



**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES ASSOCIATION
PUTNAM COUNTY—COOKEVILLE TENNESSEE
NARFE Works For You**

Chapter 1956 Newsletter

November 2013

Notes From The Chapter President

The days are getting shorter, and temps are getting colder but as of this writing we are seeing some color in the leaves. You may have more or less.

Attendance was much better at the last meeting which was encouraging. Keep that up for this coming month.

Our speaker this past month was David Cox from the Larco Medical Company. Most of you have probably have heard of this company, they provide all sorts of medical equipment. They have been in business for 30 years.

The speaker set the record as far as having the shortest presentation. Some that we have seem to go on too long and not leave enough time for our other business. But that was not the case last month.

The main items that Mr. Cox talked to use about were 2 new products that they can supply. The first he mentioned was an emergency phone alert system. This device plugs in to your home phone wiring and you wear a pendant around your neck. When activated, it will call up to 5 pre-programed emergency phone numbers that you choose. This unit has the advantage of a low purchase costs and no monthly fees to use it. If you are considering some sort of system like this, you may do well to contact them for more details.

The other item that David talked about was an orthopedic back brace. His dad's back problems prompted him do some research and he found this unit, which he believes to be the best on the market. It is DeRoyal PROlign-EXT. It is different from most in the fact that it has a better way to tighten the unit to gain more support for your back. He said that they are somewhat more expensive than some others, but are covered by most insurance plans. Talk to them about this too if you are interested.

Larco Medical is located at 405 N. Willow Ave. in Cookeville. And you can call them at 931-528-7573, or 800-332-6383. As usual they also are online at this website; www.larcomed.com. Check them out!

Also last meeting I made available some new membership brochures and other membership incentives that we can use to recruit new members. If you would like to have some of this information for someone you know, contact me for that.

Please share these newsletters with your spouse

Coming Up At The Next Meeting

For November, our speaker will be Lyndon Smith with a company that talks about fire safety. His program that he presents is called 'The Lighter Side of Fire Safety. This should be a very important and interesting topic and I would invite you to come out and hear from this speaker and take part in our normal business. Your support is needed. Please plan on attending and invite others to come with you.

Remember that our normal meeting time is on the 3rd Tuesday of the month at Shoney's Restaurant, 880 S Jefferson Ave. in Cookeville. Our business meeting begins promptly at 6:45pm, but you should arrive by 6:00pm to eat and fellowship with our fellow members. Please note that the service is sometimes slow at Shoney's and that you really need to allow extra time to get your food order.

Free 6 Month Membership Offer

NARFE headquarters is offering a free 6 month membership to any and all current federal employees. This is in response to the ongoing "Feds in Crisis—What You Need to Know" which NARFE has on its website. This is an excellent time to enroll those you may know whether they be postal workers or any branch of the federal government.

As of now, this special offer is slated to close on December 9, 2013 but it could be extended. Let's get those we know. There is no cost for this 6 month offer. We just need the person's name, address, email address and phone number. There are 2 ways to take advantage of this offer. Go to this special web address: www.narfe.org/govshutdown and fill in the form online, or [download the form](#), print it out, fill in and mail This form is taken from the website, but it can still be filled out and mailed in. Tell those who you know to go to the website and get this offer.

Chapter Officers

President	Ronnie Collins
Vice-President	Betty Robinson
Secretary	Reba Collins
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Christmas Luncheon

Back in September, I called the location where we had our Christmas luncheon last year, Christy's Café and reserved our date. At that time I found out that the management had changed from last year. When I went by there this month to finalize the menu and price, I found out that Christy's was closed and was undergoing another change in management. It would re-open later with a new name. I was able to talk with the new manager and work out the details, but this sort of thing is very frustrating.

The new name will be Sweet T's and our date of Saturday, December the 7th. is still good. We will have their private room from 11am to 2pm. For those who may not remember or know, the restaurant is located on Interstate Drive across from the Chrysler car dealership. Hopefully there will be no more surprises, but as it stands right now, the menu will be the same as last year and the price will be the same. See below for all of this.

I need your co-operation with this. I need you to let me know you are coming. They are requesting the number to prepare for a week in advance. We need a good number of folks to attend so that the price will still hold. Let's make this a good success, contact me as soon as you can to indicate you are coming. Call other members who may not read this newsletter and remind them to come and to let me know. My number and email address is on the front side of this newsletter. If you have already told me you are coming, you do not need to do anymore, THANKS!

Annual Christmas Luncheon

At Sweet T's

1555 Interstate Drive

Saturday, December 7th

11:00am—2:00pm

Menu, Buffet Style

Roast turkey, with cornbread dressing and gravy

Baked ham

Cranberry salad

Fruit salad

Green beans

Creamed potatoes

Corn

Candied yams

Baked rolls

Pumpkin pie

Pecan pie

Tea, coffee and water

We want everyone to come and enjoy this annual event. Call or email me today!

Cost Of Living Adjustment

Well, the long awaited finale bit of news is in pertaining to the annual COLA for the coming year. The last report due out in October was delayed due to the government shutdown, but now has been released. In January, those receiving a federal annuity and/or Social Security benefits will get a 1.5 percent increase in their monthly check.

While this is not much, any increase is a help considering prices of things we purchase seem to increase at a greater rate. This COLA is somewhat less than the 1.7% increase that we received at the first of this year.

Open Season

Don't forget that Open Season for making any changes to your health insurance plan runs from November 11th to December 9th of this year. You should have received a notice in the mail from the Office of Personnel Management (OPM) about this. It shows your current plan details and the premium rates for this year and next along with information on what you need to do if you want to make any changes in your current health insurance plan. Remember, if you do not want to make any changes, nothing is required.

Look in the NARFE magazines, issues October, November and December for lots of help with this.

Be Prepared For Life's Events

Many of you may remember that NARFE provides a form (F-100) for writing down all of your important information that is needed by survivors after a death. This is a long form that has many pages for such items as; Personal Information, Family Information, Retirement Assets, Financial Information, Insurance and many more topics.

Many of you may have filled out this set of forms in time past. If you have not or if it has been a few years maybe you should consider doing so now. Details change over the years and an updated copy of this form will be very valuable for the future.

I have several copies of this form that you can fill out by writing on the pages. The form is also available in a format that can be fill out by computer. If you would like to have this form, you can contact me for the paper copy or [click this link](#) for the computer copy.

I would encourage each of you to get a copy of this form, fill it out and make it available to those who will need it at some time in the future.

NARFE IS ON THE WEB

Chapter 1956: www.narfecookevilletn.org

Tennessee Federation: www.narfetn.org

NARFE Headquarters: www.narfe.org