



2nd Quarter Newsletter 2024

Chapter Officers

President William Fude

1st Vice President Diane Fielder

2nd Vice President Mary Cook

Secretary Frances Johnston

Treasurer Joe DeSira

Nomination Chair Vacant

Audit Chair Kathy Zerkle

Committee Coordinators

Membership Bruce Miles

Sunshine Kathy Zerkle

NARFE-PAC Joe DeSira

Newsletter Frances Johnston

Legislative Chair Frances
Johnston

To contact our chapter officers,
go to the Chapter Web page

<https://www.narfe.org/chapter0289/> use Contact Us to send a direct message.

Chapter President Message:

The Federation President recently sent a message regarding a House budget proposal for FY2025 that significantly reduce pay and benefits for federal employees and retirees. The proposals include eliminating COLAS for CSRS and FERS retirees; eliminating FERS for new employees; increasing employee contributions to FERS; and requiring greater employee and retiree contributions for health insurance. These proposals may or may not be enacted based on the elections this fall.

Some say the November election is the most important in our history. They may be right, but I have heard that about most presidential elections. You may have already decided how to vote while others are wondering if candidates are too old, or which is the “lesser of two evils” and might vote for a third-party candidate or just not vote at all. Remember that no third party has won a presidency in recent history and, that or abstaining, could result in electing someone you might regret.

Before you vote, get informed about the Heritage Foundation’s Project 2025. It proposes, among other things: granting virtual dictatorial powers for the president; eliminating departments; using the military for law enforcement; establishing internment camps for immigrants and the homeless; replacing 50,000 career federal employees with political appointees and removing institutional safeguards against abuses of power against political critics and the media by a vengeance-focused administration. Kevin Roberts, President of the Heritage Foundation, stated, “People will lose their jobs. Hopefully their lives flourish in spite of that”. Check out Project 2025 on Wikipedia before you vote.

NARFE WEBSITES

Important Web Addresses

Chapter Web Page address is: <https://www.narfe.org/chapter0289/>

Federation Webpage address is: <https://www.narfe.org/mi/>

National: <https://www.narfe.org/>

[NARFE National Headquarters | Facebook](#)

Federation NARFE Facebook page. <https://www.facebook.com/NARFEMI>

FEDHub: [Home - FEDHub \(narfe.org\)](#)

Lansing Chapter 289 meetings are normally held at 1pm at the Tri-County Office on Aging, 5303 South Cedar St. in Lansing. Enter through Door number 1 on north side.

Upcoming Programs

We have some interesting programs coming up in the next months. Be sure to put on your calendar so you will remember what is coming. **The newsletter only comes out quarterly.**

May 2nd - MSU Museum – Going to have a surprise during the presentation.

June 6th - Liberty Coin – Have you found what you think are really OLD coins? Come and learn more about what you may have or what to look for.

July 4th – Picnic – Date not set yet.

August 1st -Greater Lansing Area Food Bank – food insecurity in seniors.

Chapter News

Your chapter officers and volunteers have undertaken a big project to recruit new members. Ann Arbor started this project when they requested that the Michigan Federation approved and fund the purchase of a listing of 5000 names and addresses of Active Federal Employees and Federal Retirees throughout Michigan. Ann Arbor provided a list of 300 for our area and we want to give a BIG THANK YOU to Mary Cook for narrowing the list to 230 after eliminating any current NARFE members and those who had passed away. Joe DeSira, our Treasurer, requested and received magazines, brochures, etc. from NARFE. Kathy Zerkle, Audit Chair, Mary Cook, 1st VP and Bruce Miles, Membership Chair, volunteered to hand address envelopes and insert the items received from NARFE to get them ready to mail out. After that all the envelopes had to be stuffed, weighed, and stamped for mailing. Now it is a waiting action to see the results for this project.

Just wanted to let you know that your chapter officers/members are being proactive to ensure our chapter continues while other chapters have closed across Michigan. If you want to ensure that your chapter continues, please contact one of the officers and indicate you are willing to assist in the effort. If you know any former co-workers who might want to join NARFE let them know about NARFE. If you want to take on one of the volunteer chair positions also let the officers know.

