

NARFE

FEDERAL BENEFITS EXPERTS

Michael P. Palazzotto Chapter 1264 Suffolk County L.I.
 PO Box 514, Middle Island, NY 11953-0514
 Chartered December 18, 1972

General Meetings 1st Wednesday (except January, February, July & August)
 10:00 AM at the Longwood Public Library Auditorium
 800 Middle Country Road, Middle Island, New York 11953

President / Editor Emeritus: Vincent Nasta

JUNE 2025

President
 Editor
 Joanne Smith

1st Vice President
 John Eget

2nd Vice President
 Membership Chair
 Dorothy Owens

Treasurer
 Theresa Perrino

Secretary
 Alzheimer's Chair
 Bob Irish

Advocacy Leader
 Carl Schroder

Hospitality: Vacancies (2)

INCLEMENT WEATHER - call the Longwood Library at (631) 924-6400 to determine if the building is open or not. Our meeting is canceled if the building is closed.

CHANGE OF ADDRESS, Email or Renewals Please call NARFE Membership Services at (800) 456-8410 press 2 (Monday to Friday 8 AM to 5 PM) or by emailing memberrecords@narfe.org so you can continue to receive your NARFE Magazine and Chapter Newsletters.

Did you know that your NARFE membership ID# is on the second line of the mailing label on your monthly NARFE Magazine? It's all you need to access all your benefits on <https://www.narfe.org> <https://fedhub.narfe.org/home>

Our next meeting is scheduled for Wednesday, June 4, 2025 at 10:00 a.m. in the Longwood Public Library Auditorium

For our meeting this month, we have a packed agenda. Bob Irish and I will be discussing the NARFE NYS Federation conference that we attended earlier this month. Additionally, we will review revisions to our Chapter's Bylaws. I have also planned a "getting-to-know-you" exercise for all the attending chapter members.

Finally, our guest speaker will be Pat Farrell from Blue Shield Blue Cross, who will present a wellness seminar on healthy aging. Topics will include:

- Healthy aging (self-confidence, wisdom, and maturity)
- How our bodies age (brain, memory, and thinking)
- Common age-related issues (falls, osteoporosis, arthritis, and lower back pain)
- The impact of exercise on our bodies (including guidelines for stretching and balance exercises)
- Building healthy habits (taking action and aging well).



We look forward to an engaging and informative meeting!

Supporting Alzheimer's Research



Thanks to the generous donations from our members attending meetings, we were able to send a check for \$328 to the "NARFE Alzheimer's Research Fund." A big thank you to all our donors! If you are unable to attend the meetings but would still like to contribute to this important research effort to find a cure, please mail your donation checks to:

NARFE Chapter 1264
 PO Box 514
 Middle Island, NY 11953



CHANGING OVERPAYMENT RULES

The Social Security Administration (SSA) has changed its policy regarding the withholding rate for recovering overpayments from Social Security beneficiaries. Initially, the plan was to increase the default withholding rate to 100% of monthly benefits. However, on April 25, the SSA established a new withholding rate of 50% for each monthly benefit check to recover funds from beneficiaries who received more money than they were eligible for.

DID YOU KNOW?

As of May 12, 2025, the SSA has processed 30,624 cases of New York residents affected by WEP / GPO and paid out \$171,641,309.53 in benefits. For more information visit

<https://www.ssa.gov/benefits/retirement/social-security-fairness-act.html?tl=2>

To check out the number of payouts for different state residents, visit

<https://www.ssa.gov/benefits/retirement/social-security-fairness-act.html?tl=2>

Federal Employee News

Sign up for NARFE's Daily News Clips and stay informed. Visit

https://narfe.informz.net/NARFE/pages/Clips_sign_up

FEDHub

Connect with fellow members to share advice, solve challenges, and develop new approaches on FEDHub. Sign in and visit (<https://fedhub.narfe.org/home>)

To register for NARFE website access, all you need is your member number, which you can find on your NARFE magazine label, and set up your account.

Members need to log in, and you will find tutorials on how-to-use FEDHub on the NARFE home page, and then click on the blue box labeled "[CAB FEDHub tutorials](#)."

Another postal Increase!

