

ISSUE

72

July 2023



NEWS FOR
ACTIVE & RETIRED
FEDERAL CIVILIAN
EMPLOYEES

Mission: To improve and protect the benefits of federal retirees, employees, and their families.

Tennessee Federation Newsletter

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President's Message



B. J. Godwin

"There is a storm out on the horizon, and it *could be* headed your way; if your Chapter is not anchored, it will surely be swept away."

Generally speaking a tree can be identified by its fruit. And it appears to me to be more evident than ever that the NARFE National Executive Board (NEB) cannot support chapters. Because they cannot support local chapters, the next best thing is for the NEB to force chapters into closure by steering potential chapter members into the National Only membership status.

The **NARFE Membership Application** form should first and foremost provide information about how to find a local chapter. This information is on the NARFE website (www.narfe.org/chapters) but not everyone joins via the website. Individuals—especially federal retirees—who are able should be celebrating and enjoying retired life with movie night out, group trips, etc. A NARFE Chapter can, and frequently does, become an important "community group" with whom you can socialize and share common interests.

To the best of my knowledge NARFE staff is top heavy. Some of these individuals work in Human Resources, and I think there is no way that some of the titles justify the Supervisor ratio. It's possible that cutting down on some of the titles might alleviate some of the confusion.

In addition, during the Federation Annual Meeting Zoom presentations, we were told National Headquarters is also understaffed in certain areas such as IT which is critical to the support and life-line of Chapters. Chapters rely heavily on data bases handled by Headquarters. Keeping them up-to-date is extremely important!

... (Continued on Page 2.) **President's Message**

**Articles for November
2023 newsletter DUE:
October 1 to Newsletter
Editor.**

**Tennessee Federation
Officers & Board**

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... (Continued from Page 1.) **President's Message**

NARFE is not intended to be a business, but an organization dedicated solely to protect and preserve the benefits of all federal workers and retirees. NARFE's role is to inform members of any developments and proposals that affect compensation, retirement and health benefits, and to provide clear answers to your questions.

Closer to home, there are too many vacancies in the Tennessee (TN) Federation. These positions include all three Vice President positions (1st, 2nd, and 3rd), Legislative Officer, Alzheimer's Chairperson, Service Officer, and NARFE-PAC Chairperson. We need members to step up and offer a small amount of their time to fill these positions. There is a lot of information and help to support and guide you to fulfill these roles and their respective duties.

Federations and Chapters with a lack of leadership or the same leaders serving continuously for years is the most frequent reason for closing. Once a Federation or Chapter loses leadership, it is no longer viable, and/or in risk of losing members, it is imperative that the following actions be taken. Chapter and/or Federation officials should discuss and explore all efforts and alternatives for re-invigoration.

Form F-131, **Checklist for the Audit of NARFE Chapter Funds** was circulated during the April 2023 Federation Annual Meeting. I need those Chapter Presidents who received the form to submit it to me with the following instructions: **Complete all applicable instructions with the exception of Line 4. On Line 4 identify YOUR bank account number as X-XX- plus the last two numbers of the account number** (for example: X-XX-12).

If you think the grass is greener on the other side, you should water your own grass. After watering your own grass and you still think that the grass is greener on the other side, then perhaps it is!

~~ B. J. Godwin
President

**Proud to be a
Federal Employee/Retiree**

Proud to be a member of

NARFE

National Active & Retired Federal Employees

Timely Words

From Federation Secretary



Karen Kopp-Voshel

Thanks to all who attended the 67th Tennessee Federation Annual Meeting in April. We had 19 attendees from nine of our 16 chapters as well as Region X Vice-President Robert Allen from North Carolina. The event was spread over two days, allowing travel time for members. We heard from five National Headquarters speakers via Zoom. Their presentation slides can be found on the TN Federation website (<http://www.narfetn.org/convention%20news.html>).

