
HCFACMS

ALUMNI NEWS

FALL 2010 (Vol. 16 No. 4)

MESSAGE FROM THE PRESIDENT

Were oh were did the summer go! The Holidays are right around the corner. Speaking of which, enclosed with this newsletter is a flier for the Alumni Holiday Luncheon at the Turf Valley Country Club on Wednesday, December 15. Cut off the sign up sheet and send it in to register to attend. A great time is always had by all and we look forward to seeing many of you there.

I am pleased that the association continues to attract new members. On page 2 you will see a list of 10 new members, bringing the current membership to 591. **Membership renewal forms for 2011, only for the 284 of you who need them, are enclosed with this newsletter.** If your mailing label shows an expiration date of 12/31/10, you need to renew. If it shows 12/31/11 or later your dues for 2011 are paid up and you do not need to renew at this time. Dues remain at just \$5.00 per year and we hope you will take advantage of the opportunity to renew at this time, while it is fresh in your mind. And you can now renew for any number of years.

In this issue you will find items about the COLA Count (No COLA in 2011), a request for volunteers from the CMS Library, Federal Employee Health Benefits Open Season and 2011 Premium information, senior management announcements, and a set of historical photographs from a 1992 tour of health facilities in Puerto by William Toby, Gail Wilensky and the late Carolyne Davis. We again serve up some whimsical pieces in the Komedie Korner. There are lots of items that hopefully will be of interest to you.

I want to wish you all a Wonderful Fall season and continued happiness, good health and prosperity in retirement.



William L Engelhardt

Page 2

HCFA/CMS ALUMNI NEWS

Published four times a year for the members of the Health Care Financing Administration /Centers for Medicare and Medicaid Services (HCFA/CMS) Alumni Association

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DUE DATES FOR FUTURE ISSUES

Winter Issue – December 31, 2010

Spring Issue – March 31, 2011

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<http://www.cms.hhs.gov/CMSAlumni>

NEW MEMBERS

The Association extends a hearty "Welcome Aboard" to the following new members:

Sandra Clarke
Renee Dunn
Vivian Glass
Patricia A. Katzenberger
Jeffrey Miller
Robert & Patricia Miller
Howard D. Rubenstein
Linda Smetana
Mary Anne Stevenson
Joanne Weller

We now have 591 active members.

MEMBERSHIP RENEWAL AND PAYMENT OF YEAR 2011 DUES

It is again time to begin the collection of the annual dues, this time for the year 2011, covering the period of January 1, 2011 through December 31, 2011. Enclosed with this issue of the Alumni News is the re-enrollment form (**but only for those 284 members who need it**). Dues remain at just \$5.00 per year. When using the form to mail in your dues, please note any changes in information so we may update our records (i.e. address, e-mail, phone number, etc.)

For your convenience, we have included a pre-addressed envelope to send in your 2011 dues. **If you have already paid your 2011 dues you should NOT find an enrollment form included with this issue.**

Also responding to popular request, we continue to accept membership enrollment (or re-enrollment) for multiple years. Dues are \$5.00 per year and members can sign up for any number of years. Because the dues are nominal, there are no discounts for multiple year enrollments and there is no "lifetime" membership. Multiple year enrollments are available as a convenience to members. To facilitate keeping track of individual enrollment periods, the mailing labels used to send the HCFA/CMS Alumni News contain the member's I.D. Number and the date of expiration of enrollment, i.e., 12/31/10. **Those with a date later than 12/31/10 do NOT need to renew at this time.**

NEW MEMBER DIRECTORY UPDATE

At the back of this newsletter you will find a 1 page Member Directory Update. It includes all additions (i.e., new members) and reported changes since the Summer 2010 Edition of the

Member Directory was issued. We will continue to include updates from July 2010 on in each issue of The HCFA/CMS Alumni News. The update in this issue is a complete one and can replace all prior updates. **Since this is an update, you will NOT find yourself listed in it unless there has been a change in your membership information or you became a new member since the full Member Directory was issued in July 2010.**

