

CLAY COUNTY CHAPTER 1414

ORANGE PARK, FL

NARFE "NEWS UPDATE"



veteran's oav November 2023

No 9-23

Serving Retired and Active Federal Employees
Issued monthly except July and August

NEXT MEETING

DATE: November 14th 2023 (changed/2nd TUESDAY) (November only)

PLACE: Orange Park Library, Phonecom or Webinar

TIME: 12 noon Socialize - MEETING 12:30 PM

PROGRAM: 1. Representative from 'BILL GREEN INS. GROUP' on LongTerm Care

2. Re resentative from 'Blue Cross Blue Shield' on 'Plans & Medicare'

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	945-8965
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		
Nsitr DISTRIBUTION	MARILYN HOLLOWOOD	264-3486
ALZHEIMER'S CH	WILLIAM FLEMING	384-6379
NARFE-PAC CH	DOF" 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

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.

Join the meeting using Phone:

I fusing **T-Mobile or Metro-PCS Cell.** Dial this

number first: 1-720-844-122S, then dial 1-605-313-S516#,

then enter Access Code: 72S5476#

With any other phone type:

Dial Phone Number-1-605-313-5S16# Then enter Access Code: 72S5476#

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 S eak

PRESIDENT'S MESSAGE



KEITH BASS, President

NARFE Chapter 1414, Clay County

The October meeting featured Leslie Graves, KMS Financial, who discussed all the ins and outs of Medicare, various Parts A-D coverage, and changes in 2024. Thanks Leslie for a great presentation.

Daylight savings time ends November 5th Don't forget to set the clocks back 1 hour.

We celebrate two major holidays this month, Nov. 11, VETERAN'S DAY and Nov. 23, THANKSGIVING.

November 14th (TUES.) **we will be** hosting two guest speakers, (1) Florida **BLUE**, discussing 'open season' and Medicare and (2) Bill Green Ins.Group on "Long Term Care"

The Fed employees and retirees Health Fair sponsored by Florida Blue, was Oct. 20th, Holiday Inn, OP. Lots of folks visited our table and we very successful in explaining NARFE and possibly interested them in becoming members. Marilyn and I were the 'spokesmen' for the day's promotion.

See you at our next meeting on the 14t\
REMEMBER, THAT IS A 'DATE CHANGE' - for
November only, it will be the 2nd Tuesday, then
in December, our gathering will be Tuesday,
5 December, Hilltop

ALSO, if you utilize the other meeting methods, other than personal attendance, please retain the procedures on P. 1, as we may not always publish it.

HAPPY THANKSGIVING!!

NARFE-PA

THE POLITICAI,
"ARM" OF NARFE
Doris Small

What is a PAC? PAC stands for Political Action
Committee, a committee chartered to administer,
disburse and disclose funds contributed voluntarily
and used solely for political purposes. The Federal
Election Campaign Act required all PACs to register
with the Federal Election Commission (FEC) and to
file periodic reports disclosing the money raised
and spent. In addition, all candidates must identify
the PACs that contribute to them.

AFE AC is a separate, segregated fund of the Association composed only of voluntary contributions from NARFE members specifically for political purposes. There can be no commingling of monies contributed to NARFE-PAC and other monies of the Association (membership dues or other non-dues revenue). The two elected National Officers of NARFE and the Legislative Director constitute NARFE'S Political Action Committee (NARFE-PAC) Board. The Board is responsible for the final decision on which candidates for the House and Senate will receive NARFE-PAC contributions.

<u>UPCOMING EVENT(S)</u>

Christmas luncheon/Installation

Tues., DEC 5th, Hilltop Restaurant, OP

January 14, 2024 (Tues) Monthly meeting

CHAPTER 1414 OFFICER ELECTION - 2024

Each year in November, new officers are elected to serve for the next two years. Installation will be effected at the December Holiday luncheon.

2024 SLATE

PRESIDENT Keith Bass

1st VICE-PRES. Susan Parkins

2"" Vice-Pres. Marilyn Hollowood

Secretary/Treasurer Eileen Wadding

Sqt.-At-Arms George Tower

Executive Board Bill Fleming & Linda Fleming

Committee chairmen are appointed by the president. **** NOMINATIONS WIU BE ACCEPTED FROM THE FLOOR



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-I
- (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 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 8-16-2023

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

SUNSHINE - Lois Lambert

Get-Well sent to Susan Parkins

If you know someone we need to acknowledge, for ANY REASON, Call Lois, 904-288-1432 or 264-3486

ALZHEIMER'S UPDATE - Bill Fleming

Walk to end Alzheimer's Nov 4

The annual walk to end Alzheimer's is scheduled for Saturday Nov 4. Registration at 8:30AM | Ceremony at 9:30AM !Walk to Immediately Follow. Location is UNF J.B. Coxwell Amphitheater | 1 UNF Drive Jacksonville, FL 32224. I will be representing NARFE clay county chapter. So far our chapter has raised \$505 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.

