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10 Tips for
Senior Citizens

There are many ways to build more activity into your daily life and improve your health. Here are some suggestions you may want to consider:

1. Take the stairs instead of the elevator or escalator.
2. Walk to a neighbor's house to chat instead of using the phone.
3. Organize your household so you can use more energy.
4. Get off the bus a block early and walk home.
5. Mow your lawn.
6. Sweep your walks and patio.
7. Park at the far end of the parking lot.
8. Take your dog for a walk or offer to walk a friend's dog.
9. Enroll in a dance class.
10. Move around your house as you open your mail or watch television instead of sitting in your easy chair.

President Wells summarizes national convention

I was pleased to represent the Tennessee Federation of Chapters at both the Federation Presidents Meeting in Reno, Nev., on August 24-25 and at the NARFE National Convention on August 25-30 as your Federation President. It was an outstanding experience and refreshing to learn about the creative ideas and initiatives being used in other states in their marketing and officer recruiting efforts, a great learning opportunity for all that attended from Tennessee.

The NARFE National Convention opening ceremonies began at 4:30 p.m. Sunday and lasted approximately two hours. On Monday morning John Berry, Director, U.S. Office of Personnel Management (OPM) gave the keynote address during the General Session. Mr. Berry announced that he had recently become a NARFE member. He did promise to do what he can to grant NARFE greater access to federal agencies, which has been an ongoing problem for us in the past. The General Session of the convention went well, a lot of resolutions were presented to the convention after being reviewed by the committee, with many lengthy discussions, but since all of these resolutions were for the current version of the bylaws, they had no real effect when the new bylaws were presented, voted on and passed. For those interested in details of what went on at the convention, and to view the presentations by various speakers, I invite you to go to: <http://www.narfe.org/convention2012/>. The daily reports can also be found at this site.

There were 1,163 (85%) chapters represented with an authorized voting strength of 5,827. The total in attendance was 1,052 (it varied by day) with not all authorized votes being cast.

Facing no competition, NARFE's four

current National Officers were reelected by acclamation by delegates on Tuesday. National President Joseph A. Beaudoin, National Vice President Paul H. Carew, National Secretary Elaine C. Hughes and National Treasurer Richard G. Thissen will serve new two-year terms at NARFE Headquarters in Alexandria, Va.

The vote on adopting the revision (Resolution 12-01) was 4,061 (78.29%) to 1,126 (21.71%), easily exceeding the two-thirds needed to amend the bylaws. The new bylaws adopted at this convention are not available on narfe.org (as of this writing), but should soon be online under "Officers Resources" then "Forms By Form Number." They then can be viewed and saved as a pdf file and can also be ordered using the "Requisition for Printed Supplies (F-18)" online ordering form. Be sure to check the date to make sure you getting the correct one. When available I urge you to get a copy since they are the guiding rules for our Federation and Chapters to build on.

Tuesday morning started early with a NARFE-PAC fundraising breakfast from 7:30 to 8:30 a.m. Mike Causey, currently a senior correspondent for Federal News Radio and federalnewsradio.com, and a second generation NARFE member, was the keynote speaker. There were several "Lunch and Learn Sessions" held this year for the first time. This was due to the strong influence of Region X having started this at the Region X Conference last year. They worked out very well, and it was recommended that they be continued in the future. The convention ended with a social hour and banquet from 6 to 11 p.m. on Thursday night which was well attended.

Federation Presidents meeting will be held in Orlando, Fla., at the location for the 2014 (continued on page 2)

National Convention, which will be August 24-28 at the Rosen Centre Hotel in Orlando, Fla. There was also a presentation by the location selection committee for the 2016 National Convention and the Grand Sierra Hotel in Reno, Nev., will be the site of the NARFE National Convention August 28-September 1, 2016.

