



# Tennessee Federation News

NEWS OF INTEREST  
TO ACTIVE AND  
RETIRED FEDERAL  
EMPLOYEES



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## Social media helps families stay in contact

Whether you are a half-a-world away or just an hour's drive, your family may be too busy to visit as often as they would like. Thanks to sites like Facebook, you can easily maintain contact any time of the day. The benefit of social media is that you can send a message to your loved one when it is convenient for you and they can respond back in their own time.

You can chat together in real time or leave messages for each other to answer to at different times of the day. Seniors who get tired easily will not wear out as quickly answering messages as they would with face-to-face visiting or talking on the phone. Since you never know when you will have a message, it gives you something to look forward to every time you log on.

Carefect  
Home Care Services

## Henderson summarizes experience as Federation President

My first “official” travel as Tennessee Federation President was on May 11, 2013 when I had the rare pleasure of attending the Weida White Tolley Day celebration hosted by Dickson Chapter 727 at NHC Healthcare in Dickson. Because Miss Weida celebrated her 99th birthday on February 17 and her 40th anniversary as a NARFE member on May 1, this special day was a great way to celebrate both of these extraordinary milestones. Miss Weida is an avid reader, so I was especially pleased to present her with a letter of appreciation for her many years of outstanding service, loyalty and dedication to NARFE. Chapter President Gail Jones read a proclamation from the mayor, we enjoyed cake and punch, and a good time was had by all. Gail did an excellent job of planning and making arrangements for this very special occasion.

Less than a week later I received the sad news that my very good friend, Mrs. S. Bernice Bridgeforth, had passed away on May 11. She and I first met in Washington DC on March 10, 2009 during the NARFE Legislative Training Conference. It was on the last day of the event, and we had loaded up on buses in Alexandria,



L-R: Dickson Chapter Member TD Waggoner, Federation President Larry Henderson, Dickson Chapter President Gail Jones, Dickson Chapter Legislative Chair Charles Hooper, Dickson Chapter Service Officer Christine Hooper, Federation Treasurer Marie Anglin, Reverend Larry Tarkington and Donna Tarkington. Weida White Tolley seated.

Va., early on that Tuesday morning for a trip to Capitol Hill to meet with members of our Congressional Delegation. Miss Bonnie had recently undergone triple bypass heart surgery, and it was soon evident that all of the walking was becoming a struggle for her. But it was just as evident that she was determined not to quit. So I offered her an arm of support to serve as her escort and, with frequent rest stops, we slowly marched arm-in-arm all over the Hill meeting with as many of our legislators or their

representatives as possible. The buses picked us up about mid-afternoon for the ride back to our hotel. I located my wife, introduced her to Miss Bonnie, and we found someone to take a picture of the three of us in the hotel lobby. A warm, strong friendship quickly developed. Miss Bonnie was a pillar of strength in her family, community and church. She was a devoted member

of Mt. Pisgah C.M.E. Church for 43 years and served in many leadership capacities. Miss Bonnie was also a civil rights pioneer. She became the first African-American employed by the United States Bankruptcy Court for the Western District of Tennessee where she

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## Tennessee Federation Officers

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## Henderson summarizes experience (Cont'd)

retired on January 3, 1995. Miss Bonnie joined NARFE on November 7 of the same year and soon became the heartbeat of Memphis Chapter 78 where she served as the Chapter Secretary for many years. As Federation District Officer for Congressional District 9, she was one of the most influential and effective advocates in Tennessee. Miss Bonnie was a true friend and a very special lady. We talked often on the telephone, and I miss her every day.