MEMBERSHIP SEARCH

As always, we acknowledge that there are many HCFA/CMS retirees that we have not been able to reach to tell them about the Alumni Association and invite them to join. We continue to ask for your assistance in spreading the message about us to them. If you know of any retiree that is not a member, please let them know about us and tell them how to contact us by telephone, snail mail or e-mail (all of that information can be found on page 2 of this issue). We will be very happy to send, either electronically or via snail mail, anyone the enrollment form and further information about membership. And Bill Engelhardt says you can always e-mail him personally at wengelhardt@comcast.net for faster response (as the office e-mail is only accessed weekly).

SOCIAL SECURITY ALUMNI ASSOCIATION

We'd like to again remind members that we also have a link to our sister alumni, the Social Security Alumni Association, web site on our web site. The actual URL for it is "<http://www.ssaanational.org>" but you can just click on the link on our page. Many HCFA and/or CMS retirees also worked for the Social Security Administration somewhere along the line, and are eligible for membership in both alumni associations.

And don't forget to check out the Social Security Alumni Association blog at <http://ssaanews.blogspot.com/> periodically.

SSAEAA

We'd again like to remind members that we do have a link to the Social Security Administration Employee Activities Association (SSAEAA) on our web site. The actual URL for it is "<http://ssaeaa.org>" but you can just click on the link on our page. HCFA/CMS retirees are automatically members of the SSAEAA and are eligible to participate in discount purchases.

COLA COUNT – NO 2011 COLA

Through all 12 months of the counting period toward the January 2011 federal retiree cost of living adjustment, the inflation index used to set that adjustment stands at minus 0.55 percentage points below the 2008 third quarter average (due to price deflation, in the past measurement year,

the 2008 third quarter average is still the point of comparison) base index of 215.5. The annual COLA count measures the change in the index's average from one-third calendar quarter to the next. The twelve month counting period started at -1.9% and has improved to -0.55%, following an improvement of 0.1% in June, 0.06% in July, 0.14% in August, and .05 in September. There will be NO COLA for 2011. There is no provision for reducing pensions when the COLA count ends up in negative territory so there will not be any reduction, there just won't be any increase.

When Congress reconvenes for its Lame Duck session after the Election, the House of Representatives will consider legislation that would provide a \$250 payment to Social Security recipients, veterans and individuals with disabilities (recipients of disability insurance under Social Security). What is ambiguous is whether relief would be offered to over one million federal, state and local government retirees who are not eligible to receive Social Security benefits. By way of precedent, during the consideration of the 2009 Stimulus bill, retired public employees were initially excluded from a \$250 payment to Social Security recipients, but later, largely through the efforts of the National Active & Retired Federal Employees (NARFE), a \$250 refundable tax credit for public service retirees was included in the legislation which became law.

HOLIDAY LUNCHEON

As mentioned in the President's Message and the enclosed flier, the Holiday Luncheon will be on December 15, 2010 at the Alexandra's Restaurant in the Turf Valley Country Club. The Restaurant itself will be the location and we will have the entire restaurant if needed. Last year some 127 alumni members and friends came to the Holiday Luncheon and everyone had a wonderful time. Everyone enjoyed the event and the place was abuzz with happy people renewing old acquaintances. And at \$20 per person the price is right! We hope to have a similarly great experience and see even more of you at this year's Holiday Luncheon.

As it was last year, the luncheon will be a buffet. The menu follows.

Starters: Salad Maison, Classic Caesar Salad or Seasonal Crab Soup.

Entrées: (One fish, one beef, one poultry – exact preparation subject to change)

Desserts: 3 or 4 different Chef's Choice of Desserts Displayed.

The buffet provides a wide choice of selections so there is something for every taste and it is not possible to entertain special requests

CMS LIBRARY – VOLUNTEERS

Would you like to volunteer someplace where your knowledge of CMS will come in handy and

your skills will be greatly appreciated? Consider volunteering at the CMS Library. The Library needs your help organizing, updating, and shelving references. You could also help the Library by watching the Library's VHS tapes and letting us know which tapes are still relevant to CMS.

