CAA News

THE NEWSLETTER OF THE CENSUS ALUMNI ASSOCIATION ❖ September 2002

CAA Awards Scholarship

Ms. Tiffany Curtis was selected by the Suitland High School awards coordinator as the recipient of the $1,000 2002 CAA Scholarship. Ms. Curtis is involved in the most strenuous academic curriculum and currently holds a 3.569 GPA.

Ms. Curtis helped to create the school's literary magazine and she is a reporter for the school newspaper. Currently she is the editor of the magazine and editor-in-chief of the newspaper. She is also a member of the band and plays the flute superbly.

Ms. Curtis plans to attend Salisbury State College and to major in education, with the hope of becoming a classroom teacher.

Next Reunion in 2003

At their June meeting, the CAA board of directors decided to schedule the next reunion luncheon on the first or second Friday in October 2003. Start making your vacation plans for beautiful Suitland now!

News From Alumni

William "Bick" Hulcher says it's hard to believe he's been retired for 5 years; "Time never went this fast on the 9 - 6 shift!" Bick was planning to move in July from his home in Alexandria, VA, to a house (which he built in 1981) on the bay in Deale, MD. He invites old friends and coworkers to come see him and enjoy the bay, and says there are always plenty of Jack and noshes on hand. His new address is 5934 Sneed Drive, Deale, MD 20751.

Jerry Mann reported on his tour of "The Great Rivers of Europe" in July with Grand Circle Travel. He flew to Amsterdam, toured the city (including the Rijksmuseum and a diamond factory), then boarded the M/S River Concerto the next day for a cruise down the Rhine, the Main, and through the Main-Danube Canal into the Danube, and ending with 4 days in Vienna. Along the way, the group (128 travelers, no children) enjoyed tours of Cologne, Koblenz, Heidelberg, Wurzburg, Nuremberg, and Passau, as well as several other beautiful and interesting cities and dozens of castles along the way. Nearly every city had an "ABC"--another beautiful cathedral. The total trip was 19 days, and every minute was very enjoyable. (If you want more details, e-mail Jerry at gmann928@hotmail.com.)

Paul Poissant says he is enjoying retirement in Easton, MD, with grandchildren, golf, and many homeowner projects.

Littie (Lee) Butler says she's still unpacking from her move to Jacksonville, FL. She's concerned that people who read the item about her in the last issue of CAA News wouldn't have known her as "Littie," as everyone calls her Lee.

Don Schaeffer says it's always a pleasure to write the check for $5 for CAA dues because it's the smallest check he makes out for the entire year!

Oneida Boone says she continues to enjoy living in Florida. Her apartment is only about 50 yards from the pool, and she enjoys swimming. She plays bridge twice a week and stays busy with volunteer work. She enjoys traveling with Justine Mikkelson, another Census retiree; they recently returned from a driving trip to Austin, San Antonio, Galveston, and Mexico. She spends about a month each year back in Maryland and tries to see old friends and coworkers.

Putting Paxil Behind You

Doctors warn that patients taking Paxil antidepressant should be careful about reducing or ceasing their dosage. Quickly stopping Paxil appears to be linked to severe problems, including dizziness, abnormal dreams, and even depression rebound. Fred Goodwin, a professor of psychiatry at George Washington University, suggests dropping the dose a bit every 4 or 5 days, even if it means cutting the pills in half. Patients are advised to consult their doctor rather than reducing dosage on their own.

DEATHS

Ernest E. Huyett, 96, died on May 31 at Sleepy Hollow Nursing Home in Annandale, VA. He held a succession of legal jobs in the 1930s and 1940s for various agencies, including the Census Bureau. He leaves no immediate survivors.

Barbara Boston died in May after many years in Computer Services Division. No other information was available.

Richard A. Hornseth, 89, died of a heart ailment June 23 at his home in Nokesville. He began his career as a statistician at the Census Bureau in 1950, and he retired in 1986. After retirement, he returned to help analyze 1990 Census information. Survivors include his wife of 59 years, Bernice Hornseth; two sons, a sister, and four grandchildren.

Joseph M. (Joe) Silverman, 97, died August 19 in Arlington, VA, following a short illness. He worked briefly for the Census Bureau in the early 1930s.

William E. Stiver, 81, died of congestive heart failure July 22 at Howard County (MD) General Hospital. He began his career at the Census Bureau in 1952 and held various positions including chief of the budget and finance division. He was also deputy associate administrator of the Social and Economic Statistics Administration, and he received the Commerce Department's Silver Medal. He retired in 1979. His wife, Norma, died in 1991. Survivors include four children, a sister, and five grandchildren.