As you receive this newsletter you should be well into the process of nominating new chapter officers and getting ready for chapter elections, I wish you every success in this effort. Many federations have encouraged the chapters to establish a *deputy* or *assistant* for each position where possible for both elected and appointed position, as an effort to develop new officers for the future and as an aid to the current office holder. This is a good way to get new members involved in the organization and strengthen the chapter and provide for succession planning. I suggest that you give this some thought and implement it when and where you can.

And since the winter holiday season will have passed by the time you receive the next Tennessee Federation newsletter, I want to take this opportunity to express my sincere wish to you for a happy Thanksgiving, a merry Christmas and a healthy and prosperous New Year.

~ John Wells

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Thoughts from the East

A whole summer has come and gone since we last communicated. A lot has happened regarding NARFE during that time; some good, some not so good.

Personally, I have kept busy purchasing and moving into a different home. Moving is never any fun. This move was the shortest of my life, only two miles. It is amazing how much "stuff" two people can accumulate during a five year stretch from one move to another. I also worked as an "extra" on the movie, 42. That was interesting. It is a baseball movie about Jackie Robinson. It comes out next April. It is a good movie about racism in the 1940s.

I have also been active visiting chapters in eastern Tennessee. I will rap that up this month. It is always good to get out and talk with NARFE members across the state about the issues of their respective chapter. The same theme holds true as last year, low attendance and dropping membership.

We had a presentation at the national convention that discussed why these two things are happening. Basically it is a change of culture and change of generation. You only have to think back to your earlier years. If you took a walk in any neighborhood, you would see people; kids playing in the yard, parents not far away in lawn chairs perhaps gossiping with the next door neighbors. Fast forward that same scenario to today. Those who might be inclined to take a stroll through their block would find a scarcity of human interaction. People of all ages are confined to the indoors in front of their television or computer. The social aspect of our society is dying on the vine. Since people don't converse with those closest to them, they are certainly not likely to go out of their way to come to a meeting and break bread with fellow NARFE members. Even at the workplace, co-workers will email

each other in the next cubicle. Teens will text each other they are sitting next to.

Somehow, we need to break this trend and make an effort to reintroduce the positives of social interaction.

Membership has fallen because people no longer want to make the effort to shake the bushes and seek out new prospects. Even though you have been away from the workplace for a while, you need to try and reconnect. Find a contact in human resources that will provide you with information on upcoming retirements. John Berry from OPM spoke to us at the national



Larry Minniear presents service award to John Hicks in Greenville.

convention and assured the group he would try and open the doors of the agencies for this purpose more in the future.

We have a terrific opportunity before us right now. With the shakeup in the U.S. Postal Service, there have been and will be a large number of retirements in the postmaster ranks well as craft. It would behoove us not to visit our local post office and discuss NARFE membership with the postmaster before they leave the service. One thing you can assure them is this: NARFE is not only the largest, but the only national organization whose sole purpose is to promote and protect federal employees' benefits. We are much larger than the postal retiree groups combined.

That is because we represent ALL federal employees. This is an opportunity that will quickly pass us by. So please, talk to a postal worker soon about the advantages of being involved in NARFE. Invite them to a meeting.

Switching gears, several of the federation officers made the trek to Sparks, Nevada in August to attend the national convention. I am not going to elaborate about that as two officers have addressed it already in this issue. It was my first national convention and I was very pleased that I made the effort to attend.

As we move quickly into 2013. It will be time to elect chapter officers for next year. In many of our chapters, very dedicated individuals have given many years to their local NARFE chapter. It is time some others stepped up to the plate and lent a helping hand. I would suggest those wishing to step down personally recruit a replacement so the transition goes smoothly. Also, do not forget to update the officer listing with the federation and national. I have noticed a number of errors in the officer listing as well as meeting place listing on the federation website. Please check your chapter and make the necessary corrections.

