



Midlothian Chapter 2265 NEWSLETTER

Serving Current and Retired Federal Employees Since 1921

Chapter e-mail: narfe2265df@gmail.com

January - March 2025

PRESIDENT'S CORNER

Debbie Fisk

As we approach the end of another year, I want to take a moment to reflect on all the memories we have made together and to express my deepest gratitude for each of you. Your commitment, enthusiasm, and support have made this year truly special. I feel incredibly fortunate to be part of our wonderful chapter and to work alongside such dedicated individuals.

With the holiday season upon us, I want to extend my warmest wishes for a **Merry Christmas and a Happy New Year** to you and your loved ones. May this festive season bring you peace, joy, and cherished moments of togetherness.

Looking ahead to the New Year, I am excited about the many opportunities we have to come together as a chapter. From new projects and events to social gatherings and initiatives that strengthen our bond, there is so much to look forward to. I encourage you to stay connected and involved, as we continue to build a strong and supportive community in 2025.

Thank you for being an integral part of Chapter 2265. Together, we will make the coming year even more rewarding and memorable. Wishing you all the best this holiday season and a bright, prosperous **New Year!**

WEP/GPO REPEAL

Debbie Fisk

How Will We Benefit from the WEP/GPO Repeal?

- Federal employees with a significant number of years in both government and private sector jobs.

- Spouses or surviving spouses of federal employees who would see an increase in their survivor or spousal Social Security benefits.
- Federal retirees who feel the current provisions disproportionately affect them.

In summary, the repeal of the WEP and GPO will lead to better financial outcomes for many federal retirees, especially those who have worked both in Social Security-covered and non-covered jobs, as well as their spouses and surviving spouses. It will provide greater fairness as many believe these provisions unfairly penalize workers who have contributed to Social Security. However, the repeal could have budgetary implications for the Social Security system, which will need to be carefully considered.

So, let's talk about what is the next step. As of Friday, 12/27/24 H.R. 82 was delivered to President Biden's desk. We are confident that the bill will be signed. There are a couple of myths out in cyberspace. #1: POTUS does not have to be in D.C. to sign a bill, and #2: Bills can be signed in January. POTUS term does not coincide with the ending of a Congress.

The Social Security Administration is getting ready and you should too.

Ensure that your contact information details and direct deposit information at SS are current and correct, and respond to all Social Security communications.

If you have not already done so, "Create your personal **my** Social Security account right away." This is the link to the SS site:

https://www.ssa.gov/myaccount/?gad_source=1&gclid=Cj0KCQiAvbm7BhC5ARIsAFjwNHu1TIDoomv_QxHcW90aFpJXGjbRfKDTw4cPbbq_1KEVfRWodIVOQaAn4sEALw_wcB

Please use the website, it will slow things down if we inundate the SSA with phone calls unless necessary – they are already understaffed.

STATE LEGISLATION

Deborah Fisk

We are getting prepared for the 2025 Virginia State Legislative Session which begins on Wednesday, January 8, 2025. This will be a short session for the General Assembly with an anticipated adjournment on Saturday, February 22.

This year we are working on four items:

1. Repeal of Sunset Provision for Virginia's Current Standard Deduction Amounts
2. Virginia Age 65 and Older Deduction
3. Exempt a Segment of CSRS Pensions Equivalent to Social Security Retirement
4. Nursing Home Priorities

For more information, please visit the vanarfe.org website: <https://vanarfe.org/state-legislation/>

As an add-on to this article:

A CSRS Bill (SB943) has been proposed in the General Assembly that aligns with our VFN Virginia 2025 State Legislative Plan. Senator Bill DeSteph is the Primary Sponsor and Senator Christie New Craig is the Cosponsor.

Now is the perfect time to reach out to your state legislators and invite them to sign on as Cosponsors of SB943.

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

John McGuire – 1013 LHOB, 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/Lynn Osborne

February 12 program will be on “Volunteer Ventures.” This is a program Cindy heard at the Lifelong Learning Institute and felt it would be good for the membership.

March 12 program will focus on Heart Health. The speaker has not been confirmed yet, but will be a good program for all of us.

Mark all of these dates on your calendar, planner or phone so you won't forget. The **second Wednesday of each month** is the day to remember!

WE HOPE TO SEE YOU ALL THERE!



HAPPY BIRTHDAY

JANUARY

11 Rose Acheson; **12** Suzanne Weeks; **14** Barbara Bartham; **15** Liz Mills; **17** Noel Boraski, Steve Long, Stuart Townes; **25** Donald Long; **26** Charles Reed, Stephen Lemanowicz

FEBRUARY

3 Dave Burton; **21** Joyce Taylor, Lynn Osborne; **22** Stephen Stastny; **26** Virginia Rosen

MARCH

2 Cindy Capel; **4** Frank Walker; **12** Faye McKay; **17** Judy Reid, Sharon Whitt; **18** Denny Arner; **24** Verona McLeod; **28** Linda Chester; **29** Bill Gayle, Dolly Carter



MEMBERSHIP

Lynn Osborne

Membership numbers continue to decline. The NARFE membership report has been out of commission for several months, thus we have no visibility of renewal memberships, prospective new members, or the passing of members. The problem at NARFE HQ is that new data software was installed and the transfer of information has not transferred well. Hopefully, this problem will be resolved soon!

