



ANNANDALE

March 2026

CHAPTER 1159 NEWS

National Active and Retired Federal Employees Association Annandale


P.O. Box 1463, Annandale, VA 22003 Advocacy – Education – Community

Serving Current, Former, & Retired Federal Employees. Their Spouses & Survivor Annuitants

We meet at John Calvin Presbyterian Church, 6531 Columbia Pike, Annandale, Virginia

Next Meeting: Wednesday, April 1, 2026. Snacks & visiting 9A.M with the

Meeting beginning 9:30 A.M. We plan to provide a Zoom link via email a day or so before the meeting, so watch your inbox later this month if you can't attend in person.

 Like us on Facebook at [NARFE-Annandale 1159](https://www.facebook.com/NARFE-Annandale-1159)

[Visit our website at https://www.narfe.org/chapter1159/](https://www.narfe.org/chapter1159/)

Explore what the Virginia NARFE Federation offers at: <https://www.narfe.org/va/>

PREZ SEZ

Kim Rendelson, Chapter President

The iceberg in front of our home finally melted – the sudden 80-degree weather took care of it and started DC's many beautiful flowers on their growing cycle. The cherry blossoms are predicted for the end of March and beginning of April; always such a beautiful time in our area. St. Patrick's Day is also round the corner and I'm still hunting for the perfect Corned Beef and Cabbage – recommendations please! As mentioned at our last meeting, we are looking for donations for our raffles. We'd like to have more variety in our mystery bags so please look around your house for possibilities. Have you received any gifts you're less than wild about (what were they thinking???). You may not like it but someone else may love it. Do you have things that are new or practically new that you just don't use that might make a good raffle item. Bring them to the next meeting. Sharon and I will try to work our magic, pairing it with other items, and make it into a desirable mystery bag. Or donate some wine to be paired with some tasty snacks. So, let's shake up our raffle options and make the raffles even more fun. Please bring your items to the next meeting – a collection box will be provided right at the check-in or, if you prefer, you can drop them at my house. Just let me know. While we are still working on the sound issues, the new chair set up with people being closer to the speaker seemed to help. Hopefully, it won't be too many



meetings without having the tables to use. Have a **Happy St. Patrick's Day**, wear the green, and we'll see you at the April Fool's Day Meeting – No foolin'!

March's Speaker: Gabe Goldberg introduced Steve Gurney who provided a new Perspective on Aging. Mr. Gurney is a nationally recognized leader, innovator, and advocate in the field of aging and longevity. Steve has dedicated over 35 years to empowering individuals, families, and organizations to make informed decisions about aging and senior living. The SourceBook is a comprehensive and free resource that quickly expanded across the Mid-Atlantic to serve the DC metro, Maryland, and Philadelphia regions. The stigma of aging is one of the principal problems in our society. He wanted to live with purpose throughout his life. A comment that most people make to him when he meets them is "I hope to stay in my house." While that is a good aspiration, if you don't replace the 'hope' in that sentence with a proactive plan to think through the challenges, to talk with people about the options, to gain some consultation from knowledgeable sources, and to establish a viable path to reach the goal you will not realize your goal.

His latest edition of **Positive Aging Sourcebook** was just printed and he provided copies to all attendees. More information is available at

www.positiveagingsourcebook.com . This is a valuable resource about senior living, retirement, and housing alternatives. Weekly 'live and interactive discussions' are available online at www.proaging.com . This site offers various discussions/presentations on topics surrounding aging challenges and experiences.

On aging and age segregation he mentioned that being old is the last legally segregated community. The idea of being isolated in a facility or retirement location with all elderly is anathema to many people. Not being segregated or warehoused with only other seniors is a position people often take. Mr. Gurney says that he has found, however, that the sense of caring support and community in many retirement settings exceeds many conventional neighborhood communities.

He touched on how difficult it is for someone to come behind a loved one to clear out their things after they pass or must downsize. This can bring a sense of guilt or

sentimentality over disposing of personal items; it can be is overwhelming and paralyzing. You have to detach yourself from the passions involved to be effective. He recommended the approach found in the book [The Gentle Art of Swedish Death Cleaning](#) by Margareta Magnusson. This book addresses *döstädning*, which is a Swedish approach to decluttering your life and thereby sparing loved ones of the burden of sorting through your belongings after you must move or before you die. An alternative is to take photos of the items or to film the person to whom they belong while that person explains what they have meant to them. The memories are preserved while the bulk of ‘things’ are sold, tossed, given away, or donated.