Kemper Simmons, 87, died of congestive heart failure July 25 at a hospital in Fairfield, Iowa. In the late 1930s and early 1940s he was a cartographer for the Census Bureau. Survivors include his wife of 61 years, Jo; three daughters; a sister; six grandchildren; and two great-grandchildren.

Sol Dolleck, 83, died August 2. He worked at the Census Bureau for many years and retired as chief of the computer services division. Survivors include his wife, Dorothy; a son and a daughter; and two grandchildren.

Lynda Darlene Norfolk, 50, assistant chief of the Economic Planning and Coordination Division, died of cancer August 23 at her home in Crownsville, MD. She began her Census Bureau career in 1971 as a data processor. Her marriage to C. Thomas Dinenna ended in divorce. Survivors include her husband, William Norfolk, whom she married in July; four brothers; and a sister.

Elsie Cooper Karo, 87, died August 27 of West Nile Virus at the Hospice of Washington. Hers is believed to be the first fatal case of West Nile in the Washington area this year. As a young woman she moved to Washington in the 1940s and worked for the Census Bureau and the special services research branch of the War Department. She also did statistical work for the Army. Survivors include two children, two sisters, a brother, and five grandchildren.

Identifying Historic Census Artifacts

The Bureau of the Census has embarked on a project to identify and label historic Census artifacts. Federal accounting standards required the reporting of any items considered unique for their historical, cultural, educational, technological, or artistic importance. Examples of objects and memorabilia to be identified include:

- Memorial plaques and portraits
- Books, maps, magnetic tapes, etc.
- Computing equipment, including FOSDIC and Hollerith devices
- Gifts to the Bureau or its present or past directors, and awards and certificates presented to the Bureau
- Badges, reports, correspondence, survey forms and notices
- Promotional and informational materials, brochures, and fact sheets

The goal of this project is to identify these historically important assets, document their custodians, document their locations, and label them as historically important. Each headquarters division has been requested to appoint a liaison for this project. Members of CAA also are asked to identify any such assets, whether in their possession or in other locations they can identify, and to contact William Maury, chief of the Census Bureau History Staff, at 301-763-2872.

All objects will remain in their current locations unless the current custodian wishes to give an object for display.

Reduced Calories Lower Risk of Dementia for Some

A recent study reported in the Archives of Neurology suggests that people with risk factors for Alzheimer's Disease (AD) who consume the most calories (an average of 1,870 a day) had a 50-percent greater chance of developing AD than those who consumed the least (758 calories a day). Those who may be affected include people with a family history of AD. The increased risks are attributed to a genetic variant –APOE epsilon 4 allele—that is associated with AD.

Census Building Plans Proceed

Barbara Sherry, the Census Bureau's CAA coordinator, says funding is now in place for new construction in the Suitland Federal Center. Next year a parking deck will be started, then Building 1. Two buildings are scheduled for completion by 2007. Then FOB 3 will be demolished. A diagram of the overall plan is on display near the cafeteria.

Knee Surgery Nixed

In a surprising finding, a study has determined that a popular knee surgery performed on seniors is potentially harmful and does nothing to improve patients' weak knees.

The arthroscopic surgery is performed on more than 300,000 Americans each year to ease the pain of osteoarthritis, which affects about 12 percent of seniors.

In this unique study, some patients got a real operation, while others underwent sham surgery. At every point over the next 2 years, those who had the fake surgery could climb stairs and walk slightly faster on average than those who had real operations.

Dr. William W. Tipton, Jr., executive vice president of the American Academy of Orthopedic Surgeons, said the study confirms some doctors' growing suspicions. He said that many doctors already feel the operation should be performed only in cases of severe injuries to ligaments.

Source: New England Journal of Medicine, July 2002

Strip Search

If you're diabetic and on Medicare, note that the federal insurance program has changed the rules for reimbursement for glucose test strips.

Under the new deal, Medicare continues to pay 80 percent of the cost of the strips and the recipient chips in 20 percent. Formerly, most recipients paid the retail cost and filed a claim to get the 80-percent reimbursement. But now if you buy the strips at most larger drugstores, you pay the full cost at the register, but the drugstore automatically files for reimbursement, and the check is mailed directly to you.

However, if you do business with one of Medicare's "approved suppliers"—generally smaller specialty shops—you only have to pay the 20 percent upfront; the supplier then gets reimbursed for the remainder.

As before, Medicare helps pay for 100 strips every 3 months for patients who do not use insulin, and 100 every month for patients who do.