The winners of the three \$100 door prizes awarded at this year's meeting were: Rhonda Mooney, (Early Bird); Chapter 0519 (Jackson); Linda Godwin (also Chapter 0519), and Mike Mellish, Chapter 0227 (Nashville) won the other two attendee awards. Rhonda donated \$50 to NARFE-PAC and \$50 to NARFE Alzheimer's Research. Larry Henderson also won the 50/50 raffle.

Here are some highlights of the meeting including pictures and additional information in pages to follow:

- The Federation waived collecting per capita dues of \$3/member from chapters. This is the third year in a row this has occurred.
- The Franklin County Chapter 2133 closed in January. Two more have indicated a desire to close due to a lack of leadership and active members (Athens Chapter 0152 and Wilson County/Lebanon Chapter 2009).
- NARFE HQ continues to address staffing and Headquarters building issues. Nora McDonald was recently hired as Director of Member Engagement. Headquarters staff work in the office 3 days per week, and the remainder of their time is by remote which has been successfully done for sometime.
- NARFE Interim Executive Director Johann DeCastro recapped the IT challenges when COVID hit and the change it created for today with remote work opportunities making it hard to hire on-site personnel. They are still working to hire IT expertise. Positions currently open are **Grassroots Manager**, **Content Manager** (formerly the magazine editor), and **Application Analyst** (for the membership database). The Headquarters building is not currently for sale but is larger than is needed. While some discussions are taking place the current market is not favorable to find a new location. NARFE National is looking into the possibility of renting out the excess space.
- Region X Vice President Robert Allen provided info on his NARFE background, a Region X update, and some great info on the workings of the NEB (National Executive Board). See additional info in his article which follow.
- Total membership continues to decline. No other organization or union represents or advocates for federal employees and retirees other than NARFE. Aging membership is a challenge as younger members are not coming into the organization. NARFE membership includes free registration for NARFE webinars. However, it is unclear how those individuals who join NARFE to get a free webinar registration are being tracked for membership retention thereafter.
- The NARFE library has over 40 webinars available for viewing. Jackie Bryant, NARFE Coordinator for Member Engagement, talked about NARFE's national recruitment efforts with marketing as well as contact with other organizations.

. . . (Continued on Page 4.) **Timely Words. . . Secretary**

- National President Bill Shackelford noted NARFE celebrated its 100-year anniversary in 2021. Its mission continues to be to advocate and protect benefits. Bill noted the challenge of keeping chapters alive and encouraged contacting members prior to renewal.
- John Hatton, NARFE Staff VP for Policy and Programs (aka PAC efforts), provided an in-depth overview of the strategy, initiatives, and priorities for NARFE-PAC efforts. The Grassroots efforts of all members are critical. Key issues are WEP/GPO repeal/reform (the number of co-sponsors is well ahead this year as compared to last year), postal reform (maintaining Medicare B for current postal workers and protecting FEHB), more accurate COLAs for FERS retirees, OPM customer service improvements, relief from FLTCIP (long term care insurance) premium increases, and support of federal pay raises for federal employees, improving/protecting the Merit System, and continuing to work with a company on the membership database. Flagging undeliverable mailing addresses and Congressional District realignments were issues raised by TN Federation attendees which National agreed to work on. NARFE has a CAB (Configuration Advisory Board) of 10 members who work on technology issues for NARFE. Each Region including Region X has a representative who serves on our behalf.
- **ALL** Chapters should conduct an annual financial audit and submit Form F-131 “Chapter Audit Checklist” (<https://www.narfe.net/pdf/f-131.pdf> NOTE: you will need to be logged in on the National website) to NARFE National Secretary/Treasurer for their review and signature (natsectreas@narfe.org).
- TN Federation Treasurer Norris Alderson noted his disagreement with providing account information to National (refer to **President’s Message** for explanation). RVP Robert Allen also noted IRS reporting should be made and since most chapters have less than \$50k income they can use the EZ reporting. *Failing to report for 3 years will result in loss of tax exemption status.*
- **Committee Reports:**
 - **Audit Committee** found no issues with the TN Federation financial activities and had no suggestions or recommendations.
 - **Membership Committee** identified more as the “Mission Impossible” committee had several recommendations: (1) send out chapter newsletters, (2) work with federal agencies to get to active employees, (3) keep active members updated, (4) stress/encourage dues withholding, and (5) be careful reaching out to National Only members.
 - **Legislative Committee** recommended continuing support for NARFE legislative priorities and to investigate the process of NARFE sending PAC funds to Congress members and to investigate them coming to NARFE for our support.
 - **Alzheimer’s Committee** recommended to continue to seek a Federation Alzheimer’s Chairperson and to encourage all chapters to participate in Alzheimer’s fundraising.
 - **Service Officer Committee** noted most chapters lack a Service Officer and that all members be sent the NARFE “Be Prepared for Life’s Events” F-100 document for estate planning.