To learn more about volunteering at the CMS Library, please contact Elnora Scott, CMS Librarian, Elnora.Scott@cms.hhs.gov (410-786-7804) or Marla Aron Marla.Aron@cms.hhs.gov (410-786-3260).

MEDICARE PART B PREMIUM

Current law protects those who draw Social Security from Medicare Part B Premium rate increases in a year when there is no COLA in the Social Security program--which is expected to be the case in 2011. Therefore Social Security recipients should expect to continue with the 2009 and 2010 premium (\$96.40 unless subject to higher premiums based on income). The law would otherwise require a substantial increase in premiums to cover the rising cost of the program. Under current law the entire increase needed for 2011 would be passed on to the Medicare beneficiaries who do not receive a Social Security benefit and therefore are not exempt from a premium increase. For example, the monthly Part B premium applying to those enrollees rose from the current \$96.40 to \$110.50 for 2010 and would apparently see a similar increase for 2011, unless Congress acts to exclude those beneficiaries from an increase. A bill to do that last year passed the House but never got anywhere in the Senate. Hopefully, the House and Senate will pass such legislation for 2011, but don't hold your breath!

FEHB OPEN SEASON

Fedweek.com & OPM

The Federal Employee Health Benefit (FEHB) program open season will be from November 8 to December 13, 2010. During this time employees and retirees may elect to change their health insurance coverage. The employee share of the average FEHB plan premium will increase by 7.2 percent for the 2011 plan year, the third year in a row of increases in that range. OPM attributed the increase mainly to increased utilization, medical inflation and technology costs, with the overall increase offset somewhat by steps such as expected enrollee movement to lower-cost plans and a partial drawdown of the program's financial reserves. OPM said the increase is slightly below what large private sector employers are projecting for 2011, as well as the California state employee health program, a bellwether for public sector programs. However, as always, within the FEHB average there is substantial variation, with some plans reducing premiums and with differences among types of coverage even within a plan, for example, premiums in the largest plan, Blue Cross-Blue Shield, will rise 6.9 percent for self-only coverage and 7.6 percent for self and family coverage.

The Blue Cross and Blue Shield Basic Self Plan is increasing by \$12.61 to a monthly cost of \$113.37, and the Blue Cross and Blue Shield Basic Family Plan is increasing by \$29.51 to a monthly cost of \$265.49. The share paid by the government for us will be \$340.11 and \$796.48 respectively for the two plans. The Blue Cross and Blue Shield Standard Self Plan is increasing by \$12.10 to a monthly cost of \$187.18, and the Blue Cross and Blue Shield Standard Family Plan is increasing by \$30.63 to a monthly cost of \$431.60. The share paid by the government for us will be \$391.43 and \$875.29 respectively for the two plans.

The new premium rates for 2011 for all health plans can be accessed at the OPM web site (<https://www.opm.gov>). Just click on Insurance Programs under Federal Employees in the Browse By Audience section of the home page and proceed from there. The rates will come up in Adobe Acrobat Reader format.

Information about Dental, Vision and Long Term Care coverages and premiums is also available at the OPM web site.

2011 FEHB PREMIUMS
myfederalretirement.com

2011 FEHB premium rates will increase by an average 7.2 percent for the enrollee share of premiums. This increase is below last year's premium increase of 8.8 percent and lower than rate hikes predicted for large, employer-sponsored health programs by benefit consultants such as Aon, Milliman, and Price Waterhouse Coopers, which are estimating 2011 premium increases between 8.9 percent and 10.5 percent.

This open season (which will run from November 8 through December 13, 2010) will give federal employees and retirees the opportunity to change their health-care coverage and employees who are not enrolled, but are eligible to participate, the opportunity to elect coverage. OPM also announced the use of a new claims database that will make it easier to reduce the growth in health care costs.