Research Adds to Evidence of Link Between Poor Oral Health and Dementia Risk

A study, published in *Neurology*, July 5, of elderly people (average age 67) who had no memory problems at the beginning of the study. The participants underwent dental exams, memory test and MRI scans to measure the volume of the hippocampus at the beginning of the study and 4 years later.

The analysis found that people with mild gum disease and having fewer teeth was associated with a faster shrinkage rate of the hippocampus, the area of the brain which plays an important role in learning and long-term memory. Shrinkage was also seen in those who retained their teeth but had more severe gum disease. The hippocampus shrinks in people with dementia.

The study did not prove that gum disease causes Alzheimer's. People with Alzheimer's have higher levels of inflammatory proteins and gum disease introduces inflammatory proteins into the blood. But the link isn't clear though; do people develop gum disease that contributes to dementia or do they develop dementia that contributes to gum disease.

Future studies may shed more light on the link between gum disease and cognition, however, it is advisable older adults maintain their oral health.

Some suggestions are:

Brush your teeth twice daily

Floss at least once daily

Consider using a Waterpik to remove plaque and food particles between teeth and gums

Schedule a dental cleaning every 6 months

Mitigate other risk factors (stress, poor diet, smoking)

(Source: Research Adds to Evidence of Link Between Poor Oral Health and Dementia Risk, *Focus on Health Aging*, November 2023, Icahn School of Medicine at Mount Sinai)

Reservation form for Christmas Holiday Luncheon/Installation

DATE: Tuesdav. 5 December2023	TIME: 11:30Social, 12Noon LUI	NCH PLACE: HILLTOP RES	TAURANT. OP
Prepaid reservation required: \$27.00 e	ea. ENTREE (1) SALMO	N W/DILLSAUCE, RICE PILAF	
	(2) SIRLOIN	W / BABY RED POTATOES	
NAME:	Entree:	Check#	\$
GUEST(SJ:	Entree:	Check#	\$

Check Payable to: Marilyn Hollowood, Mail to: 2748 Birchwood Dr, OP 32073

Questions: 264 - 3486 or 228 - 1095

DEADI.INE: 29, November 2023

On behalf of CHAPTER 1414, WE WISH A MOST ENJOYABLE BIRTHDAY to the following members

Lamar Britt 4Nov.

Judith Diane Goshorn 6 Nov.

Sheila Pearson 7 Nov.

William Fleming 9 Nov.



Mary Ann Baugh 13 Nov.

Myra L. Evans 16 Nov.

Larry J Sands 17 Nov

Daniel Robinson 21 Nov

TOTAL: 135.00

We greatly appreciate the generosity of our members who contribute to the Birthday Fund. contributions make the publication of THIS newsletter possible and helps keep our chapter dues low. We want to recognize ALL MEMBERS who celebrate their birthday, unfortunately if you have not been recognized, we have no method of securing your big date! Contact Suzanne Tower, 707-1164, and provide your birthday for The 15th of the month is the 'cut **-Off'** date for publication of donors, those received the upcoming year! after the 15th, will be published the following month. IF YOU WOULD LIKE TO BE A CONTRIBUTOR TO OUR 'BIRTHDAY' RECOGNITION FUND, send check payable to:

"NARFE CHAPTER 1414" and mail to:

Jacksonville, FL 32244-1632 Eileen Wadding, Treasurer, 7548 Legrande St. S.,

The following members donated to the Birthday Fund:

GEORGE TOWER, RONALD KALTOFEN, JOHNNY THIELEN BETTIE GRIFFITH,

Special thanks to George Tower for his generous contribution

HAPPY 100' BIRTHDAY, LOIS



Lois Lambert turned 100 on 24 Oct. 2024. Lois has been our 'Sunshine" Chairman for several years.

CONGRATULATIONS LOIS!!



WANTED & DESPERATELY NEEDED: NEWSLETTER EDITOR VOLUNTEER (Call Prez. Keith)

DISCLAIMER REQUIRED BY THE IRS

Dues payment and gifts or contributions to NARFE are not deductible as charitable contributions for Federal Income Tax purposes.

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