Finally, I want to make a pitch for the 2013 federation convention. It will be held at the Chattanooga Choo Choo Hotel in downtown Chattanooga. A registration form is included in this issue. I would like to see a lot of early registrations. It makes the planning go much smoother when we know in advance how many we can expect in attendance. Make plans now! I will see you at the Choo Choo!

Larry Minniear
2nd Vice President
Tennessee Federation - NARFE



Joint Chapter Meeting

L-R: Carlos Henning, Jackson; Ruth Ann Atnipp, Jackson; Lorenzo Tyson, Jackson; Joyce Knott, Jackson; Congressman Stephen Fincher; Rhonda Mooney, Jackson; Larry Henderson, Tri-County; and Marie Anglin, Nashville.

NARFE members cannot afford to be scapegoats

For years I have thought there have been a lot of good people elected to congress who have the morals and beliefs needed to improve our country and had great ideas on how to change things for the better. When they get to Washington they realize that they can't accomplish everything they wanted to do without allowing other legislators to pass what they consider to be the most important. To get things done requires communication and compromise. This has not been happening.

The past two years there have been a number of proposals by the different committees, but they have not been implemented due to the stalemate. Some of these proposals will be brought up again during the next year. Opinions of the

"experts" keep referring to the theory that whoever wins in the election will have something of a mandate to proceed in a positive way to cut the debt while improving the economy. In my opinion there will be a lot more communication and compromise this year. Hopefully after the election is over, both sides will accept the results and move on to accomplish something and lower their unfavorable ratings.

Tennessee Congressman Jim Cooper introduced legislation that calls for congressional pay to stop if lawmakers don't get next year's federal spending decided by October 1. Among the 78 cosponsors of his bill are Republican Representatives Blackburn, Black, Desjarlais, and Roe. Republican Senators Alexander and Corker have also signed on. This bill will

never pass, but it shows Tennesseans are leading the way in working together.

What does this mean for us? We, as NARFE members, need to continue to contact our congressmen whenever the opportunity presents itself and stress to them we don't mind paying our share, but we cannot afford to be "singled out" or made "scapegoats." Resources are available on our website, our legislative staff is outstanding and ready to help, and our magazine keeps us up to date each month with the latest developments with the legislation tracker and other articles. As our national president says, we are "Moving Forward with Optimism." Maybe 2013 will be the year!!

*Jim Glenn
Legislative Chairman*



Joint Chapter Meeting

L-R: Linda Mashburn, Millington; Congressman Stephen Fincher; and Rheba McDaniel, Millington.



ATTENTION Treasurer or Secretary/ Treasurers

You will be receiving your per capita dues letter the middle of November 2012. Please complete and return by December 10, 2012 or we can get our dues to the Federation Treasurer and she can make her deposit by December 31, 2012.

If you receive the form and are not the current officer, please give to correct officer or your Chapter President.

Anyone having difficulty completing the form please email me at glendahuff@att.net or call 865-577-9688. I will be more than happy to assist you. Also your area Vice President is very knowledgeable and will be able to assist you in person if you need help.

Remember the number of voting delegates your chapter receives is based upon the number of members per ca pita dues are paid on.

THANKS for the wonderful job you do all year keeping your chapter's financial records.

*Glenda Huff
Federation Financial
Secretary*

**Tennessee Federation of Chapters
National Active and Retired Federal Employee Association**

2013 Convention Registration Form
57th Federation Convention
Hosted by Chattanooga Chapter 0108
Chattanooga, Tennessee
April 15-16, 2013

Each Delegate, Alternate or Member should use a separate registration form and print or type information for Self, Spouse and Guests. If additional space is needed for guests, please use the back of form.

