

<https://vanarfe.org/Chapter-737/>

FEBRUARY 2023

**Serving Current and Retired Federal Civilian Employees, Spouses and Survivor Annuitants**

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**WHERE:** American Legion Post 177 3939 Oak Street, Fairfax  
**TIME:** Social Hour – 11:30 AM, Lunch – 12:00PM, Speaker/Program - 12:30  
**COST:** \$15.00  
**MEETING SCHEDULE:** Monthly on First Tuesday – Except July & August  
 February 7, 2023  
 March 7, 2023  
 April 4, 2023

**PRESIDENT'S CORNER**

Dear Members of Chapter 737,

Lately, we who live far away from Fairfax have had good results in attending membership meetings by means of Zoom. The luncheon of the 7 February membership meeting will begin at the usual time, 12:00 p.m., while the speaker's program will be broadcast via Zoom beginning at about 12:30 p.m. after every one has finished eating lunch.

The Zoom detail is:

<https://us02web.zoom.us/j/84233003770?pwd=SVo2bjBuL1p6OFIvc3B5bGVKUjc5dz09>

We are waiting to get confirmation from Representative Gerald Connolly's office for him to speak at the February meeting. Please plan to attend this meeting.

In a couple of months, Spring will have arrived. The Fairfax chapter is planning on sponsoring a field trip to the National Museum of the United States Army located at Fort Belvoir in the middle of Spring. Please inform the trip leader, Sharon Lenius, at [leniussa@gmail.com](mailto:leniussa@gmail.com) or me of your interest to join this tour.

Volunteers to help run Chapter 737 are always welcome. Ask me and I will be glad to tell you how you can contribute.

Sincerely yours,

**Charles "Mike" Fleming – Chapter President**

**MEETING PROGRAM**

The January meeting featured Peri Weinfeldt from Goodwin House who gave a presentation titled Stronger Memory: Improve Your Brain Health. Forgetting things is normal but if it starts to impact your day-to-day activities it is dementia. Dementia is memory loss that can be caused by multiple issues. Alzheimer's is a major one of these issues. After 65 Alzheimer's memory decline doubles every 5 years. After 85 it reaches nearly 50%. Exercise, art, music, and social activities can help slow memory loss down. There have been some therapies that can improve memory. Writing long hand, doing math problems and reading aloud have been shown to help people to improve their memory. Studies show the Mediterranean Diet helps with memory retention. There are no studies showing that any medications or supplements can roll back dementia. Additional information is at <https://goodwinliving.org/stronger-memory/>. Ms. Weinfeldt also provided tips for talking to hearing impaired people. Talk slower, enunciate, maintain eye contact, talk to side of their best ear and yelling does not help with their hearing insecurities.

The Mayo clinic has suggestions at [Memory loss: 7 tips to improve your memory - Mayo Clinic](#).

**Memory loss: 7 tips to improve your memory** - Can't find your car keys? Forget your grocery list? Can't remember the name of the personal trainer you liked at the gym? You're not alone. Everyone forgets things once in a while. Still, memory loss is nothing to take lightly. Although there are no guarantees when it comes to preventing memory loss or dementia, some activities might help. Consider seven ways to sharpen your memory and know when to get help for memory loss.

**1. Be physically active every day** - For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity, such as brisk walking, or 75 minutes a week of vigorous aerobic activity, such as jogging. It's best if this activity is spread throughout the week. If you don't have time for a full workout, try a few 10-minute walks throughout the day.

**2. Stay mentally active** - Do crossword puzzles. Read. Play games. Learn to play a musical instrument. Try a new hobby. Volunteer at a local school or with a community group.

**3. Spend time with others** - Social interaction helps ward off depression and stress which can contribute to memory loss. Look for opportunities to get together with loved ones, friends and other people, especially if you live alone.

