



CLAY COUNTY CHAPTER 1414

ORANGE PARK, FL

NARFE "NEWS UPDATE"



Serving Retired and Active Federal Employees

Columbus Day 09th

No 8-23

Issued monthly except July and August

Oct. 2023

NEXT MEETING

DATE: October 17th, 2023 (3rd *Tuesday*)

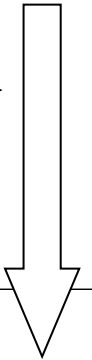
PLACE: Orange Park Library, Phonecom, or Webinar

TIME: 12:30 PM

PROGRAM:

SPEAKER:

Monthly Mtg. 3rd Tuesday every month, except July and August, 12:30 PM, OP Library)



PRESIDENT	KEITH BASS	631-9085
1ST VICE PRES.	SUSAN PARKINS	272-0423
2ND VICE PRES.	MARILYN HOLLOWOOD	264-3486
SECRETARY	EILEEN WADDING	772-8431
TREASURER	EILEEN WADDING	772-8431
EXECUTIVE BD.	DEE STEPHENS	276-1067
EXECUTIVE BD.	WILLIAM FLEMING	387-6379
SGT-AT-ARMS	GEORGE TOWER	707-1164
PUBLIC RELATIONS	SCOTT STOVER	
SERVICE OFFICER	MARILYN HOLLOWOOD	228-1095
LEGISLATIVE CH	CHERRY LIGHTNER	955-5599
SUNSHINE CH	LOIS LAMBERT	288-1432
PARLIAMENTARIAN	SUZANNE TOWER	707-1164
NEWSLETTER ED	MARY BERNING	282-0938
Nsitr DISTRIBUTION	MARILYN HOLLOWOOD	264-3486
ALZHEIMER'S CH	WILLIAM FLEMING	384-6379
NARFE-PAC CH	DORIS SMALL	272-2931
RECRUITING	SUSAN PARKINS	272-0423
BIRTHDAY CH	SUZANNE TOWER	707-1164
CHAPLAIN	LINDA FLEMING	783-0197
PAST PRES.	MARILYN HOLLOWOOD	264-3486

Join the meeting using Phone:
 If using **T-Mobile or Metro-PCS Cell**, Dial this number first: **1-720-844-1225**, then dial **1-605-313-5516#**, then enter Access Code: **7255476#**
 With **any other phone type:**
 Dial Phone Number – **1-605-313-5516#**
 Then enter Access Code: **7255476#**

- 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



Well here it is Oct, my favorite time of year. Cooling weather, changing leaf color, fall festivals, pumpkins all set the stage for a time to get out and enjoy the sites and sounds. It makes us feel robust and put the muggy, hot weather behind us!



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.

FUTURE EVENTS
Sept 28th(last Thurs mo.)
NARFE Chpt. 1984 Mtg., 1:00pm
 Murrayhill United Methodist Church,
 Jacksonville, Fl
October 17th (3rd Tues.) Chpt. Mtg.
 Orange Park Library
 Phone com or Webinar - info above
Christmas Luncheon Date TBD

Our September meeting featured **Kris Wilson**, a certified occupational therapist discussed ways to make our homes safer in order to prevent falls and

to keep our health in check to help facilitate that.

He gives a **free home assessment** on what modifications are needed and makes recommendations and tips on what to look for in contractors who do the installation or modifications to our living spaces to make them less subject to falls. Thank you Kris for such a great presentation!



Greg Delessio, our NFI VP and myself paid a visit to **Congressman Aaron Bean's** office in Fernandina Beach to discuss WEP/GPO on September 20th with the district Director. Right now he's **more committed to balancing** the budget, cutting spending, and appropriating funding for next FY than introducing any new funding. Says Congressional budget team estimates indicate to repeal the WEP would cost \$182M per year and says it's a high number.

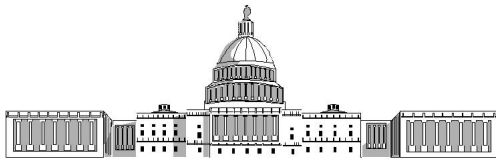


But the good thing is the **congressman is committed not to make any cuts to existing retirement benefits or Social Security.** But says he will cosponsor the bill if the budget comes in line whenever that would be. So the fight still goes on for repeal.



We celebrate **Columbus Day Oct 9th.**

LEGISLATION - Mary Berning



WEP/GPO Repeal Hits 290 Cosponsors in House Amidst Advocacy Summit

The House bill that would repeal the windfall elimination provision (WEP) and the government pension offset (GPO), H.R. 82, the Social Security Fairness Act, gained its 290th cosponsor and **now has 292**), as NARFE and allied advocates joined together on Capitol Hill.

