



# ANNANDALE CHAPTER NEWS

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## National Active and Retired Federal Employees Association Chapter 1159 (Annandale)

P.O. Box 1463, Annandale, VA 22003

Serving Current, Former & Retired Federal Employees and Spouses  
and Survivor Annuitants

Like us on Facebook at NARFE-Annandale 1159

Find us on the web at: [www.narfe.org/chapter1159](http://www.narfe.org/chapter1159)

**November 2022**

**Next Meeting: Wednesday, December 7, 2022**

**PJ Skidoos Restaurant**

**9908 Fairfax Blvd (Rt 50), Fairfax City**

**Join us for our Holiday Luncheon – We will hold our Holiday Luncheon at PJ Skidoos in Fairfax City on December 7<sup>th</sup>. Social time begins at 11:30 a.m. with lunch served at noon. Reservations are required. Please see page 6 for further information and a reservation form. In case of inclement weather, please see our policy on page 2.**

**PREZ SEZ** – This has been a wonderful fall – trees have been especially colorful this year and, even at my age, I still love shuffling my feet through the fallen leaves. It's hard to believe that Thanksgiving will soon be here, with Christmas not far behind. The Holiday Season is a time to count our blessings and give thanks. I always appreciate when Daylight Savings Time ends – I want my hour back! I give thanks for our cats who give us such pleasure, love, and a feeling of peace. And we're thankful that we've had a good mixture of attendees in-person and on Zoom; it seems to be working pretty well and our technical team keeps making improvements.

I hope you've signed up for the Holiday Luncheon and, if not, please do so. We need to know how many are coming as early as possible to determine if we fulfill the minimum number of attendees required by PJ Skidoos. The Board always seems to be on tenterhooks until the last minute trying to figure out if we can go ahead or if we must cancel the luncheon, sooooooo, for the sake of our **(continued on page 2)**

*(Prez Sez continued)* nerves, please make reservations early. The Board is aware that prices have gone up this year. Many Board members researched other venues, eating there, checking available space, and discussing menus and costs. Ultimately, we didn't have time to find a new place but will continue searching for a less costly venue for our next luncheon. In the meantime, we did drop bartender service which would have added to everyone's price, and we are having a half hour of entertainment instead of the usual 45 minutes. The Board would like feedback: would you prefer continuing at PJ Skidoos at the higher cost or would you like us to do more research? Suggestions for moving forward would be greatly appreciated. Please drop me a quick email or catch me at the luncheon and let me know your thoughts. I hope to see many of you at the luncheon and, of course, hope to receive many requests for raffle tickets!

**Kim Rendelson, Chapter President**

**Chapter Elections** – At our Chapter's November 2<sup>nd</sup> meeting, members elected the following individuals to serve on the Executive Board for 2023: **Kim Rendelson**, President; **John Bankson**, 1<sup>st</sup> Vice President; **Pat Drobnek**, 2<sup>nd</sup> Vice President; **Jack Bagnulo**, Treasurer; and **Fran Walinsky**, Secretary. Elected officers will assume their positions in January. We congratulate each of our elected Board members and thank you for ensuring the continued success of the chapter.

**Audit Committee Nominees** – At our December 7<sup>th</sup> Luncheon the following nominees will be presented for membership approval to audit the Chapter's financial records for 2022: **John Bankson (Chair); Frank Toth; and Mara Yachnin.**

**Inclement Weather Policy for the Luncheon Only – If Fairfax County Public Schools (FCPS) open two hours late on the day of our luncheon due to inclement weather, the luncheon will be held. If the FCPS are closed, we will decide whether to cancel the luncheon based on conditions in the local area. If we have to cancel, we will attempt to contact everyone who made a reservation. In addition, we will post notice of any cancellation on our website and Facebook page. You also can contact Kim Rendelson at 703-204-0388 to learn if the luncheon will be held.**

