



IDAHO FEDERATION GEMETTE APRIL 2024

Idaho Federation President *Keri Gibbs*

WHAT'S NEW IN IDAHO NARFE



Wishing you all, "HAPPY SPRING!"

This edition of The Gemette is important because it includes our Federation Officer Ballot. All Idaho NARFE members are eligible to be officers and therefore eligible to vote. Please vote and return your ballot promptly in the pre-addressed envelope included in this newsletter.

NARFE is a non-profit organization run by volunteers at the Federation and Chapter levels. Volunteering can be quite rewarding. Most of us have a couple of hours to give in a month. Please think about volunteering.

Sadly, our Twin Falls Chapter 1959 voted to close on March 11th due to lack of leadership. Their last hope, Roy Killgore, passed away on February 22nd. Roy, a retired FFA employee, was a gracious and active NARFE leader. He will be greatly missed. Twin Falls was an active chapter with fifty percent of their membership attending their monthly lunch meetings.

Our chapter's health is entirely dependent upon our membership's willingness to participate in leadership roles.

As I told my Nampa Golden Eagle Chapter 1025, the positions are what you make of them. You can work to keep your Chapter and/or Federation viable or become complacent and let them die.

Nationally, NARFE has been working through this changing attitude for over 10 years with several Future of NARFE Strategic Planning committees assessing the situation. We are trying to integrate and accommodate active and retired federal employees into one inclusive functioning group. Younger active employees have different needs and interests than retired feds. This isn't news. But it is a conundrum that is proving to be difficult to solve.

Ultimately, we agree that we all want to maintain our earned benefits. We all agree that this goal is best accomplished by actively corresponding with our congressmen and congresswomen. Our NARFE Legislative Action Center at narfe.org is the perfect conduit for doing this. Statistically, our active members are more involved electronically than retired members. NARFE, including your Federation and Chapters, is working hard to keep all members informed and engaged.

Please consider adding your experience and leadership qualities to your local NARFE Chapter or Federation. Most officer positions have been filled for the current year, so consider getting involved with a committee.

NARFE experts have several informative webinars scheduled. I hope you have taken the opportunity to participate in any that might answer your questions. You can watch the webinars live or the complete recording later at your convenience.

I want to encourage you to attend FEDcon24 in St Louis, MO in August, and the Region IX Symposium in Kennewick, WA in October. Your Federation is offering financial reimbursement to members who attend these conferences with prior approval.

Thank you for your service and dedication to preserving your earned benefits. *Keri Gibbs, Federation President*



Region IX Vice President, *Steven Roy*

The state of Region IX is currently strong. We have a full complement of elected offices in each of the five federations, Alaska, Idaho, Montana, Oregon, and Washington. However, the future is uncertain for several federations where the federation president has term limited out consistent with their bylaws and cannot run for re-election or has decided not to seek re-election. We will learn later this year how these federations solved this dilemma to stay viable. I will support their efforts and assist in keeping these federations viable.

I am appreciative of the Idaho Federation Officers that have continued to serve in a variety of officer positions in order to maintain viability of the Idaho Federation. I especially want to recognize Keri Gibbs, Harold Kehr, and Frank Boguslawski for their commitment and dedication to the Idaho Federation, its members and NARFE.

A couple of future events such as FEDcon24, August 18-20 in St. Louis, MO, and the Region IX Symposium October 24-26, 2024, in Tri-Cities, WA are great opportunities to meet fellow NARFE members, network, learn and build our collective strength. I hope to see you at these events.

Finally, I will not be seeking re-election as your Region IX Vice President. If you are interested or know of someone who would be interested, feel free to contact me with any questions concerning the Region IX Vice President position. Best wishes,

Steven Roy, Vice President, Region IX





Membership Chair Report *Harold Kehr*

Current Federation membership is: 349 Chapter members and 507 National Only members for a total of 856 a decrease of 48 Chapter members and 20 National members or 68 total. Non-renewals, members passing away and younger people not joining.