Chapter No. _____ Chapter Name _____ Location _____

Name _____ ID# _____ Phone (____) _____

Address _____ City _____ State _____ Zip _____

CIRCLE ALL THAT APPLY: (Delegate) (Alternate) (Federation Officer) (National Officer) (Past Federation President) (Member)

Which agency retired or active from (Member) : _____ (Spouse) : _____

Indicate banquet meal choice by CIRCLING ONE: (Roast Sirloin of Beef) (Chicken Piccata) (Vegetable Plate)

+++++

Spouse or Guest name (If not a NARFE member) _____

Indicate banquet meal choice by CIRCLING ONE: (Roast Sirloin of Beef) (Chicken Piccata) (Vegetable Plate)

+++++

CONVENTION OPTIONS	SELF	SPOUSE/GUEST	FEE (each)	AMOUNT
Full Registration (Registration/Banquet)	()	()	\$ 55.00	_____
Conference Registration ONLY	()	()	\$ 25.00	_____
Banquet ONLY	()	()	\$ 30.00	_____
Late Fee (after March 1st)	()	()	\$ 5.00	_____
		TOTAL ENCLOSED		_____

Submit registration form by March 1, 2013. (Late or on-site registration is \$5.00 extra per person.)

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Make Checks payable to NARFE and Mail to:

Mary Lynn Wilson, 6724 Dove Field Road, Hixson, Tennessee 37343-3390
(423) 304-1535; E-mail: marylynnwilson55@yahoo.com

LOCATION: Chattanooga Choo Choo, 1400 Market Street, Chattanooga, Tennessee 37402; 1-800-872-2529. Call the Hotel direct for reservations and mention NARFE to receive the convention rate of \$89.00 plus tax. **The cutoff date for reservations at this rate is March 1, 2013.**

DIRECTIONS: I-24 to Market Street exit, turn north or US 27 to Martin Luther King Blvd. Exit east to Market St. turn right (south)

For more information contact: Convention Chairman: Larry Minniear (423) 875-5612
Chapter 0108 President: Jim Cooke (423) 881-3152

Henderson remembers a dear friend

Since the previous newsletter, our great nation has lost a good citizen, NARFE has lost a loyal, dedicated member and many of us have lost a very good friend. Mr. Raymond L. Hooks, Sr., a member of Memphis Chapter 78, passed away on July 19, 2012 at the age of 92. He joined NARFE on October 23, 1987 and served as the chapter treasurer until just a few months before his death. Mr. Hooks was a wise, thoughtful, compassionate, kind, considerate man who always seemed to know just the right thing to say in any situation. He would always greet me by saying, "There's my good friend Larry," and it warmed my heart every time I heard it. I often think of my good friend, "Mr. Raymond," and know that he is greatly missed by so many whose lives he touched.

As I write this article, a few weeks have passed since "Meet Your Candidates Month" officially ended on September 7, and I am pleased to report that we held a very successful event on August 20 in west Tennessee. Jackson Chapter 519 hosted our "3rd Annual West Tennessee Joint Chapter Meeting" and I had the high honor and distinct pleasure of introducing our guest speaker, Congressman Stephen Fincher. Representatives were present from Memphis Chapter 78, Nashville Chapter 227, Jackson Chapter 519, Dickson Chapter 727, Tri-County Chapter 806, Shiloh Chapter 861, Clarksville Chapter 870, Millington Chapter 1382 and Memphis Postal Chapter 1733. After speaking, Congressman Fincher answered questions at length and spent almost an hour and a half with our group of 85 members and guests. I am extremely grateful to the Jackson Chapter for hosting this event and I appreciate all of the officers and members of the participating chapters for your outstanding support of our annual joint meeting this year.

