

PRESIDENT’S CORNER

As the bud’s bloom and the birds sing, it’s with great pleasure I extend warm springtime greetings to each of you from our Virginia Federation of NARFE Chapter 2265.

Spring is not only a season of rejuvenation in nature but also a time for renewal and growth within our community. It’s a period where we reflect on our accomplishments, celebrate our successes, and set ambitious goals for the future. And as we embrace the spirit of this vibrant season, I am reminded of the incredible strength and resilience that defines our organization.

Membership is the lifeblood of our chapter, and I am concerned that we fail to emphasize how important retention and recruitment is to our continued growth. Each new member brings with them unique perspectives, experiences, and a shared dedication to our mission. Together, we form a powerful collective voice advocating for the rights and interests of federal employees and retirees.

In the spirit of springtime renewal, I encourage each of you to reach out to friends, colleagues, and family members who may benefit from joining our ranks. As we continue to grow, so does our ability to effect positive change and make a difference in the lives of federal employees across Virginia.

Furthermore, I invite you to participate in our monthly meetings as we gather and share experiences, challenges, and success stories. Whether it’s attending our informative meetings, engaging in community service projects, or simply enjoying the camaraderie of fellow members, there are countless opportunities to connect and contribute.

As we embark on this new season together, let us embrace the warmth of the sun, the beauty of the blossoms, and the promise of renewal. Thank you for your unwavering dedication to our chapter and the principles for which we stand.

Wishing you all a joyful and productive spring season.

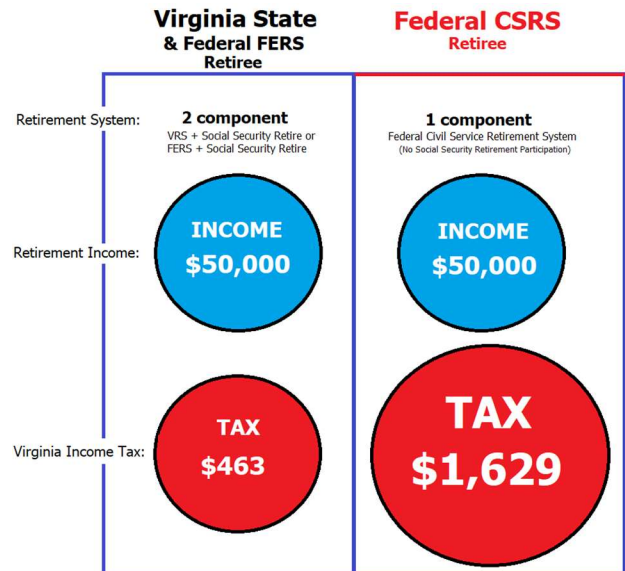
Warm regards, Debbie

NATIONAL LEGISLATION

Debbie Fisk

We are excited that we were able to present a Legislative Proposal to Amend 4 U.S.C. 111 to Rep. G. Connoly for review. So, keep your fingers crossed as we see if he will pick it up. We also sent a copy to NARFE HQs, and they are reviewing it as a possible addition to the 119th Congress NARFE initiatives.

On behalf of the constituent and approximately 1.5 million similarly situated Civil Service Retirement System (CSRS) retirees, we feel like there is definite tax discrimination against Federal Employees/Retirees in breach of 4 U.S.C. 111.



PROPOSED AMENDATORY LANGUAGE

(d) Discrimination with respect to retirees of the federal Civil Service Retirement System: For purposes of subsection (a), if a referenced duly constituted tax authority provides tax advantages (exemptions, credits, deductions, income exclusions/omissions, or other reductions used in calculating taxes imposed by the authority), to federal Social Security law age-based-eligibility benefits (retirement) without providing the same or (comparable) tax advantages to similarly situated recipients of federal Civil Service Retirement System benefits, such action by the tax authority is considered as taxation that is discrimination against the affected federal officers or employees because of the source of their pay or compensation.

WEP/GPO

The House Ways and Means Committee held hearings 04/16/2024. With 316 co-sponsors we feel like H.R. 82 will pass if it can ever get to the floor for a vote. We are pleased to announce that Rep Ben Cline cosponsored the bill on 04/10. We currently have all 6 Democratic Representatives and 3 Republican Representatives behind the bill in Virginia.