NARFE membership continues to decline but the rate of decline is decreasing. The Idaho Federation is no different as the following table indicates:

IDAHO FEDERATION MEMBERSHIP 9/8/2022-3/18/2024			
CHAPTER	Chapter Members As of 9/8/2022	Chapter Members As of 3/18/2024	Change
Idaho Falls	88	78	+ 3
Moscow	45	39	- 3
Nampa	211	197	-30
Sandpoint	45	40	- 8
Twin Falls	44	43	-10
Clearwater*	15	0	-15
TOTAL	448	397	-48

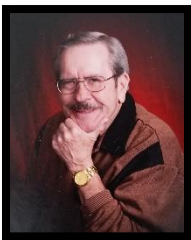
WHAT ARE THE CHANGES

New Chapter Members	20	
Reinstated Members	16	
Transferred In	0	
TOTAL ADDITIONS	36	
Dropped for Non-renewal	44	
Passed Away	24	
Transferred Out	1	
Transferred to National*	15	
TOTAL DEDUCTIONS	68	
NET CHANGE		-48

Recruiting does pay off so get out there and talk up NARFE.

Submitted by Harold Kehr, Idaho Federation Membership Chair

FEDERATION TREASURER *Frank Boguslawski*



Our income for the year is \$3,139.06 and our expenses total \$4,258.03. We have in checking a total of 5,946.08 and in savings \$31,639.76. As you can see, we have money for travel and education. Our savings account grew during the COVID years of virtual training, as opposed to travelling to training and meetings.

Submitted by Frank Boguslawski, Idaho Federation Treasurer

FEDERATION ALZHEIMER'S REPORT *Gen Boguslawski*



Great News!! We NARFE members have already MET our 2025 Goal of \$16 Million toward Alzheimer's Research. We have donated \$16,151,050.73 as of 29 February 2024. This includes \$3,355 raised from 2023 Longest Day, and \$107,469.63 from the 2023 Walk to End Alzheimer's. Olivia, our Chairwoman of the Alzheimer's National Committee states, "GREAT JOB EVERYONE".

NARFE is back on the National Banner as a NATIONAL TEAM, since we have exceeded our Goal of \$100,000 for the Walk to End Alzheimer's.

Please do not forget to review the new NARFE Grants in the March 2024 Magazine, along with all of the details of their individual Research. This is NARFE MEMBERS DONATIONS AT WORK!

Please remember that Chapter Dues cannot be used for Donations to the Alzheimer's Association. Even if your Chapter is closing, you cannot donate the Funds to NARFE Alzheimer's Research. Only Funds collected for Alzheimer's can be used for NARFE Alzheimer's Research or the Walk to End Alzheimer's.

Please continue to contact your Congressional Leaders and Senators to sign off to approve the new Alzheimer's disease Drug that will cover people who need the new Alzheimer's Drug Lecanemab. This Drug is needed to give time and expand life to our families and friends.

I have noticed that there are more articles on the TV, Computer, and Newspapers about Alzheimer's lately. I read on the computer that a new study by Scientists in Sweden indicate that common cholesterol medications slow symptoms of Alzheimer's. So far, they have studied over 11,000 cases taking Statin Drugs.

On 16 Feb, I read where Professor Jianeng Feng of Warwick University predicts that a Blood Test indicated 90% accuracy of who will be diagnosed with Alzheimer's in 15 years. Dr Feng's research shows shifts in 11 essential proteins may suggest dementia. Dr Richard Oakley, Associate Director at Alzheimer's Society states, "It's very early and lots more work is needed, but this could lay the groundwork for the early prediction of dementia".

A recent Mayo Clinic study published in "Alzheimer's & Dementia: The Journal of the Alzheimer's Association" investigated lucid episodes in people living with later stages of dementia, providing insights into how these occurrences reveal themselves. Researchers define lucid episodes as unexpected, spontaneous, meaningful and relevant communication from a person who is assumed to have permanently lost the capacity for coherent interactions, either verbally or through gestures and actions.

I remember one incident of my mom's lucid episodes. The Nursing Home had two cats that would wander around and visit the patients. While my dad and I were visiting Mom, one of cats came very close to her. She gave the cat a good swat out of her way. We laughed and stated, "Well, she has not forgotten that she does not like cats". Those memories can be sad and happy at same time.

Please remember the importance of purchasing Alzheimer's Postage Stamps, or they may get pulled from the US Postal Service.

