



***The only organization
solely dedicated to
protecting and
preserving
the pay and benefits of
ALL federal workers
and retirees***

NEWSLETTER

Karen Anne McCann, President

April 2026

HAPPY SPRING

Senior group Carquinez Village speakers at meeting

By Karen Anne McCann, President

Greetings to everyone. Isn't it nice to have sunshine with a breeze. It makes one feel refreshed. We had a good group of members come to hear about the Carquinez Village organization. Some of us who attended a 'Matter of Balance' class at the Douglas Center earlier will remember Jane Keene and Susan Nuehaus as instructors who helped us regain our balance. At our monthly NARFE meeting the ladies gave an excellent program about their group activities at Carquinez Village. (See p.2 for a speakers' report)

Do you know of anyone in your neighborhood or social groups that you belong to that are former Federal employees? Invite them to come to our meetings and learn about NARFE and hopefully join NARFE. If you can encourage them to join NARFE, you can tear out the application page in your recent national magazine for them. Be sure to put your membership number (it's listed on your address label) and put down Chapter 16. You will get \$8.00 from NARFE as a reward. This strengthens NARFE's voice in Washington, DC.

Join us at Round Table Pizza on Springs Rd, in Vallejo for our Spring Luncheon at 12 o'clock NOON. The date is APRIL 14.(see more details on page 2) They have good pizza as well as a very nice salad bar. No chapter price subsidies this time. Come and visit with fellow members and get to know each other. I look forward to seeing you all.

LEGISLATIVE REPORT

I am Rodger Shields, the volunteer assistant for Helen Zajac. She was not able to attend this month's meeting and asked me to provide a brief presentation regarding our legislative advocacy efforts.

This month, I focused on our support of the "Saving the Civil Service Act," HR492/S134. The present administration has put forth a bill which would eliminate civil service protection for career civil servants and would place political appointees in management decisions. These appointees would be chosen not for their skills and work experience, but simply for their loyalty to whichever political party is in power.

I made telephone calls to our representatives and followed up with letters. I will continue my efforts to support the "Saving the Civil Service Act" and will support the agenda of NARFE in other matters as well.

Happy Birthday. Renon Haley, April 14.

*This is a message from the California Federation
FEDHub community*

FEDcon26, NARFE’s biennial national conference, is the place to connect with your federal community in person.

Whether you’re active in the federal workforce, preparing to retire, newly retired, or a longtime retiree and NARFE member, this is your opportunity to come together as one community. Engage in the most important topics across federal advocacy, federal benefits, career development, and lifestyle. Don’t miss this opportunity to join NARFE for the ultimate event in the field with the only association dedicated to safeguarding the rights of all federal employees and retirees!

FEDcon26 conference will be held August 24-25, 2026, in Indianapolis, Indiana. For more information about the conference, schedule, and hotel, check out: <https://fedcon.narfe.org/why-attend-fedcon26/>

To support our Federation members attending this important conference, **the Federation will pay for the \$225 conference fee**, when you register before May 22, 2026.

After you register, scan or take a picture of your receipt and submit it to the Federation Treasurer Jerry Hall at for reimbursement. Questions can be submitted to him or to me at

Pauline Jue, President, CA Federation

MEMBERSHIP REPORT

As of 3-21-2026:

Total Current Chapter Members 231. Total National Members in Chapter Area 159. Total Chapter plus National Members 390.

Current Chapter Members Breakdown: 1 Year 75, 2 Year 25, 3 Year 22, Dues Withhold 97, Life Members 11.

Deceased Members: Richard L Hofmann and Betty Bettencourt.

Members dropped: Estevan Quesada. Members endangered of being dropped (12/31/25) Armando Banaag, (1/31/26) Jo Ann Lane, Latanga Rush, & Cathleen Thompson. Membership expiring in March are James Carpenter, Patricia Chapman, & Brendajo Hardesty. **Please renew.**

Prospective member: Deandra Bell. We hope you become a member.

Member reinstated: Daniel Eastman.

Those that renewed: Jackie Johnson, Patricia Pepin, Deliska Metzger, Ivars Lauersons, Carlton Roe, Vallarie Kilkenny, & Claudia Torretta. Thank you for renewing your Chapter dues.

Second notices to Robert Heiss and David Sterk were sent.

Robin Leong, Chair

SPEAKER’S REPORT

Our speaker for the March meeting was Jane Keene of Carquinez Village, an organization she described as older adults facing aging together. She was assisted by Susan Nuehaus. Operating out of Benicia, it has 290 members and 47 volunteers. and is the only one in Solano County. The concept started in Boston and there are now about 500 groups nationwide.

Monthly meetings

They meet monthly in the Benicia library on the 3rd Thursday of the month. Their brochure describes 10 activities, some of which are cultural tours, private concerts, museum tours and other field trips. In practical matters, they offer maintenance and yardwork help, and small home repairs. They also offer tech help and cyber security protection.

Practical solutions

She described an innovative program of a lock box at homes that the fire or police departments could use in an emergency so they could gain access in an emergency without having to break down a door. At least two Chapter 16 members are participants and spoke highly of the benefits of their membership.