According to OPM, in January 2011 there will be 207 health plan options in the FEHB Program.

OPM states the Affordable Care Act extends important new benefits to FEHB enrollees and strengthens the program. Preventive care and screenings will be available with no out-of-pocket costs and enrollees will have the right to add their young adult children under the age of 26 to their family health plan. According to an OPM analysis, and consistent with independent reports, these new consumer protections account for a 1.7 percent increase in premiums.

Additionally, OPM stated all FEHB plans are fully compliant with the insurance reforms required by the Affordable Care Act and, in the case of preventive care; FEHB plans have extended benefits ahead of when they were required to do so by the Act.

Enrollees with self-only coverage will pay, on average, \$5.53 more each pay period and

enrollees with family coverage will pay \$11.45 more per pay period. FEHB enrollees pay, on average, 30 percent of the total cost of the plan's premium while the government pays 70 percent.

Enrollees in the Blue Cross Blue Shield Standard Option, the most popular FEHB plan choice, will see their share of the premium increase by 6.9 percent for self-only coverage and 7.6 percent for self and family coverage.

All FEHB plans will offer tobacco cessation benefits in compliance with the U.S. Public Health Services' 2008 clinical guidance on tobacco cessation. This includes full coverage (no enrollee co-payments) for seven FDA-approved medications, four counseling sessions per quit attempt, and two quit attempts per year.

Five FEHB plans have increased benefits for hearing devices and/or other assistive devices and twelve FEHB plans currently provide coverage for hearing aids and/or assistive technology devices.

Sixteen FEHB plans will offer testing for up to four transplant donors for bone marrow and stem cell transplants.

Two health plans, GEHA and Mail Handlers, will pilot coordination of benefits with Medicare, whereby the FEHB plan will contribute toward the cost of the enrollee's Medicare Part B premium in return for the enrollee accepting the same cost sharing (e.g. copayment/coinsurance) as non-Medicare enrollees. Medicare enrollees may voluntarily participate in these pilot programs. Currently, these plans waive some cost sharing for enrollees with Medicare coverage.

"The Federal Employees Health Benefits (FEHB) Program has important features, including a wide choice of health plans and competitive benefit packages as well as no pre-existing condition limitations or waiting periods," stated OPM Director, John Berry. "For 2011, we have eliminated enrollee cost sharing for preventive care services, added incentives for tobacco cessation, and, in accordance with the Affordable Care Act, added coverage for dependents up to age 26. Even with these new benefits, premiums will rise less this year than they did last year."

SOME WILL NEED TO CHANGE FEHB PLAN

FEDweek.com points out that while the large majority of FEHB enrollees make no changes during the annual benefits open season, some will be compelled to change during the period that this year runs November 8-December 13. Continuing a trend of recent years, the gain of new plans—two HMOs, one in Wisconsin, one in Utah—will be more than offset by the loss of plans, with six dropping out and some others withdrawing from certain service areas. The dropouts are Vantage in Louisiana, Pacificare in Nevada, AmeriHealth in New Jersey, Community Blue in New York, BlueCHip in Rhode Island, and United Healthcare plan, which currently is available in about half the states including consumer-driven and high deductible options. That will compel about 16,300 enrollees to make new coverage elections, the largest group being about 7,400 enrolled in United Healthcare. In addition, Coventry Health Care in Louisiana will remain in the

FEHB but drop its high-deductible offering. New restrictions on coverage areas will apply to Humana CoverageFirst in Arizona, Florida, Louisiana, Tennessee, Texas and Utah, and to Fallon Community Health Plan in Massachusetts, Aetna Open Access in Ohio and HealthAmerica in Pennsylvania. Meanwhile, 10 HMOs are expanding their service areas.

