



NARFE NEWS

ROANOKE VALLEY CHAPTER 111

2024 OFFICERS

<p><u>President</u> Frances Boatman (540) 774-3031 feboatman@live.com</p>	<p><u>1st Vice President</u> Carolyn Tucker (540) 797-5037 cptucker1212@gmail.com</p>	<p><u>2nd Vice President</u> Karen Simmons (540) 525-1043 ksim285032@aol.com</p>	<p><u>Secretary</u> Ellie Long (540) 772-0468 lalaw1986@gmail.com</p>	<p><u>Treasurer</u> Mark Fisher (540) 772-0984 mcfisher2@cox.net</p>
--	---	--	---	--

TELEPHONE NUMBER FOR OPM: 1-888-767-6738 (M-F, 7:40 a.m. – 5:00 p.m.)

Websites: NARFE: www.narfe.org FEDHub
 Chapter 111: <https://www.vfn.org/Chapter-111> VFN: www.vanarfe.org
 VFN Facebook: [NARFE Virginia Federation | Facebook](#) [NARFE Virginia Federation | Facebook](#)
 VFN National Legislation Facebook: <https://www.facebook.com/vfnnatleg>
 VFN State Legislation Facebook: <https://www.facebook.com/vfnvaleg>

PRESIDENT’S REPORT



It was good to see the great turnout for our February meeting, and we hope to increase the numbers each month. Our speaker was dynamic, and many cans of soup were brought for “Soup for Seniors”. We were happy to have one prospective member attend this meeting. If you know someone who is an active or retired Federal employee and not a member of NARFE, please invite them to join us in March.

Ten of our members plan to represent Chapter 111 at the 2024 Virginia Federation of NARFE (VFN) Conference in April at Hotel Madison, Harrisonburg, VA. We have some very exciting speakers and workshops lined up – a JMU Professor speaking on Cyber Security, another on Artificial Intelligence, a retired CIA agent, our National President Bill Shackelford, our Region X Vice President, and a staff member from Headquarters on Membership Engagement.

We have Workshops on New Members & First Timers, using FEDHub, Wellness by BC/BS, Hearing Loss, Travel, using the VFN Website, Downsizing,

Membership, Public Relations, National Legislation, State Legislation, Electronic Communications, etc.

Early Registration by February 15th is only \$75 and includes a reception, two lunches, and the banquet. The hotel rate is only \$107 plus tax per night. If you would like to join us, the conference information and registration forms are on www.vanarfe.org. We look forward to learning how to better serve our Chapter and promote NARFE's mission of protecting our earned benefits.

When you receive the NARFE National membership renewal request, be sure to check the box to renew your Chapter 111 membership. Chapter dues are only \$10/year, and fund printing and mailing the newsletter, newsletter supplies, postage, lunches for guest speakers, the annual holiday luncheon entertainment, and other expenses voted upon by the membership. You don't want to miss out on the fellowship and the great programs each month.

Happy Valentine’s Day!

Frances Boatman
President



LEGISLATION

Federal

The Social Security Fairness Act of 2023, The Social Security Fairness Act, [H.R.82/S.597](#) would fully repeal the WEP and GPO. H.R.82 has 306 co-sponsors. S.597 has 50 co-sponsors including Senator Tim Kaine. NARFE President Bill Shackelford wrote a [letter](#) to the House Ways and Means Committee asking them to bring this bill to the floor for a vote. The holdup is offsetting the cost of Social Security increases if the bill is passed.

Del Dyer spoke about [H.R.281 - Bipartisan Social Security Commission Act of 2023](#). Ask your legislators NOT to co-sponsor or vote for this bill. (It only has two co-sponsors.)

Virginia

Delegate Sam Rasoul has introduced [HB 1078 Family Caregiver](#), which creates a nonrefundable income tax credit for taxable years 2024 through 2028. Delegate Vivian Watts has introduced [HB 886 Certified Nursing Facilities](#) which addresses administrative sanctions, facilities subject to minimum standards.

Bill Ketron Legislation



Members who have reached at least 20 years of NARFE membership as of December 31, 2023:

Betty C. Banks	Marylan (Jean) T. Mays
Anna D. Campbell	Ora McCoy
Earl W. Davis	Wanda F. Parker
Diane Durham	Fryda K. Powell
Julie M. English	Claudine G. Ratcliffe
Lorena B. Garmand	Charles D. Rawlins
Linda W. Goodrich	Kenneth W. Redhoffer
Nancy M. Griggs	Raymond D. Servis
Rebecca D. Hale	Leo I. Simpson
Olga L. Hall	Evelyn I. Spurlock
Kenneth Harmon	Samuel R. Stevens
Vanessa P. Ingles	Paul Swecker
James F. Johnson	James C. Taylor
Irene Knobl	Patricia F. Von Ploennies
Brenda J. Lockhart	Thomas O. White
Donie S. Mann	



INCLEMENT WEATHER POLICY

NARFE Chapter 111 will not meet when **either** the Roanoke City or Roanoke County Schools are closed because of hazardous road conditions due to snow or ice.