In the meantime, reach out to those retirees or active federal employees you know and ask them to visit a meeting and consider joining NARFE Chapter 2265.

2025 VFN CONFERENCE

APRIL 6-9, 2025

HOTEL MADISON

HARRISONBURG, VA

Lynn Osborne

The Virginia Federation of NARFE is quickly coming up April 6-9. The Forms for registering are on the vanarfe.org website.

I will be collecting the Supporters at the February meeting. Supporters are members who make donations which will offset some of the cost of the Conference. Donors will have their names printed in the Conference Program Book. The deadline for submission of names and monies is March 10, 2025, to guarantee publication in the Conference Program Book.

The Supporter Contribution Categories are:

Platinum (\$100.00)

Gold (\$75.00)

Silver (\$50.00)

Bronze (\$25.00)

Super Angel (\$20.00)

Angel (\$15.00)

Booster (\$10.00)

Supporter (\$5.00)

I will be passing around a list for members to put their name as they wish printed in the book and the category of the donation. Cash or check is accepted. Make check payable to NARFE Chapter 2265.

WEATHER ALERT!

If Chesterfield County Schools are cancelled or on a delayed start time due to inclement weather, Chapter meetings are cancelled.

SERVICE OFFICER

Virginia Bozarth

Happy New Year to all! If you ever are in need of guidance or questions concerning federal benefits or the death of a loved one, please reach out. If I don't know the answer, I have others in VFN who are knowledgeable in the area of OPM and can help.

If your affairs are not in order, 2025 is the time to get this done. Your papers need to be organized and shared with your survivors, who will need a number 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.

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

Faye McKay, Chairman

Here is some exciting news as we look back on 2024 at research from the Alzheimer's Society...

1. With announcements on new Alzheimer's drugs, the launch of essential research partnerships, and funding more pioneering ways to transform the dementia landscape, 2024 has been the biggest year for dementia research yet! That is good news.
2. At the end of this year, we understand different risk factors and potential treatments more deeply than ever before.
3. Although two of the new drugs trailed for treatment have not been recommended for use by NHS, they still represent a huge positive breakthrough.
4. We were also kept busy with the launch of new pioneering initiatives and partnerships that will make a real difference for people living with dementia, now and in the future.
5. This year, our research investment broke the Alzheimer's Society's record for investment into brand new research in one year. We invested 15.8 million into brand new research, the largest amount ever invested in one year.
6. We will continue to invest in ground-breaking research in 2025.

HAPPY NEW YEAR!!!

Older Drivers

Cindy Graunke

I do not like to think about a time when I won't be able to drive. When my mom was diagnosed with Alzheimer's, she emphatically did not want to give up her driver's license. Despite my protests, she did not 'give it up' until her Gerontologist told her she could no longer drive. This led me to write a letter to my daughter. The letter began Heidi, I love you, I trust you, when it is time for me to quit driving please give me this letter back to remind me how difficult it was for my Mom to give up driving and make me understand that my time driving may be at an end.

Fifteen percent of Virginians are 60 years old or older. While most senior drivers may be good drivers, there are physical changes that come with aging. These changes can affect our ability to drive safely.

Abilities relating to driving — such as vision, memory, physical strength, reaction time, and flexibility — may decline as we age, but the rate of change varies from person to person. It's important to think about your comfort level with driving, and how you could improve skills needed to use a vehicle. Learn how to minimize your risk on the road through physical conditioning, travel planning, and defensive driving.

Check Yourself

- Get regular vision check-ups!
- Take a driving refresher course for senior drivers.
- Check how medications may affect your driving.

These tips and more are available on the VDOT website granddriver.net/older-drivers/staying-safe/

Alzheimer's Chapter 2265 Donations

Ed Heflin, Chapter Treasurer

At the November 2024 Alzheimer's Fundraising meeting (the "Souper Bowl") we collected \$933 for Alzheimer's Research. That money, plus what we collected throughout 2024 with 50/50 raffles, and received at the December 2024 Chapter meeting, brought our 2024 total Alzheimer's Research collections to \$1,398. These funds were forwarded to the VFN Alzheimer's Chair, Donna Shackelford, to be sent to the Alzheimer's Association with the total contribution earmarked for Research Only.

Thank you to all who contributed.

PREPARING FOR BAD WEATHER

Shared information from the Desk of Congressman Rob Wittman

As we enter the coldest months of the year, it is possible that many areas of Virginia's First District could be hit by upcoming winter storms. To ensure you are prepared, I wanted to share some resources to

assist you in keeping yourself, your family, and our communities safe in the event of extreme weather.

