

PRESIDENT'S MESSAGE

What has NARFE done for you lately? Ever asked that question? I know I have. However, after reading the latest NARFE magazine, I realize they have done a lot!

- a. Protect Health Care Benefits and Insurance. NARFE's advocacy protected the earned health care benefits of retired US Postal Service employees and prevented unintended premium increases for all Federal Employee Health Benefits program participants.
- b. Support for WEP/GPO Repeal and Reform. Although these bills did not pass, support for these bills increased thanks to NARFE's advocacy.
- c. Rescind Schedule F Executive Order.
- d. Oversight to improve OPM'S Retirement Services. As many of you know, there have been lengthy delays in processing survivor benefits processing, health insurance benefit updates and many other changes. NARFE requested congressional report language providing additional oversight of the OPM's Retirement Services division.

So, you can see, NARFE is working for you. You can find more information about these and other legislative actions in the March issue of the NARFE magazine or on the NARFE website.

What has NARFE Chapter 893 done for you lately? In January, **Brian Slawski** did a presentation on **The Carrington Event, Locally and Globally**; in February, NARFE member **Wes Gewehr**, AARP tax specialist, provided a plethora of important information about preparing your taxes; in March, **Gaston Gianni**, Virginia Federation National Legislative Chair, told how NARFE identifies legislative priorities and what we can do to support them. In April, **Linda Black**, Investment Advisor for LifeMark Securities Corp, will present: **Organizing Your Financial Records: Create a Legacy Box**.

We currently rely on a small group of members to assess our programs and give feedback. We'd like to know what interests YOU! You can send ideas/input to me via email or call; or you can email a letter to the editor, Joanie Capella, at joanapella@yahoo.com.

Happy Spring!

Marcy Stennes,
President

PRESIDENT

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ALZHEIMER'S

It is hard to believe that we've already been thru one quarter of the year! As of this writing, our Chapter has received a total of \$250.00 in Alzheimer's Research contributions. As our goal for this year is \$4,500, please consider making your donation now. Research can't wait!!

What other ways can you support Research? By volunteering for clinical trials. Alzheimer's Assoc **Trial/Match** connects individuals with Alzheimer's, caregivers, and healthy volunteers to clinical trials that may advance research. The free, easy-to-use platform allows you to see which studies are a good fit for you or a family member. By participating in clinical research, you can help to accelerate progress and provide valuable insight into potential treatments and methods of prevention for Alzheimer's. Without participation, finding a cure is nearly impossible.

To start TrialMatch, contact 800-272.3900 or e-mailing TrialMatch@alz.org

Answer a few simple questions - this will refine the list of recommended studies to those that best apply to you or the person you are helping. All info is confidential unless you choose to share with a study team.

After you review the list of recommended studies, you are under **NO** obligation to participate. You can reach out to researchers directly to sign up, or let researchers know that you are open to being contacted with more info about their study. You can also browse available clinical studies by location, type and language, or sign up to be notified when new studies are posted that are relevant to you.

If you have questions, please contact TrialMatch at info above. And please consider this as a way to help further in finding treatments/cure.

Please make any checks for donations to: NARFE/ALZHEIMER'S RESEARCH **noting Chapter 893 in the memo line** and mailing to me at 5822 Fitzhugh St, Burke, VA 22015. This allows me to track our donations and ensures they are credited to our Chapter.

Thank you for your continued support!

Margaret Yowell, *Alzheimer's Chair*

NARFE-PAC

NARFE-PAC protects NARFE members' pay and benefits by raising and spending money to elect members of Congress who support the federal community. The PAC works for you by building strong relationships with lawmakers and providing NARFE with additional opportunities to share our most pressing concerns.

NARFE-PAC is financed through NARFE members' direct, voluntary contributions to a separate fund. Federal law prohibits NARFE-PAC from soliciting contributions from anyone other than NARFE members and the immediate family of these individuals. Any contribution received from any other person will be returned to the contributor.

NARFE members can sign in to access the NARFE-PAC members page where you can make contributions to the PAC, view contribution and disbursement reports, access NARFE-PAC materials and read through the PAC toolkit.

Chapter 893 is the third largest donor in the Virginia Federation!

LEGCON 2023 June 20-22

Policy experts and congressional leaders and staff will address NARFE's legislative priorities and outlook for the 118th Congress. The conference culminates with a virtual lobbying day where you join your fellow NARFE members in bringing our message directly to lawmakers and their staff.