**November Program** – Two speakers made presentations. First, **Arlene Arthur, VFN Service Officer**, discussed “Federal Employee Health Benefits Plan Changes Throughout the Year”. Open Season is November 14<sup>th</sup> through December 12<sup>th</sup> this year. You have 29 days to look at your health insurance needs and go through the FEHB plans to decide if it would be better for you to make a change. Note OPM is going to include a Medicare Advantage Plan as an option this year. Be aware the Medicare Advantage Plans you see advertised on television, or whose literature comes to your home, do not apply to federal employees. Of course, not everything affecting your health insurance happens during Open Season. Ms. Arthur discussed several such events. For example, if you decide to move to another state and you are enrolled in a health benefits plan that serves a limited geographical area, you need to verify coverage in your new location. Our second speaker was **Michele Nesbitt-Johnson, Account Manager with Blue Cross/Blue Shield (BC/BS)**. She provided some general information about BC/BS and discussed changes in BC/BS plans for 2023. With BC/BS, there are three plans from which to choose – Standard Option, Basic Option, and FEP Blue Focus, which is a fairly-recent plan added to meet your needs and budget. Now, what are the updates for 2023? First, Standard Option monthly premiums in 2023 will be \$308.53 (Self Only (104)), \$690.84 (Self + One (106)), and \$753.77 (Self & Family (105)). Ms. Nesbitt-Johnson said your Service Benefit Plan coverage works best when original Medicare is your primary coverage because this means Medicare pays first. BC/BS also has a Medicare Reimbursement Account (MRA) whereby Basic Option members enrolled in Medicare Parts A and B can receive up to \$800 per calendar year to offset Medicare Part B premium payments. The MRA applies to each member of the household. She went on to address several value-added programs/enhancements to your medical benefits such as Hearing Aid Benefits whereby both Standard and Basic Option members receive an allowance of up to \$2,500 every five years for the purchase of hearing aids and hearing aid supplies. In terms of wellness incentive programs, both Standard and Basic Option members can earn \$50 the first time they fill out a Blue Health Assessment (BHA) questionnaire. The goal is to help you identify health risks before they become issues. Other value-added BC/BS programs include an Online Health Coach who encourages you to complete manageable activities each day to reach wellness goals you have set. You could earn \$40 for each goal accomplished up to \$120 for three goals. In total, then, by completing the BHA and a maximum of three health goals during the calendar year, you could earn up (**continued on page 4**)

(continued from page 3) to \$170 to use toward qualified medical expenses. There are about 271 plans under FEHBP so you have choices, and there are plan-comparison tools available to help you in your research. OPM's comparison tool can be found at <https://www.opm.gov/healthcare-insurance/healthcare/plan-information/compare-plans>. Snacks were provided by the following: **Della Dahl, Mary Ann Munley, John Bankson, Kim Rendelson, Pat Jack, Loretta Nester, Fran Walinsky, Phil Gilliland, Carol Rubin and Sharon Sellers**. A total of **40 members** attended (25 in-person and 15 via Zoom). **Mary Lou Vroman, Secretary**

**ACCA Food Drive Final Count** - What A Huge Success! After concluding our November 3<sup>rd</sup> drive, the total collection brought in was **1,236 pounds of food/personal items and \$1,203 in cash**. This is an amazing increase over last year's Food Drive donations by 22% in food and 55% in cash. We couldn't have made this happen without the effort given so freely by all who pitched in with their time and donations. Thanks to all our NARFE Chapter 1159 members



**PFC Evan Dicker loading food and items during our joint drive**

and Mason District residents for their caring support. A special thanks goes to Chapter volunteers **Kim Rendelson, Doug Jones, Mary Lou Vroman and Sharon Sellers**; Mason District Community Outreach/Crime Prevention Officer **PFC Evan Dicker**; and, Store Manager **Giant Food Annandale David Posey**. Right now families are receiving a helping hand from the ACCA Food Pantry in part due to your generosity.



**PFC Dicker and Kim Rendelson, Jack Bagnulo and Mary Lou Vroman at our Nov 3<sup>rd</sup> Food Drop-off**



**PJs, Slippers, Socks and Toys** are still being collected until December 11<sup>th</sup> in support of Mason District Police's Holiday Party for children in the Culmore Community. During the November 3<sup>rd</sup> ACCA Food Drive, we collected approximately 20 sets of warm pajamas, lots of fun socks and several sets of cozy slippers for boys and girls, sizes infant to teens. If you would like to donate any of these items, volunteer to help wrap them before the Holiday Party and help distribute them at the Holiday Party the weekend of December 17/18, please contact **Sharon Sellers, 703-915-8765**. Thank you for your support.