He mentioned that solo aging, due to circumstances, divorce, or death of significant others, should be something you plan to happen. In that regard he had four questions; do you know who should be given the key to your car, what will you do when you have trouble with stairs, what happens if your personal network disappears, dies, or moves, and what will be needed if you fall into dementia? We need to be realistic that one or more of these scenarios will occur over time. Find someone with whom you can have this conversation to address the scenarios.

Senior living options can be expensive, especially in a high-income area like ours. Still, there are a variety of sources for advice and to explore options. Every county has an Area Agency on Aging, which is a resource for information and programs.

An alternative to senior living facilities of various types can be aging in place. This involves making changes to the physical landscape of the home, downsizing to something more manageable, or finding ways to gain assistance to remain in your own abode. A wide range of assistance is available that includes home delivery, housekeeping, and lawn services. There are transportation services such as local government assistance, Uber, Lift, as well as websites that include Gogo Grandparent <https://www.gogograndparent.com/>, the local Shepherd’s Center <https://scnova.org/>, and NV Rides <https://nvrides.org/>. There is also the possibility of using a Daily Money Manager <https://secure.aadmm.com/>. Advances in Universal Design promote a higher level of safety and accessibility. Another alternative is home sharing. He calls this a ‘retirement community in disguise.’ Some apartment locations have grocery stores and other service businesses in the first floor of the building, which is very convenient. Options that provide community support help eliminate a tendency toward isolation. Finally, there is

considerable opportunity to use technologies, such as smart phones, to provide convenience in any environment.


With dementia, a progressive disease, an interim possibility is the use of Adult Day Care. This can allow the caregiver time to work or recover while the one for whom they care can be in a safe and pleasant environment. These are usually reasonably priced and have skilled individuals who know how to deal with challenges. Insight Memory Care Center <https://www.insightmcc.org/> is a nonprofit providing quality memory and cognitive care to assist families living with dementia. The Alzheimer's Association <https://www.alz.org/> offers assistance, including sponsoring care support groups.

Should a decision be made to move from private quarters to a formal senior community, research is essential. There are a wide range of services and styles. Active Adult communities offer a country club style and these may offer progressive care as needed. Independent Living can include rental apartments and, in some cases, a level of subsidization. Assisted Living is support short of nursing care. Nursing Care may offer short term rehabilitation and can be a source for help with disabilities to an individual who is effectively bedridden. Memory Care may be offered in a number of facilities and focuses on security and safety, often in a smaller neighborhood style arrangement. Some facilities considered Life Plan or Continuing Care facilities, will offer a range of the above need levels. There is a plethora of options with a variety of contract designs and financial responsibilities.

How do you determine if an alternative is right for you? Visit and research the features and finances. Ask yourself if you feel you will fit into that community. Perhaps even take a short-term residency before making a full commitment. Recognize the expense of these choices and approach them as one might choose a college. Can I afford it? Will it meet my goals and fulfill my purposes? Will I be secure here? While many are non-profits, they still must meet their fiscal responsibilities and care is not cheap. There are a range of basic contracts (with individual internal options or conditions) that exist: A large entry or founder's fee facilities which tends to lower monthly costs along the way. Low entry or a la carte offerings, which generally mean a larger monthly cost. And



there are a variety of contracts that return some to most of your initial investment to your estate. Mr. Gurney suggested that, because of the wide range of options, you should not attempt this on your own. Gain support of trusted advisors and professionals. He offered to help anyone who wished to connect with him.

 **Alzheimer's Report** Our goal for donations for 2026 is \$4,000. A jar is available for cash or check donations at the welcome table for our meetings. Checks should be made out to **NARFE Alzheimer's Research Fund** with a memo note **Chapter 1159**. All contributions are appreciated. Do you know the difference between Alzheimer's disease and Dementia?

<https://www.alz.org/alzheimers-dementia/difference-between-dementia-and-alzheimer-s>

Programs for 2026 – Gabe Goldberg has outlined our meeting programs for the new year. Mark your calendar for the **1st Wednesday of each month** (January to June and September to December) for our membership meetings.