NOTE: A special thanks to Mike Mellish, Nashville Chapter 0227, for some of the recap of the Federation meeting.

- Federation officers were installed by Region X Vice President Robert Allen to serve another year. Several opportunities are open for members to step up to help the Federation.

. . . (Continued from Page 4.) **Timely Words. . . Secretary**

Re-elected Board Members: Missing from photo is Ronnie Collins, Network Coordinator.



All three area Vice Presidents, Legislative Chair, Alzheimer's Chair, NARFE-PAC Chair, Service Officer, State Legislative Officer, and Public Relations Officer are currently vacant.

As always, please check out **FEDHub** at fedhub.narfe.org. This is a great discussion platform for NARFE members. We even have our own "TN Federation" Community and ALL members (chapter and National Only members) are on this Community. Messages on the Communities are "pushed-out" as e-mails if you select those settings (versus you having to periodically log in to catch up). Explore existing or create new Communities (subject to National's approval) or discussion threads (on the TN Federation section). FEDHub is a great way for active and retired federal employees to connect, share advice, solve challenges, and develop new approaches.

Lastly, enjoy the summer! Travel, spend time with family and friends, and stay cool! Please contact me if you have any questions or concerns.

~~ Karen Kopp-Voshel
Secretary

*Thanks to everyone who attended the
2023 Annual Meeting!*

*A **HUGE THANKS** to our three generous
sponsors (Blue Cross Blue Shield, Aetna, Brookdale Senior
Living)*

*And a **SPECIAL THANKS** to all
presenters for their informative presentations.*

2023 TN Federation Annual Meeting

Federation President B.J. Godwin presiding.



WHEN: April 17 & 18, 2023

WHERE: Ramada Inn Lebanon
Lebanon, TN

Attendance: 19 persons 10 Chapters

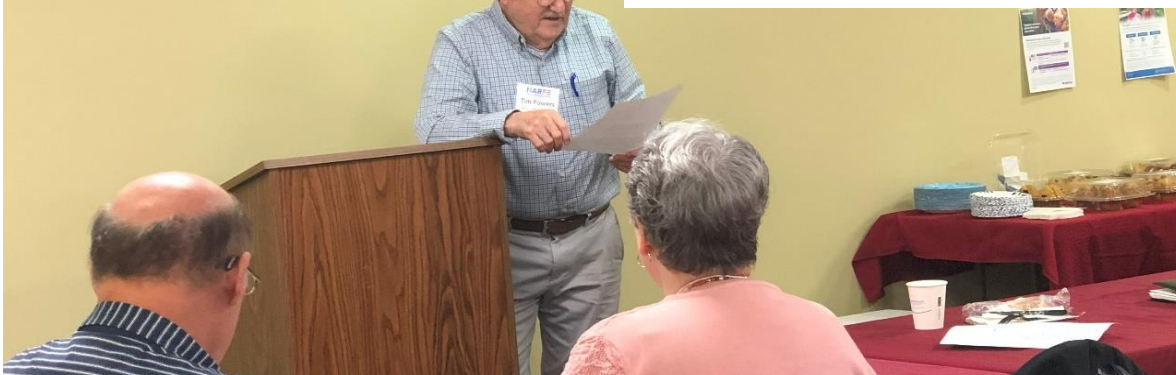
Reactions: Great fellowship, interesting and helpful information from Headquarters. Great to see and visit with other Chapters. Met some new folks, new members! Lots of snacks.