Chapter Members: Your chapter minutes have now been added to the Chapter website for you to review each month. You will need to sign in as a NARFE member to see them. The link has been built on the Meetings/Events, Meetings Page at the bottom after the list of programs. Click here to see:

<https://www.narfe.org/chapter0289/chapter-minutes/>

Michigan Federation Annual Conference

The annual 2024 NARFE Michigan Federation conference has been scheduled to ensure dates were available. Due to one of the days already having an event scheduled we will be starting the conference activities a day earlier than we have in the past during the week.

The conference will be held at Tawas Bay Beach Resort, 300 East Bay Street, East Tawas, Michigan, phone (989) 362-8600. Meetings start on Monday, May 20th for the Audit Committee, and the Paul Davis Committee members only. The Michigan Federation Board will be meeting Tuesday morning at 9 am, May 21st and the full conference will begin at 1 pm Tuesday afternoon May 21st. The full conference will meet on Wednesday, May 22nd with the banquet that evening. Thursday, May 23 will again be the memorial service followed by any remaining agenda items before concluding by lunch time for departures by attendees.

National News

NARFE has been having a number of Webinars you might have been interested in but missed. Just wanted to remind you that all members can register free for these Webinars. If you missed them then they are recorded for members who missed them. You can watch them by clicking here: [NARFE Webinar Archive – NARFE](#) and signing into NARFE as a member.

From Government Executive

What USPS annuitants need to know about the Medicare Part B special enrollment period

Some postal annuitants may be able to avoid paying a penalty.

KEVIN MOSS
SENIOR EDITOR, GUIDETOHEALTHPLANS.ORG APRIL 3, 2024

As part of the transition to the new Postal Service Health Benefits Program, eligible USPS annuitants who don't have Medicare Part B can sign up for it without having to pay a penalty during a special enrollment period that began on April 1.

We'll walk you through the details, explain Part B's benefits and how it works with your current plan, and share additional resources that can help you make an informed decision.

Read Full Article at: <https://www.govexec.com/pay-benefits/2024/04/what-usps-annuitants-need-know-about-medicare-part-b-special-enrollment-period/395346/>

Alzheimer's News!

Alzheimer's Disease Facts and Figures, an annual report released by the Alzheimer's Association, reveals the burden of Alzheimer's and dementia on individuals, caregivers, government, and the nation's health care system. Facts and Figures reveal difficulties in navigating dementia care.

The new Alzheimer's Association 2024 Alzheimer's Disease Facts and Figures report provides an in-depth look at the latest national and state-by-state statistics on Alzheimer's disease prevalence, mortality, caregiving and costs of care. The accompanying special report, Mapping a Better Future for Dementia Care Navigation, reveals the difficulties caregivers and health care workers experience while navigating dementia care.

Go to the Chapter Website and download the pdf documents to read the full reports either enter the following address in your browser or **click here:** <https://www.narfe.org/chapter0289/alzheimers/>.

From ABC News

Silent brain changes precede Alzheimer's. Researchers have new clues about which comes first!

By LAURAN NEERGAARD AP medical writer February 21, 2024, 5:16 PM

WASHINGTON -- Alzheimer's quietly ravages the brain long before symptoms appear and now scientists have new clues about the dominolike sequence of those changes — a potential window to one day intervene.

A large study in [China](#) tracked middle-aged and older adults for 20 years, using regular brain scans, spinal taps and other tests.

Compared to those who remained cognitively healthy, people who eventually developed the mind-robbing disease had higher levels of an Alzheimer's-linked protein in their spinal fluid 18 years prior to diagnosis, researchers reported Wednesday. Then every few years afterward, the study detected another so-called biomarker of brewing trouble.

To read the full article either enter the following address in your browser or click here:

<https://abcnews.go.com/Health/wireStory/silent-brain-precede-alzheimers-researchers-new-clues-107429199>

NEWS ITEM THAT MAY BE OF INTEREST

From Government Executive

The Postal Service Health Benefits program, prescription coverage and Open Season 2025

The federal health care enrollment period is months away, but you can start preparing now.