- **April 1** – We have **Heather Long, the Navy Federal Credit Union chief economist**, coming to speak to us. The Washington Post says “She was formerly an award-winning columnist, editorial board member and U.S. economics correspondent for The Post from 2017 to 2025. She is widely known for spotting trends early and making economic news accessible to all. Before joining The Post, she was a senior economics reporter at CNN and a columnist and deputy editor at the Patriot-News in Harrisburg, Pa. She also worked at an investment firm in London and was a Rhodes Scholar. Educated at Wellesley College, BA in economics and English and at Oxford University, master's in financial economics and medieval literature. She is often heard on radio, television, and in podcasts.
- **May 6** – **Mary Ann Munley** – We have the annual Report from Richmond.
- **June 3** – **Luncheon at Italian Café** – The restaurant room has been reserved. The price remains at \$36 and includes a full menu meal. More information for individual reservations and menu choices will be forthcoming. Add it to your calendar now and attend a great time of food, fellowship, and the Alzheimer's mystery raffle.

Hospitality

Sharon Sellers, Chair

Sharon Sellers thanks everyone for their snack contributions we enjoy. The Mason District Police scheduled their distribution of the PJ and Slippers for March 21st. Sharon will be having surgery the end of March. Joyce Price and Jenna Arvanitis agreed to cover Hospitality for her during the April and May meetings. S. Sellers is working with Giant Food to approve the proposed Food Drive collection dates.

Audit Committee Report

John Bankson, Chair

At the March 10th meeting of the Executive Board the Chapter Audit Committee reported on its review of the Chapter's financial records for 2025. The Committee, comprised of **Frank Toth, Joyce Price, and John**, "found no errors or problems with any of the financial records." The committee appreciates the work done by Jack Bagnulo in his job as Treasurer. Copies of their report are available upon request from John Bankson.

Legislation Report

Mary Ann Munley, Chair



Federal Budget – The Department of Homeland Security (DHS) is on shutdown since Feb 13 since was no extension of the DHS Continuing Resolution (CR). Essential services continue, but workers are missing paychecks. Some legislators are seeking reforms for two agencies within the DHS: Immigration and Customs

Enforcement (ICE) and Customs and Border Patrol (CBP) – ironically, both of these agencies received funding last summer in the One Big Beautiful Bill. At the end of March, the Department will be under new management – pending Senate approval of the Administration's appointee. Hopefully Congress can negotiate funding for the entire Department the remainder of the fiscal year and provide paychecks for the federal workers (including TSA, FEMA, Coast Guard, CISA, etc.) who are still protecting our homeland.

Federal Issues

At-will employment

/at-wil əm'ploimənt/ noun

Legal principle that allows employers to terminate an employee for any reason—including no reason at all—so long as the employers' justification is not otherwise prohibited under local, state, or federal law.



Schedule P/C Policy Career –

OPM issued its Final Rule on Schedule Policy/Career which could place 50,000 federal employees into "At-Will" positions and cause them to lose current Civil Service Employment Protections. The 30-day comment period is nearing a close.



Saving the Civil Service Act HR 492/S 134- this legislation would negate much of the proposed Schedule P/C, and prohibit reclassification of current employees into the “At Will” status as proposed by OPM.

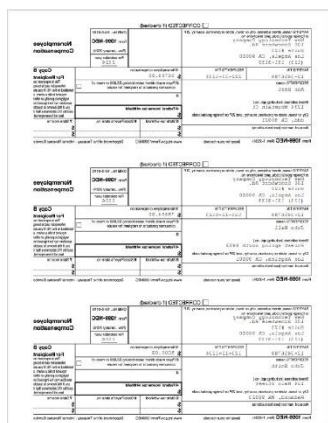


PAC Month for NARFE – more than ever there is a need for stepped up education of Congress. During the upcoming midterm elections, many in Congress will leave of their own accord and some incumbents may lose their elections. This turnover brings many into Congress who have no substantive information about earned Federal Pay and Retirement benefits. We in NARFE need to educate them and NARFE’s Political Action Committee (PAC) funds help NARFE provide that information. The March edition of the NARFE Magazine (page 22) contains an article that explains what NARFE PAC accomplishes – please read. And then consider voluntary donation to NARFE PAC.

Note: Voluntary PAC donations are not tax deductible.