The price of a postage stamp will rise, with the U.S. Postal Service proposing an increase set for this summer. The U.S. Postal Service filed notice with the



Postal Regulatory Commission to make changes in the price of a First-Class Mail Forever stamp to 78 cents on July 13, 2025, up another nickel from the current 73 cents. Overall, this would

raise other mailing services' product prices by about 7.4%.

NARFE Recruiting Incentives

NARFE HQ announced two new membership recruiting incentives:

- \$8.00 rebate for recruiting an active federal employee between January and August 2025
- \$10.00 rebate to those who recruit a new member between September and December 2025.

NARFE's strength is in our numbers. The more members we have, the better we can continue to defend the benefits that we all have worked so hard to earn. We need everyone's help to recruit new members.

NARFE Legislative Action Center

Contact your lawmakers today to urge them to take action to counter the attacks on federal benefits. It's easy to do by visiting <http://www.votervoicenet.com/Shares/BfduVAarAC1mdABJHnf7FAAby>

Your benefits are unique and are at risk. Do you know where to turn?

<https://www.youtube.com/watch?v=f-bH6n4cA0Y&t=49s>

NARFE Configuration Advisory Board (CAB)

In my role with NARFE, I serve as the Region 1 representative on the Configuration Advisory Board. So, what is CAB, and what is its purpose? The NARFE Configuration Advisory Board plays a crucial role in advancing NARFE's Information Technology (IT). We are committed to making impactful recommendations that enhance operational efficiency across the organization, including its operations, federations, chapters, and members. Our board acts as a vital link between NARFE and its constituents, ensuring that technology aligns seamlessly with the organization's needs and supports continuous improvement.

CAB is made up of 10 dedicated members, each representing a different region and providing a voice for chapters and federations. We encourage you to share your insights, voice any concerns, or suggest improvements for online data services. The CAB meets regularly to discuss member suggestions and complaints and attempts to resolve issues as soon as possible. Meeting Summaries, updated monthly, are available for members to view online.

(<https://www.narfe.org/cab/meeting-summaries/>) Connect with your CAB by visiting <https://www.narfe.org/cab/contact-cab/> or by calling your Regional CAB representative directly. Together, we can make a significant difference!

NEED TECH HELP? Contact your Regional CAB Representative:

Region 01 Joanne Smith (516) 528-3220 (Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, and Vermont)

Region 02 Howard "Flash" Gordon (301) 464-2745 (Delaware, District of Columbia, Maryland, New Jersey, and Pennsylvania)

Region 03 Clara Welch (470) 792-2861 (Alabama, Florida, Georgia, Mississippi, Puerto Rico, South Carolina, and the Virgin Islands)

Region 04 Larry Barlow (708) 650-3385 (Illinois, Indiana, Michigan, Ohio, and Wisconsin)

Region 05 William "Will" Cooper (816) 289-6485 (Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, and South Dakota)

Region 06 Dorothy Creswell (830) 481-8019 (Arkansas, Louisiana, Oklahoma, the Republic of Panama, and Texas)

Region 07 Carol Main (575) 382-7686 (Arizona, Colorado, New Mexico, Utah, and Wyoming)

Region 08 Martha Raup, CAB Chair (415) 215-6035 (California, Hawaii, Nevada, and the Republic of the Philippines)

Region 09 John Detweiler (541) 758-6842 (Alaska, Idaho, Montana, Oregon, and Washington)

Region 10 Peter Eckhoff (919) 597-8391 (Kentucky, North Carolina, Tennessee, Virginia, and West Virginia)

Message from Chapter President



My trip upstate to attend the NYS Federation was rewarding when I was thrilled to accept an award for our chapter's significant donations to the NARFE-PAC fund. The NARFE-PAC protects NARFE members' pay and benefits by raising and spending money to elect members of Congress who support the federal community. NARFE-PAC is a separate, segregated fund of the association, financed solely by voluntary and direct contributions from NARFE members. It includes no membership dues or other non-dues revenue of the association funds. All NARFE-PAC funds come directly from NARFE-PAC contributors. Thank you for your support!

To ensure you stay informed, we must have your email address on file so you can receive important updates and announcements during the summer months and in between our mailed newsletters.

Please have a safe and healthy summer. As a reminder, after our June meeting, the next meeting will be in the fall on Wednesday, September 3rd.

Joanne Smith

Joanne Smith
President, Chapter 1264
and CAB Rep. Region 1