

National Active and Retired Federal Employees Association

June 2019
Volume 63 - Number 5

CHAPTER 55 FLYER



TUCSON CHAPTER 55
5175 W Ajo Hwy #B012
Tucson, AZ 85735-9723
"OLDEST CHAPTER IN ARIZONA"

President -
444-6970

Dianne Williams
diannewilliams51@aol.com

Our May speaker was Alex Wolfe from Parks and Recreation. She was a very interesting speaker and told us many ways on how to live and get along with the wild creatures that are in Southern Arizona. Since there are many different wild animals, she addressed the ones brought up in questions from the audience such as spiders, pack rats, bob cats, etc. One important fact she emphasized is that you should not use poison to kill these animals as they will die, and other animals that should not be affected such as owls and hawks, may eat their bodies and also die. If you need to get rid of wild animals that are pests, use traps rather than poison.

Federation President Etta Bryant gave a report on the AZFedCon19 before she stepped down and announced the new Federation Officers that were elected.

June 10th is our last general meeting before we go dark for the summer but we will return September 9th so be looking for information on the picnic in October. Our speaker in June will be Fernando Molina, Public Information Officer for Tucson Water, telling us about "emerging contaminants".

- I wish everyone a happy and safe summer!

.....Dianne

Alzheimer's Report -
747-3114

Kathy Ferguson
katharinef1941@gmail.com

Alzheimer's has become an epidemic and you can help find a cure. Sign up to help end Alzheimer's disease by signing up for the Alzheimer's Prevention Registry - www.endalznow.org. It's easy and it's free!

When you join the Alzheimer's Prevention Registry, you will receive information about clinical trials and research news. You may participate in clinical trials you choose and qualify for. There is no obligation, however.

Please mark your calendars - we will have a NARFE team supporting the Walk to End Alzheimer's to be held on Saturday, November 9, 2019 at Reid Park.

.....Kathy



Tucson 55 Dianne Williams presents a Chapter 55 coffee mug to Alex Wolfe, Environmental Education Program Specialist for Pima County Natural Resources Parks and Recreation.

Service Officer -
628-7491

Maria Campbell
maryecampbell@cox.net

Keep reading your NARFE Magazine. Read the articles under the Legislative Report. Keep up to date on the latest focus of NARFE advocacy efforts by receiving the weekly Hotline. The Hotline is available free by e-mail to members who include their e-mail addresses in their membership records, on the NARFE web site at www.narfe.org or by phone toll-free at 877-217-8234. If you need more help, you can contact me.

Contacting the Office of Personnel Management (OPM) can give you many answers to your retirement questions. There are toll free numbers which you can use: **TOLL FREE: 1-888-767-6738 or for hearing impaired: 1-800-.878-5707***

***Telecommunications Device for the Deaf.** But the best option is to go online at www.serviceline.opm.gov. You will need your retirement number and a pin. If you do not have a pin you can request one online.

If you are calling OPM, call early in the morning just after 6:30 AM our time as they have Customer Service Specialists available as of 9:30 AM Eastern Time or call just before 1:00 PM our time. Per OPM, you can now report a death on line.

Speakers Program -
505-259-3107

Jeannie Greven
vireogal@yahoo.com

10 June: Fernando Molina, Public Information Officer for Tucson Water. He will speak about "emerging contaminants" as mentioned in the flyer we all got in our sewer bills. At our January meeting, the 50/50 winners were June Berkey and Cheryl Leone.

Sunshine Committee

If anyone knows of anyone that is shut in, in the hospital, having a special anniversary, etc., please notify June Berkey @ (520) 751-2017, or send email to: jberkey2@cox.net and she will send a card from Chapter 55.

Treasurer's Report – 750-5524

**June Berkey
narfe55treasurer@cox.net**

Balance on hand last report	\$5,213.02
Receipts:	\$57.00
Expenses Paid:	\$804.32
Balance on Hand: 31 May 2019	\$4,465.70
Savings at InFirst Savings & CD	\$4,175.39

Calendar - 885-2570

**Pete Gauthier
peteg6871@gmail.com**

***10 June 2019:** NARFE Chapter 55 meeting 11:00-1:30 for lunch at the Golden Corral, 4380 East 22nd Street, on the South side of 22nd street, between S. Columbus and S. Belvedere Ave. Cost for lunch buffet incl. tax, and drink such as iced tea, is approx. \$12, which is the lower senior rate, plus tip. Doors open at 10am.