If you would like to listen to the Committee hearing referenced above follow this link: <https://www.congress.gov/committees/video/house-ways-and-means/hswm00>

Representative Larson's opening statement reminded the group that Congress has failed to enhance Social Security benefits for more than 50 years. Social Security is the nation's #1 anti-poverty program for the elderly.

NARFE continues to support Repeal of WEP/GPO and information will be published if or when action is taken.

CONGRESSIONAL UPDATES

Bob Zombron

Take Action

As of today's article submission deadline, March 20, the government shutdown issues have not been

resolved. Hopefully the issues will be resolved by the time you receive the newsletter. By then, Congress should have voted by Friday, March 22 to avoid the shutdown. A Continuing Resolution is not a satisfactory solution. If the budget is not approved and a shutdown is in effect go to the NARFE website find Advocacy and Take Action. A letter will be sent to your congressman.

Also, visit the NARFE Legislative Action Center pages to get recent progress on various bills beneficial to NARFE Active and Retired.

NARFE Bill Tracker

The April issue of NARFE Magazine features the NARFE Bill Tracker on pp. 14-16. Here you will find recent or lack of progress on legislation for Federal Personnel Policy, Social Security Federal Annuities and Federal Compensation.

For example, H.R.82/S.597: progress on the Social Security Fairness Act which may repeal GPO and WEP are tracked. H.R.82 has 308 cosponsors which is a favorable number for passage of legislation. The Senate version has 50 cosponsors. This bill must be enacted by the end of 119th Congress. If not we have to start over.

Congresswoman Spanberger recently sent a positive message for passing this legislation this year. I hope her good vibes mean success. Eight of eleven members of congress are cosponsors.

NARFE-PAC

The month of March is designated as Political Action month by NARFE. However, you may contribute to this worthy cause anytime. Funds generated by this activity help support politicians who support NARFE priorities. If you need further information on how your contribution is used; please review the March NARFE Magazine pp.22-28.

STATE LEGISLATION

Deborah Fisk

Sorry to report that our state legislative agenda was barely recognized in the 2024 session. It was a good time to reacquaint the VFN team to legislators. As I

said in an earlier report, with 18 brand new senators, nearly half of the 40-member Senate were first timers. In addition, 34 new delegates joined the House in this past session. Turnover in the Virginia General Assembly makes the job of the legislative officer difficult. I began conversations with Del Dan Helmer in 2023 on insurance concerns for retirees and I read last week that he will be running for Governor this next election.

However, HB 1078 (Family caregiver, creates a nonrefundable income tax credit for taxable years 2024 through 2028) was continued to 2025 in Finance by a voice vote.

HB 886 (Certified nursing facilities; administrative sanctions, facilities subject to minimum standards) was continued to 2025 in Health and Human Services by a voice vote.

SB 579 (Nursing home facilities; professional liability insurance) left in Senate Education and Health Committee.

It is interesting to learn that of all the important legislation on nursing home care, the one bill that passed (SB173) was to change the name of Adult Day Care Centers to Adult Day Centers.

HB 887 (Creating a new income tax bracket) remains pending in-House Finance Committee. This was not directly related to any issue we are interested in but wanted to track which legislators were receptive to income tax changes.

Strategies: There were 12 bills that addressed income tax subtractions for varying groups. I think we need to study those bills and sponsors and see if we can get a handle on next year's priorities. (HB1292, SB662, HB1327, HB518, SB61, SB651, HB1407, SB10, HB1137, SB564, HB1394, HB491)

I continue to believe that nursing home legislation and review of the Virginia Tax Code are both extremely important for our membership. Possibly every member of our association is affected by either one or both in some way.

Our Current Representatives

VA Congressional District 1

Rob Wittman – 2055 RHOB, Washington DC
>DC Office: 202-225-4261

VA Congressional District 4

Jennifer McClellan – 2417 RHOB, Washington DC
>DC Office: 202-225-6365

VA Congressional District 5

Bob Good – 461 Cannon HOB, Washington DC
>DC Office: 202-225-4711

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

PROGRAM NEWS

Verona McLeod

You really might enjoy yourself if you attend some of the programs we've lined up for you.

