



Midlothian Chapter 2265 NEWSLETTER

Serving Current and Retired Federal Employees Since 1921

Chapter e-mail: narfe2265df@gmail.com

April – June 2022

PRESIDENT’S CORNER

Debbie Fisk

I have been trying to understand what is needed for the future survival of NARFE since I first became involved in our Chapter. Most of our officers and members (VFN and Chapter) have been around for many years but many are not moving forward into the computer generation.

There are questions to be asked and solutions to be found. Should we require email addresses of our membership? Many members live in condominiums, assisted living or nursing homes. Is that a reasonable requirement? Many older members know about ZOOM, GoToMeeting, etc. but are reluctant to use them. Are NARFE Chapters in jeopardy of becoming social clubs just like they have in AARP?

Electronic Communications is the most cost-effective method of communication. Eliminating postage, which has become unreasonable, is one of the best ways to cut expenses for the federation and chapters. Since the Bylaw change “one man, one vote,” it is important to reach out to every member. \$3,000 was spent on the last election to mail ballots to one-third of our members (3,426) who do not have an email address on file. As a result, we accumulated 211 online votes and forty-five paper ballots. Given the math we only had a total of 2.02% of the membership vote. Do you think we are better served by the amendment change or was the membership best represented with the former delegate system?

There are over 800 NARFE Chapters across the country and thirty-eight of them are in Virginia. The goal of NARFE is to have 75% of their Chapters with

websites and 50% of their Chapters with Facebook pages by 2023. That is a lofty goal, one that is going to provide additional challenges for our leaders and membership. It is not hard to imagine that NARFE is preparing for the next generation of retirees; however, we do not want to be left behind at a critical time in our history. If you have made it easy for us to communicate with you, great. If there is a member you could assist, that would also be helpful. However, the most important electronic responsibility we all have is to make sure your member profiles are current. If you are not connected online, reach out to a fellow member or board member. We can help you with updating this valuable information.

Across the county most chapters get about 7-10% of their membership to attend meetings. In our Chapter, less than 1/4 of our members do not have an email address on file. We were happy with participation at the March meeting; however, statistically we only had 5% of the members present who we could contact by email.

We tried a hybrid meeting in March. It partially worked. The online participants had trouble with the audio, so we were not completely successful. I am open to trying again, as I know some members are not

Monthly Chapter Meetings April 13, May 11 & June 8

9:30 am	Social
10 am	Business Meeting
11 am	Program

Meetings will be held at
Hopewell United Methodist Church
6200 Courthouse Rd, Chesterfield, VA 23832

able to or do not feel comfortable meeting in person. We will continue to try to perfect that option. Perhaps many of our chapter members are not attending because of health, driving or age. This is important for us to know because we want to make every opportunity we can to stay in touch and keep you informed.

I hope each one of you will continue to stay involved in everything NARFE related. Hopefully we all joined NARFE to explore possibilities, stay informed, and engage in meaningful activities that will ultimately protect our hard-earned benefits. Grassroots efforts work, they hold our legislators accountable.

I hope to see you at the April meeting or one in the immediate future.

NATIONAL LEGISLATION

Don Utton

COLA for Seniors Bills Stalled

Two bills addressing COLA for seniors are apparently stalled in the House of Representatives committees they were referred to last year.

The **Fair COLA for Seniors Act, H.R. 4315**, would require the use of the Consumer Price Index for the Elderly (CPI-E), which calculates a price index for Americans age 62 and older, instead of the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) that is currently used to determine annual cost-of living adjustments (COLAs) for Social Security beneficiaries, federal annuitants, military retirees, and certain veterans' benefits.

- 07/01/2021 Introduced by Representative John Garamendi (D-CA-3) and referred to the Committee on Ways and Means, and in addition to the Committees on Veterans' Affairs, Oversight and Reform, and Armed Services.
- 07/01/2021 The Committee on Ways and Means referred the bill to the Subcommittee on Social Security.
- 09/07/2021 The Committee on Veterans' Affairs referred the bill to the Subcommittee on Disability Assistance and Memorial Affairs.

