

National Active & Retired Federal Employees Association

Meetings: 2nd Wed of Month Sept through May (except December) Beech Rm, Lubber Run Community Ctr, 300 N. Park Dr., Arlington - 12:15 p.m.

President's Message

By Pat Meyers

Greetings, Members! After a short trip through the beautiful Shenandoah Valley to the historic city of Harrisonburg and a very productive VFN Conference, it was good to return home energized to support the NARFE mission. The hotel was exceptional and very guest oriented. Although privately-owned, it was surrounded by the lovely James Madison University campus. A conference report follows below.

Thanks to Ed Weiler and the Board for carrying out the April meeting. A big thanks also to Barbara Clemens for help with refreshment set-up and to Claire Jacobsen who suggested Michelle Thomas and VICAP. It was good to hear that a most informative program by Michelle brought increased attendance. Also thanks to Dan Perch and Rita Rutsohn who completed our audit this year. Results were forwarded to National.

Now to the May 8th meeting. We round out our Medicare topics this spring with a presentation by Shawn Smith, State Director of the Virginia Senior Medicare Patrol (SMP). He leads a team of over 100 paid and volunteer staff who assist seniors with various types of healthcare fraud issues. SMP provided great exhibits and resource materials at both the 2023 and 2024 VFN Conferences about protecting yourself from fraud, detecting errors and reporting suspected fraud and errors. Come listen to Shawn as he travels from Richmond to be with us - and bring your questions.

Last but not least, I invite you to join us at our annual June 12th luncheon before we break for the summer. This is a great opportunity to meet VFN President, Frances Boatman from the Roanoke area who is our featured speaker. Frances is a dynamic and dedicated leader who was re-elected to continue moving Virginia forward. The luncheon reservation form is included in this issue.

Legislative Corner

By Ed Weiler

Two Helpful Bills Passed in Richmond During the 2024 Session of the General Assembly

Not to dwell in doom and gloom, but the reality is that we are all getting on in years, and thus need to give serious thought to those "what-if" scenarios should they materialize.

Enhancement of Virginia's Advance Health Care - Directives Registry (SB154; HB188)

Created by law more than a decade ago, Virginia's Advance Health Care Directives Registry is a service offered by the Virginia Department of Health (VDH) and ConnectVirginia HIE (vhi.org/connectVirginia/), in partnership with the U.S. Living Wills Registry, to provide individuals an on-line "home" for their Directives, and

other related documents. Among other things, *SB154/HB188* authorizes individuals to post a *Do Not Resuscitate Order (DNR)*, as well as a *portable medical order* (the most commonly-used acronym is POLST).

While most of us are familiar with the DNR, such might not be the case for the POLST, as it was not for me. In a nutshell, a POLST addresses a range of life-sustaining measures, and allows a person to choose **treatment** as well as to **forego treatment**. A key feature of the POLST is portability, in that it accompanies a patient to all treatment settings ... i.e., hospital, nursing home, or personal residence. By contrast, a DNR addresses resuscitation exclusively, and thus only allows for **foregoing treatment**. As a general proposition, the POLST decision-making process is for a seriously-ill patient with a limited projected life span.

To access the Registry, go to: vhi.org/connectVirginia/. For more information on the POLST, go to: <https://www.vdh.virginia.gov>, then type "POLST" into the search box. Note that the POLST form must be filled out only by a physician.

Reporting by Financial Institutions of Suspected Financial Exploitation of Elderly or Vulnerable Adults - (SB174/HB692)

We've all heard stories about an elderly person being fleeced by a close relative, or perhaps a caretaker, who cajoles or coerces the withdrawal of significant sums of money from one or more of the victim's financial accounts. Or, perhaps the elderly victim, due to diminishing mental capacity or sheer loneliness takes it upon him/her self to unduly shower others with financial largesse. Why didn't someone blow the proverbial whistle on this before it got out of hand, one might ask?

Enter *SB174/HB692*, which permits a financial institution to allow an individual to designate a trusted person (or a list of such persons) whom the institution might contact in the event of account activity suggestive of financial exploitation. This legislation also directs Virginia's Bureau of Financial Institutions to publish guidelines for the training of financial institution staff to spot suspicious activity.

The concept, and indeed the practice, of establishing a "trusted contact" in the context of financial accounts is by no means new. Most of the larger public-facing financial institutions (e.g., Vanguard, Fidelity, Schwab) implemented this practice several years ago. With *SB174/HB692* in place, however, your local bank might soon be offering this service. In the event you missed the point, the service in question is **protecting you from yourself**.