***9 Sept 2019:** NARFE Chapter 55 meeting, 11:00-1:30 for lunch at the Golden Corral restaurant.

Pima Council on Aging- 505-259-3107

**Jeannie Greven
vireogal@yahoo.com**

- Understanding Medicare, June 25, Murphy Wilmot Library, 530 N. Wilmot Rd. Tucson, (2:00 pm - 5:00 pm)

A 2 hour presentation followed by 1 hour Q&A Learn how Medicare works including... Understanding your benefits How and when to enroll – avoid late enrollment penalties! Original Medicare, Medigap, Prescription Drug Plan and Medicare Advantage comparisons – finding the right plan for you Programs that help pay Medicare Part B premiums and/or prescription drug (if you meet limited income criteria).

- Family Caregiver Training, June 21, Must register in advance! Contact: Lutheran Social Services of the Southwest at 520-514-7642 ex. 201 or Email Jason at JBrowne@lss-sw.org. Workshop 1, 9:00 am – 12:30 pm

- Stress and Time Management Communication Skills Alzheimer's & other related dementias Infection control and providing Personal Care Nutrition, Assistance with Eating, & Redirecting Fall Prevention Activity Planning Psychological & Emotional Conditions Grief & End of Life Resources

Workshop 2, 1:00 pm – 4:30 pm

- Proper Body Mechanics Home Environment Safety Planning for an Emergency Understanding Assistive

Devices Walking /Transferring techniques Outings/ Car Etiquette

- CPR and First Aid Certification

PCOA, 8467 E. Broadway Blvd., Tucson, June 26 @ 9:00 am – 12:00 pm

Become certified in First Aid, CPR and AED. We will help you learn for the first time or refresh your knowledge and skills. The class is administered following the guidelines set by the American Red Cross. The certification obtained is valid for two years. To register, visit <https://pcoacpr.eventbrite.com>.

- Arizona Long Term Care System

PCOA has an excellent workshop regarding Arizona's Long Term Care System (ALTCS), a Medicaid program in the state of Arizona that pays for long-term care services in the home or in a facility. This program is for people who cannot afford to pay for their own care, and financial and medical eligibility criteria must be met to qualify. If you would like more information about the ALTCS eligibility guidelines and application process, and to get your ALTCS questions answered, you are invited to attend PCOA's ALTCS Workshop, held the second Thursday of every month at 2 PM at 8467 E. Broadway Blvd (call to confirm). There is no cost for older adults or their family and friends, and a \$35 charge for professionals. Registration is required, so please call (520) 790-7262.

- PCOA offers numerous sessions during the month such as "Enhance Fitness," "Finding Meaning and Hope," and the "Aging Mastery Program." Several caregiver support groups occur monthly around Pima County, as well as caregiver training sessions. For example, there is an excellent guide for selecting a residential care facility for older adults. Check out their website at www.pcoa.org or call 520-790-7262 for more information.

- Pima Council on Aging (PCOA) 8467 E. Broadway Blvd., Tucson 520-790-0504 help@pcoa.org Always call PCOA to confirm details before attending classes or events.

.... Jeannie

Legislative Report- Federal Retirees

- This week, a bipartisan group of Senators on the Homeland Security and Governmental Affairs Committee, including James Lankford, R-OK, Ranking Member Gary Peters, D-MI, and **Kyrsten Sinema, D-AZ**, introduced [S. 1430](#), a bill to prevent fraud by representative payees of annuitants. Federal retirees who are unable to manage their own finances can be appointed a representative payee who manages their benefits; this can be an individual such as a spouse or family member, or a care facility like a nursing home. The bill would make the embezzlement or misuse of federal retirement benefits – under both the Civil Service Retirement System (CSRS) and Federal Employees Retirement System (FERS) – a felony punishable by up to five years in prison plus a fine, and it would prevent individuals convicted of felonies from serving as representative payees. NARFE supports the legislation.

- Bill Introduced to End USPS Prefunding Mandate

A bipartisan group of lawmakers recently introduced the USPS Fairness Act, [H.R. 2382](#). This legislation would end the requirement that the United States Postal Service fully prefund the future health benefits of its retirees. With USPS billions of dollars in debt after a decade of financial losses, postal reform efforts have become increasingly important to solving the agency’s financial crisis, and this bill marks an important step.

The mandate, enacted in a 2006 law, is the foremost factor contributing to its deteriorating financial condition. It accounts for 90 percent of the postal service’s financial losses and needs to be repealed for the postal service to right its financial ship. Reducing or eliminating the mandate will enable the agency to focus on maintaining its high service standards and allow investments that could expand business and save money over the long term.