On another sad note, several days before this article was due to the Newsletter Editor, I received an email informing me that Jane Shannon of Jackson Chapter 519 passed away on September 14, 2013. My wife and I met Miss Jane on April 28, 2008 during the State Convention at Montgomery Bell State Park. A fire alarm went off about the time many guests were beginning to get ready for bed and everyone was evacuated. The hotel staff quickly determined that it was a false alarm, but we had to wait outside until the Fire Department arrived from Dickson, completed an investigation and gave us clearance to return to our rooms. The wait was long, and I remember that it was a very cool night for late April. Miss Jane's health was already deteriorating, but she was much more concerned about us than she was about herself. It was always a joy to see her at chapter meetings and other NARFE functions such as filling the "goody bags" in Joyce Knott's garage for the 2009 State Convention in Jackson.

On behalf of the federation, I express sincere condolences to the families of S. Bernice Bridgeforth and Jane Ann Shannon; they were both loyal, dedicated NARFE members and will be greatly missed.

A few weeks after the State Convention, I received a cordial invitation from Murfreesboro Chapter 834 President Wayne Lanier to attend their annual summer picnic on June 6. There was a sizeable, friendly crowd in attendance and Tennessee State Representative Mike Sparks was the program speaker. We shared excellent fellowship, a delicious meal, and I had a very enjoyable visit.

Approximately a month later, I left on July 5 for the NEB/Federation Presidents Meeting July 8-11 at the Rosen Centre Hotel in Orlando, Fla. Although we met occasionally with the NEB, most of the time our meetings

were separate. Reports were presented by National President Joseph Beaudoin, National Vice-President Paul Carew, National Secretary Elaine Hughes, National Treasurer Richard Thissen, Legislative Director Jessica Klement and Membership Director Bridget Boes. There were presentations on Alzheimer's; service officer duties and resources; a comprehensive demonstration of the OAM system; a National Bylaws Committee Report; Lunch and Learn sessions were offered on Tuesday and Wednesday; a training session on recruiting and retention best practices; a Bylaws and Articles of Incorporation class; sessions on Electronic Meetings and Media; three Rs and Succession; and AARP Over 50 Technology. The last day, July 11, began with the first ever NARFE Annual Membership Meeting. National President Beaudoin called the meeting to order at 8 a.m. After he presented the President's annual report and National Treasurer Thissen presented the Treasurer's annual report, there was a question-and-answer session and the meeting was adjourned at 8:30 a.m. I thoroughly enjoyed attending the NEB/Federation Presidents meeting this year. It was a busy time and a valuable learning experience.

On August 8, I attended the NARFE 4<sup>th</sup> Annual West Tennessee Joint Chapter Meeting hosted by Shiloh Chapter 861 at Pickwick Landing State Park. I commend Federation 2<sup>nd</sup> Vice-President Rhonda Mooney, Chapter President Clyde Thornhill, the Shiloh Chapter members, and all of the other participating chapters for making this a very successful event. The venue could hardly have been more beautiful, the facilities more accommodating, the planning more complete, or the chapters more responsive.

The Tennessee Federation Executive Board (FEB) met at the MainStay Suites in Pigeon Forge the afternoon of September 9 and adjourned shortly before noon on Tuesday, September 10. At approximately 3 p.m. on Tuesday afternoon, registration for the Biennial Region X Conference hosted this year by the Tennessee Federation began at the same site. There was a record turnout of approximately 75 members and guests in attendance from the Kentucky, North Carolina, Tennessee, Virginia and West Virginia Federations. The theme was "Best

*Continued on page 3*

# Henderson summarizes experience (Cont'd)

Practices" with a focus on legislation, leadership, membership and service. Region X Vice-President Bill Martin and Virginia Past Federation President Bill Shackelford did an excellent job of planning the agenda, coordinating the speakers, and managing the conference. Members of the Tennessee Federation also made significant contributions toward the success of the conference. Federation First Vice-President Larry Minnear did an outstanding job of managing site arrangements and handling the registrations, Federation Immediate Past President John Wells did an excellent job of developing and maintaining the Region X Website and preparing the conference notebooks, and Federation Treasurer Marie Anglin helped to keep us afloat as our Conference Treasurer by paying the bills on time with her usual efficiency and expertise. Federation Second Vice-President Rhonda Mooney of the membership presentation team and Federation Legislative Chair Jim Glenn of the legislation presentation team made us all proud with their excellent presentations. Federation Third Vice-President Ed Evans conducted a thoughtful and meaningful invocation Thursday morning and Oak Ridge Chapter 1476 President Merilyn Wing led the Pledge of Allegiance on Friday. I thought the conference offered an exceptional educational opportunity for everyone involved.