Our **May** program will be somewhat different. It will be entertaining and educational. We will have the dynamic duo story tellers, Judith Onesty and Les Schaffer. They will provide entertaining tales about "Families." Come and see if you can identify with any of the tales as related to your family. They'll also have tales about Grey Heroes and Sheroes.

Our speaker for **June** will be from the Virginia Insurance Counseling and Assistance Program. Ms. Chelsea Gilbert will discuss Medicare Fraud and can assist you with questions you might have regarding Medicare/Advantage Programs and the Medicare open season.

The Executive Board decided to let some of the summer months be primarily for fun. So, our **July** meeting is when we'll have our annual picnic. That means we'll eat and play games. The chapter will provide fried chicken, beverages and paper products. Everyone attending is asked to bring a dish to share.

At the picnic last year, Lynn hosted our first Bingo activity with prizes and lots of fun. We've decided this year that we'll dedicate our **August** meeting solely to playing Bingo. Of course we'll have prizes. Some of which you'll be able to "take to the bank." Not really the bank but to the store/restaurant/etc. So come out and try your luck.

In **September** we'll have a representative from the Attorney General's office. She did an excellent job during her last visit providing us with information on safety from scams, fraud, etc.

October will be our annual BCBS FEHB update with Kathy Bass. Kathy always has loads of information regarding the upcoming year's premiums and changes.

"Souper Bowl" is our Alzheimer's Fund Raiser held in **November**. That has been a hit over the last few years even though the name "souper bowl" was adopted last year. Come out and enjoy a variety of soups which are prepared by our members who love to cook.

December is when you put on your finery and show up for the Christmas Luncheon. Sometimes we are looking for things to do whereby we can pull out our dressy dress/etc. put on a suit and tie and head out for some fun, laughter, and maybe even a picture with Santa. Well, look no further, plan to attend the Christmas Luncheon.

So, take out your calendar/planner, after reading this newsletter, and put all of these upcoming events on the **second Wednesday** of each month so that you can be a part of what's happening.

SEE YOU THERE.

MEMBERSHIP

Verona McLeod

Membership is a major concern and has been for several years. In our area, we have lots of people who are eligible to become members but just don't do it. We're not sure why. We have members who do not renew their chapter membership. We don't know why. We have chapter members who don't attend chapter meetings. We may have an idea as to why. Lots of folks do not like attending meetings.

That's understandable, however, if you look at the calendar of events, speakers, entertainment, it would appear that there are at least a couple of months (maybe just one) where you could breakdown and attend a meeting to support the chapter. We try to select speakers and topics that are of interest to everyone. If none of them appeal to you, let us know what does and we will pursue getting that program.

The executive board is looking at ways to reach out to the membership for input on membership and meeting attendance. Please give some serious consideration on ways to increase membership and/or attendance.



HAPPY BIRTHDAY

APRIL

1 Ellen Spiggle; **5** Mary Ann Boyd, Vickie Botkin; **10** Bob Zombron; **12** Joseph Seay; **21** Dorothy Jackson; **22** Ray Yamoka; **25** Ruth Lynch

MAY

1 Ellen Spiggle; **5** Mary Ann Boyd, Vickie Botkin; **10** Bob Zombron; **12** Joseph Seay; **21** Dorothy Jackson; **22** Ray Yamoka; **25** Ruth Lynch

JUNE

1 Ellen Spiggle; **5** Mary Ann Boyd, Vickie Botkin; **10** Bob Zombron; **12** Joseph Seay; **21** Dorothy Jackson; **22** Ray Yamoka; **25** Ruth Lynch

SERVICE OFFICER

Virginia Bozarth

Are your affairs in order? Have you organized your papers and listed numbers for your survivors to call at your death? NARFE has prepared an essential guide, "Be Prepared for Life's Events, What Your Survivors Should Know." This booklet is available on the NARFE website, search for Form 100.