**Alzheimer's Report** – So far this month we have collected **\$614** in donations, bringing this year's total donations to the NARFE Alzheimer's Research Fund to **\$5,036**. If you would like to help find a cure for Alzheimer's, you can send a donation by mail to: **Treasurer, NARFE Chapter 1159, P.O. Box 1463, Annandale, VA, 22003**. Please make checks payable to *NARFE Alzheimer's Research Fund* and include *Chapter 1159* on the memo line. **Phil Gilliland, Alzheimer's Chair**

**Adopt-a-Road** – Our thanks to **Sharon Sellers, Mary Ann Munley and Doug Jones** for pitching-in and making our November 10<sup>th</sup> litter-pick-up a success. Our scheduled pick-ups for 2023 are March 23, May 18, July 20, September 21 and November 9. Please mark your calendars and join us if you can.

**FEHBP and Medicare Open Seasons** -- Remember, Medicare Open Season runs through December 7<sup>th</sup> and the Federal Employees Health Benefits Program Open Season runs through December 12, 2022. And Congressman Connolly's Open Season Workshop will be held on Saturday, December 3<sup>rd</sup>, from 10:00 a.m. to 1:00 p.m. at the Fairfax County Government Center (12000 Government Center Parkway, Fairfax).

**Mark your calendars and join us on Wednesday, January 4, 2023, when Tara Aziz and Sandy Neuzil, from the Prevention of Blindness Society of Metropolitan Washington Low Vision Learning Center, will discuss vision loss and different resources, services, supports and technologies to help those with vision loss.**

**Holiday Luncheon** -- There still is time to get your reservation in for our December 7<sup>th</sup> Holiday Luncheon. Just clip the form below and mail it, along with your payment, so it is received by November 26<sup>th</sup>. Hope to see you there!

Our **Holiday Luncheon** will be held on **Wednesday, December 7<sup>th</sup>**, at PJ Skidoos at 9908 Fairfax Blvd (Rt 50), Fairfax, in the lower level – enter from the west side of the building. Social time will begin at 11:30 a.m., and lunch will be served at noon. Musical entertainment will be provided. A raffle for a number of special items will be held for the benefit of Alzheimer’s research. Salad will be provided. Menu choices include (1) garden pasta (vegetarian meal), (2) chicken cordon bleu with rice pilaf and green beans, (3) fresh broiled salmon with lemon butter, red potatoes and green beans, and (4) London broil with mushroom wine sauce, mashed potatoes and green beans. Dessert is optional. If desired, select (1) for chocolate mousse or (2) for vanilla ice cream. Ice/hot tea and coffee are included. There will not be a cash bar. A charge of \$37 per person without dessert or \$42 per person with dessert will cover the meal, taxes, and gratuity.

	Entrée (circle 1)	Dessert (circle 1)	Charge
Attendee _____	1 2 3 4	1 2 None	_____
Attendee _____	1 2 3 4	1 2 None	_____
Attendee _____	1 2 3 4	1 2 None	_____
Please make checks payable to <b>NARFE Chapter 1159</b> , and mail them to <b>NARFE 1159 Treasurer, Box 1463, Annandale, VA 22003.</b> Please mail reservations as soon as possible, but they must be received by <b>November 26<sup>th</sup></b> .			Total _____

**LUNCHEON RAFFLE** -- For those members who enjoy the raffles that benefit Alzheimer’s Research, rest assured we are continuing this tradition. Many great items have been donated so we will have 10+ lovely baskets available at the holiday luncheon. You don’t even have to be onsite at the luncheon; winners will have their baskets delivered to their homes. So take a chance – or many chances – and buy lots of tickets. Pictures are available on the Chapter’s website ([www.narfe.org/chapter1159](http://www.narfe.org/chapter1159)) and on the NARFE Annandale 1159 Facebook page. But what about inflation you ask? While everything else is going up, raffle tickets will remain at the bargain price of \$1.00 each or 6 tickets for \$5.00. Once the pictures go up, we will start selling tickets. Kim Rendelson will mail as many raffle tickets back to you as you would like. Just complete the Holiday Raffle Form (on page 7) and mail it to Kim at her address with your check payable to *NARFE Alzheimer's Research*, please include *Chapter 1159* on the **(continued on page 7)**

(continued from page 6) memo line. All raffle ticket requests must be received no later than November 23<sup>rd</sup>.