The FEB approved two initiatives that I am delighted to announce at this time. The first is a membership recruiting contest January 1, 2014 through December 31, 2014. Prizes will be awarded at the 2015 State Convention as follows: First place \$100, second place \$60, and third place \$40. In addition, a random drawing of all other members who recruited at least one person will be held and one lucky recruiter, who does not have to be present, will receive \$25. A drawing of all new members will also be held for a prize of \$25. The second initiative involves filling our vacant Federation District Officer positions. Toward that end, an expense paid trip, IAW the Federation Policy Manual, to the 2015 NARFE Legislative Training Conference will be offered to one of our District Officers. As of this writing, there are vacancies in Congressional District 1, 3, 4, 5, 6, 7, 8, and 9. If you reside in one of these

districts and would like to have an opportunity to be an influence in the protection of federal pay, pensions and benefits, the federation needs you now.

An important report will be due before you receive the next newsletter. According to NARFE National Bylaws, Standing 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.

It is not too early to begin thinking about the 2014 State Convention being held April 21–22 at the Drury Plaza Hotel in Franklin. Resolutions must be received by the Federation Secretary at least 60 days prior to the convention and each chapter should submit a list (not credentials) of the names of their delegates by January 15. A Delegate Form can be found in this issue of the newsletter.

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 remember 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. Thank you for choosing to be a NARFE member and for your loyal support to your chapter, the federation and the association. NARFE is the best advocacy organization on Capitol Hill and your membership is critical for its continued success.

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## NARFE Appointed Positions

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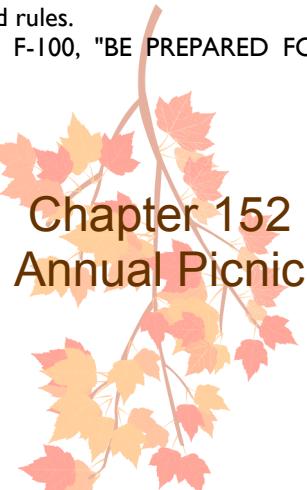
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## Duties of a service officer

The chapter service officer's primary duty is to be responsive to members' questions and needs, particularly in the area of federal benefits. The position exists for the purpose of having an individual nearby in the community who is knowledgeable about federal benefits and procedures, who can assist members who may be having difficulty trying to contact federal agencies for help with a particular problem. These may include civil service retirement matters, Social Security and federal insurance programs, including the Federal Employees Health Benefit Program (FEHBP) and Medicare.

Another important duty that service officers provide is to furnish chapter members with up-to-date information on changes in federal retirement, health and life insurance benefits. This includes sharing information on the annual Federal Benefits Open Season when it becomes available, as well as any changes in the federal benefit laws, regulations and rules.

The F-100, "BE PREPARED FOR LIFE'S



*NARFE Ex-Fed Band performs at the Athens Chapter 152 annual picnic.*



EVENTS" What Your Survivors Should Know is also furnished by the service officer. The purpose of the guide is to help you organize your personal and financial information in one location so your survivors will have the information they will need to handle your affairs upon your death. While one's death is a difficult topic to discuss, reviewing this information with your family will help them to understand the steps they will need to take. You should ensure that your family members review this guide with you and know where it is located. You should also review this guide periodically to ensure the information is up-to-date.

Contact your local Chapter Service Officer for any additional services they provide. We have some very good Service Officers in Tennessee and they are there to serve.

- Larry Cunningham  
Federation Service Officer  
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*Athens Chapter 152 President Paul McMillan welcomes McMinn County Mayor John Gentry to their annual picnic.*

## NARFE Appointed Positions (Continued)

# A little of this & a little of that

There is a lot to talk about this time around. I did a little traveling, and we hosted the Region X Conference in Pigeon Forge. I will try and give the highlights of each.

