Your Chapter’s Advocates at Work on Health Care!

By Ron Rehner, Legislative Chair

What a legislative year this has been! Health Care for our nation is a huge topic that could result in many changes. Our Chapter continues to be a strong supporter of protecting and preserving Medicare and Social Security. We represent not only those who are over 50 years, but also those who someday will be on those programs. Also of great importance is how the repeal and replacement of the Affordable Health Care Act (ACA) will affect our members.

Your Chapter leadership has worked very hard to achieve AARP’s goals in health care. Our membership has given overwhelming support for this effort by signing petitions, writing letters, attending town meetings, calling our representatives, and visiting the office of our Congressman, Tom Reed.

Earlier this year, we were unable to schedule a meeting with Congressman Reed because of his very busy schedule in Washington. Therefore we made a surprise drop in visit to his office. His staff was very gracious to meet with us so that we could present at least to his staff issues that were important to AARP.

Later, nearly 30 Chapter 276 members in red shirts attended our Congressman’s town meeting at Broadway Elementary School. Town meetings have become very contentious with angry people on many different issues. We were unable to present or have our questions asked because of the nature of this meeting and expressed that to Congressman Reed. A week later, our team met with Congressman Reed at his office for nearly an hour. (See article on this visit later in this newsletter)
Hello everyone:

It is wonderful to look out and see blue sky and the sun shining. It is also amazing to see how fast things grow.

It has been an incredible 7 months for our chapter. We are involved in so many activities. The mobile food pantry is one of the very successful activities. Thank you to all of you who are involved with the Southern Tier Food Bank.

Our membership is steadily growing. Please keep on talking to your friends to join our local chapter.

In April, we represented our Chapter at the Tom Reed town hall meeting, had a meeting with Congressman Tom Reed in his office and attended an AARP advocacy training along with myself and 3 other chapter members in Syracuse.

Activities coming up are: Older Americans Month, Senior Games, and Chemung County Fair. We have also been invited to participate in the Memorial Day Parade. We are working on getting an AARP float together.

I am very proud of all members and the way you come together at our monthly general meeting/luncheon. We have been averaging 100+ per meeting.

Keep up the good work and let us make Chapter 276 even better.

Respectfully submitted,

Rehana Stanley, President (607) 732-6990

Elmira AARP Chapter 276 Meetings

The Chapter meets on the third Wed. each month, except July and August at 12:00 PM sharp at the New Beginnings United Methodist Church, 300 E. Miller Street, Elmira, NY 14904 (disability accessible). No meeting when schools are closed for a snow day. Meetings are announced on TV – channels 18 and 36, Star-Gazette & The Leader and on local radio.

The Programs offered by AARP Chapter 276 are solely for entertainment and information. They do not constitute any endorsement.

The Board of Directors (Officers, Directors and Com. Chairs) meet on the first Wed. of each month, except July and August at 9:00 AM at New Beginnings United Methodist Church, 300 E. Miller Street, Elmira, NY 14904.

Chapter Meetings

**May 17:** Election of Officers & Directors
Program: Joshua Goldman, "Tai Chi for Arthritis" Bring a Dish to Pass and Table Service. Bring also Toilet Paper and Adult Protective Garments for our Senior Care!

**June 21:** Installation of Offices & Directors
Program: Our Famous Fun Summer Picnic! Hot Dogs! Bring a Dish to Pass and Table Service. Lots of Giveaways! Bingo for Fun!
Membership from Betty Empson

Well Spring is finally here! This is the last Spotlight until September. We have 362 members at present. 97 have not yet paid their dues for 2017. You can always send me a check, your local chapter membership card, and a stamped self-addressed envelope, and I will return your updated membership card. If you move or have a change in address or phone number, please let me know so your Spotlight can find you. You should receive a phone call to remind you of our upcoming meeting a day or two in advance of the coming meeting. We are always looking for new members to join our chapter. You are our best recruiters for new members. To join the chapter, you must be a member of national AARP first. Our dues are still only $3.00 per year. We don’t have any chapter meetings in July or August. We will be at the Chemung County Fair again this year, and we still will be at the Food Bank of the Southern Tier on the second Monday of every month. See you around the county this summer. If you have any questions, call 607-732-0902, or write to me at 3517 Michigan Ave., Elmira Heights NY 14903.