SENIOR MANAGEMENT ANNOUNCEMENTS

FEDERAL COORDINATED HEALTH CARE OFFICE DIRECTOR

Melanie Bella has been as the Director of the Federal Coordinated Health Care Office within the Center for Strategic Planning (CSP). The position is critical in the effort to guide CMS to effectively integrate benefits for beneficiaries who are dually eligible for Medicare and Medicaid and improve the coordination of care by improving the health care delivery systems. The office, established by the Patient Protection and Affordable Care Act (Section 2602) will work closely with the Center for Medicare and Center for Medicaid, CHIP and Survey and Certification senior leadership and staff, as well as other federal agencies and states' Medicaid programs to improve and integrate care for dual eligible beneficiaries across the country.

Melanie served as Medicaid director for the state of Indiana from 2001 through 2005. She has been a member of the National Committee for Quality Assurance's Geriatrics Measurement Advisory Panel and its Medicaid Accreditation Advisory Committee; a member of the National Academy of State Health Policy and served on the executive committee of the National Association of State Medicaid Directors. Melanie earned a master's degree in business administration from Harvard University and a bachelor's degree in political science from DePauw University.

ACTING DIRECTOR, CENTER FOR MEDICARE AND MEDICAID INNOVATION

Richard Gilfillan, MD, has been appointed as Acting Director of the new Center for Medicare and Medicaid Innovation (CMI). As the Acting Director of CMI, Rick will be working closely with the Administrator and the CMS Deputy group to develop and implement innovative programs that will help improve and update the nation's health care delivery systems under the provisions of the Affordable Care Act.

Before joining CMS, Rick was a consultant for Geisinger Consulting Services, where he provided consulting services to health care systems and payer organizations regarding the design and implementation of innovative care delivery and financing programs including accountable care organizations, patient-centered medical homes and bundled payment systems. From 2005-2009, Rick was President & CEO of Geisinger Health Plan and Executive Vice President of Insurance Operations for Geisinger Health System, a large integrated health system with 750 physicians, 3 hospitals, and 12,000 employees. From 2001-2005, Rick was the Senior Vice President for National Network Management of Coventry Health Care, and from 1989-2000 he

held several leadership positions at Independence Blue Cross. Rick began his career as a family practice physician, and was the medical director of two primary care group practices before his work at Independence Blue Cross.

LEADERSHIP DEVELOPMENT AND RECOGNITION BOARD'S EXCELLENCE IN LEADERSHIP AWARDS

Billy Bob Farrell, Director, Division of Medicaid and Children's Health, Dallas Regional Office, is being recognized for demonstrating exemplary skills in managing change and fostering collaborative partnerships. Billy Bob has shown exceptional leadership skills in establishing internal and external partnerships, developing mutually beneficial processes for conducting Medicaid operations, and encouraging others to collaborate to improve the agency's performance and enable cross component achievement of goals. He has been actively engaged and at the center of many national change processes and has shown exceptional skill in navigating through organizational and operational related changes faced by his Division. Billy Bob has also demonstrated his ability to motivate others to achieve higher expectations and always provides the highest level of customer service. Additionally, Billy Bob has shown exceptional leadership skill in dealing effectively with persons and organizations from a variety of backgrounds and interests to establish key partnerships and significantly influence transitioning to restructured business processes.

Shana Olshan, Director, Division of Contractor Provider Communications (DCPC), Provider Communications Group (PCG), Center for Medicare Management (CMM), Center for Medicare (CM), is being recognized for demonstrating exemplary skills in managing change and complex system operations related to the FI, Carrier, and Medicare Administrative Contractor (MAC) provider call centers and associated provider outreach and education work. Shana's leadership has been a significant factor in improving the quality of services, enhancing efficiency, cutting costs, and preparing the program for future changes. Shana has also demonstrated her ability to motivate others to achieve higher expectations and always provides the highest level of customer service. Additionally, Shana has demonstrated an aptitude for adapting to situations quickly and leading her team to resolve issues, work with peers, customers, and staff to maintain and enhance critical Medicare management operations.

