:

William Buckhold Deborah Muschuch

Gerry Frazier, Membership Chair

WHAT'S HAPPENING IN OUR CHAPTER?

Tentative Program Schedule for 2023/2024

MONTH	SPEAKER
September	Emergency Preparedness Moriah Kitaeff—Community Engagement Spec, Dept of Emergency Mgmt & Security
October	State Representative
November	BlueCrossBlueShield
December	Holiday Party
January	Huntley Meadows
February	AARP Tax Spec
March	Honor Flight
April	Birding

If you have speakers you would like to see or recommend, please contact Marcy Stennes.



THE LITTLE THEATRE OF ALEXANDRIA (LTA)

Sometimes the best comedy isn't onstage but in the parking lot! That's certainly the case for the members of the **Neighborhood Actors Summerfun Repertory Theatre** who, due to a lack of wing space, spend their down time in the parking lot around the van of an aging hippie/now-turned techie. Those looking for refuge at the asphalt oasis include a stressed-out artistic director, a wanna-be diva, and a very innocent ingenue. In the end, the company proves the old adage that somehow, some way, the "show must go on." And it does...just not always as planned. Two on The Aisle will be presented in September.

It's alive!" From the creators of Broadway's record-breaking musical comedy sensation, *The Producers*, comes "**Young Frankenstein**," a monster of a hit musical based on Mel

Brook's comedic film masterpiece. This wickedly inspired re-imagining of the legend of Frankenstein is the story of the bright young grandson who travels to Transylvania to complete his grandfather's experiment. This show is scientifically proven, monstrously great entertainment. For mature audiences! Coming to LTA in October.

Once exact dates are known, an email will be sent to members so that you can request tickets.

Joanie Capella, *Theatre Community Liaison*

SUNSHINE

If you know of a Chapter member who has lost a loved one, or a member who is sick or injured, please let Debbie Pumphrey know at debbiepdc@gmail.com or 703-337-4548, so she can send out an appropriate card.



CALENDAR EVENTS

PLEASE NOTE – ALL CHAPTER MEETINGS WILL BE IN PERSON AT LA FIAMMA RESTAURANT, 6124 FRANCONIA ROAD, ALEXANDRIA, VA

September 6, 2023, NARFE Chapter 893 Board Meeting, 1:00 pm.

September 13, 2023, NARFE Chapter 893 General Meeting, 12:00 pm.

Please order your food between 12:00-12:15 so that the meeting can begin promptly at 1pm. Our speaker for September is Moriah Kitaeff, Community Engagement Specialist, Fairfax County Department of Emergency Management and Security.

October 4, 2023, NARFE Chapter 893 Board Meeting, 1:00 pm.

October 11, 2023, NARFE Chapter 893 General Meeting, 12:00 pm.

Scott Surovell, VA State Senator, has been invited to speak.

**NARFE Springfield Chapter 893
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West Springfield, VA 22152-3118**

ADDRESS SERVICE REQUESTED



SUMMER LUNCHEON

Our summer luncheon was held on June 7, 2023, at The Fairfax. Thirty people attended and enjoyed a wonderful buffet lunch and bingo. A presentation was made to Jim Little, on the occasion of his retirement as the Area IX Vice President.