The important thing to remember is that *you* do not file a claim—such claims will be denied.

Approved suppliers not only require only the 20 percent co-pay, they often charge less. Recently, the price for 100 test strips at CVS and Rite-Aid was $74, but a local Medicare supplier quoted just $47, which would save the consumer about $5 and save Medicare much more. To find a list of approved suppliers, call 1-800-270-2313, or visit www.medicare.gov and scroll down to "supplier directory." You can search by state/county or ZIP Code

Source: "Health," Washington Post, May 7, 2002

PSA Tests Needed Less Often

PSA tests for prostate cancer, previously thought to be needed every year, can safely be done less often for most men. A study at the University of Colorado indicates that men whose PSA levels are between zero and 1 can wait 5 years between tests. If the reading is between 1 and 2, they can wait 2 years between tests, and those whose readings are between 2 and 4 should continue to have annual tests. (However, some doctors suggest that more testing should be done if a man's PSA level goes above 2.6.)

"These findings sit amid a much larger controversy about whether PSA screening should be done at all," said Dr. Steven Woolf of Virginia Commonwealth University. False positive test results cause anxiety and lead to unnecessary biopsies. Furthermore, most men live with slow-growing prostate cancers that never cause problems. Finding and removing them can cause incontinence and impotence without producing benefits

Long-Term Care

By now everyone should have received a package of material from OPM about the long-term care program. OPM has contracted with Metropolitan Life Insurance Company and John Hancock Life Insurance Company, who have come together as LTC Partners to provide this insurance. It is not health insurance and does not replace your Federal Employees Health Benefits (FEHB) coverage. It is insurance to cover long-term care needs such as nursing home care, assisted living facility care, formal and informal care in your home, and adult day care, which are generally not covered by your FEHB plan. OPM offers regular program updates on their Web site at http://www.opm.gov/insure/ltc. They offer the following facts to start you thinking:

- Neither FEHB, TRICARE, nor Medicare was designed to cover long-term care.
- Today's national average cost for home care is $20,000 annually and $50,000 a year for nursing home care.
- Forty percent of persons receiving long-term care in this country are under age 65.
- According to a recent survey, people who do not own long-term care insurance expected coverage to cost an average 50 percent more than it actually does.
- Twenty-two states allow either a deduction from state taxes or a state tax credit for purchasing long-term care insurance. Check for your state at: http://www.opm.gov/insure/ltc/state_incentives/index.htm.

10 REASONS TO CONSIDER LTC INSURANCE

1. Most people want to choose their own nursing home or assisted-living facility.
2. Americans have access to excellent health care, if they can pay for it.
3. You can't buy long-term care insurance coverage at crisis time.
4. Health rarely improves with age.
5. Children might like to help, but they can't always.
6. Medicaid eligibility begins after assets and dignity are gone.
7. Forty percent of those receiving long-term care services are under the age of 65.
8. A Harvard University study showed that 69 percent of single people and 34 percent of married couples would exhaust their assets after just 13 weeks in a nursing home.
9. The national average cost for nursing home care is approximately $105 a day. In Washington, DC, the average daily cost is $193.
10. Your health insurance isn't going to pay for long-term care at home, in a nursing home, or in an assisted living facility. And Medicare pays for only a limited period of skilled care; most long-term care is not skilled care.

CAA News is published three times a year by the Census Alumni Association; Jerry Mann, editor.

Deadlines for submissions:

January issue ..... Dec. 10
May issue ..... Apr. 10
September issue ..... Aug. 10

Your contributions are welcome on any subject of interest to former Census Bureau employees, especially news of yourselves and your families. Please send contributions to gmann928@hotmail.com or to CAA, P.O. Box 1480, Suitland, MD 20752. (E-mail is preferred.)

Water: The Healthy Choice

Dehydration can be a serious problem for anyone, but is more prevalent among seniors. Here are some facts to be aware of:

- 75 percent of Americans are chronically dehydrated.
- In many Americans, the thirst mechanism is so weak it is often mistaken for hunger.
- One glass of water can shut down midnight hunger pangs for nearly everyone.
- Lack of water is the no. 1 trigger of fatigue.
- A mere 2-percent drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on a printed page or computer screen.
- Drinking at least five glasses of water daily significantly decreases the risk of colon cancer, breast cancer, and bladder cancer.

Note that sodas, alcoholic beverages, coffee, tea, etc., cannot take the place of water in hydration, and in fact may contribute to dehydration.

Source: Fairfax County (VA) Water Authority, August 2002