Valerie Haugen, Director, Division of Provider Information Planning & Development (DPIPD), Provider Communications Group (PCG), Center for Medicare Management (CMM), Center for Medicare (CM), is being recognized for demonstrating exemplary skills in helping build a Medicare FFS provider education and outreach program that has brought consistency, accuracy, timeliness and reliability to critical information sources pertaining to billing, coverage, and claims processing that Medicare FFS providers need to know to successfully conduct their Medicare business practices. In addition to her ability to motivate others to achieve higher expectations while always providing the highest level of customer service, Valerie has shown exceptional leadership skill in building partnerships and coalitions with stakeholders, both within and outside of CMS. She has demonstrated an exceptional talent for communicating to a variety

of stakeholders and has shown a deep adeptness in working with her staff to identify, analyze, and ultimately resolve difficult situations.

CHIEF OPERATING OFFICER'S ACHIEVEMENT AWARD

July 12, 2010

Patricia Peyton, of the Center for Program Integrity in Baltimore, MD, has been selected for the Chief Operating Officer's Achievement Award. Patricia is being recognized for her continuous and successful efforts to implement changes associated with Affordable Care Act and because of her endless dedication and hard work in supporting the HITECH initiative. She exemplifies the well-rounded leadership, judgment and technical skill set that CPI encourages in staff.

Frederick Miller, of the New York, has been selected for the Chief Operating Officer's Achievement Award. Frederick is being recognized for his outstanding continued leadership as the Medicaid systems lead for Region II. He has provided outstanding technical assistance and guidance to the States and Territories in the NYRO and to other regions in MMIS certification reviews. His commitment and dedication to providing quality and cutting edge work is exemplary.

July 28, 2010

Maria Ellis, of the Office of Clinical Standards and Quality in Baltimore, MD, has been selected for the Chief Operating Officer's Achievement Award. Maria is being recognized for this honor for her outstanding work on the Agency's Medicare Evidence Development & Coverage Advisory Committee (MEDCAC).

Louise Burton, of the Philadelphia Regional Office, has been selected for the Chief Operating Officer's Achievement Award. Louise is being recognized for her excellent service to both internal and external customers, in helping them get maximum benefit from CMS' survey and certification data systems, and for service on behalf of Medicare beneficiaries in CMS Region III and throughout the USA.

August 10, 2010

Kelley Leonette and Suman King, of the Center for Medicaid, CHIP and Survey & Certification in Baltimore MD, has been selected for the Chief Operating Officer's Achievement Award. Kelley and Suman are being recognized for this honor for their outstanding work in the redesign of the Basic ICF/MR training course providing surveyors with critical observations and experiences and ultimately improving the survey process.

Lawrence David Hinson, of the Atlanta Regional Office, has been selected for the Chief Operating Officer's Achievement Award. David is being recognized for his performance and

Page 12

dedication to duty serving both internal and external customers while using the Medicaid Management Information Systems throughout the CMS Atlanta Region.

August 24, 2010

Rosali Topper, of the Office of E-Health Standards and Services in Baltimore MD, has been selected for the Chief Operating Officer's Achievement Award. Rosali is being recognized for her significant contributions to the operation of the HIPAA enforcement process.

Michael Fleischhacker, of the Chicago Regional Office, has been selected for the Chief Operating Officer's Achievement Award. Michael is being recognized for his work on the 2010 A-123 audit, serving as the primary point of contact for the Chicago Regional Office. His attention to detail, commitment and long hours assured the auditors that the office has strong internal controls and effectively performs its mission.

September 7, 2010

James O'Kussick, of the Office of Information Services in Baltimore MD, has been selected for the Chief Operating Officer's Achievement Award. James is being recognized for his commitment to excellence in supporting delivery of high quality and customer focused IT Operational Infrastructure Services to the CMS Enterprise community.

Annie Contreras, of the Dallas Regional Office, has been selected for the Chief Operating Officer's Achievement Award. Annie is being recognized for her exceptional and tireless customer service to beneficiaries, caregivers, congressional offices, advocates, providers, and internal CMS customers.