Volunteer help

They are looking for volunteers to “help elders who want to remain in their homes as they age but need a helping hand.” Their telephone contact is 707-297-2472. Membership is about \$33 a month.

ROUND TABLE PIZZA NOON APRIL 14, 2026 MEETING. 2633 Springs Road. Springhill Shopping Center, Vallejo. No chapter subsidy.

Choices: One topping pizza \$10.99, or salad bar \$8.95. 5% senior discount applies.

Luncheon special (no senior discount): 3 topping pizza, one trip to salad bar, and a soda for \$17.41.

**NEED INFORMATION? PLEASE CALL
ONE OF THESE FRIENDLY MEMBERS:**

President, Karen Anne McCann
 First VP, Robin Leong
 Second VP, James Porter
 Secretary, Laura Jean Pearson
 Treasurer, Melanie McCrossin
 Legislative Chair, Helen Zajac
 Hospitality, Monte Simmons
 HQ Federal Benefit Inst. 1 800-456-8410 option 2
 Sunshine, Connie Boucher
 Publicity, open
 Membership, Robin Leong
 Web coordinator, Melanie McCrossin
<https://www.facebook.com/NARFE16>
[\(https://www.narfe.org/chapter0016/\)](https://www.narfe.org/chapter0016/)

HOSPITALITY REPORT

There were 27 members and guests at the March meeting. Refreshments were offered at the end of the meeting. See details about the two speakers on page 2.

Monte Simmons, Chair

SUNSHINE REPORT

We sent a sympathy card to the family of Betty Bettencourt who passed recently.

Connie Boucher, Chair

LEGISLATIVE UPDATE

At press time the partial government shutdown may be resolved. The Senate has acted. The House must concur.

ALZHEIMER'S REPORT

**(This report appeared in the email only
March 2026 newsletter)**

Research in medicine has provided us with many drugs that are lifesaving and have dealt with diseases that not too long ago were considered incurable. For children, there was the Salk vaccine in 1955. For adults, we are still seeking answers to Alzheimer's which is much more complicated and does not seem to be caused by one virus. There have been some drugs that show promise and we have highlighted some of them in this column.

Vaccines

Now we have some good news from an unexpected source, a phenomenon that doctors call "**off-target benefits**," appearing after vaccinations, meaning that the shots do good things beyond preventing the

diseases they were designed to avert. (KFF Health News, Jan. 14, 2026.)

We are getting good news about unexpected results from routine shots like the annual flu shots, and one time RSV and shingles, which may inhibit mental decline, a part of Alzheimer's symptoms. The phenomenon was reported in The New York Times, Feb. 11, 2026 online. There is evidence dating back 25 years that shows reduced cardiovascular risk after flu shots.

Unexpected benefits

According to the story, Dr. Stefania Maggi, the lead author of a [recent meta-analysis](#), published in the British journal Age and Ageing, '*found reduced risks of dementia after vaccination for an array of diseases. Given those "downstream effects," she said, vaccines "are key tools to promote healthy aging and prevent physical and cognitive decline.*'

Shingles and lower rates of dementia

The old shingles vaccination and current shingles vaccination (Shingrix) show remarkable findings. Researchers made headlines last year when they documented an association between shingles vaccination and lower rates of dementia — even with the less effective vaccine that has since been replaced by Shingrix, approved in 2017. (NYT).

104 million people

KFF Health News reported that "in 21 studies involving more than 104 million participants in Europe, Asia, and North America, vaccination against shingles was associated with a 24% reduction in the risk of developing dementia. Flu vaccination was linked to a 13% reduction. Those vaccinated against pneumococcal disease had a 36% reduction in Alzheimer's risk."

We can now look at our vaccinations in a new positive way. Kudos to science.

Our donations go to national for research.

Checks should be made out to NARFE

Alzheimer's Research. Write our chapter number 16 on the check and send it to PO Box 1164, Vallejo, CA 94590. In our new fiscal year we have \$210. Thank you for your donations.

James Porter, Chair

ALZHEIMER'S DONATION

Name _____

Amount of donation to national: \$ _____

NARFE

Vallejo Chapter #16

PO Box 1164

Vallejo, CA 94590

April 2026

Return service requested

Dated Material – Time Value

SPEAKERS FOR FUTURE MEETINGS

The March speaker was **Jane Keene from Carquinez Village**. See page 2 for a brief report. Robin Leong requests that on April 14 we get to know each other **by sharing short reminiscences of service in the government** while enjoying our **NOON** pizza.

We are sending email newsletters each month, and by US mail every other month to those who do not have email. This issue is being sent by email and US mail.

(This issue was edited by Ivars Lauersons, with editorial assistance by Melanie McCrossin.)

**Next meeting is Tuesday,
April 14 @ NOON
Round Table Pizza, Springhill
Shopping Center, 2633 Springs
Road, Vallejo. No chapter
subsidy. See prices on page 2.**

Next meetings at Florence Douglas Center are on May 12.
Executive Board meets the second Tuesday of each month at 12:30 p.m.
Regular meeting is the second Tuesday of each month at 1:30 p.m.
Both monthly meetings are held at the Florence Douglas Center,
333 Amador Street, Vallejo, CA 94590.