VFN Conference Report

By Pat Meyers

The 2024 VFN Conference was a productive, jam-packed event with 116 members and guests present, including our National President and Region X Vice-President. After a welcome from the Director of Public Relations for the Hotel Madison Monday morning, we settled down to the business of the day which included officer/committee reports, a video from Senator Tim Kaine who continues to push for GPO/WEP repeal and a merit-based civil service, speakers from the Alzheimer's Association Central and Hearing Associates of Northern VA, election of state officers, workshops and Area caucus meetings. During breaks and lunch, there were opportunities to visit the exhibits and bid on silent auction and other items for Alzheimer's research. Buffet lunches allowed time for members to socialize as did the Welcome Reception Monday evening. National President, Bill Shackelford, was the keynote speaker on Monday. Officers elected for the upcoming year included: President, Frances Boatman, 2nd Vice President, Patricia Wolfe, Secretary, Doris McAdams and Treasurer, Jim Little, all of whom were elected by acclamation since they were unopposed. Since the office of 1st Vice President has two candidates, election for that office will be done by ballot, either electronic or mail so

be on the lookout for your ballot. Ted Pasek was re-elected Area X VP, and I am serving as Area X's representative to next year's Nominating Committee.

Tuesday's session began with program chair introductions, followed by a memorial service for deceased members. Mark Arpa from Vienna-Oakton's chapter provided music while 1st VP Larry McIlvee was soloist. Our chapter memorialized 2 members. After break, the Honorable Ben Cline, Virginia's 6th congressional district, was presented as our keynote speaker. He is a member of the Judiciary, Appropriations and Budget Committees and committed to sign on as co-sponsor for GPO/WEP repeal. Congressional District Leaders for the 118th Congressional Session were introduced by VFN's National Legislation Chair, Gaston Gianni. Following lunch, we received an ECC briefing and presentations from Professors at JMU --one on "Deep Tech for Good: AI for Sustainability and Prosperity" and another on "Cyber Security for Seniors". The evening banquet included installation of VFN officers as well as special presentations.

Wednesday's closing session included remarks by Region X VP, Robert Allen. The VFN has 10,000 members of the total region membership of 18,000. He mentioned a potential bylaws change to make the national Secretary/Treasurer position a non-residential position as well as changes to FedHub and an upcoming strategic plan. Both he and President Shackelford encouraged members to come to FedCon from Aug 18-20. Keynote speaker, Nora MacDonald, Director of NARFE Member Engagement, discussed what her department is doing to enhance membership recruitment and retention. Many thanks to Chapter 7 members for providing items for the Alzheimer's silent auction and for being a "Supporter" of the 2024 Conference. I hope more of you will consider attending in 2025 --busy, but much fun!

June 12 Luncheon Information & Reservation Form

By Pat Meyers

Please join us for fellowship and good food at our annual June luncheon as we welcome the Virginia Federation of NARFE (VFN) President, Frances Boatman as our keynote speaker. We will also have our usual raffle for the Alzheimer's Association's research projects. The event will be held on Wednesday, June 12, 2024 at the Italian Café, 7161 Lee Highway (S. Washington St.), Falls Church, VA. Social hour and cash bar are scheduled for 11:30 a.m. with lunch to follow at 12:00 p.m. The price of the luncheon is \$28.00 and will include salad, choice of entrée, bread, non-alcoholic beverage and choice of dessert. Reservations **must** be received by **June 6, 2024**. **Please** select from the following entrees:

1. Poached Salmon: poached with garlic, lemon, herbs, and chardonnay wine, served with roasted potatoes & vegetables;
2. Penne alla DaVinci: penne pasta with roasted garlic, caramelized shallots and white wine, shiitake mushrooms, fresh tomato and cream sauce; (**gluten-free penne pasta available upon request**)
3. Chicken Francaise: chicken lightly floured and dipped in eggs, sauteed in lemon and butter, served with pasta and steamed vegetables; (**gluten-free penne pasta available upon request**)
4. Spaghetti with meat sauce or marinara sauce. Please specify sauce.

Dessert: Choice of Spumoni Ice Cream or Tiramisu

To make reservations, please complete the form below and send, along with your check, payable to "NARFE Chapter 7" to Pat Meyers, 5912 1st Street S., Arlington, VA 22204. Call Pat at 703-578-3372 if you have questions or special dietary needs/restrictions.

June 12, 2024 Luncheon Reservation

Please **CIRCLE** your choice of entrée and dessert.

Name: _____

Entrée: 1. Salmon 2. Pasta DaVinci 3. Chicken 4. Spaghetti: Meat or Marinara sauce (specify)

Dessert: 1. Spumoni Ice Cream 2. Tiramisu

Name: _____

Entrée: 1. Salmon 2. Pasta DaVinci 3. Chicken 4. Spaghetti: Meat or Marinara sauce (specify)

Dessert: 1. Spumoni Ice Cream 2. Tiramisu

Please send your check for \$28.00 for each luncheon to Pat Meyers, 5912 1st Street S., Arlington, VA 22204. Reservations must be received by June 6, 2024.

Contact Information

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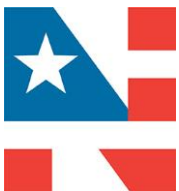
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