

National Active and Retired Federal Employees  
Association (NARFE)  
Brentwood Newsletter May 2022

Yolanda Hill

June J. Staton, Ph.D.



**Brentwood Chapter #1697**  
Established March 9, 1978

**MEETING LOCATION:**

Deep Creek Community Center  
2901 Margaret Booker Drive  
Chesapeake, VA 23323  
Phone (757) 487-8841

**TIME:**

Executive Committee Meeting: 12:30 – 1 PM  
Regular Meeting: 1PM - 2PM

Second Monday of the Month  
(Unless that falls on a Federal Holiday  
in which case the meeting will be on the  
third Monday of the Month)

**CHAPTER OFFICERS**

*June Staton, Ph.D.*  
President

*Deborah Brown*  
Vice President

*Yolanda Hill*  
Secretary

*Ella Anderson*  
Treasurer

*Jeff Rau*  
Service Officer

*Velvet Preuitt*  
Membership Chair

*John Hill*  
Legislative Officer

*Lyle Thoburn*  
Alzheimer Officer

*David Parson*  
Program Chair

*Annette Coleman*  
Hospitality Chair

*Janet Freeman*  
Chaplain

*Dan McGrath*  
MD Past President

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## CHAPTER NEWS

### MINUTES – (05/9/2022)

#### Attendees:

June Staton, Deborah Brown, Yolanda Hill, Ella Anderson, Jeff Rau, John Hill, David Parson, Annette Coleman, Janet Freeman, Dan McGrath, Vincent Graham, Dwight Ford, and Willie Levenston.

#### Proceedings:

- The President called the meeting to order.
- The Chaplin began the meeting with an opening prayer, followed by the Pledge of Allegiance.
- The Program Chair introduced guest speaker Nakeliah Moten, owner of Visiting Angels Living Assistance Services, a nationally known, local franchised agency for in-home care services.
- Ms. Moten’s presentation emphasized “Aging Involuntarily.” The goal is to age gracefully and to live longer, well. (See “Summary of Chapter Discussions” below.)
- The Treasurer provided an update on chapter finances. (See “Treasurer Report” below).
- The President led discussions on the following topics:
  - NARFE FEDHub – is a new online member community launched last November to share and discuss ideas in an open forum. Topics include changing FEHB coverage, figuring taxes on CSRS annuity, managing RMDs, recruiting new NARFE members, and more. The NARFE web site has a Quick Start Guide where you can learn more about how FEDHub works. You log into FEDHub using the same credentials you would use for NARFE’s website.
  - The National WEP/GPO Repeal Task Force is working to pass legislation to repeal the offsets to Social Security benefits and public pensions. They will meet in Washington DC on May 18 in a “Day of Action & Rally” to confront and persuade legislators.
  - Do not know your Representatives – Click the links below and enter your zip code or address:
    - <https://www.house.gov/htbin/findrep?ZIP=22046>
    - <https://whosmy.virginiageneralassembly.gov/>
- Vice President Report:
  - Coming soon! The City of Norfolk will have a new internet option provided by MetroNet. The 100% fiber optic network will be the second high-speed internet, television, and phone provider for the city of Norfolk. MetroNet will compete with Cox Communications
- The Hospitality Report:
  - May Birthday Shoutout to Charles Goings!
  - Our June luncheon will be June 13, 2022, at 12:00 noon.
  - Location: Crazy Buffet & Grill in Chesapeake, VA - 1745 Parkview Dr (Parkview Shopping Center at the corner of South Military Hwy and Greenbrier Pkwy)
  - Cost: \$5.00 per person (members and guests). Payable at the door if not paid in advance.
- Service Report:
  - The Thrift Savings Plan (TSP) is transitioning to a new administrative service provider. As a result, beginning Monday, May 16 till the first week of June, certain transactions and services will be temporarily unavailable (i.e., request for a loan, withdrawal, or distribution, “My Account” and

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“Thrift Line” services). Not all legacy documents and messages will carry over to the new system; therefore, please review them before May 16 and copy/download any you wish to save.

- At the end of the transition period, participants need to set up new login credentials to access their accounts. The new program provides options for accessing and managing your account. It has a fresh look and feel, new tools, and more ways to connect with TSP through live chat and virtual assistance. You will also be able to download an official TSP Mobile App with the option to use biometrics.
- Program Report:
  - The program chair distributed and reviewed the proposed 2022-2023 Activities Schedule. (See “Upcoming Events” below.)
  - After a two-year break, the Chesapeake Sheriff’s Office will host the 32<sup>nd</sup> Annual Senior Support Services Seminar on August 23-24, 2022, at the Chesapeake Conference Center.
  - If you would like to attend, please e-mail Hospitality Chair (Annette Coleman) as soon as possible at [ladygrace5866@gmail.com](mailto:ladygrace5866@gmail.com). Provide your name, the date you want to attend, number of tickets, and names of attendees. Tickets should be available for pick-up at our chapter luncheon on June 13<sup>th</sup>.
  - Dominion Energy sponsors the Residential Home Retrofit Program and Home Energy Assessment Program at no-cost to its customers. The programs provide qualified participating contractors to conduct a walk-through of your home and install simple measures like LED bulbs and water heater pipe insulation. For more details visit <https://domsavings.com/va/rhrp/>