- The bill was co-sponsored by 49 Democratic representatives and 1 Republican representative.
- As of 10/22/2021, Rep. Donald S. Beyer, Jr. [D-VA-8] is the only Virginia co-sponsor of the bill. <https://www.congress.gov/bill/117th-congress/house-bill/4315?s=1&r=75>

The **Equal COLA Act, H.R. 304**, would bring COLAs for FERS retirees in line with the full COLAs that CSRS retirees and Social Security beneficiaries currently receive. Current law holds the FERS COLA at 2 percent if the full COLA falls between 2 and 3 percent, and it reduces FERS COLAs by one percentage point if the full COLA exceeds 3 percent. This inequitable policy, enacted in the 1980s with the creation of FERS, fails to fully protect the earned value of FERS annuities.

- 1/13/2021 Introduced by Rep. Gerald E. Connolly [D-VA-11] and referred to the House Committee on Oversight and Reform.
- It was co-sponsored by 27 Democratic representatives and 3 Republican representatives.
- Only three Virginia representatives had signed on as co-sponsors.
 - Rep. Wexton, Jennifer [D-VA-10] 3/19/2021
 - Rep. Luria, Elaine G. [D-VA-2] 9/10/2021
 - Rep. Spanberger, Abigail Davis [D-VA-7] 2/18/2022

[H.R.304 - 117th Congress \(2021-2022\): Equal COLA Act | Congress.gov | Library of Congress](#)

CONGRESSIONAL UPDATES

Bob Zombron

CDL VA 7th Congressional District

The 7th Congressional District

By January 1, 2023, the 7th Congressional District, led by Representative Abigail Spanberger will not exist in its present form. The boundaries will change and the 7th in name only, will move north into and around Culpepper, Prince William and Spotsylvania Counties.

The 4th District, now represented by Rep. McEachin, will move west and absorb the part of the southcentral

edge of the old 7th District. He also has been a good friend of NARFE.

Rep. Whitten's First District on the western boundary will reach out south to some of the old Seventh District including Brandermill, Woodlake and around the Swift Creek reservoir.

From what I can gather, looking over poorly referenced map borders – with no street names noted or topographical features indicated - is that - I will not be in the new 7th or the 4th District. My residence will be placed into the 1st Congressional District presently led by Representative Whitten.

The best way to find out which district you will vote in is to wait for a new Voter Registration Card that is provided by Chesterfield County. Primaries will take place in June. Surely, we will have a new voter registration card by then.

Congressional Representation

Over the last ten years I have witnessed the terms of Reps. Cantor, Brat and Spanberger. All a little different philosophically, however always willing to listen to NARFE's priorities. They and their staffs were very cordial which was appreciated. Most requests for a sponsorship of a bill are accomplished by the staff. Usually, the representative's chief of staff and legislation director will evaluate your request and eventually recommend introducing or sponsoring a bill which later may become law.

Representative Spanberger and her staff have worked diligently on several of NARFE's priorities. When we make a special effort to contact our representatives and senators, they are more likely to vote for our salary increases, retirement and health care benefits which we embrace. Funding the budget is a monumental task which involves agreement by congress and signature of the President.

This would be a good time to send a brief note to Representative Abigail Spanberger to thank her for her and her staff's efforts on our behalf over two terms in our district. Remember, she will continue to help federal employees if reelected in the new 7th.

Our future will depend on all those who will serve us. Therefore, we need to let them know that we are here. Please write, phone or email your representative present or future to let them know what is important to you. Don't forget to mention NARFE's priorities.