TREASURER'S REPORT

Account as of January 31, 2024
CHAPTER NUMBER 111
Roanoke Valley, Roanoke VA

Beginning Bank balance **\$3190.65**

Receipts

Dues collected \$175.88

Alzheimer's (YTD \$58.00) \$58.00

50/50 - \$20.00

Donations - \$38.00

Programs

Basket \$32.00

Subtotal \$265.88

Total receipts \$3456.53

Disbursements

Officer Expenses \$0

Office Expenses \$0

Program Expenses \$0

Alzheimer's \$58.00

Speaker's Lunch \$13.10

Newsletter \$100.04

Postage

For newsletter \$360.00

Subtotal \$531.14

Total disbursements \$531.14

BANK BALANCE \$2925.39

Total Obligations \$0

Balance on hand for use \$2925.39

**Mark Fisher
Treasurer**

FEBRUARY 2024 MEETING MINUTES

NARFE Roanoke Valley Chapter 111, Area VII, met on Friday, February 2, 2024 at Jersey Lily's restaurant. Frances Boatman, President conducted the meeting. The meeting was called to order at 11:56 a.m. with 27 people in attendance including two guests, one new member, and our guest speaker and his wife. A quorum was present to conduct chapter business.

February birthdays were recognized.

Wanda Ware spoke about February, the month celebrating love and International Friendship. She led us in the Pledge of Allegiance.

The Secretary's minutes for the January 2024 meeting were approved as published by acclamation.

Ellie Long, Secretary, reported two member deaths and presented Distinguished Service Citations to Jean Mays, Claudine Ratcliffe (via Sue King), and Ora McCoy (via Frances Boatman). She read a letter from Catawba Hospital staff thanking us for our 2023 Operation Santa donations.

Mark Fisher gave the January 2024 treasurer's report.

Carolyn Tucker, 1st VP, gave the membership report. Currently there are 155 chapter members. **Welcome to new members Suzanne Williamson and Anna Yu.**

Karen Simmons, 2nd VP, thanked Anne Cepeda for arranging the January program and announced the March program speaker.

Bill Ketron gave the Legislation report.

Dr. Leon Vinci, CDL District 6, reminded us to review the NARFE Bill Tracker each month in NARFE magazine.

Frances gave the President's report.

New Business: Leon Vinci made a motion, Carolyn Tucker seconded to spend up to \$70 for an Alzheimer's Fund basket to be auctioned at the conference; motion approved by acclamation. Wanda Ware will put it together. Bill Ketron made a motion, Leon Vinci seconded to spend \$110 for a full page chapter ad and \$110 for a full page ad for VFN President Frances Boatman in the Conference Book; motion approved by acclamation. Leon Vinci made a motion to reimburse \$75 conference registration fees for up to seven chapter members attending the conference; motion approved by acclamation.

Shannon Abell, AARP Community Ambassador, was our guest speaker. **Immunizations.** Annual flu shot; Covid Omicron bivalent booster; updated Prevnar 20 and Pneumovax 23 pneumonia shots (check when you last had them); RSV; Shingrix shingles; Tetanus shot every 5-10 years are available at no cost. If in question, review your drug plan. Consider getting the Hepatitis A vaccine which may have co-pays.

In 2024, COLAs went up 3.2%; the Medicare Part B Premium went up 5.9% to \$174.70 per month.

Two sources of help: Carilion Medication Assistance Program, 540-772-8721, with drug costs based on income. LOA with Medicare Open Season Enrollment (**Non FEHB open season**). LOA can help fill out an application to a get drug plan.

You must be **admitted** to the hospital to be eligible for Part A payments. You must be in **admitted status** and spend three "midnights" in the hospital to be eligible for skilled nursing care.

Medicare Advantage; be cautious in choosing such a plan. All customers do not qualify for benefits. You may get free benefits but medical tests and treatments may be denied. You can appeal but it takes time. They are not good for chronic conditions. These plans do not travel well if you see out of network providers. You cannot go back to a Medigap plan without going through underwriting.

Scam Tips

- Mail checks **inside** at the Post Office.
- Purchase a [Uniball Signo 307](#) pen and use it to write checks.
- Do not purchase "free" plastic or "new" Medicare cards.
- IRS, Social Security, and Medicare **do not call you**. They notify in writing,
- Do not click on computer pop ups that say your computer has been taken over. Turn it off. Don't call any phone numbers.

The 50/50 (Alzheimer's Fund) drawing was won by Carolyn Tucker. The gift basket drawing was won by Bill Ketron.

The meeting was adjourned at 2:14 PM.

Ellie Long
Secretary



MARCH BIRTHDAYS

4 John Martin
7 Diane Durham
20 Brenda "Kat" Collins

IN MEMORIUM

Thomas Olander Paulette, 84 of Halifax passed away November 30, 2023. He retired from the United States Post Office after 41 years of dedicated service.

Former annuitant survivor member Jeanne Ayscue, 81, of Daleville, formerly of Blue Ridge, died on January 1, 2024. She was preceded in death by her husband, Fred Ayscue, who retired from the Social Security Administration.

**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES
ROANOKE VALLEY CHAPTER 111
P O BOX 12703
ROANOKE VA 24027-2703**

**NON-PROFIT
U. S. POSTAGE
PAID
PERMIT NO. 419
ROANOKE VA**

CHANGE SERVICE REQUESTED

2024 COMMITTEE CHAIRPERSONS

Alzheimer's	Phyllis Scruggs
Sergeant at Arms	Anne Cepeda
Chaplain	Wanda Ware
Historian	Ellie Long
Internet Coordinator	Ellie Long
Legislative	Bill Ketron
Membership	Carolyn Tucker
Newsletter Editor	Ellie Long
Outreach	Bud Rawlins
Programs	Karen Simmons
Public Relations Officer	vacant
Service Officer	Mark Fisher (540) 772-0984

NEXT NARFE MEETING

Friday, March 1, 2024

**JERSEY LILY'S
1650 Braeburn Drive
Salem, VA 24153**

**Gathering at 11:15 a.m.
Meeting at 11:30 a.m.**

**SPEAKER
Dr. Michael Bentley**

**TOPIC
The Brain, the Mind, and the
Senses: How They Develop.**