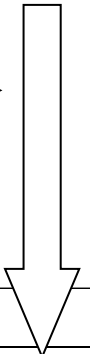
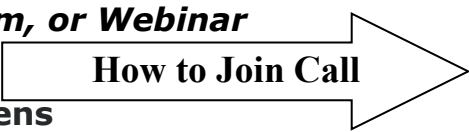




**NEXT MEETING**

**DATE:** May 16<sup>th</sup>, 2023 3<sup>rd</sup> **Tuesday) ICE CREAM SOCIAL**  
**PLACE:** **Orange Park Library, Phonecom, or Webinar**  
**TIME:** 12:30 PM  
**PROGRAM:** **Tips on Safety for Senior Citizens**  
**SPEAKER:** **Representative from Orange Park Police Dept**  
 Monthly Mtg. 3<sup>rd</sup> Tuesday every month, except June, July and August, 12:30 PM, OP Library)



<b>PRESIDENT</b>	KEITH BASS	631-9085
<b>1ST VICE PRES.</b>	SUSAN PARKINS	272-0423
<b>2ND VICE PRES.</b>	MARILYN HOLLOWOOD	264-3486
<b>SECRETARY</b>	EILEEN WADDING	772-8431
<b>TREASURER</b>	EILEEN WADDING	772-8431
<b>EXECUTIVE BD.</b>	DEE STEPHENS	276-1067
<b>EXECUTIVE BD.</b>	WILLIAM FLEMING	387-6379
<b>SGT-AT-ARMS</b>	GEORGE TOWER	707-1164
<b>PUBLIC RELATIONS</b>		
<b>SERVICE OFFICER</b>	MARILYN HOLLOWOOD	264-3486
<b>LEGISLATIVE CH</b>	CHERRY LIGHTNER	955-5599
<b>SUNSHINE CH</b>	LOIS LAMBERT	288-1432
<b>PARLIAMENTARIAN</b>	SUZANNE TOWER	707-1164
<b>NEWSLETTER ED</b>	MARY BERNING	282-0938
<b>Nsitr DISTRIBUTION</b>	MARILYN HOLLOWOOD	264-3486
<b>ALZHEIMER'S CH</b>	WILLIAM FLEMING	384-6379
<b>NARFE-PAC CH</b>	DORIS SMALL	272-2931
<b>RECRUITING</b>	SUSAN PARKINS	272-0423
<b>BIRTHDAY CH</b>	MARY ANN BAUGH	349-7024
<b>CHAPLAIN</b>	LINDA FLEMING	783-0197
<b>PAST PRES.</b>	MARILYN HOLLOWOOD	264-3486

**Join the meeting using Phone:**  
 If using **T-Mobile or Metro-PCS Cell**, Dial this number first: **1-206-451-6118** then dial **605-475-4872#**, then enter Access Code: **238020#**  
 With **any other phone type:**  
 Dial Phone Number – **1-605-475-4872**  
 Then enter Access Code: **238020#**


**Join the meeting using Webinar:**  
 1. Select URL Freeconferencecall.com  
 2. Download app to your computer, if not loaded  
 3. Select Join with Audio  
 4. Enter your name, and Email  
 Meeting ID = SALP348  
 5. Select Join meeting

**Special Note: for both media**  
**Mute to listen – UNMUTE to Speak**

**PRESIDENT'S MESSAGE**

**Keith Bass**  
 President, Chapter 1414  
 NARFE Clay County



 What a beautiful month May is. Spring has fully sprung and summer is just right behind it. A lot of us will be taking some much needed vacations this year, including myself. Take time and take a break to refresh yourself.

**FUTURE EVENTS**

**May 16<sup>th</sup> (3<sup>rd</sup> Tues.) - Chapter Mtg. 12:30** at OP Library, Mtg.Rm."A" and Phone com or Webinar - info above

**June 13<sup>th</sup> Chapter Mtg. 11:30 Whitey's Fish Camp, SR 220** (Due to LEGCON)

**June 20-22 - LEGcon23** see pg.3

**NARFE's Mission Statement**

To support legislation beneficial to current and potential federal annuitants and to oppose legislation contrary to their interests.

To promote the general welfare of current and potential federal annuitants by advising them with respect to their rights under retirement laws and regulations.

To cooperate with other organizations and associations in furtherance of these general objectives.

The April chapter meeting featured (2) speakers from **Dedicated Senior Medical Center**. It was interesting to note all the various services that they offer as far as healthcare, and to take the time with

the special-needs that seniors often have. These days physicians tend to rush through appointments, and often might miss something as our needs change faster as we get older. We need to be looked at more closely catching small problems before they become bigger.



Would like to welcome aboard our new legislative chair, Cherry Lightner!

Haven't heard much on the DC front other than their haggling over raising the debt ceiling to keep the government from shutting down. More to come on that later.

