



**NATIONAL ACTIVE AND RETIRED  
FEDERAL EMPLOYEES ASSOCIATION  
PUTNAM COUNTY—COOKEVILLE TENNESSEE**  
\*\*Protecting Our Future\*\*

**Chapter 1956 Newsletter**

**September 2016**

**Notes from our August meeting**

Attendance was down again for the last meeting. I was hoping for more to be there. I think it would have been worth your time to have been with us.

We had 2 representatives from the Putnam County Family YMCA with us, they were Jennifer Riddick and Beth Crace. Jennifer who is the Membership Coordinator spoke first and went over many of the benefits of the local YMCA as well as some other details.

The Putnam County YMCA began in 1979 off Willow Ave and moved to its current location in 1993. Jennifer has been with the YMCA for 10 years and has seen a lot of changes and improvements. They have about 2200 membership units consisting of some individuals and some families.

The YMCA now is independently operated, having been part of the Middle Tennessee group for a few years. This gives them the ability to tailor the programs here to more effectively meet the local needs. They have adult and children programs, some of which are: Parent's Night Out, Homeschool Fitness, Birthday Parties for Kids, and 5K Runs. They also have the Go Pink program for cancer survivors and the Learn to Swim program for all the 2nd grade school kids in the local community.

Someone asked how they were different from some other fitness locations in town and Jennifer said that they offered more programs designed for children and older adults than the other places do. The membership rates there are based on income level. Jennifer made available several free passes for those interested to visit the YMCA and use any of the facilities and see what they are all about.

Beth also spoke to our group and I will place her comments in another section of this newsletter.

I reported on the recent news about the Federal Long Term Care Insurance rate increase and asked for comments from those who had it on what they thought they would do, based on the options available. We covered the normal reports, and other business.

Dan Hilton recommended that we all use the NARFE provided email alert system to send a message to our Members of Congress in support of the NARFE request for Congress to hold hearings on the Federal Long Term Care Insurance rates.

**News on next meeting**

This month, we plan to have speak, Charles and Jane Kosa. Charles has been a NARFE member and a member of our Chapter since 2009. The both of them travel extensively overseas and they will speak on how to that and save money. So please make plans to be there on September 20th to hear them.

We will also take some time to gather ideas about how to boost attendance. Why not call a fellow member and ask them to join you at this upcoming meeting?.

Location is Shoney's Restaurant on Jefferson Ave. be there by 6:00pm or before to eat, meeting begins at 6:45pm.

**Special NARFE Webinar**

NARFE has added a special webinar to their series. In light of the premium increases that have been announced for the Federal Long Term Care Insurance Program, they have added a webinar to help members make informed decisions on how to navigate the various options that are available

By the time that you get this newsletter, it will be too late to view it live online. The date of the live viewing was September 9th. But as with all of these webinars, they are recorded and made available even after the original date, usually one week later and beyond.

To view this and other NARFE webinars, you need to be a member and log onto NARFE's website. On the main page, you will find on the left side a link to Webinars. If you have this insurance, you may want to watch this.

NARFE also has a page on its website which gives the latest details and what you need to know about the premium increases. There is a banner on the main page that you should see about that.

**Chapter Officers**

President	Ronnie Collins
Vice-President	Vacant
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Please share these newsletters with your spouse

**Please renew if you have received a reminder  
about your membership, Thanks.**

### **News from the National Convention**

Here is a brief summary of the recent NARFE national convention that was held within the last month.

The convention opened in Reno Nevada on Sunday, August 28. In his opening remarks, President Thissen told the delegates that the decisions made in this convention would determine the survival of NARFE. Also on the first day, with the current goal of \$12 million for total Alzheimer's donation in sight, delegates set a new goal \$13 million to be reached by the end of 2018.

Things got down to business on Monday as delegates approved the agenda and the rules and discussed 16 bylaws resolutions that would be voted on Tuesday. Among those 16 were the 3 put forth by the National Executive Board. Also the voting for the 2 National Officers would take place on that week. John O'Brien, the Director of the Health Care and Insurance at the Office of Personnel Management spoke to the group about the premium increases on the Long Term Care Insurance, saying "None of us is happy about the increases" but said they were necessary to keep the program solvent.

The results of the voting was announced: delegates approved 2 bylaws resolutions but the others failed to get the required 2/3rds majority. Passing was the amendment to make membership in chapters optional and the One Member—One Vote change. The other amendment to allow the Board to make small adjustments to the dues amounts failed. Many of the other resolutions that were voted on and failed had to do with the number of Federations, distribution of the dues money, term limits of the national officers, etc. The finale count of delegates and attendees were announced; Total Delegates was 798 and Total Attendance was 849. The current NARFE President and Secretary/Treasurer were re-elected for another 2 year terms

There was an update on legislative news given and the Legislative Program for the 115th Congress was approved. The election of the Regional Vice-Presidents was held. Most of which were running unopposed. The Delegates directed to National Executive Board to revise the NARFE Mission Statement. There were a few other resolutions which did not make bylaws changes that were discussed and voted on, some passed and some did not.

I will have a few more remarks to report on at the meeting, but this was a historic convention should help NARFE to move forward in the years to come. For those who are interested, you can go to NARFE's website and read the Daily Bulletins that are published, that is where I got this information to include on this summary.

### **Legislative news**

Those of you who are on our Email Distribution List should have received this past month, an email from me entitled Legislative Action Alert. In it you were encouraged to click on a link which would direct you to NARFE's Legislative section on its website and send a email letter to your members of Congress about the Federal Long Term Care Insurance premiums. This is something new that Dan Hilton and I have discussed.

When we see something of importance that you need to be aware of, we plan to send those out. We will keep these to a minimum and not overload you with these. I know that some of you may get these NARFE Legislative Alerts directly from the National Office. And if you do or do not wish to get them from me, just let me know and I will not send them to you.

### **More membership recruitment incentives**

In addition to the Tennessee Federation membership incentive that I have mentioned, we have this.

The NARFE National has a new membership drive which began on September 1 and runs till December 31 this year. The incentives to any member who recruits another member is \$10 for each new member, current or retired. Also there will be a GRAND PRIZE drawing for a Apple iPad Air 2 and MONTHLY PRIZES of a \$25 Amazon gift card. Watch for details to be published in the Magazine, get your Membership Forms ready and help us get new members.

### **Continued notes on the August meeting**

Beth, Crace who is a Personal Trainer there at the YMCA talked about some of the ways they could help senior aged adults be more active and healthy. They have programs called Active Older Adults and Silver Sneakers especially for our age group. She and others are available to help show members how to use the various pieces of exercise equipment in the Wellness Room.

Beth told us that as we age, it is very important that we be active. Just 2 hours of activity per week does much to reduce aging cells. That activity does not have to be hard, and can be by several ways. She recommended a mix of aerobic activity and strength training.

She passed out sheets of paper that outlined lots of other details and benefits of physical activity, the importance of getting sufficient sleep, and what to eat and what not to eat.

Beth is also available to give personalized training to anyone for an additional cost if is anyone desired.

### **NARFE IS ON THE WEB**

Chapter 1956:	<a href="http://www.narfecookevilletn.org">www.narfecookevilletn.org</a>
Tennessee Federation:	<a href="http://www.narfetn.org">www.narfetn.org</a>
NARFE Headquarters:	<a href="http://www.narfe.org">www.narfe.org</a>