**4. Stay organized** - You're more likely to forget things if your home is cluttered or your notes are in disarray. Keep track of tasks, appointments and other events in a notebook, calendar or electronic planner. You might even repeat each entry out loud as you write it down to help keep it in your memory. Keep to-do lists up to date. Keep your wallet, keys, glasses and other essential items in a set place in your home so they are easy to find. Limit distractions. Don't do too many things at once and focus on the information that you're trying to remember.

**5. Sleep well** - Not getting enough sleep has been linked to memory loss. So has restless sleep and sleep that gets disturbed often. Make getting enough healthy sleep a priority. Adults should sleep 7 to 9 hours a night on a regular basis. If snoring disrupts sleep, make an appointment to see your health care provider to check for a sleep disorder, such as sleep apnea.

**6. Eat a healthy diet** - A healthy diet is good for your brain. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, beans and skinless poultry. What you drink also counts. Too much alcohol can lead to confusion and memory loss.

**7. Manage chronic health problems** - Follow your health care provider's advice for dealing with medical conditions, such as high blood pressure, diabetes, depression, hearing loss and obesity. The better you take care of yourself, the better your memory is likely to be. Regularly review the medicines you take with your health care provider. Some medicines can affect memory.

***Ted Pasek – Co-Program Chair***

### **TREASURER AND MEMBERSHIP REPORT**

#### Finances:

Balance 12/1/2022	\$8,471.58
Income	836.07
Expenses	992.49
Balance 12/31/2022	\$8,315.15

#### Alzheimer's

CY 2022 –	
\$45,083.23 VFN	\$1,744.58 Chapter 737

Chapter members	265
National Only members	329
Total membership	594
3 new members	
6 dropped – Non Renewal	
9 renewed	
0 deaths	

***Donna Shackelford – Treasurer/Membership***

### **FOOD FOR OTHERS**

We will again collect food to contribute to "Food for Others" who support those in need in Fairfax County. We continue to collect food to donate to Food for Others (FFO) who supports the less fortunate in Fairfax County. At our January meeting our chapter's contribution was 216 pounds! That is an excellent donation total. Continue the good work throughout the winter when times are even harder. From the [www.FoodforOthers.org/give-food](http://www.FoodforOthers.org/give-food) web site, here is more information. Most needed items include:

- Fresh fruits (oranges, apples, bananas, tomatoes, avocados, grapes, berries)
- Fresh vegetables (cucumbers, celery, peppers, lettuce, eggplant)
- Cooking Oil
- Cereal
- Canned tomato products (crushed, peeled, diced, etc.), 4oz – 1 lb
- Canned meat (chicken, turkey, or seafood), 2oz – 15oz
- Rice, 16oz packages
- Spaghetti sauce, 14oz – 1 lb (ideally in cans or plastic instead of glass)

- Canned fruit (packed in fruit juice instead of syrup) 11oz – 20oz
- Dried or canned beans (black, kidney, pinto, etc.)
- Pasta

- Fruit juice (100% juice) 32oz – 64oz

**Non Food Items:**

- New or Clean Reusable Grocery Bags 8 ½ x 14 x 15
- Can openers

We are also happy to accept perishable items including meat and dairy products that are sealed, in their original packaging, and **UNEXPIRED**. We are unable to accept donations of items that are more than 3 years expired, opened items, food that is not labeled, homemade items, or cooked food.