THANKS FOR YOUR ASSISTANCE IN THE FIGHT AGAINST ALZHEIMER'S!!
Submitted by Gen Boguslawski, Idaho Federation Alzheimer's Coordinator

IDAHO FEDERATION NARFE-PAC CHAIR *Keri Gibbs*



I wish to thank everyone who participated in NARFE-PAC Month fundraising. Idaho has notoriously met congressional opposition to NARFE interests. Congressman Simpson, District 2 has been our strongest alliance cosponsoring HR-82. I am extremely proud of Idaho's generosity in supporting the lobbying efforts of NARFE. Thank you to the sustaining members of Idaho Falls Chapter 0763, Moscow Inland Empire Chapter 0992, Nampa Golden Eagle Chapter 1025, and Selkirk-Sandpoint Chapter 1945. An additional thank you to Nampa Golden Eagle Chapter 1025 for the additional \$800 collected at their March meeting. NARFE can accomplish great things with your support. *Keri Gibbs, Idaho Federation NARFE-PAC Chair*

PRESIDENT'S CORNER



CHAPTER 763 IDAHO FALLS IDAHO FALLS CHAPTER:

Harold Kehr, President

Since the last Gemette issue (October 2022) our Chapter has grown by 3 members thanks to 2 good years of recruiting, especially in the Pocatello area.

Over the last years or so we have had many programs including:

- The Hungarian Revolution presented by Sue Shadley (a member's wife who lived through it.
- Advice on financial planning by a representative from Edward Jones.
- Cost and planning for a funeral
- Clean Eating/Whole Foods for Healthy Aging.
- FEHB representatives during open season

The Chapter has adopted our local Ronald MacDonald house as our Christmas charity instead of exchanging gifts

Something new: our Chapter now has its own website: www.narfe.org/chapter0763/. Check it out.

Sadly, our oldest at 96 life member of 38 years and past president (among other positions)

Elaine "June" Oler Howard passed away.



CHAPTER 1025 GOLDEN EAGLE- NAMPA

Jo Aguire, President

The NARFE meeting year is speeding by. Only two more actual meetings before our summer break. I'm looking forward to some warm sunshine and fresh vegetables out of the garden. I don't actually have a garden but, thought this year I might try a couple of raised garden beds for a few tomatoes and peppers and maybe some carrots. I know we keep bothering our members to recruit, recruit and recruit some more but, most of us have been retired so long that we no longer have any contacts at our old jobs. The one thing we almost all still have is a mail carrier. It would be a great opportunity to just meet them at the mailbox and ask them if they have heard of NARFE. Emphasize that it is an organization for ACTIVE and retired federal employees. Inform them that we also actively lobby for the rights of Postal Carriers who are still working and those who have retired. Many of us have an occasion to visit other Federal agencies. This is another opportunity to mention NARFE to the employee you are dealing with. Many of us find ourselves sitting in waiting rooms for the doctor or to get our cars serviced. There is no reason why you couldn't casually leave one of your NARFE magazines behind. Just remember to remove your mailing address. It would be great if we could get some younger active employees to take our place in the future.

I hope to see you at the April 12th meeting. Remember all are invited. I am looking forward to the valley turning green again and being able to turn off the furnace. Stay healthy and safe and recruit.

CONGRESSIONAL CONTACTS

narfe.org/LegislativeActionCenter or votervoice.net/narfe

Senator Mike Crapo

Crapo.senate.gov

- 239 Dirkson SOB

Washington DC 20510

202-224-6142

- 251 E Front St, Suite 205

Boise, ID 83702

208-334-1776

- 410 Memorial Dr, Suite 204

Idaho Falls, ID 83402

208-522-9779

- 275 S 5th, Suite 100

Pocatello, ID 83201

208-236-6775

- 610 Hubbard, Suite 209

Coeur d'Alene, ID 83814

208-664-5490

- 313 D Street, Suite 105

Lewiston, ID 83501

208-743-1492

- 202 Falls Ave, Suite 2

Twin Falls, ID 83301

208-734-2515

Senator James Risch

Risch.senate.gov

- 483 Russell SOB

Washington DC 20510

202-224-2752

- 350 N 9th, Suite 302

Boise, ID 83702

208-342-7985

- 1411 Falls Ave E, Suite 201

Twin Falls, ID 83301

208-734-6780

- 275 S 5th, Suite 144

Pocatello, ID 83201

208-236-6817

- 313 D Street, Suite 106

Lewiston, ID 83501

208-743-0792

- Harbor Plaza

610 Hubbard, Suite 213

Coeur d'Alene, ID 83814

208-667-6130

- 901 Pier View Dr, Suite 202A

Idaho Falls, ID 83402

208-523-5541

Representative Russ Fulcher

Fulcher.house.gov

- 1514 Longworth HOB

Washington DC 20515

202-225-6611

- 33 E Broadway Ave, Suite 251

Meridian, ID 83642

208-888-3188

- 313 D Street, Suite 107

Lewiston, ID 83501

208-743-1388

- 1250 W Ironwood Dr.