As you know, each vice president is tasked with visiting every chapter in their respective region at least once during the year. This is not as easy as it seems since the chapters do not schedule their meetings with any regularity or geographical proximity to ease this burden. I keep seeing the same thing year after year during these visits; reduced attendance and apathy; coupled with virtually no growth in membership. I hear a lot of excuses, but that is all it is – excuses, not reasons. We will discuss membership further later.

I got two chances to briefly meet with numerous congressmen and both senators. The first was at the Statesman Dinner in Nashville. The second was a much more casual affair. It was an appreciation BBQ at the home of Senator Bob Corker. They were brief but important as it does not take a lot of time to make our case legislatively. Equally important is the face time with each member of the Tennessee delegation.

I went to Bellevue, Wash., to attend the NAPUS (postmasters) convention. While there I volunteered to assist the wonderful Washington NARFE officers in manning the NARFE table in the exhibit area. I think that exposure yielded some very positive results; and hopefully a few new members.

The highlight of the summer was our Region X Conference in Pigeon Forge in September. The theme was “Best Practices.” It sounds appropriate. I had to wonder though, if the federations making the presentations were actually implementing these great ideas. If this is so, why is our membership and advocacy numbers declining at such a fast rate?

Let's take a closer look at both of these issues. Membership is the backbone of any organization. If you don't work membership, continuously, your organization is sure to decline. I hear the same excuses year after year. Our members are getting older. The younger ones do not want to join or attend meetings. We do not have access to federal facilities any longer. All of these are valid statements, but not good reasons to back off of membership recruitment. I dare say that a good number of chapters have no membership chairman. Those that do have a chair; it is not an active one. It has been mentioned about expanding our membership eligibility base again. That is not our problem. We have 2-3 million federal retirees. Those numbers alone would suggest our membership should be higher than it is. It stands to reason

that every member has a potential member or two within their circle of friends or relatives that has not been asked to join. Think about that for a moment. Who do you know from your neighborhood, church, other organizations, family? Are there any current or former federal employees? Are they members? What about their friends or relatives? We need to make the overture of membership with everyone we come in contact, who has worked or is working for the federal government.

Advocacy is another area we are slipping in. I know people do not like to make those telephone calls to Congress. There are other more effective ways you can assist with our legislative advocacy program. You can write a simple letter to your congressman. Make sure you send it to his/her local office not DC. Email is better, faster and the preferred method by all congressmen/senators. A face-to-face meeting (if only for a few minutes) is the best. Tennessee congressmen and senators are home most weekends and during recess periods. They are home to listen to your concerns. Call their local office and schedule a group meeting or attend a town hall meeting. They will all be available next year (an election year). If you need facts or material for your letters or meetings, go to our website: [www.narfe.org](http://www.narfe.org). It is loaded with good information. Our Legislative Director, Jessica Clement is also available and willing to help you.

Overall, the conference was a huge success! We experienced a record number of attendees. Most important was the effort that went into the presentations by our Region X officers. Officers from all five federations stepped up to the plate in grand style to make this a very informative and worthwhile experience. The camaraderie and fellowship was fantastic!

Enough said for now. Here is your homework. Make contact with your congressman and senators this week. It only takes a few minutes. Next, and equally important; search out for the forgotten acquaintance, whom you have not spoken to lately or ever about NARFE membership. Invite them to a meeting or suggest a chapter near them. Follow up! Have a nice holiday!

- Larry Minnear  
Federation 1<sup>st</sup> Vice President

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### Public Relations Officer

Vacant

### Special Project Officer

Vacant

## The importance of sleep for older adults

No matter what your age, sleeping well is essential to your physical health and emotional well-being. For older adults, a good night's sleep is especially important because it helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day, and refreshes your immune system, which in turn helps to prevent disease.