Representative Aaron Bean



Washington DC Office
1239 Longworth Office Building
Washington, DC 20515
Phone: (202) 225-0123

Fernandina Beach District Office
501 Centre Street, Suite 107
Fernandina Beach, FL 32034
Phone: (904) 557-9550

Green Cove Springs District Office
820 N Orange Ave.
Green Cove Springs, FL 32043
*By Appointment Only
Please call (904) 557-9550

House Majority Leader Steve Scalise was a special guest during Representative Bean's telephone town hall on **Tuesday, September 19th at 6:30pm EST.**

SERVICE - Mary Berning

**FLTCIP Enrollee Decision Period:
What to Consider**

Enrollees in the Federal Long Term Care Insurance Program (FLTCIP) are facing another round of premium increases starting in January 2024. They have until **November 9, 2023**, to accept the full increase, reduce their coverage to keep premiums stable, **settle on a paid-up limited benefit or choose something in between.**

Enrollees in the Federal Long Term Care Insurance Program (FLTCIP) were mailed letters the week of September 11 indicating the amount their FLTCIP premiums will increase, starting in January 2024.

NARFE federal benefits experts Tammy Flanagan and Mark Keen, CFP, will help guide you through the decision-making process in this **Zoom webinar** and live question-and-answer session moderated by **NARFE Staff Vice President, Policy and Programs, John Hatton.** This is a one-hour webinar plus one-hour Question and Answer Federal Benefits Institute Webinar held Tuesday, September 26, 2023, from 10 a.m. to noon ET. *This and other valuable NARFE webinars can be viewed on-demand.*



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
(C) Use our new members website to submit the update. <https://www.FLNARFE.COM> - On the 211111site select the FL members upper menu -

Then, select drop down menu - member marketing input form - under purpose drop-down, select Email update.

As of 9-19-2023

Total Current Chapter Members	152
Total National Members in Chapter Area	78
Total Chapter plus National Members	230

SUNSHINE - Lois Lambert



Get Well cards were sent to **Lois Lambert** recovering from broken bone in arm, doing OK and **Doris Small** with health issues, in Kingsley Life Care Center for Rehab.

If you know anyone we need to acknowledge for any reason,
Call LOIS 904-288-1432.



**THE POLITICAL
"ARM" OF NARFE
Mary Berning**

NARFE's national legislative program is advanced in Congress by a team of registered lobbyists backed by an informed network of grassroots activists in every state and congressional district, as well as a member-supported Political Action Committee (PAC).



NARFE sends letters to the Administration on issues affecting the pay and benefits of the federal community, as well as testifying before Congress.



NARFE advocacy primarily focuses on the following priorities:

- Defend and advance the earned pay and benefits of America's current and retired civil servants.
- Protect the viability, stability and standards of service of established federal government functions.
- Promote understanding of, and trust in, the government.

ALZHEIMER'S UPDATE - Bill Fleming



The **Annual Walk To End Alzheimer's** is scheduled for **Saturday Nov 4**. I will be representing NARFE clay county chapter. So far **our chapter has raised \$105 our goal is \$2000**. If you want to **participate or donate** you can go to alz.org/walk and search for NARFE Clay County Chapter **under organization or William Fleming under person**.

Will a multivitamin help my brain?

On April 10, 2023, the results of a 3 year trial of over 2,200 people (average age 71) was published on line by the journal *Alzheimer's and Dementia*. One group was assigned a multivitamin and the other was given a placebo. After 3 years those who had taken the multivitamin performed better on cognitive testing.



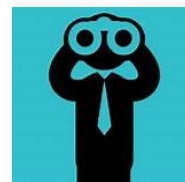
On May 24, 2023, the results of a **second 3 year trial of over 3,500 people** (average age 73) was published online by the *The American Journal of Clinical Nutrition*. Like the preceding test on group was given a multivitamin the other a placebo. Again, the **group taking the multivitamin performed better on memory tests**.

These two tests indicate that people over 60 who take a multivitamin are less likely to experience cognitive decline over the next 3 years. This benefit appeared to be true for those who have cardiovascular disease.

It is **not clear which vitamins and minerals in the multivitamins caused the benefits**. Possible suspects are B vitamins, vitamin D, lutein, zinc and magnesium. Other questions such as will the benefits of multivitamins go beyond 3 years, will they protect against dementia and age-related cognitive decline. Only more research will tell.

Source: Anthony L. Komaroff, MD, Will a multivitamin help my brain?, *Harvard Health Letter*, September 2023

**OPEN SEASON AROUND THE CORNER
WORTH GETTING READY
Mary Berning**



Type of Plan:

Regional HMO or National

Fee-for-Service Coverage Options:

Self or Self + One or Self + Family

Level of Coverage:

Basic or Standard or High

Evaluate:

Deductible or Premium or Copay

Do you need a:

Health Savings Plan or Flex Spending Plan

Other Things to Consider:

Coordinating FEHB and Medicare or Vision or Dental

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

05 James E. Britts
05 Ronald Kaltofen
07 Linda Anderson,



08 Robert (Keith) Bass
09 Bettie Griffith
09 Kathleen Beland



19 George Tower
21 John J. Thielen
24 Lois Lambert.

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 **Suzanne Tower 707-1164** to correct information.

We have established the **15th of the month as the cut-off date** to furnish the donor's names to our Newsletter editor. All donations received after the 15th 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: Marilyn Hollowood, Dolores Cruse, and Wayne Moldenauer.

TOTAL \$55.00



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

Sept. 2023

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

GUARDIAN OF INDEPENDENT
FEDERAL RETIREMENT