Chapter 276 Thanks the following for their support of Our Chapter:

AARP Smart Driver Classes

<table>
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<td>Steele Memorial Library</td>
<td>May 8 &amp; 9 (Wed &amp; Fri)</td>
<td>1:30-4:30 PM</td>
<td>733-2788</td>
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<tr>
<td>Big Flats Community Center</td>
<td>June 15 (Thursday)</td>
<td>9:00 AM – 3:00 PM Bring a Bag Lunch</td>
<td>562-8443 ext 303</td>
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<td>Chapel Park, Southport</td>
<td>Sept 26 &amp; 28 (Tues &amp; Thurs)</td>
<td>12:00 PM to 3:00 PM</td>
<td>733-2788</td>
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<td></td>
<td>Oct 30 &amp; Nov 1 (Mon &amp; Wed)</td>
<td>12:00 PM to 3:00 PM</td>
<td>733-2788</td>
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<tr>
<td>Office for the Aging</td>
<td>May 9 &amp; 10 (Tues &amp; Wed)</td>
<td>6 PM – 9 PM</td>
<td>535-7108</td>
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Times and Dates Subject to Change

There are two classes of three hours each – must attend both sessions to receive certificate.
Cost - $ 20.00 AARP members must have ID Membership Card; Non Members $ 25.00.
Registration is Required! Payment by check preferred with your AARP member # on the check. Please Bring Your Driver’s License!

Like Us on Facebook or Website

AARP Chapter 276 is on Facebook. Also on Facebook are Chemung County Department of Aging and Long Term Care (CCDOA&LTC), Senior Notebook, Chemung County Senior Games, Chemung County Eat Well Live Well Program, Caregiver Support, and Age Friendly Chemung County. Website addresses for CCDOA&LTC are www.chemungcounty.com (scroll down to Human Services and click on Department of Aging & LTC) and www.agefriendlychemungcounty.wordpress.com. Please visit these sites for up-to-date news, events, photos and information for and about us. It’s a great way to stay informed. The Spotlight is on the Chemung County Health Department website at the following address: www.chemungcountyhealth.org then click on Health Education which will bring up Seniors info and AARP! The Spotlight is also in full color on this website.
Ospreys and the Chemung River by Ken Larsen

The guest speaker at the April 19th general meeting was Jim Pfiffer, Executive Director of Friends of the Chemung River. For a long time, the Chemung River that cuts the city in two was considered the enemy, but with the passage of time that perception is changing and the river is being embraced. The River Friends stress that it is our responsibility to protect the river and educate people. To keep the river water clean, we must not litter it with debris, flushed chemicals and drugs, etc.

Jim's discussion at the meeting was about the Osprey. His talk was augmented with film footage and Pfiffer humor for a very informative and entertaining segment. The osprey is also called fish eagle, sea hawk, river hawk and fish hawk, but is not classified a sea eagle. It is diurnal (active during the day) and a particular kind of bird of prey termed a “raptor”. It is quite large, with a wing span of six feet, and is brown on the upper parts but predominantly greyish on its head and underparts. Osprey habitat is near a body of water providing an adequate food supply, primarily fish. The osprey’s talons are rounded rather than grooved. Osprey and owls are the only raptors whose outer toe is reversible, allowing them to grasp their prey with two toes in front and two behind. This is particularly helpful when they grab slippery fish.

The male osprey is the hunter and collector. The female osprey stays with the nest and tends to the offspring. The young osprey eat constantly and grow rapidly. At the proper time, the female osprey will go a distance from the nest and call the children to come to her. That is the moment the children finally begin to realize what those floppy things on each side of their body are for. With Mama's coaching, they flap their wings and fly from the nest. It must be a tremendous WOW feeling for the young 'uns.

