

December 2024



FEDERAL BENEFITS EXPERTS

Chapter email:
narfe356@hotmail.com

MANASSAS CHAPTER NEWSLETTER

NARFE Chapter 356, Manassas, VA - Organized September 9, 1953

Annual Holiday/Christmas Party Meeting

Next Meeting Date

December 18

*Logan's Roadhouse
7731 Donegan Drive
Manassas, VA*

**Lunch
11:30 AM**

Logan's is located in the Bull Run Shopping Center by the pond near Sudley Road.

INCLEMENT WEATHER

In case of inclement weather, we will follow the plans for Prince William County schools.

- ♦ If schools are closed, the meeting will be canceled.
- ♦ If schools are opening late, we will hold our meeting.

Future Meetings:

Chapter luncheon meetings are held on the third Wednesday of the month. Beginning in 2024, we will meet bi-monthly on the even numbered months.

Our Executive Committee will continue meeting virtually on the first Tuesday of each month.

January 7--Executive Committee

February 4--Executive Committee

February 19--Chapter Luncheon, Speaker TBD

Our December luncheon meeting will feature our annual holiday celebration party. As we have in past years, we will take up a collection of gifts to be presented for the Emergency Family Care Center at SERVE. As most of you know, SERVE is a local charity, operating through volunteer efforts, which helps many persons in need around this area. Please bring to the meeting gift cards from stores that sell food to help SERVE purchase items for its food cupboard.

We will also conduct a raffle of several prize items, including a floral arrangement from Flower Gallery, to raise funds for the NARFE Alzheimer's Research Fund. Tickets for this raffle will be \$5 for each ticket.

From The Chapter President

The Executive Committee joins me in wishing all of our members a Happy Holiday Season. Please consider taking a break from your holiday preparations to join us for some fun and fellowship at our annual Holiday Party Luncheon at Logan's Roadhouse on December 18. We will be collecting grocery gift cards for SERVE and will be raffling off some sweet and savory gifts for Alzheimer's Research.

Our first regular chapter meeting of the New Year will be on Wednesday, February 19. We will continue meeting in 2025 every other month (February, April, June, August, October and December) on the third Wednesday of the

month, with lunch at 11:30 (optional) and our guest speaker at 12:30. Our Acting Program Chair and Vice President Priscilla Saboe is already at work lining up speakers for the New Year. Consider starting the New Year by joining us for our luncheon meetings.

Remember that NARFE's Fall Membership Drive continues to run until December 31. Current members can earn \$10 for each new member they recruit, as well as other prizes. And thanks to our Secretary, Carol Campbell for volunteering to staff the NARFE recruitment table at Representative Connolly's annual health fair and at the recent Anthem Blue Cross health fair at the Hylton Center. Her efforts have sparked some interest in NARFE and hopefully will result in some new members for our chapter. Another deadline to keep in mind--Open Season for enrolling or making changes to the Federal Employees Health Benefit Program, including the Federal Employees Dental and Vision Programs, ends December 9.

Mary M. Brandt,
President



Legislation Update and News of Note

WEP/GPO Repeal Passes House

On November 12, the House passed The Social Security Fairness Act repealing the Windfall Elimination Profit and Government Pension Offset by a 327-75 vote. The bill will now go to the Senate where its companion legislation has 62 co-sponsors, with only 60 votes needs to pass. NARFE is pushing for a Senate vote before the current session adjourns on January 3. Supporters also could attach the legislation to the annual National Defense Authorization Act, which is often a vehicle for passing non-defense-related items, or a continuing resolution to fund the government past the current December 20 deadline. Also on November 12, the House voted 175-225 to reject competing legislation advanced by Rep. Jodey C. Arrington (R-TX) and 37 co-sponsors to establish a new funding formula for determining benefits amounts.

Source: NARFE NewsLine, November 13, 2024; Government Executive, November 13, 2024

FY 2025 Government Funding

The current continuing resolution funding the government is set to expire on December 20. Congressional leaders are divided on whether to try and pass full year appropriation bills or another continuing resolution that would fund the government at FY 2024 spending levels until March, with the Republican leadership favoring the latter.