Express your interests in national affairs through your elected officials. NARFE makes it easy to send your views to your Congressional Representatives and Senators. Go to:

https://www.narfe.org/advocacy/legislative-action-center/?_zs=sg3lo&_zl=Oice3



Form 1099R – If you had requested receipt of the OPM 1099R by US Mail, it should be received by March 18 – **if you have not received yours**, contact OPM after that date. Try logging into OPM’s ServicesOnline to download a copy, you can request a copy by mail but that will take time; if you don’t have a LoginID account try accessing the special 1099 Request link at <https://www.servicesonline.opm.gov/1099-request> , which will request your CS# (Civil Service Annuity number), your Zip code (as on file with OPM), and check the Consent Box for electronic receipt of your 1099R - depending on your technology, this method may

be best accomplished on a computer or laptop as the 1099R will be downloaded to your device; or call OPM Customer Service at contact OPM's customer support at 1-888-767-6738 (Due to heavy call volume, it is recommended you call OPM customer support at 7:40 am ET Monday-Friday when phone lines open.) I believe your option is receipt by U.S. Mail.



Virginia State Calendar: Mark your Calendars for the following events: **April 21** - Please vote in Virginia's Referendum on Redistricting for US House Seats. Early voting is open now. A

statewide special election will take place on April 21, 2026, giving Virginia voters the opportunity to decide whether to amend the state constitution as proposed in House Bill 1384. All registered voters in Fairfax County are eligible to participate.

Ballot Question: "Should the Constitution of Virginia be amended to allow the General Assembly to temporarily adopt new congressional districts to restore fairness in the upcoming elections, while ensuring Virginia's standard redistricting process resumes for all future redistricting after the 2030 census?"

Deadline to register to vote is April 14, and the deadline to apply for an absentee by-mail ballot is April 10. Early in-person voting is from March 6 – April 18. You can vote early at any early voting location in the county. The Mason District Governmental Center will offer early voting April 11–18: Monday – Friday: 1 p.m.–7 p.m, Saturday: 9 a.m.–5 p.m.

May 6 – Annandale NARFE Membership Meeting will focus on the **Report from Richmond**. The Virginia General Assembly is still in session. At our May Chapter Meeting we will have Del. Vivian Watts, and hopefully Sen. David Marsden present information from this exciting year in the General Assembly. Please attend.

August 4 - The Political Primaries this year were moved from the usual June timeframe because of the pending results of the Referendum on Redistricting vote.

November 3, 2026 - Three amendments will be voted on: Remove VA's Constitutional Same Sex Marriage Ban; Right to Reproductive Freedom; and, Voting Rights Restoration for Felons Upon Release.

Useful Fact: Fairfax County offers a plethora of services to residents through their Family Services website:

<https://www.fairfaxcounty.gov/familyservices/>

Services to older adults can be found at:

<https://www.fairfaxcounty.gov/familyservices/older-adults>

You should explore the options either for yourself or so you can help direct others who might need these services.

Topic You Would Like to See? If you have a speaker to suggest for our meeting programs or if there is a topic or subject you would care to see in this newsletter, please let us know. Comments or suggestions on the content of the newsletter are most welcomed. Questions to the Executive Board of our Chapter are also solicited.

Volunteer needed: We still need someone to step up and help as the Alzheimer's representative for our chapter. This does not require much time and will help promote the NARFE commitment to supporting research.

Normal Inclement Weather Policy --When Fairfax County Public Schools (FCPS) are closed or "virtual only" because of inclement weather on the day of a scheduled chapter meeting, the chapter meeting that month (both in-person and on Zoom) is canceled. If the FCPS is open only 2 hours late on that day, the in-person and the Zoom meeting will be held.

NEWSLETTER INFO

The monthly Annandale Chapter newsletter is published September through June to provide current information of interest and to reflect some of the information shared at our in-person and Zoom meetings. Please keep us informed of any changes in email addresses. We cannot update your NARFE information, you must do that yourselves online or via a phone call to the National Office. If you wish, you may go to <https://www.narfe.org> and login to update your contact information and ensure you get all the information they provide for NARFE national business or information regarding federal benefits. Whatever you share with us (addresses, email addresses, or phone numbers) will **NOT** be shared with any other organization and will only be used for Chapter 1159 communications. Newsletters are shared with via email as a means for direct and quick delivery and to minimize mailing costs. Individuals without access to email may request a mailed, printed copy.