I left for the 32nd NARFE National Convention on Thursday, August 23 and averaged driving almost 800 miles per day for three days to arrive in Reno, Nevada at approximately 6:30 p.m. on Saturday, August 25. After registering on Sunday afternoon, my first order of business was Delegate Orientation from 2 to 3:30 p.m. On Monday morning John Berry, Director, U.S. Office of Personnel Management (OPM) gave the keynote address during the General Session. Mr. Berry was loudly applauded when he announced that he had recently become a NARFE member. I also attended Service Officer training presented by David Snell from 7 to 8 p.m. Monday evening. Tuesday morning began early with

a NARFE-PAC fundraising breakfast. Mike Causey, a second generation NARFE member, was the keynote speaker. Formerly the "Federal Diary" columnist for The Washington Post, Mr. Causey is currently a senior correspondent for Federal News Radio and federalnewsradio.com. "Lunch and Learn Sessions" were held for the first time this year and I attended the Configuration Advisory Board Committee (CAB) "On-line Activities Module (OAM) demonstration" on Tuesday, "How to market NARFE to prospective members" presented by M&R Services on Wednesday and "Motivation: How does this relate to NARFE?" presented by Sabatier Consulting on Thursday. The convention and trip were very interesting and educational experiences and traveling was about as enjoyable as it could be under the circumstances.

An important report will be due before you receive the next newsletter. According to the new NARFE Standing Rules, Rule IV, Section 2, D, to ensure proper collection of chapter dues, as well as accurate chapter officer information, chapters shall submit to the national headquarters by January 1 annually the appropriate NARFE form listing the chapter dues amount. In this case, the appropriate form is the F-7 Update found on the chapter activities page of the Online Activities Module.

Another important item has recently been announced by The Office of Personnel Management. This year's Federal Benefits Open Season will run November 12 through December 10. New for this year, all Federal Employees Health Benefits Program plans will provide on their websites a summary document detailing information about health plan benefits and coverage, as required under the Affordable Care Act.

Since the winter holiday season will have passed by the time you receive the next newsletter, I will take this opportunity to express my sincere wish that you have a happy Thanksgiving, a merry Christmas and a healthy and prosperous New Year. Please do not forget our less able senior members during this time; I am sure that a card, telephone call or visit will warm their hearts and yours too.

- Larry Henderson

Tennessee Federation 1st Vice-President
(731) 784-0675, jhenderson@narfetn.org

NARFE Solicitation Coupons

As of Monday, August 20, 2012, Alzheimer's Association coupons will no longer be inserted into NARFE acknowledgement letters to those who make direct contributions. We sincerely apologize for the delay and any inconvenience this may have caused NARFE members. If any NARFE member receives one of these solicitations in the future, please have them contact Lauren Fritz at 312-335-5828 so we can resolve the issue as soon as possible. Thank you for your patience and understanding.

Joan Gates
Tennessee NARFE
Alzheimer's Coordinator
mjoan20@gmail.com



Silent auction for Alzheimers a huge success

The Silent Auction at the Convention was a huge success. Many chapters brought gifts for the table and the basketball signed by Pat Summit was one of the gift prizes donated by the Knoxville Chapter. Of course, Reva Collins brought a handmade quilt donated by her sister which she has done for the last two years. Our total proceeds were \$819. The committee has agreed to do the Silent Auction again next year.

Although by now all of you may know that the national total contributions have reached \$9,851,349. Region X is the highest in the nation with \$142,213. The breakout by state Federation is: Kentucky \$8,863; North Carolina \$27,031; Tennessee \$12,861; Virginia \$86,555 – still the largest of all Federations; and West Virginia \$7,903.

To Chapter Alzheimer's chairpersons: Please continue to send your chapter's Alzheimer's donations to me on and before the 15th of the month so I can send my report and donations to the Alzheimer's Association. Help Region X to remain the highest in the nation.

*Joan Gates
Tennessee NARFE
Alzheimers Coordinator
mjoan20@gmail.com*

We Got It

by Ed Evans, Federation Public Relations Officer

Growing up in the played out gold mining town of Mariposa, Calif., playmates were scarce so most of my friends were old cowboys, worn out gold miners, Indians and loggers at a time when I lived with my grandparents. My grandmother waitressed over at the Gold Coin Bar and Cafe, so after school, I'd leave my first grade class and head over there. It boosted a little boy's ego that such men treated me as a grown-up.