Whether you want to learn the basics of advocacy and the role you play in protecting your earned benefits, or you wish to learn new skills to make your current efforts more impactful, this year's program is designed to meet the needs of members at all levels of advocacy experience. In particular, federation and chapter leaders looking for bold strategies to improve their grassroots programs and keep advocates engaged throughout the year are encouraged to attend.

NARFE will facilitate informational sessions to familiarize registrants with the program schedule, logistics for meetings with lawmakers and other details that will enable them to be well-prepared for the conference's official start. Virtual advocacy day is June 22.

If you have any questions or need additional details, please contact the NARFE advocacy department at advocacy@narfe.org.

TSA PRECHECK

WHAT IS TSA PRECHECK, AND IS IT WORTH IT?

If you've ever been in a long security line at an airport and wished there was a faster way to get to your flight, it's time for you to consider TSA PreCheck.

WHAT IS TSA PRECHECK?

TSA PreCheck is an expedited security program for travelers departing or traveling within the United States. Eligible low-risk travelers experience expedited security screenings and don't have to remove their shoes, liquids, gels, laptops, jackets, or belts during the screening process at airports. The program is eligible to US citizens or Lawful Permanent Residents (LPR) that haven't been convicted of certain crimes. Enrollment is \$85 and lasts for five years.

HOW DO I ENROLL IN TSA PRECHECK?

Enrollment in TSA PreCheck is very easy. It takes under five minutes to submit an online application for the program and schedule an in-person appointment in your community that includes a background check and fingerprinting at an enrollment center. Before applying, make sure you review the various Department of Homeland Security trusted traveler programs to ensure that TSA PreCheck is the right option for you.

HOW WILL I KNOW WHEN I'VE RECEIVED TSA PRECHECK?

According to the TSA, most applicants receive their Known Traveler Number (KTN) within three to five business days. However, some applications may take up to 60 days. Applicants can check their status at any time online. If approved, participating airlines display a TSA PreCheck indicator directly on your paper or digital boarding pass if you are eligible for TSA PreCheck. You will need to provide or validate your KTN to your airline when making a reservation. The name submitted on your airline reservation must match the name you provided on your application. If you use a frequent flyer account or an online travel profile, ensure that your name is saved correctly to avoid any issues.

CHAPTER 893 SUMMER LUNCHEON

June 7, 2023: Please save the date for our annual summer luncheon! More details will be sent out at a later date.

MEMBERSHIP

We celebrate the lives of the following members who passed since our last newsletter:

Daniel Seganish John P Rowley

Gerry Frazier, *Membership Chair*



THE LITTLE THEATRE OF ALEXANDRIA (LTA)

One queen will win; one must fall. This highly-charged political drama is about two mighty royals – Mary Stuart and Queen Elizabeth I – and the power play between two of history's greatest monarchs. With inspiring, powerful characters, and a theme grounded in the struggle between religion, womanhood and statesmanship, this play mirrors and explores many of the same issues present today. Join us for LTA's production of **Mary Stuart** on Thursday, April 20 at 8pm. Please email Joanie Capella at joanacapella@yahoo.com or call 571-213-9056 and leave a message to request free tickets.

All patrons are required to wear a mask, even if vaccinated, while inside LTA (including during the performance).

Joanie Capella, *Theatre Community Liaison*

SUNSHINE

If you know of a Chapter member who has lost a loved one, or a member who is sick or injured, please let Debbie Pumphrey know at debbiepdc@gmail.com or 703-337-4548, so she can send out an appropriate card.



CALENDAR EVENTS

PLEASE NOTE – ALL CHAPTER MEETINGS WILL BE IN PERSON AT LA FIAMMA RESTAURANT, 6124 FRANCONIA ROAD, ALEXANDRIA, VA

April 5, 2023, NARFE Chapter 893 Board Meeting, 1:00 pm.

April 12, 2023, NARFE Chapter 893 General Meeting, 12:00 pm.

Please order your food between 12:00-12:15 so that the meeting can begin promptly at 1pm. Linda Black, Investment Advisor for LifeMark Securities Corp, will present: **Organizing Your Financial Records: Create a Legacy Box.**

NARFE Springfield Chapter 893
P. O. Box 523118
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ADDRESS SERVICE REQUESTED



CALENDAR EVENTS CONTINUED

May 3, 2023, NARFE Chapter 893 Board Meeting,
1:00 pm.

May 10, 2023, NARFE Chapter 893 General Meeting,
12:00 pm. Speaker TBD.

June 7, 2023, NARFE Summer Luncheon.