Source: NARFE NewsLine, November 20, 2024

Federal Long Term Care Insurance Program

The Office of Personnel Management (OPM) has announced that the Federal Long Term Care Insurance Program (FLTCIP) will continue to suspend applications for coverage. The initial suspension of the program began December 19, 2022 and was scheduled to expire at the end of 2024. However, due to “ongoing volatility in long term care costs and a diminished insurance market,” OPM decided to suspend the insurance program for an additional two years. During this period, the program will not ac-

cept any new applications, nor allow current enrollees to increase their coverage. Current enrollees will not see a change in their enrollment status or benefit eligibility because of the suspension.

Source: NARFE NewsLine, November 20, 2024

NARFE Membership Renewal Notices Update

Thank you for your patience as NARFE continues to roll out the new Association Management Software (AMS) upgrade. Members in their renewal cycle will begin receiving reminders again in the mail and via email next month. If you paid in September or October and do not see your membership payment processed in your account yet, please give us some more time to update your record. If you haven't renewed yet, consider this your reminder! Our renewal mailings have been delayed, so check the expiration date on your magazine, and if you know you haven't paid, please give us a call today or log in and renew! Call **800-456-8410 x1** or visit www.narfe.org/renew.

Source: NARFE NewsLine, November 27, 2024

Alzheimer's Corner

Marilyn Markman, RN

I learned a new word - Anosognosia - please don't ask me to pronounce it. It is a condition where a person is cognitively unaware of their own sickness. It is a common symptom of bipolar disease, schizophrenia, and depression, and is highly prevalent among those with dementia and Alzheimer's. If a person doesn't think there is a problem, diagnosis and treatment may be delayed.

According to Dr. Catherine Madison, a neurologist at California Pacific Medical Center, "It is unavoidable for some. They are not being difficult; their brain simply cannot process that something is wrong." Madison advocates holistic care – focusing on the person living with dementia and the caregiver, describing dementia as, "a horizontal illness that affects everyone connected to the individual." Caregivers often carry an enormous burden, and if the person has anosognosia, the burden grows heavier because they are caring for someone who doesn't realize they need help."

In caring for someone with anosognosia, finding ways to engage them in care without creating conflict is a huge challenge. Madison suggests patience and creativity. Madison's advice for caregivers:

- Be adaptive and compassionate.
- Focus on creating a supportive environment that prioritizes safety and wellbeing.
- Having early conversations before anosognosia becomes a barrier to decision making.
- Care changes with every stage. Staying grounded and creating different realities is useful.

"Your loved one is in a different reality because of how the illness affects the brain."

Remember "stuff happens, and we can't fix everything." Just roll with the journey as it goes along and recognize you are doing the best you can."

Anosognosia is under-researched despite its prevalence, but with new advances in brain research, Madison is hopeful the more we understand the condition the better we'll be able to provide individualized care.

A note about neurologist Catherine Madison. Complet-

ing her residency in neurology at George Washington University, then spending 8 years active-duty USAF, she returned to California to help her mother who was in the early stages of dementia. Even with a medical degree she felt helpless and alone with the challenges she faced daily. Her mother passed away, and as relief, guilt, and loss settled in she became dedicated to understanding dementia.

In 2011, brainstorming with Dagmar Dolby, they "envisioned a center with a holistic approach to diagnosis and care of patients and families. The goal has always been to help them to better understand and adapt to the many challenges of a cognitive disorder." The Ray Dolby Brain Health Center opened in San Francisco in 2012, and Dr. Madison says, "my daily reward is working with patients and families."

For some good news – a biotechnology company, Vaxxinity, led by founder, Lou Reese, is working on developing vaccines that could, "revolutionize the approach to Alzheimer's and other forms of dementia." The innovative approach to developing vaccines that could halt the progression of Alzheimer's, or prevent it from developing altogether, has shown great promise. The ongoing research and development in this field offers hope for a brighter future for individuals affected by Alzheimer's and for their families.