September 21, 2010

Isabella Leung, of the Office of Legislation in Washington, DC., has been selected for the Chief Operating Officer's Achievement Award. Isabella is being recognized for her exceptional contributions to the Office of Legislation. She has been an integral part in supporting the Office of Legislation's efforts with the Electronic Health Records rule, specifically with the multi-campus issue and administrative simplification.

Carlos Rodriguez, of the Kansas City Regional Office, has been selected for the Chief Operating Officer's Achievement Award. Carlos is being recognized for his extraordinary efforts and dedication as team lead for the Kansas City Audit Team, which coordinates the receipt, resolution, and reporting of external audits issued by the Office of Inspector General to Central Office and Regional Office/Consortium components.

October 4, 2010

Young Kim, of the Office of Equal Opportunity and Civil Rights, has been selected for the Chief

Operating Officer's Achievement Award. Young is being recognized for this honor for his ability to take instructions, follow the instructions given and anticipate additional requirements that enhance the outcome objective of his projects and his quest for excellence is commendable. His value added approach to assignment completion is a quality that the Civil Right's Team defines as a "can do" approach to the work processes that results in exceptional outcomes.

Gloria Baca, of the Denver Regional Office, has been selected for the Chief Operating Officer's Achievement Award. Gloria is being recognized for her outstanding teamwork in assisting the Social Security Administration (SSA) with the Medicare enrollment of individuals exposed to environmental hazards in Libby, MT. Her outstanding customer service to beneficiaries and her assistance to SSA staff ensured the successful implementation of this provision of the Affordable Care Act.

October 19, 2010

Mary Lou Shields, of the Office of Financial Management, has been selected for the Chief Operating Officer's Achievement Award. Mary Lou is being recognized for this honor for her outstanding efforts in overseeing the integrity of CMS' third party application systems, including maintaining a liaison with the third party groups to identify and meet or exceed their needs. She is consistently professional, extremely knowledgeable and responds quickly with valid and helpful information.

Roberto Diaz, of the San Francisco Regional Office, has been selected for the Chief Operating Officer's Achievement Award. Roberto is being recognized for this honor for being a key player in energizing the Hispanic outreach efforts in Region 9 by reaching out to the community through media, both radio and television.

In recognition of their accomplishments, these employees have their pictures posted on the CMSNet.

KOMEDY KORNER

DON'T MESS WITH SENIORS

Submitted by Robert Streimer

A lawyer and a senior citizen were sitting next to each other on a long flight.

The lawyer was thinking that seniors are so dumb*** **that he could get one over on them easy.

So the lawyer asked if the senior would like to play a fun game.

The senior was tired and just wanted to take a nap, so he politely declined and tried to catch a

Page 14

few winks.

The lawyer persisted saying that the game was a lot of fun. I ask you a question, and if you don't know the answer, you pay me only \$5. Then you ask me one, and if I don't know the answer, I will pay you \$500, he said.

This caught the senior's attention and to keep the lawyer quiet, he agreed to play the game.

The lawyer asked the first question. "What's the distance from the Earth to the Moon?"

The senior didn't say a word, but reached into his pocket, pulled out a five-dollar bill, and handed it to the lawyer.

Now it was the senior's turn. He asked the lawyer, "What goes up a hill with three legs, and comes down with four?!"

The lawyer used his laptop and searched all references he could find on the Net.

He sent e-mails to all of the smart friends he knew, all to no avail. After an hour of searching, he finally gave up.

He woke the senior and handed him \$500. The senior pocketed the \$500 and went right back to sleep.

The lawyer was going nuts not knowing the answer. He woke the senior up and asked, "Well, so what goes up a hill with three legs and comes down with four?"

The senior reached into his pocket, handed the lawyer \$5 and went back to sleep.

AAADD
Anonymous

Recently, I was diagnosed with A. A. A. D. D. - Age Activated Attention Deficit Disorder. This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide my car needs washing. As I start toward the garage, I notice that there is mail on the porch table that I brought up from the mailbox earlier. I decide to go through the mail before I wash the car.