Papa osprey, on his quest for food, will scour the water to spot a potential meal and gracefully swoop down into the water and get it with those strong talons. It can even go 3 feet into water to capture prey. The female osprey remains at the nest calling for the food. The only way Jim could tell a male and female osprey apart is because the females are doing all the talking. The osprey migrate to South America for the winter and depart in August. They travel thousands of miles per day and travel at night. Their return to their nest is a sign that the river and food supply are clean.

We must keep the Chemung clean and free from pollution. We want the osprey to return to their 4 year old Clinton Island nest. This amazing bird needs clean water as do we all. Do not litter. Be respectful of the Chemung and appreciate what it offers for recreation, tourism and sanctuary. Thank you, Jim, for your work to promote the river and for being an excellent spokesperson on bird life.

Jim is readily available to speak at clubs, organizations, etc. His contact number is 607-846-2242. E-mail is riverfriends@stny.rr.com. On the web: www.chemungrivertrail.com. Facebook: Friends of the Chemung River.
Slate of Officers and Directors from our Chapter Nominating Committee Chair, Jane Peterson

Executive Officers:

President – Rehana Stanley
Vice President – Marian Rutty
Treasurer – John Polcyn
Asst. Treasurer – Betty Empson
Secretary – Joan Van Galder
Corres. Sec. – Jane Nogaret

Board of Directors (Term 2017-2018):

Jim Brown, Janet Fundurulic, Judy Fransden
Virginia Bastian, Jackie Droleski

Board of Directors (Term 2017-2019):

Rose Burhyte, Dick Evans, Nancy Evans
Ken Larsen, Polly Neiley

The Executive Officers and Past Presidents are also on the Board of Directors.

Nominating Chairperson – Sue Kambeitz

The voting will take place at the May meeting. There can be nominations also from the floor at the May meeting.

Installation of officers will be at the June Chapter meeting.

Unbelievable Courage!
by Ron Rehner

In high school many years ago, we used to read articles from The Reader’s Digest to help develop our English writing skills and vocabulary. One of my favorite sections was “The Most Unforgettable Character I’ve Met”. Charlotte Pickelhaupt is my nominee to be the subject for such an article.

Recently, Charlotte spoke to a crowded room at EOP. Senator Kirsten Gillibrand was giving a press conference about her proposed legislation to stop fraud and financial exploitation of seniors by those seeking to steal their hard earned savings. Many people from all walks of life were in that room.

Charlotte came into the room with Pam Brown, Director of the Chemung County Department of Aging and Long Term Care and Senator Gillibrand. Our Senator outlined the major parts of her legislation.

Charlotte then told her story with great passion. She had become a victim of the grandparent scam from shysters in a foreign nation who impersonated her loved one. These people play upon emotion to extort money.

For most of us it would be very hard to go public with that kind of a story because of the feelings one would have. The tragedy of such an experience would prevent most of us from retelling such a poignant story.

Charlotte, you are a mentor to all of us! Thank you for your courage to confront those who want to do us harm.
Confused about Medicare? We have the answers! Certified health insurance (HIICAP) counselors from the Department of Aging will present Medicare 101 to employers, organizations, groups or clubs in Chemung County. This presentation includes Medicare enrollment periods, the four parts of Medicare, and how to decide what coverage is right for you. Contact us at 737-5520 to schedule a presentation for your group, or join us for Medicare Mondays at the Department of Aging at 2:30 p.m. on May 15th and June 19th.

IMPORTANT MEDICARE BENEFITS TO HELP YOU STAY HEALTHY

- Medicare now covers an annual wellness exam and personalized prevention plan, as well as many prevention services, at no charge.
- Prevention services you may be eligible for include flu, pneumococcal and Hepatitis B shots; heart disease and diabetes screenings; cervical, colon and prostate cancer screenings; depression screenings; obesity counseling; tobacco cessation counseling; bone mass measurements; mammograms and Advanced Care Planning.
- Medicare Part D provides coverage for prescription drugs.
- Talk to your doctor about developing a prevention plan just for you, based on your current health and risk factors.