One day walking down the main street of Mariposa, all of about three blocks, one of my grandmother's friends, an old cowboy named Red, was escorting me from school to the Gold Coin. Up the hill I spotted several men hanging around a small rented house that used to be empty. I asked Red why they were all up there.

"The principle of good salesmanship, boy," Red intoned and kept walking.

I had no idea what that meant, so I asked.

"They believe she's got what they want, boy. But it's too late for me, and too soon for you."

Many years passed before I understood any of that. But those words of old Red's came back to me recently as I considered our current economy and the membership figures we are seeing in NARFE.

Fact is, for both active and retiring federal workers, we've got what they want. Everyone wants some peace of mind about their retirement future, some assurance it will be there for them if times get tough when they retire. Things are hard for many folks, and no matter who wins this coming election, the projection is that the

economy will continue to be rough sledding for a while. That's not good news when you are on a fixed income.

But it's true, we've got what they want.

The question is, how do we let federal workers and retirees know that?

Word of mouth is one sure-fire answer. Nothing sells a product like a good testimonial from the guy or gal who has been there, done that, seen it, tasted it, and knows first-hand that it works. One-on-one contacts with former co-workers nearing retirement, or already in retirement, carries more weight than contact from a chapter officer who is "expected" to sing the praises of NARFE.

You see, the crew we've got working for us in Washington, D.C., to at least maintain what we've earned without suffering any financial or legislative cuts, they are doing a good job for us. But to the average Joe and Jane just getting into retirement, that's a far-off, fuzzy concept of what NARFE is all about.

Providing a strong, resilient safety net for people as they move on in years, that translates to a sense of camaraderie and friendship that people like and understand. When as chapter members, we check on members we haven't seen for a while, we often learn someone has been ill, someone's depressed and needs cheering up and prayer. Everyone is carrying their own load, and not everyone likes to talk about it,

unless a friend asks. After all, it's all too true what they say, that old age is not for sissies! Everyone needs a good friend now and then.

Poet Maya Angelou has said, "At the end of the day people won't remember what you said or did, they will remember how you made them feel."

Within our NARFE chapters we can spend a lot of effort on PR campaigns, pay for TV and newspaper ads, take advantage of the freebie ads to list our meeting dates and speakers, but Maya Angelou is right, it is

"At the end of the day, people won't remember what you said or did, they will remember how you made them feel."

reaching out and caring about people that will draw them to support NARFE more than financial facts about their future. In the final analysis, one is just about as important to well-being as the other.

Monthly newsletters, telephone committees that call members once a month, our Sunshine Chairpersons to keep track of people and their situations, our Service Officers to lend a guiding hand where needed -- they all work. Our monthly magazine is one of the best resources we have for telling people how NARFE works for them, but if at the chapter level we aren't working to stay in touch with our membership, they won't work to stay in touch with NARFE.

In the U.S. Army Corps of Engineers from which I retired, they have a Latin motto "Essayons," which translates to "Let us try." Seems like a good idea.

Membership

On August 20 Jackson Chapter 519 hosted the 3rd Annual West Tennessee Joint Chapter Meeting. There were 85 people present including members from nine chapters (Millington, Memphis, Memphis Postal, Clarksville, Tri-County, Shiloh, Dickson, Nashville, and Jackson) and five Federation officers. Congressman Stephen Fincher was the speaker. There was a question-and-answer session with Congressman Fincher after his talk. Congressman Fincher's talk and the question-and-answer session that followed were very informative. Congressman Fincher seemed impressed with the number of people in attendance. The Scotts Hill American Legion presented a very touching and patriotic folding of the flag ceremony. Everyone seemed to enjoy the meeting - there was even a drawing for a door prize. It was nice to have a chance to visit with folks from other chapters. I have had the opportunity to attend several joint meetings the last few years, and I have enjoyed every one. I urge chapters to

consider a joint meeting. They are fun and anytime you get a bunch of NARFE members together a lot of good ideas result.