NOTE: Due date for receipt of raffle tickets orders by mail is November 23<sup>rd</sup>. For those ticket orders received after that date, you will receive an email with a picture of your tickets. And don't worry about losing them or the email, Kim tracks the numbers so no matter what, if you can't find your tickets or your email, all is not lost! She will know winner identities. Last-minute tickets will also be sold at the December 7<sup>th</sup> Luncheon.

-----clip and mail form-----

**RAFFLE TICKET FORM**

**Annandale NARFE Holiday Luncheon – December 7<sup>th</sup>, 2022**  
**\$1.00 each or 6 for \$5.00**

I would like to purchase \_\_\_\_\_ Raffle Tickets. My check is enclosed for \$\_\_\_\_\_ made out to *NARFE Alzheimer's Research Fund*, including *Chapter 1159* on the memo line and mailed to the address provided at the bottom of this page to be **received** no later than **November 23<sup>rd</sup>**.

Please include:  
Your Name:

\_\_\_\_\_  
Address:

\_\_\_\_\_  
E-mail Address

\_\_\_\_\_  
Phone No. \_\_\_\_\_ (for basket winner delivery purposes if you are not present)

**Donation Only:** If skipping the raffle but still want to make a donation, please send your check made out to **NARFE Alzheimer's Research Fund** (include *Chapter 1159* on the memo line) and mail it to:

**Kim Rendelson, 3401 Silver Maple Pl., Falls Church, VA 22042**

All checks will be hand delivered to the NARFE 1159 Treasurer

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**Mark Your Calendars** – **The 2023 Virginia Federation of NARFE Chapters (VFN) Annual Meeting is scheduled for April 2 – 5, 2023 in Hampton, Virginia.**



**Legislation Report** – *Election News*: Congratulations to our House Representatives

**Don Beyer** (8th District), **Gerry Connolly** (11th District), and **Jennifer Wexton** (10th District) who all won re-election. Upon return to Congress to finish out their current terms, they will be facing a very busy Congressional schedule to resolve many important issues, not the least of which is the Fiscal Year 2023 Federal Budget. As of this writing, control of the incoming 118<sup>th</sup> Congress is not yet decided.

*Federal Budget*: The current Continuing Resolution (CR) to fund the government expires on December 16<sup>th</sup>, at which time Congress will need to enact a final spending bill (desirable), pass another CR (likely), or risk a government shutdown (unlikely). Stay tuned.

*COLAs for Annuitants and Social Security Beneficiaries for 2023*: CSRS and Social Security 8.7%; FERS 7.7%.

*Federal Employee Salary*: President Biden formally announced his plan to give civilian federal employees a 4.1% base pay increase, plus an average locality pay boost of 0.5%, creating an overall average increase of 4.6% for 2023. Since the House was silent on the pay raise in its appropriations bills, the President's plan will most likely be implemented.

*H.R. 82, Social Security Fairness Act*, would eliminate the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO) from Social Security law. The bill has bi-partisan support among its 305 co-sponsors. A Discharge Petition (a process that requires 218 in-person signatures) was filed September 30, 2022 – only twenty-two Representatives signed the petition before leaving for the election recess. The Discharge Petition is a tool employed to move a bill forward in opposition to the committee of jurisdiction, in this case, the Ways & Means Committee, and majority House leadership. Simply put, this action would bypass the committee and House leadership, forcing H.R. 82 to a vote regardless of what the powerful Ways & Means Committee or House majority leadership desired. When Congress returns, H.R. 82 is just one of many pieces of legislation pending before the end of the 117th Congress.

*Virginia Legislation*: At our November chapter meeting, copies of the Virginia Federation of NARFE (VFN) “2023 State Legislative Plan” were distributed. A copy of this plan is available on our Chapter 1159 website ([www.narfe.org/chapter1159](http://www.narfe.org/chapter1159)), as well as on the VFN website ([www.vanarfe.org](http://www.vanarfe.org)).

**Mary Ann Munley, Legislation Chair**



**“Get to Know Your Board” will return in December.**

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### **Executive Board**

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**Greeter**

Mara Yachnin

**PLEASE JOIN US FOR OUR DECEMBER 7<sup>TH</sup>  
HOLIDAY LUNCHEON**