I lay my car keys down on the table, put the junk mail in the trashcan under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the trash first.

But then I think, since I'm going to be near the mailbox when I take out the trash anyway, I may as well pay the bills first. I take my checkbook off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of Coke that I had been drinking.

I'm going to look for my checks, but first I need to push the Coke aside so that I don't accidentally knock it over. I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold. As I head toward the kitchen with the Coke a vase of flowers on the counter catches my eye--they need to be watered.

I set the Coke down on the counter, and I discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly I spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to watch TV, I will be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

Now I pour some water in the flowers, but quite a bit of it spills on the floor. So, I set the remote back down on the table, get some towels and wipe up the spill.

Then I head down the hall trying to remember what I was planning to do.

At the end of the day:

-the car isn't washed,

-the bills aren't paid,

-there is a warm can of Coke sitting on the counter,

-the flowers don't have enough water,

-there is still only one check in my checkbook,

-I can't find the remote, -I can't find my glasses, and I don't remember what I did with the car keys.

Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail.

Don't laugh -- if this isn't you yet, --your day is coming!

GROWING OLDER IS MANDATORY. GROWING UP IS OPTIONAL. LAUGHING AT YOURSELF IS THERAPEUTIC!

ELDERLY MEN'S MATH

Three elderly men were at the doctor's office for a memory test. The doctor asked the first man, "What is three times three?" "274," came the reply. The doctor rolled his eyes and looked up at the ceiling, and said to the second man, "It's your turn. What is three times three?"

"Tuesday," replied the second man. The doctor shook his head sadly, then asked the third man, "Okay, your turn. What's three times three?"

"Nine," said the third man.

"That's great!" said the doctor. "How did you get that?"

"Simple," he said, "just subtract 274 from Tuesday."

A NEW WINE FOR SENIORS

Submitted by Bob Bath

We kid you not, a New Wine for Seniors!

California vintners in the Napa Valley area, which primarily produce Pinot Blanc, Pinot Noir and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic! It is expected to reduce the number of trips older people have to make to the bathroom during the night.

The new wine will be marketed as PINO MORE!

We heard it through the grapevine!

WHAT A RETIRED MAN HAS TO SAY ABOUT LIFE!

Anonymous

I was thinking about how a status symbol of today is those cell phones that everyone has clipped on. I can't afford one. So, I'm wearing my garage door opener.

You know, I spent a fortune on deodorant before I realized that people didn't like me anyway.

I was thinking about old age and decided that it is "when you still have something on the ball, but you are just too tired to bounce it."

I thought about making a fitness movie, for folks my age, and call it "Pumping Rust."

I have gotten that dreaded furniture disease. That's when your chest is falling into your drawers!

I know, when people see a cat's litter box, they always say, "Oh, have you got a cat?" Just once I want to say, "No, it's for company!"

Employment application blanks always ask, "who is to be notified in case of an emergency?" I think you should write, "A Good Doctor!"

Why do they put pictures of criminals up in the Post Office? What are we supposed to do -- write to these men? Why don't they just put their pictures on the postage stamps so the mailmen could look for them while they deliver the mail? Or better yet, arrest them while they are taking their pictures!

I was thinking about how people seem to read the Bible a whole lot more as they get older. Then, it dawned on me; they were cramming for their finals. As for me, I'm just hoping God grades on the curve.

IN MEMORIAM

The Alumni Association respectfully acknowledges

the passing of the following

Alumni/Employees/Spouses and expresses its

sympathy to family members:

JOYCE L. JACKSON (9/7/10)*
DONALD ANTHONY KRESESKI (9/10/10)**
ARTHUR JOHN MARTIN, JR. (8/24/10)***

* CMS Retiree (worked in Denver RO & in CMS Headquarters).

** Husband of CMS retiree Marylyn A. Kreseski

*** Son of HCFA/CMS Alumni Member Arthur John Martin, Sr.

If you are aware of any other deaths of Alumni please notify the editorial staff

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