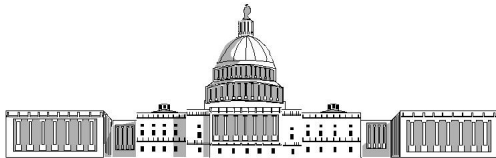
We celebrate **Mothers Day** on **May 14<sup>th</sup>** and **Memorial Day** on **May 29<sup>th</sup>**. The **May** chapter meeting will featured a **guest speaker** from the **Orange Park Police Dept** talking about **safety for seniors**. Along with that will be our **ice cream social** featured by none other than **Marilyn**. Come and enjoy your favorite treat!



Have a great May and Happy Mother's Day!  
Be safe out there.

\*\*\*\*\*

**LEGISLATION - Cherry Lightner**



**Hey team,**

Just wanted to give you a a quick update of **Representative Aaron Bean's** first **phone town meeting** held April 19th from 6 pm - 7 pm.



Next meeting: **May 24, 2023**  
(6 pm - 7 pm @ 1-888-409-5380)

Live Questions of concern are welcomed.

**DC office: 1-202-225-0123**

Anyone may sign up for his newsletter. I will brief you immediately of any issues that may affect NARFE benefits and or concerns.

Thank you for the opportunity to serve Chapter 1414 as Legislative Chair.

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**SERVICE - Marilyn Hollwood**



We know federal benefits are complicated and that there isn't a one-size-fits-all solution for every fed. The NARFE Federal Benefits Institute is a members-only resource designed to help NARFE members take charge of their federal benefits.

NARFE'S federal benefits experts provide assistance to help NARFE members resolve issues surrounding annuities, insurance, Medicare, Social Security and more. NARFE members have a responsive and reliable team of experts at their service, available by e-mail, phone or fax.



The Institute serves as a gateway to live and recorded learning events and valuable resources. For ongoing access to on-demand sessions, institute experts, benefits briefs and other free resources, retain your **NARFE MEMBERSHIP!** (If following through with queries on-line, be prepared with your 'member number')

(Source: NARFE.org on-line "Services")

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**Susan Parkins, NARFE Federation Membership Chair**

**Attention Please:**  
**Welcome** to our new FL NARFE **Members Website.** Visit often at:  
<https://www.FLNARFE.com>

Here you will find many easy real time benefit connections, notifications, campaigns, blog tips, marketing ideas or help input forms, and mostly ZOOM training at your finger-tip, from where ever you are!

Something new too! **New members Orientation!**

**Improve NARFE Members services and communication by** taking a few minutes to add or **update your Email address and phone#** on NARFE Data profile. It is a critical need that can help us help you BETTER.

Ways to update your data Profile Change:

- (A) Call 1-800-456-8410 Opt-1
- (B) Email to: [Memberrecords@NARFE.ORG](mailto:Memberrecords@NARFE.ORG)
- (C) Use our new members website to submit the update. <https://www.FLNARFE.COM> - On the site select the FL members upper menu - Then, select drop down menu - member marketing input form - under purpose drop-down, select Email update.

**As of 4-20-2023**

Total <b>Current Chapter Members</b>	<b>157</b>
Total National Members in Chapter Area	<b>78</b>
Total Chapter plus National Members	<b>235</b>

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**MEMBERSHIP AND NEWSLETTER CONCERNS**  
**Marilyn Hollowood**

**FOR YOUR INFO - NEWSLETTER DISTRIBUTION**



This month we started our 'trial' cycle of **mailing** our newsletters by **regular USPS mail** **Unless You Have Provided A Good E-Mail Address.** Temporarily, we will not be utilizing our mailing 'PERMIT' since we have not been able to meet our required 200 quota. Last month I requested your e-mail, if you

would prefer that form of receipt, but only 3 people responded-thanks!

My e-mail is [mhollowood@yahoo.com](mailto:mhollowood@yahoo.com) if you care to respond. Marilyn Hollowood

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**SUNSHINE - Lois Lambert**



No recognitions during March. If you know anyone we need to acknowledge for any reason,

**Call LOIS 904-288-1432.**

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**THE POLITICAL  
"ARM" OF NARFE  
Doris Small**

The National Active and Retired Federal Employees Association (NARFE) safeguards the earned pay and benefits of America's five million federal workers, retirees, their spouses and survivors. NARFE is **YOUR legislative voice and tireless Advocate.**



1. NARFE-PAC is the voice of all of us in matters of interest for many years, especially the repeal or reform of the Social Security Government Pension (GPO) and the Windfall Elimination Provision (WEP).
2. Legislation that would require the Social Security Administration to report annually the amount of WEP penalty to affected individuals.
3. Legislation regarding Social Security that improves the solvency of the trust fund and increases benefits for all beneficiaries.
4. Raising the cap on Social Security payroll taxes to improve the solvency of the Trust Fund.
5. Indexing the income threshold for taxation of Social Security benefits.

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**ALZHEIMER'S UPDATE - Bill Fleming**

**New medications** Aducanumab and Lecanemab have been **approved** by the Food and Drug Administration. This should be good news for older adults with Alzheimer's Disease, their caregivers and those who have been told that they are at increased risk for Alzheimer's Disease. **But there are questions about their effectiveness and safety** because there is no long term data on the drugs' benefits and whether the drugs will have a meaningful impact on the quality of life and independence for people with dementia.