Sponsors: Blue Cross Blue Shield, Aetna, and Brookdale Senior Living

GREAT turn-out for first face-to-face Annual Meeting since COVID pandemic.



Interesting and informative Committee Reports prepared by members and chaired by Chapter Presidents/Vice Presidents.



... (Continued from Page 6.)

Federation Treasurer Norris Alderson explained finances and provided helpful info about Chapter audits.



Preparing for Zoom presentations from National Headquarters. More information on TN Federation website (www.narfetn.org).



EDITORIAL COMMENT: As the pre-meeting information stated in the February issue of the Federation newsletter, this meeting was planned to be DIFFERENT! It was shorter, more compact, and somewhat more casual. There was no Banquet, but almost the entire group came together and shared dinner Monday evening at Demo's Restaurant. There was laughter, sharing, catching up among NARFE friends from other Chapters, tales of meetings/conventions of past years. A huge thanks to the Federation Board who planned the meeting and especially Karen Kopp-Voshel who spearheaded much of the work.

WE APPRECIATE YOU, KAREN!

LMH

*Please plan to join us next year,
April 22 - 24, 2024*

2022 Alzheimer's Award

Weida White Trolley Award

- 1st Place: Chapter 0727 Dickson
- 2nd Place: Chapter 0860 Cleveland
- 3rd Place: Chapter 0806 Tri-County



L to R: Robert Allen, Region X Vice President (RVP); Gail Jones; B. J. Godwin, TN Federation President.

Accepting the award for Dickson Chapter is Chapter President Gail Jones.

The 2022 Award was based on donations given during the 2022 calendar year based on per capita giving. Donations are as follows:

Dickson:	\$1,145	14 members
Cleveland:	1,910	34 members
Tri-County	663	12 member

Support Alzheimer's Research

If you have any questions, write to:
National Committee Chair

Olivia Williams
22 Garden Springs Road
Columbia, SC 29209

OR EMAIL: oeashf3@gmail.com

MAKE CHECK PAYABLE TO:

NARFE-Alzheimer's Research (write your chapter number on memo line)

PLEASE MAIL COUPON AND CHECK TO:

Alzheimer's Association
225 N. Michigan Ave., 17th Floor
Chicago, IL 60601-7633

Your charitable contribution is tax-deductible to the fullest extent allowed by law.

Enclosed is my NARFE-Alzheimer's contribution: \$ _____

Every cent that is contributed is used for research.

Name: _____

Address: _____

City: _____

State: _____ **ZIP:** _____

Chapter number: _____

Credit Card Information: M/C VISA Discover AMEX

Card Number: _____

Expiration Date: ____ (mm)/ ____ (yy) **Security Code:** _____

Signature: _____ **Date:** ____ / ____ / ____

Name: (please print) _____

Clip/copy and send along with your contribution to: Donna Shackelford, Alzheimer's Region X Coordinator; 14429 Round Lick Lane, Centreville, VA 20120-1680

NARFE-PAC . . .

Leo Potts Award



1st Place NARFE-PAC

L to R: Robert Allen, Region X RVP; James Henderson, President Tri-County Chapter 0806 accepting award; B. J. Godwin, TN Federation President.