FEBRUARY 21, 2024 KEVIN MOSS Senior Editor, GuidetoHealthPlans.org

OPM released its [annual call letter](#) to insurance carriers earlier this month where they outlined their areas of focus for plan year 2025. Most of the initiatives center on Medicare coordination with FEHB coverage, in particular how federal annuitants will receive prescription drug coverage.

Next year will also be the first for PSHB, the new health-benefits program replacing FEHB coverage for USPS employees and retirees. The call letter provides our first look at how certain PSHB benefits will be structured.

We'll walk you through OPM's areas of focus and provide some advice to help you prepare for Open Season 2025 this fall. Read full article by clicking on URL below:

<https://www.govexec.com/pay-benefits/2024/02/postal-service-health-benefits-program-prescription-coverage-and-open-season-2025/394298/>

From Federal Times

Here are the carriers in the Postal Service health insurance program

By [Molly Weisner](#)

Ahead of the inaugural open enrollment period for the new Postal Service Health Benefits Program in the fall, the Office of Personnel Management debuted a list of insurance companies who applied to offer coverage for 1.9 million employees, retirees and dependents next year.

A total of 32 plans received conditional approval to participate in the program, which will cover about 20% of beneficiaries currently enrolled in the governmentwide Federal Employees Health Benefit program. Providers include large, well-known companies like Blue Cross Blue Shield, Aetna, Kaiser Permanente, and United, among others.

Read full article click here:

<https://www.federaltimes.com/management/pay-benefits/health-care/2024/03/12/here-are-the-carriers-in-the-postal-service-health-insurance-program/>

See the list of companies click here:

[https://www.federaltimes.com/resizer/wMydEhKgjhGfcfionamPLcpzu3Q=/1440x0/filters:format\(png\):quality\(70\)/cloudfront-us-east-1.images.arcpublishing.com/archetype/Q7A66XMOKNC6HDWVS2AJNCJTEA.png](https://www.federaltimes.com/resizer/wMydEhKgjhGfcfionamPLcpzu3Q=/1440x0/filters:format(png):quality(70)/cloudfront-us-east-1.images.arcpublishing.com/archetype/Q7A66XMOKNC6HDWVS2AJNCJTEA.png)

From Government Executive

Slam the Scam

Some tips for avoiding scams and resources for help if you become victim to a scam artist.

TAMMY FLANAGAN

RETIREMENT COUNSELING AND TRAINING WWW.RETIREFEDERAL.COM

MARCH 14, 2024

Did you know that National Slam the Scam Day was last week? Part of the annual National Consumer Protection Week, it serves as a call to action for both individuals and communities, urging them to heighten awareness about Social Security and other government imposter scams.

I never thought I could be fooled by something like this, but not too long ago I came close to getting involved with a “gift card” scam. A few months ago, I received an email from the president of my local chapter of the National Active and Retired Employees Association asking me to help with a project he was involved with since he wasn't feeling well and had recently had issues with his cell phone (these two things should have been my first clues). He wrote to me that he had committed to delivering gift cards to disabled veterans, but due to his illness and the problem with his cell phone, he wasn't going to be able to do it and asked if I could help out. The first response I had was “Sure! I would be happy to help you!” But thankfully I am a detail-oriented person, so I asked a lot of follow-up questions to make sure I knew what was needed and where the veterans were located. After a few back-and-forth emails, I decided to look more closely at the email address for my friend and that's when I realized that this wasn't from our NARFE president, but instead, I was on the verge of becoming a victim of a scam artist. That was close, but I came away with a better appreciation of how easily it is to be fooled.

According to the Social Security Administration, there are four signs of a scam that include:

- Scammers pretend to be from an agency or organization you know to gain your trust.
- Scammers say there is a problem or a prize.
- Scammers pressure you to act immediately.
- Scammers tell you to pay in a specific way.

Read the Full Article: <https://www.govexec.com/pay-benefits/2024/03/slam-scam/394938/>