The other good news is that although research is expensive, when you donate through NARFE, 100% of your donation goes to research. So, continue to donate as you have so generously done and eventually we will eradicate this awful disease.

And look what I found on my friend Google: Anosognosia pronunciation, [Click here](#).

Wishing you all a very Happy, Healthy Holiday!

You can help to support our chapter's Alzheimer's fund-raising goal with your donations. Checks should be written out to "NARFE Alzheimer's Research" and in memo write "NARFE Chapter 356". Send checks to:

NARFE Chapter 356
8818 Cather Ave.
Manassas, VA 20110-6104

Your checks will be forwarded to the Alzheimer's Association through NARFE. You will receive confirmation from us as well as the Alzheimer's Association.

NARFE WEBINARS

Upcoming NARFE Webinars:

Estate Planning for Feds

Thursday, December 12, 2024, 2:00 p.m. ET

An effective estate plan deals with both incapacity and death. Creating and implementing an effective estate plan will help to avoid messy legal battles and ensure state law doesn't dictate who takes care of you and who gets your money. Feds who understand the components of an effective estate plan, including the nuances of federal benefits, will be able to implement the proper strategies to ensure they will be taken care of during periods of incapacity and have their assets transfer to the heirs of choice in the most effective way possible. Join Mark Keen, CFP, as he walks you through:

- The key documents necessary for an effective estate plan
- Planning for death and incapacity...and special considerations for federal benefits
- Understanding federal gift and estate tax rules
- Do you need a Revocable Living trust?
- Understanding the recent changes to the TSP's beneficiary rules

[REGISTER NOW](#)

Recent NARFE Webinars:

2024 Open Season Webinars

2024 Open Season Roundup: FEHB, FEDVIP, & FSA

Thursday, October 24, 2024,

Medicare Advantage Plans (in FEHB and out of it)

Thursday, October 31, 2024,

What You Need to Know About the New Postal Service Health Benefits Program

Thursday, November 7, 2024

How FEHB & Medicare Work Together

Tuesday, November 12, 2024

Picking FEHB Plans for Retirees without Medicare

Thursday, November 14, 2024

FEHB and Medicare Part D

Thursday, November 21, 2024

[Click here](#) to find links to dozens of valuable, expert-led presentations that you can watch on demand, anytime, anywhere. And remember, this is just one of many exclusive NARFE resources available to help you get the most out of your federal benefits, and one of the many reasons it pays to be a NARFE member.

Chapter Membership Report

*No membership changes
this past month*

Chapter 356 membership as of
November 30 is 121 members.

Email Address Changes

Notify NARFE or our chapter whenever you change your email address to continue to receive this newsletter.

CHAPTER 356 OFFICERS AND COMMITTEES

| | | |
|-----------------------------|---------------------|--------------|
| President | Mary Brandt | 703-753-3954 |
| Vice President | Priscilla Saboe | 703-361-1150 |
| Secretary | Carol Campbell | 703-389-4702 |
| Treasurer | Richard Horte | 703-368-8767 |
| Membership Comm. | Helen Brooks | 703-791-6737 |
| National Legislation | Vacant | |
| Program Comm. | Vacant | |
| Service Officer | Priscilla Saboe | 703-361-1150 |
| Sunshine Comm. | Priscilla Saboe | 703-361-1150 |
| Alzheimer's Comm. | Marilyn Markman, RN | 703-791-4329 |
| Chapter Chaplain | Vacant | |
| Newsletter Editor | Richard Horte | 703-368-8767 |

Chapter Email Address: narfe356@hotmail.com

Use this address to contact officers and committee chairs by email

Manassas Chapter Newsletter Online

We distribute our newsletter to Chapter members using email addresses on file at NARFE. If you are not receiving NARFE email, please contact us or NARFE Headquarters at Member Services (703-838-7760). Our newsletters are also available at the Virginia Federation website at www.vanarfe.org/newsletters/. Scroll down to Current Chapter Newsletters, Area IX, Chapter 356.