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

ALZHEIMER’S REPORT

Faye Mckay

Here are some healthy habits that reduce the risks of Dementia:

1. **Exercise Regularly:** According to WHO, "physically active people seem less likely to develop cognitive decline, all-cause dementia, vascular dementia, and Alzheimer’s disease when compared to inactive people. Not only is exercising great for reducing the risk of dementia, it is also good for your heart.”
2. **Get adequate sleep:** Your quality of sleep is important for flushing out toxins in the brain. A good night’s sleep can lead to a better mood, a clearer mind, and may help reduce the risk of developing symptoms of Alzheimer’s disease.
3. **Eat a healthy, balanced diet:** A balanced diet can do wonders for reducing the risk of dementia. WHO specifically recommends the Mediterranean Diet. It is rich in fish, vegetables, whole grains, legumes, healthy fats, such as olive oil. This diet also recommends consuming dairy in moderation, avoiding processed foods altogether, cutting out sugar and encourages drinking wine, in moderation, of course.
4. **Drink Moderately:** In addition to diet, you should also be mindful of your alcohol consumption. It

is recommended one drink per day for women and up to two drinks per day for men.

5. **Socializing:** Social interactions are so important because they force you to get out, carry on conversations with others, which forces your brain to stay active. Not only is socializing important to help reduce the risks of dementia, but it can also be great for patients with dementia.

SOCIAL INTERACTION

Cindy Graunke

Below is an article I read about the importance of social interaction. Participating in NARFE through serving on the Board, attending meetings and conferences, and taking part in our fundraisers is GOOD for you! Since the pandemic it has taken us awhile to get back to getting together.

Importance of Social Interaction

As you get older and retire or move to a new community, you may not have quite as many opportunities to socialize as you did when you were younger.

If you're not heading to an office or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy, and maybe even ward off dementia. Research has shown that social interaction offers older adults many benefits. Staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function.

People who continue to maintain close friendships and find other ways to interact socially live longer than those who become isolated. Relationships and social interactions even help protect against illness by boosting your immune system.

The benefits of being social

Specific health benefits of social interaction in older adults include:

- Potentially reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis
- Potentially reduced risk for Alzheimer's disease

- Lower blood pressure
- Reduced risk for mental health issues such as depression

Conversely, social isolation carries real risks. Some of these risks are:

- Feeling lonely and depressed
- Being less physically active
- Having a greater risk of death
- Having high blood pressure

Social interaction helps keep your brain from getting rusty, but it's most effective when coupled with an overall healthy lifestyle, including a nutritious diet and physical activity.

St. Joseph Health, Santa Rosa Memorial, Petaluma Valley, CA

This Is Memorial Day

This is Memorial Day

In our land of the free.

It's because of those who sacrificed

Whose graves you're here to see.

They fought on foreign lands

And across the open sea,

And paid the ultimate price

To keep you and I free.

So put all things aside

And honor this important day,

Which we have dedicated

As our Memorial Day.

LTC Ret. Samuel Lombardo
30 May 2012
Destin, Florida

Chapter 2265 Committees

Alzheimer's:

Faye McKay
804-378-0826

Audit:

Brenda Cordle: 804-744-2969
Ann Simpkins: 804-379-3631

Chaplain:

In memory of
Charlie Wilson

Greeter:

Ann Simpkins
804-379-3631

Hospitality:

Cathy Dorsett: 804-674-4039
Ann Simpkins: 804-379-3631

Membership:

Verona McLeod
804-744-4589

National Legislation:

Vacant

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:

Cindy Graunke
240-674-5199

Service Officer:

Virginia Bozarth
804-275-0820

Special Activities:

Lynn Osborne
804-275-2102

State Legislation:

Steve Stastny
804-271-8690

Sunshine:

Vacant

Telephone Tree:

Vacant

NARFE Midlothian Chapter 2265 Meeting

Wednesday, July 10, 2024

11 am – 1 pm

**Inside Picnic
Potluck**

**Chapter will provide fried chicken,
beverages and paper products.**

Please bring a dish to share.

And invite a friend!

There will be games and prizes!



**Hopewell UMC
6200 Courthouse Road
North Chesterfield, VA**

FREE



FEDERAL BENEFITS EXPERTS

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

Dated Material

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DATES TO REMEMBER

June 12

Monthly Meeting

July 10

Annual Picnic, 11am – 1pm

August 14

BINGO

All monthly meetings begin at 10 am.

Chapter Facebook page

<https://www.facebook.com/vfn2265>