Other Chapters receiving a Certificate of Merit for contributions to NARFE-PAC included:

2nd Place Chapter 0152 Eugene F. Roberts-Athens

3rd Place Chapter 1678 Sevier County

This year's awards/recognitions were based on per capita contributions for 2021 & 2022. The twelve member Tri-County Chapter 0806 gave \$679.00 which figures to be \$57 dollars per member. ***Congratulations to all!***

As a reminder, "**NARFE-PAC** is NARFE's political action committee, and it helps defend and advance the earned pay and benefits of America's current and retired civil servants by funding (political) campaigns of Fed-friendly Congressional candidates." "NARFE-PAC is a separate, segregated fund of the association, financed solely by voluntary and direct contributions from NARFE members. NO MEMBERSHIP dues or other non-dues revenue of the association funds" this effort. (Taken from NARFE-PAC brochure.)

For the NARFE-PAC 2021-2022 cycle, \$1.333 million in contributions were made, 132 NARFE members went to 120 fundraisers, 167 NARFE-PAC supported candidates won election (12 new candidates) vs 14 NARFE-PAC candidates who lost (4 new candidates) for a 92% win-rate overall, and 75% for new candidates. Goals for 2023-2024 are to raise \$1.6M, increase income from member annuity withholding by 30%, and have NARFE members attend 125 in-district fundraisers. (Taken from Annual Meeting Zoom presentation.)

According to the **1st Quarter 2023-2024 NARFE Contributions by State** (from NARFE Headquarters), Tennessee ranks 27th in contributions nationwide having given \$995.00 (27 contributors, 2 sustainers). In terms of Region X Tennessee is 3th in contributions behind Kentucky (\$1,694.00 and 46 contributors), and North Carolina (\$2,950.00 and 79 contributors).

If your Chapter is not collecting for NARFE-PAC, consider doing so at each meeting/event or consider having some type of fundraiser. It certainly benefits EVERY member when we consider this is helping to elect or re-elect persons who support and defend earned pay and benefits of current and retired civil servants.

NARFE-PAC

Your donations are needed!

**Send to: NARFE-PAC
NARFE Headquarters
ATT: Budget & Finance
606 Washington St.
Alexandria, VA 22314**

Tennessee Federation NARFE 2023 Financial Report

January 1, 2023 – June 2, 2023



Norris Alderson

BEGINNING BALANCE Checking Account 01/01/2023		\$ 24,094.83
REVENUES		
	National Dues Rebate (10% fund)	\$ 3,020.56
	Chapter 2133 Closing	561.48
	Annual Meeting Registrations	190.00
	Annual Meeting Sponsors	700.00
	Chapter 2009 Closing	2,357.52
	Total Revenue	\$ 6,829.56
LESS EXPENSES:		
	Vouchers—Officers Expenses	\$ 887.82
	Newsletter	502.19
	Liability Insurance	100.00
	Closing Chapter 2133	36.09
	Annual Meeting	1,893.42
	Total Disbursed	\$ 3,419.52
05/31/2023	Balance	\$ 27,504.87
	Truist Bank Balance 05/31/2023	\$ 25,147.35
	Truist Bank Money Market	\$ 10,042.59
	Truist Bank CDs	\$ 15,345.60
	Total Assets	\$ 52,893.06



Rhonda Mooney

Membership Report

NARFE's membership total at the end of March 2023 was 139,962. Those are the latest membership numbers that I have access to at this writing.

Nora MacDonald came on board at NARFE Headquarters on April 12, 2023 as Director of Member Engagement. She graduated from Shenandoah University in Winchester, VA with a B.S. in Arts Management. She worked at several nonprofit arts organizations including the Arts Council of Fairfax County, Round House Theater and the Kennedy Center before taking on a fulltime role at Americans for the Arts. As Member Services Associate and

then Membership Marketing Coordinator she was involved with supporting both the professional membership and the Arts Action Fund membership programs.