Our Current Representatives

VA Congressional District 7

Abigail Spanberger – 1239 LHOB, Washington DC
>DC Office: 202-225-2815

VA Congressional District 4

Donald McEachin – 314 CHOB, Washington DC
>DC Office: 202-225-6365

VA Congressional District 3

Bobby Scott – 1201 LHOB, Washington DC
>DC Office: 202-225-8354

U.S. Senators

US Senator Mark Warner (D-VA)
>DC Office: 202-224-2023
>Richmond Office: 804-775-2314

US Senator Timothy Kaine (D-VA)
>DC Office: 202-224-4024
>Richmond Office: 804-771-2221

SERVICE OFFICER

Virginia Bozarth

If you or anyone you may know has a need for help with federal benefits or the death of a loved one, please reach out and I will try to help. I may not know the answer to the question, but I can get in touch with those who do and find an answer for you or connect you to someone who can help.

What exactly does a Service Officer do?

- Becomes the face and voice of NARFE – helps members apply for benefits, life insurance, etc.
- Relays information as needed on Medicare and Medicaid, Social Security, and retirement benefits.
- Writes notes to families of those who have passed to offer information and support.
- Offers the “Be Prepared for Life's Events” to NARFE members

PROGRAMS

Verona McLeod

You really should have been at our meeting on March 9th for “Chat and Chew”. About 30 of us got together to discuss various area of concern and interest regarding our chapter. One area of concern was “what is the interest of our members?” Hopefully identifying the interests would encourage more attendance at meetings. During the meeting several areas of interest were identified. Number one was Technology “listen, learn and become technically savvy.” Number two was Nutrition and Fitness, “even for me.” They were followed by History, “did you know and it happened;” “What’s Up” legislature, benefits, and NARFE; and “Let’s have Fun” with entertainment. Since that meeting, we’ve been able to contact several presenters for these areas. We are in the process of finalizing these presenters and the month of their visit. We have confirmed the month of May as our Nutrition and Fitness meeting. There will be surprises for the attendees as the presenters encourage member participation and interaction. As a bonus there will be gifts for those bringing a guest to the meeting. Since April’s presenter hasn’t yet been confirmed stay informed through the communications sent by our net coordinator. **There will be a picnic this year.** The date hasn’t been finalized but we want you to be aware that is it coming. Please stay informed through the email communications sent and by attending meetings. Our interactions with others have been restricted for over two years. We continue to take precautions to ensure a safe environment for our meetings. We encourage you to join us and bring a friend.

MEMBERSHIP

Verona McLeod

One of the major concerns of the chapter is the declining membership. At the end of February there were 207 active members. That number has been decreasing significantly over the last few years. One reason for the decline may be because there are 130 eligible persons in the chapter area who are not chapter members. Are you one of the 130? How will you

know? If you are no longer getting newsletters or other correspondence from the chapter, your membership has probably been changed to National. Unfortunately, this can happen when you renew your membership and only pay national dues and not the \$10 chapter dues. You can always contact the chapter to check the membership roster to see if you are listed as a member. If you aren’t and you want to return to our chapter let us know and we can help you make the transfer. This membership information and solicitation probably won’t be seen by the 106 people identified above so we need members who are reading this to pass this information to anyone you know who may fall into this category. You can also pass it on to others you communicate with in your other organizations. We need everyone to help get the information out. We really need all of our current members to become recruiters for our chapter. Will you help by encouraging friends and family, who are eligible, to join our chapter? We must continue to pursue those who are active employees. Do you know anyone in the active employee category? Most of us do. Let’s talk to them and let them know the purpose of the organization. As federal employees and retirees, our benefits are always vulnerable. We need NARFE to continue to lobby on our behalf. NARFE cannot do it alone. They need us and we need you.

