



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

Chapter 1956 Newsletter

November 2014

Notes From The Chapter President

We had a few of you missing from the last meeting. We always appreciate those who try to make every meeting or most every meeting. Fall has come, can Winter be far behind?

Our speaker last month was Brenda Davis-Bryant from the Cookeville Regional Medical Center. She presented a slide presentation on "Heart Attacks Have Beginnings". We all know how serious heart attacks can be and in her presentation, she spoke about what we could do to survive a heart attack. She also passed out to each person there a heart shaped stress ball. (see what you miss when you don't attend)

Brenda is a R.N. and works in the Cardiac Services Department of the hospital and she has lots of experience on this subject. Just some of the facts relating to this subject: Heart disease causes 1 of every 6 deaths in the United States, Every 25 seconds, an American will have a coronary event, and every minute someone will die from one.

The most critical time period is the first 90 minutes of having an attack. If medical help is started within that time, you have a greater chance of surviving. It is very important that if you or another person is having symptoms of a heart attack, that you call 9-1-1 and tell them that you think you or they or having a heart attack. Do not try to go to the doctor, or the hospital yourself. Some of the early symptoms include: feeling of fullness, shortness of breath, nausea, back pain, jaw pain, pain in the arms, fatigue and anxiety.

Other news from the last meeting includes: Dan Hilton passed out reprints of several pages of the October NARFE magazine about the holding our legislators accountable and detailing the NARFE supported legislation and the voting score and voting record of our 6th. District Representative, Diane Black. NARFE would have you to support those candidates which support the NARFE goals. By the time, this gets sent to you, the election will be passed, but always remember to vote and make the best choice based on those concerns that you have.

The other usual reports were made, including the Membership and Financial Reports, and my report of NARFE news.

— continued

Please share these newsletters with your spouse

At the last meeting, those present chose to have our usual December Christmas Luncheon (see separate article on that) and the slate of chapter officers were nominated which is the same list of current officers. The actual election will be at the November meeting.

Larry Harkleroad who lines up our speakers and programs each month has requested suggestions for future speakers. He will need as much detail as you can give him, such as the topic, a name and contact information for someone who can speak on the topic. It should be something that would be of wide interest to the entire group. So think of some good programs and get that information to Larry at one of our meetings or send that to me, and I will forward. You can call me or send by email or text to my contact information listed in this newsletter. With your help, we can have some very good programs.

Coming Up This Month

Our next monthly meeting will be November 18th. The speakers this month will be Linda Westin and Debi Smith. They are both associated with the local animal shelter. This was another of the requested programs and I am sure many of you will be interested in this. Please attend as this will be our last regular meeting this year.

As always we meet at Shoney's Restaurant on South Jefferson Ave. We ask that you get there no later than 6pm if you plan to eat. The restaurant is usually short handed and it takes awhile to get served. The business session of our meeting begins promptly at 6:45pm.

We inform everyone by this means and the media, but some of our members fail to hear about upcoming meetings, so would you call someone to remind and encourage them to attend this month?

Chapter Officers

President	Ronnie Collins
Vice-President	Larry Harkleroad
Secretary	Reba Collins
Treasurer	Myrna Estes

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Cost Of Living Adjustment

This is a press release by our NARFE national office regarding the announcement of the recent COLA news: (this was dated Oct. 22, 2014)

Following the Bureau of Labor Statistics announcement of a 1.7 percent cost-of-living adjustment (COLA) for 2015, Joseph A. Beaudoin, president of the National Active and Retired Federal Employees Association (NARFE), released the following statement on the impact to federal civilian retirement annuities and Social Security benefits:

News of the cost-of-living adjustment (COLA) for the coming year always is eagerly awaited by the countless Americans who rely on the increase to keep up with the rising price of food, housing, transportation and medical care. However, despite the partial relief this 1.7 percent COLA will provide, the announcement is a reminder that our method for calculating the increasing cost of goods and services is out of sync with the reality faced by millions of federal annuitants, Social Security recipients and military retirees, who spend more than twice as much on medical care than the population measured by the current CPI-W formula.

The average 3.8 percent increase in health care premiums for federal employees and retirees in 2015 shows that medical costs continue to outpace the COLA as it is calculated presently. We need a cost-of-living formula that doesn't force these Americans to take one step forward, then two steps back.

As members of Congress and the President develop their budget proposals for fiscal year 2016, I urge them to include a switch to the CPI-E formula, a more accurate measure of inflation that accounts for health care and other costs facing seniors.

Conversely, they should reject previous proposals to switch to the Chained CPI, which would only make a bad situation worse by further decreasing the hard-earned benefits of Social Security recipients and federal retirees, while increasing taxes on lower- and middle-income taxpayers.

Membership News

The membership recruiting incentives offered by the Tennessee Federation and NARFE national office continue to the end of this year. For our organization to continue, we must have lots of new members and now, with these special incentives is a good time to mention to those you know to join NARFE. A new member could be a current federal employee, a retired federal employee or their spouse. If your spouse is not a member, why not sign them up?

Just be sure that you write in your membership ID number on the Membership Form in order to be eligible to win the prizes. Questions?

Call, text or email me to attend the Luncheon

Health Insurance Open Season

This year the dates for making changes to your health insurance plans are November 10-December 8. This applies to these programs; the Federal Health Benefit Program (FEHBP), the Federal Dental and Vision Insurance Program (FEDVIP) and the Flexible Spending Accounts (FSA).

For lots of information on the changes to the health plans and rates, refer to the October, November and December issues of the NARFE magazine. You can also find information on the Office of Personnel Management (OPM) website, the agency that you work with, and the insurance plan websites

Annual Christmas Luncheon

As has been mentioned, those in attendance at the October meeting agreed to have our Christmas get together at the same location as last year. I had previously reserved a date in December at Sweet T's Restaurant. Since the last meeting, I made multiple trips and phone calls to Sweet T's to arrange the details on the menu and prices, but I was not able to do so. The restaurant has closed and we will be unable to use it for our luncheon.

After discussing this with the other chapter officers, we have decided to use the Golden Corral Restaurant on Interstate Drive in Cookeville for our luncheon. With the time constraints and since I need to get the word out in this newsletter, we did not have time to find another location and work out a menu and prices. At Golden Corral, we could take advantage of their regular buffet menu. I know this will not be a holiday type meal but they have a wide variety of items to choose from. We will arrange to all sit together in a semi-private setting.

So this is your invitation to join us for the fun event. Generally, some of you who cannot attend the regular meetings are able to attend these events. It will take place on Saturday, December 13th. It will be a lunch time. Please plan to arrive 11:30am for this and wear your holiday outfits. Each person will need to pay as they enter, the lunch time price there is \$7.99 plus \$2.29 if you add a drink. We want all to attend, you can let me know anytime between now and the day before the event if you are coming. I will need to inform the restaurant

We will receive a collection for a needy family in the area. This is a tradition with our group and it goes to brighten the season for some family in need. So plan on that and bring some extra cash for that purpose.

NARFE IS ON THE WEB

Chapter 1956:	www.narfecookevilletn.org
Tennessee Federation:	www.narfetn.org
NARFE Headquarters:	www.narfe.org