NARFE supports the USPS Fairness Act as an important step in correcting USPS’ financial problems and helping prevent other negative cost-cutting strategies, such as mandatory Medicare coverage for current postal retirees. Take action now to urge your members of Congress to end the unfair USPS prefunding mandate.

- NARFE Testifies

On May 15, NARFE Staff VP for Advocacy Jessica Klement testified before the National Commission on Military, National and Public Service at a hearing focused on the need for hiring employees with critical skills in up-and-coming fields and how to attract individuals with these talents to civil service. Klement urged the Commission to abide by three key principles when considering changes to federal benefits: maintaining overall compensation at an equivalent or greater value; only applying prospective benefit changes to future hires; and preserving retirement security for public servants. She emphasized that “benefit changes should not be a guise for overall compensation cuts” and that cutting the value of overall compensation “will only make it more difficult to recruit the public servants necessary to meet mission-critical skills gaps.”

- NARFE Testifies

NARFE President Ken Thomas testified May 21st before the House Committee on Oversight and Reform Subcommittee on Government Operations. The hearing will further explore the proposed merger of the Office of Personnel Management (OPM) and General Services Administration (GSA). NARFE has serious concerns with the proposal and will continue advocating for full congressional oversight before any merger is implemented. Take action now and urge your members of Congress to ensure that the reorganization plan undergoes thorough congressional oversight.

**Membership-
520-578-0848**

**Etta Bryant
narfeazfp@gmail.com**

As of May 16, 2019, we have 223 Chapter members. The Reports from 04/01/19 to 05/16/19 show that we had: 0 – New Member, 1 – Reinstatement, 2 – Transferred In, 0 – Transferred Out, 2 – Members Deceased, 0 – Deceased-Membership Transferred to Spouse, 4 – Members Dropped for Non-payment of Dues, 0 – Voluntary Cancellation, 2 – Member sent Second Renewal Notices, and 15 – Prospective members.

Remember EVERYONE needs to recruit, recruit, recruit. If we want Congress to listen to our concerns, we need to have large membership numbers. We cannot protect our benefits if everyone doesn’t recruit and get new members. Numbers count with Congress. During the summer as you meet new people, see if they are an employee, retiree, or a spouse and sign them up. Remind them that NARFE is the only organization that represents ALL federal civilian agencies.

Remember if any of your information changes including your mailing address, telephone number, or email address,

please let me know and I can change both the chapter database and the National database. See information box regarding this.

To renew your membership, complete Step 1: A. NARFE and Chapter Membership and the number of years you want to renew for. Also, complete Step 2) and review Step 3) in the lower right-hand corner to be sure your information is correct. If you have any questions regarding this, please feel free to contact me as above. A National Only member needs to get all their information from either the NARFE magazine or online at the NARFE website. You will no longer have any local person to contact to assist you.

To save money and not have to worry about checking the wrong boxes, go on Dues Withholding. It will save you \$6 annually. Instead of \$50 for annual National and Chapter Dues, you only pay \$44 divided by 12 equals \$3.67, your total monthly deduction from your annuity. You can cancel at any time. If you are interested, I have the forms to use and can mail them to you or they are available at every meeting. Or, you can get the Form DW-2 online at the NARFE website.

Chapter members can attend our monthly meetings or not as they choose and ask questions from our local chapter officers and/or we can advise you as to where you can get further information. Chapter members also get to meet other federal employees and retirees. At each of our chapter meetings we have a program and if you have a topic that you’d like to learn more about, just let our Program Chair know and she will attempt to schedule it. Also, Chapter members get our newsletters that remind them of when our meetings are.

We wish the following a HAPPY BIRTHDAY: June – Helen Price and July – Mary Bennett and Brenda White. If you have a birthday in June or July and it is not listed, give me a call so I can list yours too. We do not give out this information and we only show the month.

For those who are ill or home bound, we are thinking of you and appreciate your support of NARFE and the chapter.

Our Condolences – To the families and friends of our deceased members –our dear friend and member Jane Pall and Joyce Nelson. We know that there is nothing we can say that can make this time any easier for you. Please just know that we send our thoughts and prayers to you during this very difficult time. May God ease your pain and help you to focus on the good times that you had. God bless all of you.

....Etta

Change of Address	
Permanent () Temporary ()	
Name:	_____
Old Address:	_____
City/State/Zip:	_____
New Address:	_____
City/State/Zip:	_____
New Phone #:	_____
E-Mail:	_____
Send to: Etta Bryant, Membership Chair 5175 W Ajo Hwy #B012 Tucson, AZ 85735-9723	
Email: narfeazfp@gmail.com	

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