HAPPY BIRTHDAY

APRIL

1 Ellen Spiggle; 5 Mary Ann Boyd, Vickie Botkin; 9 Patsy Dunn; 10 Bob Zombron; 12 Joseph Seay; 15 Marian Turner; 19 Dianne Springfield, Warren Olds, Jr; 21 Dorothy Jackson; 22 Ray Yamoka; 25 Ruth Lynch

MAY

1 David Wagner; 11 James Smith; 13 Ruth B. Scott, Janice Wilson; 16 Mary Lou Gorman; 21 Cathy Dorsett; 28 Dianne Diana

JUNE

1 Kathleen Kelton; 2 Russel Van Allen; 3 Joan Louth, Don Utton; 4 Bob Boyd; 5 Ann Dillion; 7 Mary Fenner; 11 Brenda Cordle; 19 Harold White; 20 Charlotte Emerson; 23 Barbara Dance

NARFE HQ PROGRAMS

Deborah Fisk, Net Coordinator

1. Welcome to FEDHub. I wanted to share some good news. Have you discovered FEDHub?

FEDHub is NARFE's online community for active and retired federal employees. Members can connect to share advice, solve challenges and develop new approaches.

Three things:

- EXPLORE – Discover communities to enrich your federal career and retirement experience.
- STAY INFORMED – Subscribe to receive important daily updates right in your inbox.
- ENGAGE – Join in discussions with fellow Feds to get the most out of your federal benefits.

You can find this group by going to <http://www.narfe.org>, click on “FOR MEMBERS,” and select “FEDHub:NARFE Member Community.”

Members from all over the United States communicate on this platform. A great deal of information is shared, and yes there are a few complaints as well. I hope you will check it out.

2. Every month is NARFE PAC Month!

March is over but the need for participation in the NARFE PAC is still critical. Any time is the perfect time to show support. The PAC works for you by educating and supporting Fed-friendly lawmakers who understand that the government should keep its promises to public servants.

If you would like to find out how you can help, go to <http://www.narfe.org>, click on “Advocacy,” and select “NARFE-PAC.” You have always been able to make a one-time contribution or sign up to be a monthly sustainer with monthly contributions deducted from your annuity; however, there is now an added option – “give monthly via credit card.” Check it out.

3. NARFE Legislative Action Center (<http://www.narfe.org>, select “ADVOCACY.”)

Please visit the above site frequently. This is the easiest way you can be heard. The most important legislative items are featured here. You can read about them, and, more importantly, you can click on any

item, add your name, address, and a pre-designed letter will be automatically sent to the person you designate (your Senators or Representative or both). You also have the option of adding a paragraph with your personal notes.

This is a place where you can also sign up for alerts, find legislation, check out how your officials voted, or find your official. This will be important in December when there will be some changes.

ALZHEIMER'S

Faye McKay, Chairman

Alzheimer's stages: How the disease progresses

Alzheimer's disease can last more than a decade. See what types of behaviors are common in each of the stages as the disease progresses.

by Mayo Clinic Staff

Alzheimer's disease tends to develop slowly and gradually worsens over several years. Eventually, Alzheimer's disease affects most areas of your brain. Memory, thinking, judgment, language, problem-solving, personality and movement can all be affected by the disease.

There are five stages associated with Alzheimer's disease: preclinical Alzheimer's disease, mild cognitive impairment due to Alzheimer's disease, mild dementia due to Alzheimer's disease, moderate dementia due to Alzheimer's disease and severe dementia due to Alzheimer's disease. Dementia is a term used to describe a group of symptoms that affect intellectual and social abilities severely enough to interfere with daily function.

The five Alzheimer's stages can help you understand what might happen, but it's important to know that these stages are only rough generalizations. The disease is a continuous process. Each person has a different experience with Alzheimer's and its symptoms.

For more information visit:

<https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/alzheimers-stages>.



REBOOT 2022 CHESTERFIELD TRIAD SENIOR DAY

Wednesday, May 4th from 9-12pm

Chesterfield County Fairgrounds

10300 Courthouse Rd. Chesterfield, VA 23832

**Celebrate Older Americans Month with
Chesterfield Triad!**

Senior Day will host 35 vendors geared towards older adult services
food, entertainment, door prizes and more

Entertainment provided by **Joyful Voices Chorus**

Free and open to the public! All community seniors welcome!



