

## WHAT NARFE CAN DO FOR YOU

Remember when you could just go down the hall to see your human resources specialist to help you with benefit questions and personnel issues. Federal employees no longer have the luxury of an in-house human resources expert. If you need help, your only option is to get information online with little, if any, guidance. Federal retirees only option is to navigate a cumbersome OPM web site, or call OPM and hope you don't get a busy signal. If you're lucky, you'll get through to OPM and wait on line an average of 20 minutes per OPM. NARFE is today's equivalent to the human resources department of old where you can get quick answers to your benefit and personnel questions and advice on how to get the most out of your hard-earned benefits. NARFE has a team of federal benefits specialists you can call for answers to complex questions.

The [NARFE Guide to TSP Withdrawal Options](#) is one example of what NARFE can do for you, one of a series of NARFE publications about federal benefits. [Click here](#) to download that guide. Here's another example. The NARFE Magazine, published monthly, is chock-full of federal benefit and retirement information. In addition, it's a comprehensive source of information about federal legislation affecting our pay and benefits. And if that's not enough, NARFE reaches out to its members through the many tools provided by the Internet.

NARFE's electronic footprint includes its web site ([NARFE.org](http://NARFE.org)), [Facebook](#), and [Twitter](#). Your local Miami Valley Chapter maintains a web site at [NARFE.org/site/chapter1927](http://NARFE.org/site/chapter1927) (Dayton NARFE on Google). The local site features monthly legislative updates, current and past chapter and Ohio Federation newsletters, frequently asked benefit questions, and minutes of chapter board meetings. We also have a special section on the OPM cyber security updates. By sharing your email address with [NARFE.org](http://NARFE.org) you will get weekly electronic newsletters, NARFE legislative alerts, and your chapter newsletter. You can also send emails to your elected representatives and track legislation through [NARFE's Legislative Action Center](#).

Internet active members have access to programs from the NARFE Federal Benefits Institute. Those resources are always FREE to members. Recent programs include 5 Year Countdown to Retirement; Exploring TSP Withdraw Options, Claiming Social Security; Survivor Benefits: Key Decisions for Feds of all Ages; and many more. All programs are available to members at [www.narfe.org](http://www.narfe.org).

NARFE will give you accurate reliable information and guidance on your federal benefits. NARFE also advocates for your benefits before Congress. That's what NARFE can do for you. Get the most out of your federal benefits and help protect those benefits by [joining NARFE](#) today at [www.narfe.org](http://www.narfe.org).