Nora transitioned in 2011 to the American Horticultural Society and was promoted to Associate Director of Membership and Member Programs. For the past 12 years she oversaw the membership renewal and acquisition programs, assisted with the appeals (fundraising) program as well as managing the organizational membership program for public gardens, awards, and an annual symposium for garden educators. I believe her extensive background in membership and marketing will serve her well in her in her new position and I look forward to NARFE reaping the benefits of her experience.

Some of the Membership Department's current recruiting activities include an acquisition mailing that is going out to recently and longer lapsed members as well as prospective members that have been acquired and are in the database. This mailing is going out at the end of June. The plan is also to be an exhibitor at the Blacks in Government (BIG) Conference in August and placing ads at the Federally Employed Women (FEW) Conference in July. I believe/hope we will soon begin to see an increase in new members due to these efforts. I know that some of our chapters have had recruiting events also and hopefully NARFE will see new members from these efforts. We as members need to do our best to recruit new members, and also retain the ones we have. ***There is strength in numbers, and we need NARFE to be as strong as possible in the fight to protect our hard-earned benefits!***

Our 2023 Tennessee Federation Annual Meeting is now in the history books, and I believe it was one of our most informative. It was really nice to see everyone again! Our new Region X Vice President Robert Allen presented a lot of good information. It gave our members a chance to get to know him, and for him to get to know us and experience Tennessee hospitality. Our other speakers were via ZOOM and that worked well as we were able to have a question-and-answer session after each speaker. Attendees received a lot of good information from all six speakers.

There is a new NARFE document available that is very helpful. It is titled "***Affairs in Order: Benefits Guidance for Survivors of Federal Annuitants.***" This works well in conjunction with the "***Be Prepared for Life's Events, What Your Survivors Should Know***" (Form F-100). Both guides can be found and downloaded from the NARFE website under White Pages. There is information about these forms in the May ***NARFE Magazine*** on page 24. For your convenience, both of these are also posted on the narfetn.org website under the Library tab. Please note that the last page of the ***Affairs in Order*** document is a NARFE application - it could be a good recruiting tool as well as being helpful to current members!

Thank you for your continued membership and support of NARFE. If I can be of assistance, please feel free to contact me.

~~ Rhonda Mooney
Membership Chairperson



Robert Allen

Region X Update

Hello, my fellow NARFE members in the Volunteer State! I trust you are all healthy and happy and looking forward to summer as much as I am. I've been on the road this spring attending federation annual meetings in Virginia, North Carolina, and West Virginia and have participated in several National Executive Board (NEB) meetings. Summer will be most welcomed in the Allen household!

First, let me extend my deep gratitude to you for allowing me to speak at your Federation Annual Meeting in April. I made some new friends and reminisced with old (not age-wise!!!) friends. I especially want to thank Ms. Rhonda Mooney, a dear friend and former Tennessee Federation President when I was the North Carolina Federation President. She was gracious enough to pick me up at the airport in Nashville and take me back when it was time to go home. She truly is a real Tennessee Volunteer.

There are some important events on the NARFE horizon I want to let you know about. First, the next virtual National Executive Board (NEB) meeting will be June 13-14. There are several issues we'll be addressing, such as developing an M112 report for National-only Members, which federations can use to support them. Another item of importance will be the use of chapter and federation dues for non-association purposes (sponsoring parties, etc.) There are several other issues we'll be discussing and I'll keep you posted on the results. By the way, you can attend the meeting via Zoom as an observer. Be on the lookout for an email invitation from Headquarters.

Also, in June will be LEGCon 23, our bi-annual legislative session. The dates are June 20-22 with the first two days for training seminars and the third one when we contact our congressional representatives. It's a great opportunity to engage our Congress people and advocate for all federal employees and retirees regarding our earned pay and benefits. I encourage you to participate!