Be sure to bring expired prescriptions for Medication Take Back (**No Sharps or
Needles, Please**) and used eyeglasses to donate to the Lions Club

For more information, contact the Aging & Disability Services at **804-768-7878** or
AgingServices@Chesterfield.Gov

On the Road with Lynn

A few have signed up for the May 24 trip to Tangier Island. If you plan to join us, please let me know soon. The deadline to sign-up and pay is April 26.



Stay safe and well!

Lynn - 804.275.2102 or jcolmo68@comcast.net

Cruise to Tangier Island

Tuesday – May 24, 2022

Tangier Island is a small, largely unspoiled, fishing village lined with quaint narrow streets. It is considered the “soft crab capital” of the nation. Although modernization has come to the Island it still has not lost its charm. The people of Tangier, who speak with a lingering trace of Elizabethan accent, are warm, friendly, and proud of their Island. Once arriving in Reedville, you will board the **Chesapeake Breeze** for a 1 ½ hour cruise to Tangier Island. On your way you will learn about historic Reedville, the center of one of the largest fishing industries in the U.S. The Chesapeake Breeze often passes fishing boats working their nets or large ocean freighters traveling between Baltimore and Norfolk. Once arriving at Tangier, you will enjoy lunch at a local restaurant, **Lorraine’s**, included in cost. You’ll have a choice between *Fried Crab Cake* or *Fried Flounder Sandwich*, with two sides, dessert and a beverage. After lunch, stroll along the small roads and visit the unique gift shops or, for a small fee, hop aboard one of the local’s golf carts and take a tour around the island. The **Chesapeake Breeze** will be docked at Tangier for two and a half hours.

Cost Per Person: \$140.00 (Payment due by April 26th)

Departs Chippenham Hospital at 7:30am - Returns 6:30pm

There will be NO stop for breakfast.

Make check payable to Lynn Osborne and mail to:

8201 Indian Springs Road

N. Chesterfield, VA 23237

Cancellations made within three (3) business days

of departure are “Non-Refundable.”

WELLNESS DAYS WITH BLUE



JOIN US
STRENGTHEN YOUR MIND-BODY
CONNECTION

DATE: MAY 11, 2022

TIME: 11:00-NOON

Join us as we learn about

NUTRITION 101

Doug Hudgins, BSN, RN

YOGA

Mary Jo Lowery

Chapter 2265 Committees

Alzheimer’s:

Faye McKay

804-378-0826

Audit:

Shirley Alexander

804-275-8405

Chaplain:

In memory of

Charlie Wilson

Greeter:

Pat Warhurst

804-658-1208

Hospitality:

Cathy Dorsett: 804-674-4039

Ann Simpkins: 804-379-3631

Membership:

Pat Warhurst

804-658-1208

National Legislation:

Don Utton

804-896-1804

Net Coordinator:

Deborah Fisk

804-748-8722

Newsletter:

Lynn Osborne

804-275-2102

Parliamentarian:

Lynn Osborne

804-275-2102

Programs:

Verona McLeod

804-744-4589

Public Relations:

Norma Smith

804-379-6712

Service Officer:

Virginia Bozarth

804-275-0820

Special Activities:

Lynn Osborne

804-275-2102

State Legislation:

Steve Stastny

804-271-8690

Sunshine:

Pat Warhurst

804-658-1208

Telephone Tree:

Vacant



FEDERAL BENEFITS EXPERTS

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NARFE Chapter 2265
P.O. Box 565
Midlothian, VA 23113

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
RICHMOND, VA
PERMIT NO. 3022

Dated Material

SUN	MON	TUES	WED	THU	FRI	SAT
June, 2022			1	2	3	4
5	6	7	8 Membership Meeting, 10am Hopewell UMC	9	10	11
12	13	14 Flag Day	15	16	17	18
19 Father's Day	20 Juneteenth	21	22	23	24	25
26	27	28	29	30		