BENEFITS TO HELP YOU PAY FOR MEDICARE

- If your gross monthly income is below $1,377 ($1,847 if married), you may be eligible for help paying for your Medicare Part B premium, Medicare prescription drug costs and more. Your income may be higher if you pay health insurance premiums or if some of your income is from wages.
- If your monthly income is below $1,528 ($2,050 if married) and your assets are no more than $13,820 ($27,600 if married), you may be eligible for help paying for your Medicare prescription drug costs. Your income may be higher if some of your income is from wages, or if you have additional family members in your household.
- If you are over age 65 and your annual income is below $75,000 ($100,000 if married), you may be eligible for EPIC, which helps pay Medicare prescription drug costs.

For more information or help applying for these programs, contact Department of Aging at 737-5520.

HELP FOR CAREGIVERS

Family caregivers can benefit from a variety of supports and services provided by our department, including our Caregiver Discussion Group that meets the 2nd Thursday of every month from 2:00 – 4:00. The first hour is a presentation on community services of interest to caregivers, and the second hour provides an opportunity for caregivers to share ideas and support. Upcoming presenters are:

- May 11th Sharon Cackett, Respite Outreach & Education Specialist for Lifespan of Greater Rochester and the NYS Caregiver & Respite Coalition – The Importance of Respite Care
- June 8th Department of Aging staff – Caring for Someone Who Wanders & Free Medic Alert Safe Return Unit Registration Event

For more information or to register, please call Department of Aging at 737-5520.

FREE MEDIC ALERT SAFE RETURN UNITS

Six out of ten individuals with dementia will wander. Medic Alert Safe Return Units are bracelets that provide vital information about your loved one to help ensure a safe return in case they wander. Ninety-nine percent of people enrolled in Safe Return are returned quickly and safely, compared to only 50% returned safely when they do not have a Safe Return unit. Special events where you can learn more about Safe Return Units are:
• Arnot Health Community Expo at Arnot Ogden Medical Center on Monday, May 15th
• Caregiver Discussion Group at Department of Aging on Thursday, June 8th, from 2:00 to 4:00 PM
• EOP Juneteenth Festival on Saturday, June 17th
If you have any questions or are interested in a no-cost unit, please contact Department of Aging staff Laurie Hansen at 737-5527 or Stephanie Beard at 873-1502.

DON’T BE A VICTIM!
IDENTITY THEFT & FRAUD PREVENTION SEMINAR – SAVE THE DATE
Our 2017 public hearing is scheduled for Wednesday, September 13th, and will focus on this very important topic. Please plan to join us to help you and your loved ones avoid these devastating and growing threats to your financial well-being.

MAY IS AMERICAN STROKE MONTH
THINK AND ACT F.A.S.T IN CASE OF STROKE
Many people die or are disabled from stroke because they do not get the appropriate medical treatment within the recommended time window, which is three hours for the most common type of stroke. Recognize stroke warning signs by thinking FAST:
• Face: Ask the person to smile. Does one side of the face droop?
• Arms: Ask the person to raise both arms. Does one arm drift downward or not move?
• Speech: Ask the person to repeat a simple sentence. Is speech slurred or hard to understand? Are they unable to speak?
• Time: Time to call 911 if you see any one of these signs! Note the time symptoms started and tell the medics.

Face droop, Arm weakness, and Speech difficulty are the most common signs and symptoms of stroke. Additional signs are sudden numbness or weakness of the face, arm or leg, especially on one side of the body; sudden confusion or trouble understanding; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; and sudden severe headache with no known cause.

The Chemung County Department of Aging is funded by Chemung County, NYS Office for the Aging, Administration for Community Living and participant donations.

To All Chapter Members 90 years and Above!