**Ted Pasek – Vice President**

**MEETING LUCKY NUMBERS WINNERS**

**Free lunch:** Terry Munson

**40-40-20** drawing: \$21 by Ralph Thompson

**40-40-20** drawing: \$10 by Ralph Thompson

**LEGISLATIVE REPORT**

**NATIONAL LEGISLATION** – On December 29, President Biden signed a roughly \$1.7 trillion bill into law funding the government through most of 2023. The legislation provides \$773 billion for non-defense discretionary spending and \$858 billion for defense spending marks victories for both parties. Democrats were able to move the bill over the finish line despite universal opposition by House Republicans, set to retake the chamber this month. Republicans could tout the fact that defense outweighs non-defense spending after Democrats had pushed for parity. Democratic and Republican appropriators faced a rocky process to craft the omnibus spending bill in the final days before the winter holiday recess, forcing Congress to pass stopgap spending bills to prevent a government shutdown. Disagreements over issues like, immigration, funding to Ukraine and even the location of the FBI’s new headquarters, snarled the negotiators. Ultimately the two parties came to the \$1.7 trillion compromise. Included within the bill are \$40 billion in funding to support Ukraine against Russia’s invasion, \$38 billion in emergency disaster assistance, a ban on TikTok on federal government phones and the Electoral Count Reform Act, which makes it more difficult for members of Congress to challenge the results of a presidential election. Previously, on December 23, President Biden signed an executive order finalizing a 2023 federal employee pay raise. General Schedule employees will get an across-the-board pay raise of 4.1% in 2023, plus a 0.5% locality pay adjustment, totaling to an average 4.6% pay increase. President Biden also signed into law the Fiscal 2023 National Defense Authorization Act, allotting \$816.7 billion to the Defense Department. Dropped in that measure was House-passed language that would have barred a future administration from issuing an order similar to one issued by the Trump administration creating a new executive service known as a “Schedule F,” turning thousands of federal jobs involved with making or carrying out policy into political appointive positions, a disappointment for federal employee organizations. With a potential shutdown averted, the 117<sup>th</sup> Congress essentially came to its close, ending a two-year period that saw Democrats leverage their rare control of the House, Senate and White House to advance political and economic agendas.

**VIRGINIA LEGISLATION** – Virginia lawmakers will reconvene on January 11 for the 2023. The session is expected to last 30 days, unless lawmakers agree to extend the duration. Republicans have a 52-48 majority in the House of Delegates. Democrats have a 21-19 majority in the Virginia Senate. The parties have different, and oftentimes clashing, priorities for what they want to become law. In the end, they’ll either work out their differences to send legislation to Republican Gov. Glenn Youngkin’s desk or let certain priorities wither. Six big issues that will come up on the 2023 session are (1) Budget amendments, including further tax cuts wanted by Gov. Youngkin; (2) New abortion restrictions; (3) A Virginia constitutional amendment overturning Virginia’s defunct same-sex marriage ban, unenforceable since a 2015 Supreme Court decision, Obergefell v Hodges, guaranteeing the right to same-sex marriage nationwide; (4) Streamlining coastal resiliency efforts; (5) Repealing low-and zero-emissions vehicle standards passed in 2021, requiring the state’s Air Pollution Control Board to implement a low-emissions and zero-emissions program matching California regulations for vehicles with model year 2025 or later; and (6) Legalizing sales of marijuana.

**Tom Hart – Legislation Program**

**CHAPTER WEB SITE**

Members are encouraged people to check out the website for information and program schedules. Information useful for chapter members can be submitted for posting. The website link is <https://vanarfe.org/Chapter-737/>.

**Ruby Harney – Public Relations Chair**

**Return Service Requested**  
**NARFE - Fairfax Chapter 737**  
**5340 Gainsborough Dr.**  
**Fairfax, VA 22032-2741**



**Postal Service (Time Value) Please Deliver By January 25, 2023**

**ELECTRONIC NEWSLETTER**

Please consider receiving your newsletter electronically. Contact your Newsletter Editor at [mays.jl@verizon.net](mailto:mays.jl@verizon.net) to make the change. By receiving the E-Newsletter, **the chapter saves money** and you enjoy pictures of chapter activities in color. The newsletter is also on the Virginia Federation website at [www.vanarfe.org](http://www.vanarfe.org) as well as the FEDHub platform at [www.narfe.org](http://www.narfe.org). This issue of the Fairfax Chapter 737 newsletter is being sent to 346 members with 211 being sent by USPS & 135 sent via e-mail.

***James Mays – Newsletter Editor***

**NEWSLETTER INFORMATION**

Articles for the March 2023 issue of Fairfax Chapter 737 newsletter are due to the editor by e-mail at [mays.jl@verizon.net](mailto:mays.jl@verizon.net) by February 15, 2023.