The joint meeting included two of the things that immediately come to mind when I think of NARFE: legislative issues and camaraderie with other NARFE members. I guess because those two things are so important to me, I sometimes forget some of the other perks of NARFE membership such as 20% savings at Choice Hotels, up to 20% savings at Wyndham Hotel Group, discounts at Alamo and National car rentals, the opportunity to join NARFE Premier Federal Credit Union, and the NARFE Scholarship Program. I recently saved \$5 per night during a two-night stay at Days Inn (Wyndham Hotel Group) due to being a NARFE member, and I just made reservations for three nights at Comfort Inn (Choice Hotels) and saved \$21 per night due to being a NARFE member. That's a savings of more than the cost of my yearly NARFE membership.

The perks are listed every month in the NARFE magazine. You have to furnish the Special Rate ID listed in the NARFE magazine to receive the discount for Choice Hotels. Be sure to take advantage of all the perks of your NARFE membership. Also mention all the benefits of NARFE membership in your recruiting and retention activities. All of us know someone who could benefit from being a NARFE member, so please recruit these folks. Explain all the benefits of NARFE membership, and let them know that we need them as members. The larger our number of NARFE members, the louder our voice will be heard on Capitol Hill.

Please contact me if I can be of assistance in any way. I hope everyone has a wonderful Thanksgiving, a very Merry Christmas, and a Happy New Year!

*Rhonda Mooney
Federation Membership Chair
rmooney@narfetn.org
731 267 2336*



Chapter 108

Jim Cooke, Chapter 108 President, presents certificate of appreciation to Linda Moss Mines for her presentation on July 13.



A person's gait could be early sign of Alzheimer's

Subtle changes in the way a person walks can be an early warning sign of cognitive decline and a signal for advanced testing, researchers reported at the Alzheimer's Association International Conference in Vancouver, Canada.

The findings are the first to link a physical symptom to the disease, which up until now required doctors to begin a diagnosis by focusing on cognition and administering lengthy neurological exams. The evidence in the five studies is "robust" experts say. They note walking changes can occur even before cognition decline surfaces.

The presentation on the opening day of a week of meetings follows a plan the U.S. government announced in May to help train doctors in earlier detection and to find a cure by 2025.

How to recognize signs of Alzheimer's in a loved one: "Monitoring deterioration and other changes in a person's gait is ideal because it doesn't require any expensive technology or take a lot of time to assess," says Bill Thies, chief medical and scientific officer for the Alzheimer's Association. The disease affects 5.4 million in the USA, and the number is forecast to spike to 18 million in 2050 as Baby Boomers age.

USATODAY.com



Senior Nutrition: What your body needs

Older adults can feel better immediately and stay healthy for the future by choosing healthy foods. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age.

Past President's Report

In my November 2011, newsletter article, the "Congressional Supercommittee" was still working on a plan to reduce the federal deficit by \$1.5 trillion over a ten-year period. The plan was not to be; therefore, \$1.2 trillion in spending cuts would be automatically unleashed on hundreds of programs that would begin in 2013. Some of the programs that were exempted from the automatic cuts, at that time, were Social Security, the Medicaid healthcare for the poor, Medicare healthcare benefits for the elderly, veterans pensions and many programs for people with low incomes. What is actually going to happen with the automatic cuts and will they actually take place or not? That will probably take several other committees to determine that. Regardless of the election results (not known at this writing), Active and Retired Federal Employees will continue to be singled out in ways to reduce the federal deficit. We must continue to be very vigilant on proposed bills that will have an affect on our livelihood.

As the year winds down and the holidays are approaching, we should all be thankful for our blessings. Please remember that we have men and women in foreign countries risking their lives every day so that we may continue to enjoy the freedoms that we have.

Happy Holidays and Merry Christmas!

*Larry Cunningham
Immediate Past President*

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