In a trial Aducanumab showed minor clinical benefits. Participants improvement on standard cognition tests was just 0.39 points more than those with a placebo. This was less than the **1 to 2 point difference typically used to define a clinically important difference.** About 40% of

the trial participants experienced brain swelling and/or bleeding in the brain especially with those taking blood thinners. The 2 trials used by the FDA were inconsistent, one showing benefit while the other did not.

In trials of Lecanemab participants who took the drug performed 0.5% better on a standard test of cognitive and functional abilities than those who took the placebo. Lecanemab slowed the progression of Alzheimer's by 5 months compared with the placebo group. **Again it isn't clear it would benefit an Alzheimer's patients' life.** Side effects with Lecanemab included brain swelling, brain bleed and 3 of those taking Lecanemab died (of which 2 were on blood thinners, not sure if there was a connection). It is recommended that doctors be cautious when prescribing Lecanemab to patients who are taking blood thinners. (Source: New Alzheimer's Disease Drugs: Hope vs Hype, Focus on Healthy Aging, May 2023, Icahn Scholl of Medicine at Mount Sinai)

The **Annual Walk To End Alzheimer's** is scheduled for **Saturday, November 4<sup>th</sup> 2023. I plan to register and represent NARFE Chapter 1414 with your approval.**



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**News from NARFE - LEGcon23**

Register for LEGcon23: June 20-22 for NARFE's **Virtual Legislative Training Conference**

Registration has opened for NARFE's virtual legislative training conference, LEGcon23, which is **scheduled for June 20-22, 2023,** with



a pre-training **"Know Before You Go" session on June 14 to familiarize registrants with the procedure and instructions** for their successful participation in the conference and the virtual visits with lawmakers. Register today.

At LEGCon23, NARFE's premier grassroots training event, **NARFE members will learn to advocate for NARFE's legislative priorities** and be an active participant in protecting and defending their federal benefits. **After a day and a half of virtual trainings,** the conference **culminates with a virtual lobbying day,** when you will talk directly to your lawmakers and/or their staff about NARFE issues. In addition to preparing you for those meetings, the trainings **will help you implement bold ideas to improve your advocacy skills** and become a more influential advocate by building and sustaining relationship with key decision-makers.

Register today and join the fight to defend and advance your earned benefits. The member **early-bird registration fee is \$135** and will run **through April 14.** After that date, the member registration fee will be \$150.

[Registration - legcon.narfe.org](https://legcon.narfe.org)

(National Active and Retired Federal Employees Association <[communications@narfe.org](mailto:communications@narfe.org)> Mar.14, 2023

**We greatly appreciate the generosity of our members who contribute to the Birthday Fund. Your contributions make the publication of this newsletter possible and help keep our chapter dues low.** There are many members who celebrate their birthdays each month and whose names are never published in the newsletter. We want to recognize **all members** who celebrate their birthday. Unfortunately, National does not send member's date of birth so **we have to rely on members to furnish this information.** If you have not seen your name published, or if your birthday has been entered incorrectly, please call **Mary Ann Baugh** 349-7024 to correct information.

**We** have established the **15<sup>th</sup> of the month as the cut-off date** to furnish the donor's names to our Newsletter editor. All donations received after the 15<sup>th</sup> will be acknowledged in the next month's newsletter. If YOU would like to be a **contributor to our "birthday" recognition fund, send check payable to:**

**"NARFE CHAPTER 1414" AND MAIL TO:  
Eileen Wadding, Treasurer,  
7548 Legrande St. S.  
Jacksonville, FL 32244-1632.**

The following members donated to the Birthday Fund: Delores Stephens and Sandra Criswell.  
**TOTAL \$45.00**

ON BEHALF OF CHAPTER 1414 WE WISH A MOST ENJOYABLE BIRTHDAY to the following members celebrating **May** birthdays.

7 Stanley Grover  
7 Roger G. Sparks  
14 Jean Wyllie

22 Albert W. Hatcher  
30 William E. Garrett



**OUT ON A LIMB**

**Marilyn-Hollowood**

Who pays for the removal of your fallen tree and any damage it may have caused:



A. Damage caused by a dead diseased or neglected tree will not typically be covered by insurance. Whether the damage

the liability (and the cost of repairs) will be on you.

B. When a healthy tree falls or drops a limb due to a storm, insurance will pay for any damage it causes-minus a deductible. If the property that is damaged is yours, you'll need to



file a claim with your insurance neighbor's car, home or other

structure is damaged, then their insurance will pay.

C. When a tree falls harmlessly in your yard, you will likely have to pay out of pocket to have it removed unless the fallen tree blocks a driveway, in which case insurance may pay to remove it, minus your deductible.

(Ref: *AAA Living* Mar-May 23)



**DISCLAIMER**

**REQUIRED BY THE IRS**  
Dues payment and gifts or contributions to NARFE are not deductible as charitable contributions for Federal Income Tax purposes.

**May 2023**

**Clay County Chapter 1414  
2748 Birchwood Dr.  
Orange Park, FL 32073**