Joe Veres, local weatherman, reads the names of seniors each week who have achieved 90 or above on the WENY-TV Senior Notebook program. If you would like to be recognized, please contact our Chapter’s Public Relations Chair, Pauline LeShure, at 607-739-0981. Pauline must have this information the month prior to his or her birthday.
Our Chapter’s Nominees for the Chemung County
Senior Citizen of the Year Award

Prescription Drugs by Dawn Bush, Chemung County Public Health Program Coordinator

Many of us have expired or unneeded prescription drugs that clutter up the medicine cabinet, can lead to danger from incorrect dosing, might no longer be effective, and create situations in which dangerous medication can find its way into the curious hands of children or unknown substance abusers.

1. **Do not flush them down the toilet.** This is an old practice that may be harmful to our water supply.
2. **Get rid of them at drug drop boxes** in the Elmira City Hall, Town Hall of Elmira, and the Horseheads Village Hall during regular business hours with no questions asked.
3. Put them in household trash taking them out of their original containers and mix them with an undesirable substance, such as used coffee grounds or kitty litter. Put this mixture in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.
4. **Always scratch out personal information on the bottles** before discarding them to protect your private health information.
5. **Don’t share your prescription drugs or bottles with other people.** If you have questions about a particular drug disposal, ask your pharmacist.
Helping Others through Our Chapter

At our May Chapter meeting, we will be collecting toilet paper and adult protective garments. This program is intended to identify and assist our senior citizens who have physical issues that create the need for them to wear protective undergarments (Depends, Poise, Tena, store brands, etc.), which are not inexpensive and can create a financial burden. The Department of Aging has offered to assist in identifying those with a need while Meals on Wheels has offered storage space. So please remember to bring whichever of these items you can to our May 17th Chapter meeting to help our fellow seniors who need them!

Food Bank of the Southern Tier

Our Chapter is one of the first volunteer organizations to help the Food Bank with volunteers for the production room and now for the mobile food pantry. In May, they are having a celebration for their many volunteers who have helped to do many things without a need to fund raise for additional dollars. We have a pool of over 30 volunteers who are unbelievably dedicated to that cause. Not only do they accomplish a huge amount of work, but they have developed a comradery amongst themselves and met new friends. Indeed, volunteering with the Food Bank in our red shirts has made us very visible in the community.

A great deal of thanks has to be given to our leader and organizer, Faith Moffe. She has steered us on a great course of service by her leadership and love for what she has been doing! Everyone can feel the energy and love that she brings to volunteering. Thank you Faith! Come join the fun!

The AARP Team Helps the Chemung County Age Friendly Community Assess a Business or Organization
Latest Visit to Tom Reed by Our Team, April 17, 2017!

The Chapter 276 Legislative Team and three New York State AARP directors and board members attended a meeting with our Congressman Tom Reed. There were four major topics of discussion because of another attempt to repeal and replace the Affordable Care Act (ACA) in the future.

AARP is very concerned with the proposal to replace Medicaid with block grants to the states. There are 17 million children and adults with disabilities and 7 million in nursing homes with Medicaid. Each state will receive an amount of Federal funding under this proposal that will remain about the same each year with no increase in succeeding years. Each state will have its own right to spend the money as it sees fit. As a result there will be smaller amounts each year for funding Medicaid in the states. Cuts will then have to be made!

Another change proposed by the American Health Care Act (the proposed bill) is to allow insurers to use a 1 to 5 or more rating for older people. This means that insurers could charge older people up to five times the rate for young people. (the rate is presently 3 times). This change would not affect New York State because our state law is set at 3 to 1. For those that are 50 to 64, it would mean a huge increase in their insurance premiums.

A third change is the possible return of preexisting conditions to insurance policies. If one has a new condition not covered by their insurance, they would have to pay fully for such care.

Lastly we discussed Medicare. The taxes included in the Affordable Care Act (ACA) would be repealed in the new American Health Care Act (AHCA). Therefore insolvency of Medicare would be four years sooner than what it would be under the present ACA! However, one good news item from the meeting was Reed’s support of Medicare being able to negotiate drug prices with the pharmaceutical companies. This would be huge for Medicare! Stay tuned because we will all be affected by these changes!