Finally, let me leave the best for last! Save the date: 12-14 September 2023. That's when we'll have our Region X Conference at the Capital Plaza Hotel in Frankfort, KY. The last one we had was in 2019 and we all know what happened then--the COVID pandemic. So, we're looking forward to meeting again after these four long years to be with old friends and make new ones from across our region. Registration opens June 1st and closes August 1st. The registration fee is \$60.00 and the hotel room rate is \$119+ tax per night. We'll have great speakers from Headquarters and we'll hear from our fellow Federations in Region X. By the way, the hotel rate is good two days before and two days after the event. The Conference call letter, registration information, and advertisement information have gone out via email. I'd love to see a large Tennessee contingent in Frankfort! If you have any questions, don't hesitate to get in touch with me at rvp10@narfe.org or by phone at (757) 404-3880.

Well, that's all for now. I hope you have a wonderful summer and remember--keep on advocating for our earned pay and benefits and RECRUIT A NEW NARFE member.



~~ Robert Allen
Regional X VP
rvp10@narfe.org
757-404-3880

Alzheimer's Research Update

Great News!! As of April 30, 2023, the nation has donated a total of \$15,710,893.46 toward the goal of a world without Alzheimer's. This is a major drop in collections when compared to April 2022, but we all just have to be very diligent in our efforts.

Tennessee is currently in the **top one-third** of the nation in donations to Alzheimer's Research. We are coming out of the COVID time and have many more meetings in a face-to-face format, so prepare yourselves and get your chapters excited about the new goal of \$16 million by the end of December in 2025. I am personally convinced we can do this by December of 2024!

We can also be very excited about the new pharmaceuticals that are being made available with the FDA stamp of approval. Lecanama® is one of these new ones, and in fact it has been shown to lower the decline in memory and thinking by 27%. What has come to light during the most recent months is that Medicare has not agreed to pay for this drug and any of the other drugs currently being pursued to treat Alzheimer's, even though they have agreed to pay for most of the drugs that are treating other serious diseases such as heart disease or kidney disease. We need to apply pressure on our congressmen and senators to force Medicare to pay for these drugs which are so important to our senior citizens. The Veteran's Administration has agreed to pay for these treatments, so it seems equitable for Medicare to also pay.

Scientists are also working very diligently on approval of an additional drug Gantenerumab® which is expected to be cleared by FDA for Phase 3 studies and in April this year Donanemab® was accepted for Phase 3 studies. We're pretty excited that we finally have something," says Dr. Reisa Sperling, who directs the Center for Alzheimer Research and Treatment at Brigham and Women's Hospital in Boston. "It's not a cure, but it's really a new beginning." The scientific event became "a celebratory meeting," says Maria Carrillo, chief science officer of the Alzheimer's Association. "The data is undeniably positive."

Scientists have developed a blood test to diagnose Alzheimer's disease without the need for expensive brain imaging or a painful lumbar puncture, where a sample of cerebrospinal fluid (CSF) is drawn from the lower back. If validated, the test could enable faster diagnosis of the disease, meaning therapies could be initiated earlier.

The eyes are more than a window to the soul — they're also a reflection of a person's cognitive health. "The eye is the window into the brain," said ophthalmologist Dr. Christine Greer, director of medical education at the Institute for Neurodegenerative Diseases in Boca Raton, Florida. "You can see directly into the nervous system by looking into the back of the eye, toward the optic nerve and retina." One day doctors may be able to use eye tests to identify cognitive decline soon after it begins.

Can you read this and not be excited to think this horrible disease is getting closer to extinction? I cannot! **Please continue to be generous with your contributions** and your diligence in staying alert to all the possibilities that are out there.

TN Federation is in need of a Chairperson who can collect donations from the Chapters, keep a record of donations and send them on to Donna.

PLEASE step up and volunteer!