Coeur d'Alene, ID 83814

208-667-0127

Representative Mike Simpson

Simpson.house.gov

- 2084 Rayburn HOB

Washington DC 20515

202-225-5531

- 802 W Bannock, Suite 600

Boise, ID 83702

208-334-1953

- 1075 S Utah W, Suite 240

Idaho Falls, ID 83402

208-523-6701

- 630 Addison Ave W, Suite 1700

Twin Falls, ID 83301

208-734-7219

CARRIERS CHOSEN FOR THE NEW POSTAL-ONLY HEALTH PLAN

Excerpts from FEDweek Staff March 19, 2024 <https://www.fedweek.com/about/>

OPM has conditionally approved 32 carriers for the new Postal Service Health Benefits program for postal employees and retirees that is to launch in calendar year 2025 as a carve-out to the FEHB.

The approval is contingent upon successful benefits and rate negotiations. PSHB carrier applicants represent a mix of fee-for-service plans and health maintenance organizations. Their service areas vary from nationwide to specific regions and all have years of experience. In the FEHB program, OPM said.

The 2022 law ordering the new postal health program required that, “to the greatest extent practical,” the PSHB must include plans offered by each FEHB insurer that had a plan that enrolled at least 1500 USPS employees or retirees in January 2023, and that such plans generally are to have equivalent benefits and cost-sharing requirements.

Those provisions apply only for the 2025 plan year, however, leaving participation and coverage requirements more uncertain for the future. Also uncertain is the impact on premiums for both those in the new program and those remaining behind in the FEHB, who will be split into separate program pools.

Also under the law, enrollees under the current FEHB plan is not in the PSHB may choose to enroll in a new plan in this fall’s open season for 2025 coverage. If they make a choice, they will be enrolled by default in the lowest-cost, nationwide PSHB plan that is not high-deductible health plan and does not change an association or membership fee, with the same enrollment type (self only, self and family, or self plus one) as the 2024 FEHB plan.

I left out the obvious plans that won’t be available in Idaho, but I may have included plans not found in Idaho.

The plans are:

Aetna: HDHP, Aetna Direct, Aetna Advantage /HMO
Aetna: Open Access HMO and Aetna Saver /HMO
Aetna: CDHP and Value /HMO
American Postal Workers Union (APWU) Health Plan / FFS
BLUE Cross Blue Shield (BCBS) Service Benefit Plan / FFS
Capital Health Plan / HMO
CareFirst BlueChoice / HMO
Government Employees Health Association (GEHA) Employee Organization / FFS
Government Employees Health Association (GEHA) Indemnity Plan / FFS
HealthPartners /HMO
Independent Health Association, Inc. / HMO
Kaiser Permanente – Northwest /HMO
Mail Handlers Benefit Plan / FFS
National Association of Letter Carriers (NALC) Health Benefit Plan / FFS
Rural Carrier Benefit Plan / FFS
TakeCare / HMO
UnitedHealthcare Insurance Company, Inc. /choice Plus Primary / HMO
UnitedHealthcare Insurance Company, Inc. / Choice Plus Primary WF / HMO
UPMC Health Plan / HMO

Submitted by Keri Gibbs, Idaho Federation President



FEDERAL BENEFITS EXPERTS

**Idaho Federation National Active and
Retired Federal Employees Association
PO Box 316
Nampa ID 83653**

FEDERATION OFFICERS

**President Keri Gibbs
Secretary Harold Kehr
Treasurer Frank Boguslawski
North Area VP Steve Franklin
SW Area VP Bob Mallis bobmallis
SE Area VP Harold Kehr**

IDAHO FEDERATION COMMITTEE CHAIRS

**CDL-1 Keri Gibbs
CDL-2 Ken Barr
Legislative Keri Gibbs
Membership Harold Kehr
NARFE-PAC Keri Gibbs**