Our Apology!
Two Christmas Party Donations Were Omitted from Our List:
Cinnabon Arnot Mall
Subway
Please acknowledge their donation!
AARP Health and Safety Report

J. Carol Lincoln

Senior Housing Options

Aging is a time of adaptation and change, and planning your future housing needs is an important part of ensuring that you continue to thrive as you get older. Of course, every older adult is different, so the senior housing choice that’s right for one person may not be suitable for you. The key to making the best choice is to match your housing with your lifestyle, health, and financial needs. This may mean modifying your own home to make it safer and more comfortable, or it could mean moving to a housing facility with more support and social options available on site. It could even involve enrolling in a network of like-minded people to share specialized services, or moving to a retirement community, an apartment building where the majority of tenants are over the age of 65, or even a nursing home.

Below are some highlights from the website https://www.helpguide.org/articles/senior-housing/senior-housing-options.html. There is more extensive information than I am able to put into this column.

When deciding on the senior housing plan that’s right for you, it’s important to consider not only the needs you have now but also those you may have in the future: 1. Physical and medical needs. 2. Home maintenance. 3. Social and emotional needs. 4. Financial needs.

Whether you’re considering home care services or relocating to a retirement home, planning your future housing needs often runs hand-in-hand with facing up to some loss in your level of independence. Understandably, the prospect of losing independence can be overwhelming for many older adults. It can bring with it feelings of shame, embarrassment, fear, confusion, and anger. But it’s important to remember that you’re not alone in this. Most of us over the age of 65 will require some type of long-term care services. And there’s nothing to be ashamed about in admitting you need more help than you used to. After all, we’ve all had to rely on others at some point during our adult lives, be it for help at work, home or vehicle repairs, professional or legal services, or simply moral support. For many of us, independence is recognizing when it’s time to ask for help.

Coming to terms with changes in your level of independence:
1. Communicate your needs to family and loved ones. 2. Be patient with yourself. 3. Be open to new possibilities. 4. Find a way of accepting help that makes you comfortable.

What are your senior housing options?
Senior housing option 1: Aging in place
Senior housing option 2: The village concept
Senior housing option 3: Naturally Occurring Retirement Communities (NORC)
Senior housing option 4: Independent living
Senior housing option 5: Assisted living
Senior housing option 6: Nursing homes

When evaluating your senior housing needs, consider the following issues: Level of Care; Location and Accessibility; Social Support; Caregiving Support; Finances.

Need an assessment? Check out the website https://www.helpguide.org/articles/senior-housing/senior-housing-options.html
Elmira Chapter 276
Hazel Thompson, Editor
147 W. Gray St. Apt. 414
Elmira, NY 14901
Phone: 734-0964

Electronic Service Requested

Committees

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<td>AARP Smart Driver Program</td>
<td>Gerald Wheeler</td>
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<td>AARP Tax Aide Program</td>
<td>Joe Koczan</td>
<td>737-0228</td>
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<td>Jackie Droleski</td>
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<td>Health</td>
<td>Carol Lincoln</td>
<td>796-9563</td>
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<td>Faith Moffe</td>
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<td>Telephone</td>
<td>Polly Neiley</td>
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<td>Raffle: 50/50</td>
<td>Jane Peterson</td>
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Officers 2015-2016

President/Director: Rehana Stanley 732-6990
Vice President/Director: Marian Rutty 734-0074
Recording Secretary/Director: Joan Van Galder 732-8775
Corresponding Secretary/Director: Jane Nogaret 846-2011
Treasurer/Director: John Polcyn 734-9249
Asst. Treasurer/Director: Betty Empson 732-0902

Director Emeritus: Jean Fundurulic

Directors 2015 - 2017: Rose Burhyte 739-7390, Nancy & Dick Evans 734-6023, Ken Larsen 733-0173, Polly Neiley
Directors 2016 - 2018: Virginia Bastian, Jim Brown 737-1371, Jackie Droleski, Judy Frandsen 733-9590, Janet Fundurulic