Important reminders for winter storms:

- Stay off the roads as much as possible and only drive when absolutely necessary. Always give snowplows and responders the right of way on the road.
 - If you must travel, know the road conditions before you leave by visiting 511virginia.org.
- Never use a generator, grill, camp stove or gasoline, propane, natural gas, or charcoal burning device inside your home, garage, basement, crawlspace or any other partially enclosed area.
- Snow shoveling is a known trigger for heart attacks. Always avoid overexertion when shoveling.
- Be sure to check on elderly or disabled neighbors and relatives.
- Protect yourself from frostbite and keep yourself dry. Wear several layers of clothing along with a hat, mittens, and a scarf.

For preparing your home:

- Make sure your home is properly insulated and check the weather stripping around doors and windows.
- Learn how to shut off water valves in case of a pipe burst.
- Have additional heat sources in case of a power outage.
- Keep a working fire extinguisher accessible and check the batteries in your carbon monoxide detectors.
- In the event of high winds, secure loose items around your property and trim any branches that could threaten your home.

For preparing your car:

- Batteries lose power as temperatures drop, be sure to have them tested.

- Check your car's antifreeze level, have your radiator system serviced, replace windshield wiper fluid with a wintertime mix, and proactively replace your car's worn tires and wiper blades.
- Clean snow and ice off of your car entirely – including your trunk, roof, windows, and headlights – before driving.
- Be sure to have an emergency winter weather kit in your car if you must travel. This could include items such as:
 - Blankets
 - Enough water and snacks for everyone in the car, including pets
 - Boots
 - First-aid kit
 - Warm clothes and insulating layers (sweatpants, gloves, hat)
 - Shovel and ice-scraper/snow brush
 - Jumper cables
 - Flashlight with extra batteries
 - Portable smartphone power bank
 - Traction aid such as sand or salt
 - Garbage bags

For more information on how to prepare yourself and your loved ones for winter weather, visit vaemergency.gov/winter-weather. If you will be traveling, check current road conditions by visiting 511virginia.org, calling 511, or reviewing the 511 Virginia mobile app.

For weather warnings, hazards, and updates, stay up to date with information shared by the [Virginia Department of Emergency Management \(VDEM\)](#), the [Virginia Department of Transportation \(VDOT\)](#), [Virginia State Police](#), [National Weather Service](#), and your local government.

The experience of democracy is like the experience of life itself-always changing, infinite in its variety, sometimes turbulent and all the more valuable for having been tested by adversity.

- Jimmy Carter



NARFE

Midlothian Chapter 2265

Member Profile

Name: _____ Date: _____

Month and day of birth: _____

Phone Number: _____ Email Address: _____

Member ID Number: _____

Date Retired (if applicable): _____

From which agency did you retire: _____

If still working, Agency name: _____

Job title: _____

Hobbies/Interests: _____

Are you willing to volunteer your services to assist our Chapter in any of the following capacities?

***Chapter Officer___, Membership___, Programs___, Alzheimer's___, Technology___, Special Activities___, Hospitality___, Legislation___, Greeter___, Speaker___
(Please complete and mail to address below or bring to Chapter meeting)***

Do you have comments?

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



*The President
requests the pleasure of your company
at the signing of the
Social Security Fairness Act of 2023
to be held at
The White House
on Monday, January 6, 2025
at ten o'clock in the morning*

Inauguration Day Quotes

The American people stand firm in the faith which has inspired this Nation from the beginning. We believe that all men have a right to equal justice under law and equal opportunity to share in the common good. We believe that all men have a right to freedom of thought and expression.

— Harry S. Truman, 1949 Inaugural Address

When we listen to 'the better angels of our nature,' we find that they celebrate the simple things, the basic things — such as goodness, decency, love, kindness.

— Richard M. Nixon, 1969 Inaugural Address

The land was ours before we were the land's. She was our land more than a hundred years, before we were her people.

— Robert Frost, "The Gift Outright," 1961 John F. Kennedy Inauguration

Let us learn together and laugh together and work together and pray together, confident that in the end we will triumph together in the right.

— Jimmy Carter, 1977 Inaugural Address

There is new ground to be broken, and new action to be taken. There are times when the future seems thick as a fog; you sit and wait, hoping the mists will lift and reveal the right path. But this is a time when the future seems a door you can walk right through into a room called tomorrow.

— George H.W. Bush, 1989

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

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

Dated Material

DATES TO REMEMBER

February 12

Monthly Meeting/Program
“Volunteer Ventures”

March 9

Daylight Saving Time Begins

March 12

Monthly Meeting/Program
Heart Health

April 6-9, 2025

VFN Conference
The Hotel Madison
710 S. Main Street
Harrisonburg, VA 22801

April 16

Monthly Meeting/Program

All monthly meetings begin at 10 am.

Need additional resources or content?
Check out the links below:



<https://www.narfe.org/>



www.VANARFE.org



<https://www.fedhub.narfe.org>

Chapter Facebook page

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