



President's Message

Teri Gutierrez, TAHU President

Congratulations! Triangle is back to 200 members this month, but we still need to work to get that number back up over 200. We have 43 members that have been sent notices about renewing that have not completed the renewal process . If you renew this time of year or are not sure when you renew, please check the NAHU web site for your renewal date and help us maintain our membership growth. We will be having a membership contest that will start after the holidays. Renew your NAHU membership online by visiting [Renew NAHU Membership](#).

The November meeting was our first ever breakfast meeting and our speaker was Don Jenkins, HR manager for the City of Oxford. Don is a certified Covey trainer. He talked to us about the 7 habits of highly effective people and how that applies to time management. Attendance was not where we hoped it would be but, this time of year is very busy for all of our members as we try to get the year end business wrapped up before the holidays.

Triangle members participated in a Wake County high school carrier day the end of October. A volunteer crew headed up by Leslie McMillan and Liz Gutierrez spent most of a day talking with 2000 kids, parents and teachers about careers in the insurance industry. Those careers not only included sales but actuaries, office personnel, service people, claims adjusters, P&C folks, Etc. We plan to be back next year.

The Triangle chapter has also delivered NCPAC checks to Senator Vernon Malone (District 14 — Wake) and Congresswoman Verla Inscoe (District 56 — Orange). We have also added both to our "Adopt a Legislator" program. This will have Triangle at three legislators and we hope to be adding more.

We hope that you will take some time off from all of the rushing around next week to join us for our holiday lunch and relax and enjoy the company of others who understand the pressure we all feel this time of year. If we do miss you next Tuesday have a blessed

Is Forgetfulness a Normal Part of Aging?

December Luncheon Topic

When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, and playing – even sleeping. The good news is that we now know there's a lot you can do to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other dementia. Simple lifestyle modifications also would have an enormous impact on our nation's public health and the cost of healthcare. If you make brain-healthy lifestyle changes and take action by getting involved, we could realize a future without Alzheimer's disease.

Next TAHU Luncheon

Tuesday, December 12, 11:45 PM
Brier Creek Country Club
9400 Club Hill Drive
Raleigh, NC 27617

[Register Online](#)

TAHU December Luncheon Sponsor



www.minuteclinic.com

New TAHU Members

TAHU welcomes our new members and thanks to their (Sponsors):

- William Boggs (Mary Karr)
- Richard G. Neward (Rufus Langley)
- Jared Nichols (John Henson)
- Irv James Pyun (William Brannon)
- Wynne Sheen (Teri Gutierrez)

TAHU Newcomers' Orientation

All new members and interested Guests are invited to stay for our brief Newcomers' Orientation immediately after the luncheon meeting.

Continuing Education

December 12, 2006, 1:30 – 2:30 pm

CE Credits: 1

Disability Solutions: The Combination Sale

[CE Register Online](#)

Alice's leadership and background in public relations, public affairs and marketing have taken her from the industries of banking, the arts, downtown revitalization, and eventually to her present position with 18 years involvement with the Alzheimer's Associations-Eastern NC Chapter, 16 of these years she has been the organization's executive director. She led the Chapter from a rather unknown entity in 1989 to a recognized leader in programming and services in 2006.

Adopt a Legislator

Bill Hendrickson, TAHU & State L&L

We're off and running and some adoptions have already been made of the legislature that will convene in January 2007. Please send me the names of any House or Senate member that you would be willing to adopt and we'll list their names in the newsletter. An adoption will have been completed by at least one phone call, and speaking with the Legislator. Of course, the ultimate plan is to speak personally with the adoptee over coffee, lunch, or whatever fits. In the last state Newsletter, Triad had four adoptions and Sandhills had one and Triangle had three.

Let's have some inter-chapter competition and see who can have the most adoptee parents. Remember, our goal is to become acquainted with our Legislators and help them understand why they should vote for the issues that NCAHU feels are the best for the Tarheel citizens. This is our big chance to extend our influence. Thanks for all your great work for your chapter and the state.

Report from the State Capital

Robert Paschal, NCAHU Lobbyist

The NC House Select Committee on Health Care met and each of the Committee's six subcommittees submitted recommendations for legislation that the full Committee adopted.

- The Subcommittee on Cost and the Subcommittee on Access each reported that implementing a high risk pool was a top priority, and the full Committee agreed. Indications are that the Senate will want the pool to cover more individuals than would be covered by the House's proposal, and the issue will come down to one of money. Appropriations will be needed for premium subsidies for low income pool participants.
- The Subcommittee on Medicare recommended decreasing the "county share" of contributions (and make up the shortfall with a half-cent sales tax?); enhance fraud detection.
- The Subcommittee on Safety addressed accreditation issues for tissue banks; fund infection prevention initiatives at hospitals; study patient safety.
- The Subcommittee on Workforce recommended a lower nurse/student ratio at public schools from 1:1500 to 1:750; enhance mental health training for screening by health care providers; support funding for enhanced nursing training programs.
- The Subcommittee on State Health Plan had No substantive recommendations (due to retiree eligibility being addressed last session).

Operation Shout!

Bill Hendrickson, State L&L

Here's a most important Operation shout for all of us to act upon. Please e-mail your senators and congresspersons urging them to act on this today? Without this Federal support our NC High Risk Pool legislation may be at risk. Those legislators in Raleigh who don't support the HRP could use this lack of Federal funding as a ready excuse to sabotage this much needed legislation. Thanks to all for your help.

NAHU Cap Conference

Bill Hendrickson, State L&L

[NAHU's 17th Annual Capitol Conference](#) is coming up on January 29-31!

This year, with all of the changes in Congress, it is especially important that as many of NAHU members as possible attend to educate all of the new legislators and learn about the new issues the Democratic Congress will be addressing. TAHU and NCAHU can provide you financial help to attend this important conference. Early registration ends Dec. 15th. Remember that the association will help with some expenses.

[Register Here](#)