~~ Donna Shackelford
Region X Coordinator
14429 Round Lick Lane
Centreville, VA 20120-1680



Calendar of Events

July 2023 - October 2023

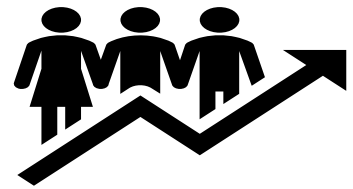
- July** TN Federation Newsletter **July 2023** issue sent to members.
- August 1** Registration closes for the **Region X Conference**. (See Region X Update, page 10 for additional information.)
- August** **Grassroots Advocacy Month** Contact/meet with your members of Congress and make sure they know the significance of the issues NARFE supports and that are important to you.
- September** For many Chapters, a return to monthly meetings. . . make it a *GREAT* year!
- September 12 – 14** **Region X Conference**, Frankfort, KY, Capitol Plaza Hotel
- October 1** October Federation Newsletter deadline for articles and pictures. Send to Newsletter Editor, Linda Heaton. See page 2 for email address.

This and That

Did You Know . . .

- Moderate physical activity may cut the risk of dementia including Alzheimer's! According to recent research, the risk has been found to be “around 33% lower with each 1,865 steps.” The study also “found that among women aged 65 or older, each additional 31 minutes per day of moderate to vigorous physical activity was associated with 21% lower risk of developing mild cognitive impairment or dementia. Source: **NARFE Magazine** June/July 2023, “*Moderate Physical Activity May Cut Risk of Dementia, Other Cognitive Impairment*”, page 44.
- The United States Postal Service (USPS) has resumed the sale of the **Alzheimer's Semipostal** fundraising stamp. The price is 65 cents and includes the first-class single-piece postage plus an amount to fund Alzheimer's research. Revenue will go to the National Institutes of Health. Source: **NARFE News**, January 2023.
- In 1883 the U.S. Congress established the Federal Civil Service with the “Pendleton Act.” Source: “**A History of NARFE**” brochure.
- There are over 700 chapters of NARFE. To help a new or potential member with locating a chapter near them visit www.narfe.org/chapters. Source: **NARFE Magazine** June/July 2023 issue, page 6.
- NARFE legislative issues got off to a slow start this year, but now are going strong! As of April, there were 226 co-sponsors in the House of Representatives for the WEP/GPO Repeal Bill—only 2 from Tennessee. Source: Bill Shackelford's Zoom presentation to the April TN Federation Annual Meeting.

Chapter News & Views



Each quarterly issue of the newsletter will feature news and events of various Chapters across the state. Help make this a success by participating at least once a year.

Chapter 0108 Chattanooga

Pat Bartley, President

Chapter meets the second Friday of each month at 11:15 a.m. at Wally's Restaurant in East Ridge, TN. We enjoy collecting for USMC Toys campaign each year.

L to R: Vardon Simcox; Ronnie Born, 1st Vice President Legislation Chair; Ann Born, Secretary; Pat Bartley, President; Don Mitchell, Treasurer; and Joyce Womack.



Chapter 1678 Sevierville

Glenda Huff, Secretary

The Sevierville Chapter has lost four members this past year. **Gene Carpenter** was former President, Service Officer, and Legislative Chairperson. **Don Utterback**, a Charter Member, served as President numerous times through the years as well Service Officer, Legislative Chairperson and Membership Chairperson. **Winnie Utterback** and **John Huff** both belonged as spouses. John attended several state Federation conventions and two National NARFE Conventions as well as numerous Federation Board Meetings. I personally could not have attended meetings without his support. They will all be missed.

Chapter 0519 Jackson

B. J. Godwin, President

Chapter 0519 meets at Brooksie's Barn located at 561 Oil Well Rd, Jackson, TN; at 11:30 a.m. on the second Monday of each month. The chapter was chartered June 1, 1955. As of this writing, there is a total of 84 chapter members with 145 National Only members in the area. The average meeting attendance is approximately 15; average guest attendance is approximately three.

NEXT ISSUE: Let us hear from the following Chapters in the November 2023 Newsletter.

Chapter 0227 - Nashville

Chapter 0860 - Cleveland

Chapter 0870 - Clarksville

Chapter 806 - Tri-County



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2023