## MEMBERSHIP REPORT

### Membership report as of 5/9/2022

- 76 Chapter Members
- 164 National Members in the Chapter Area
- 240 Total

PLEASE NOTE: To reinstate your membership, complete the M-1 card that is accessible by clicking: [this link: http://www.vanarfe.org/Membership/Reinstatement%20Form.pdf](http://www.vanarfe.org/Membership/Reinstatement%20Form.pdf).

## TREASURER REPORT

### Summary of Account as of May 1, 2022:

|                   |            |
|-------------------|------------|
| Beginning Balance | \$ 6925.74 |
| National Payment  | \$ 48.30   |
| Deposits          | \$ 44.00   |
| Checks            | \$ (34.00) |
| Interest          | \$ 0.05    |
| Ending Balance    | \$ 6984.09 |

## SUMMARY of CHAPTER DISCUSSIONS

### Key Points from Visiting Angels Presentation

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- The thought of aging can be daunting. “Everyone wants to live longer, but no one wants to be old.” The objective is to realize what is inevitable and make smart decisions to make the journey as pleasant and enjoyable as possible.
- As we age, we experience memory loss, body aches and the need for hospice.
- Memory Loss – Forgetfulness arises from stress, depression, lack of sleep, thyroid problems, side effects from medication, unhealthy diets, or dehydration.
- Dementia (forgetting valuable information, personality changes and disorientation) worsens over time and indicates the need to schedule a doctor’s visit.
- Body Aches - Aging effects the body’s bones and tissues and joint stiffness. Managing your weight, moving about, and remembering to pace yourself can prevent joint stiffness.
- Hospice – Hospice is about Living and is available for patients with a terminal illness and a prognosis of six months or less. Patients can be discharged from hospice if their condition improves, and their life expectancy changes to beyond six months.
- Home Health Care is typically prescribed by a doctor and normally covered by most health insurance plans.
- Non-medical Home Care may or may not be doctor prescribed but typically, it is not covered by health insurance plans (long-term care plans may address those costs in part.)
- Visiting Angels, an in-home care provider, tailors home care to your needs and schedules it around the routines of family caregivers. Scheduling options include part-time and full-time care, weekend, and overnight visits, and 24/7 care.
- Because of the rapid expansion of available home care services, it is extremely important to do your research in depth. The coverage provided and the pricing structures utilized by service providers vary tremendously. Remember, every family situation is also unique and personal.

## UPCOMING EVENTS

### NARFE Brentwood Chapter 1697 Program Schedule (Tentative):

|                |  |
|----------------|--|
| June 2022      | Luncheon at the Crazy Buffet & Grill     |
| July 2022      | No Meeting                               |
| August 2022    | No Meeting                               |
| September 2022 | Welcome-Back – Business Meeting          |
| October 2022   | Blue Cross/ Blue Shield Health Insurance |
| November 2022  | GEHA Health Insurance                    |
| December 2022  | Christmas Luncheon                       |
| January 2023   | Chesapeake Fire Department               |
| February 2023  | H & R Block                              |
| March 2023     | FBI                                      |

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**2022 NARFE Election:** Elections for NARFE National President, National Secretary/Treasurer, and Regional Vice Presidents will be in August 2022. Instructions for voting will be in the August issue of the NARFE magazine. Candidate statements are in the May 2022 issue of NARFE Magazine.

**FEDcon22:** The dates are August 21-23, 2022. Location is the Westin Kierland Resort in Scottsdale, AZ. The premier conference allows federal employees and retirees to enjoy unparalleled excellence in advocacy training in the fight to protect federal benefits. Visit [www.fedcon.narfe.org](http://www.fedcon.narfe.org) for more details about the program, housing, and registration.

## NARFE WEBINARS

### Understanding FERS Deferred/Postponed Retirement Options

Wednesday, June 08 | 2 p.m. EDT

### Understanding Military and Civilian Federal Service Credit

Thursday, July 07 | 2 p.m. EDT

Webinars are free for NARFE members, but you must register at [www.new.narfe.org](http://www.new.narfe.org) and click Federal Benefits Institute.



I would like to hear what is important to you. Your enthusiasm and contributions to our newsletter is highly valued. Send questions, suggestions, topics, or articles for our newsletter to the Newsletter Editor ([hilljpj@cox.net](mailto:hilljpj@cox.net)).