Many physicians consider sleep to be a barometer of a person's health, like taking his or her temperature. Older adults who don't sleep well are more likely to suffer from depression, attention and memory problems, and excessive daytime sleepiness. They are likely to suffer more nighttime falls, have increased sensitivity to pain, and use more prescription or over-the-counter sleep aids. Insufficient sleep can also lead to many serious health problems in older adults, including an increased risk of cardiovascular disease, diabetes, weight problems, and breast cancer in women.

## Call a former co-worker today for NARFE

While it seems we are not making much progress in getting our message out to our legislators to protect our benefits, we really need to regroup and continue to encourage our members to speak up, send emails, call our congressman, and also recruit new members as they retire.

The fact is we need as many members as possible to be able to influence the decisions made at the federal level. At the top of our list of potential members should be the current employees. Since these are the people we used to work with, they should be more willing to believe that the need is there (if told of the seriousness of the problem by a trusted friend and former coworker) and be willing to add their voice in our quest to protect what we worked for and were promised. Call one of your former co-workers today. We will all benefit from your efforts.

In Tennessee we are embarking on a new initiative to improve and strengthen our communication with each of our senators and congressional persons. We are looking for "A FEW GOOD TENNESSEANS" to accept the challenge and work in their congressional district to establish a

continuing line of communication between NARFE and Congress in which we can timely and efficiently make our position known whenever the occasion arises or vote is imminent.

Are you that person? The NARFE member we are looking for believes in the future of NARFE, lives in the legislator's district, in a town where he or she has an office, and would be willing, on a regular basis, to make contact his office. Our national support staff in Washington have a vast number of resources available to us. Fact sheets, talking points, and many other materials for advocacy and use in the media are on the national NARFE website. Reference is also provided to some of the many periodicals and daily commentaries which provide an avenue to keep up with what is going on currently.

I know we have many chapter members that would do a great job working in legislation. Just let us know by contacting your vice president or calling me for more information. Our numbers and email addresses are on our federation website.

- Jim Glenn  
Legislative Chairman

## Pets play an important role for older adults

The key to aging well is to effectively handle life's major changes, such as retirement, the loss of loved ones, and the physical changes of aging. Pets can play an important role in healthy aging by:

### Helping you find meaning and joy in life.

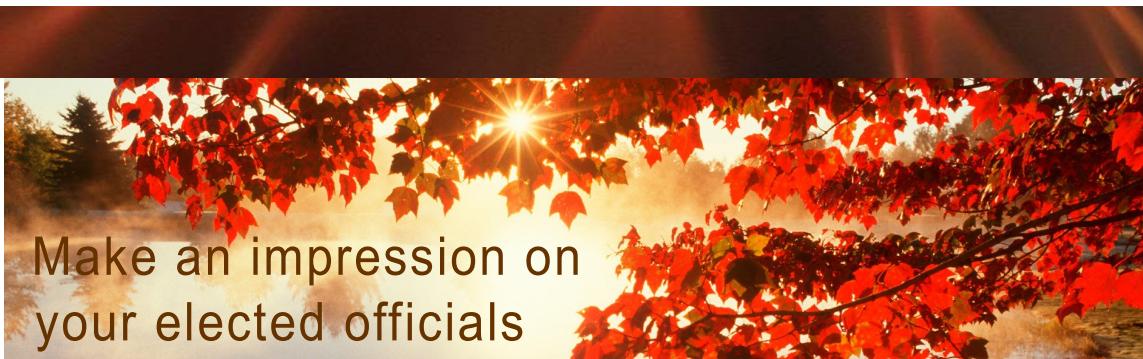
As you age, you'll lose things that previously occupied your time and gave your life purpose. You may retire from your career or your children may move far away. Caring for a pet can bring pleasure and help boost your morale and optimism. Taking care of an animal can also provide a sense of self-worth.



**Staying connected.** Maintaining a social network isn't always easy as you grow older. Retirement, illness, death, and moves can take away close friends and family members. And making new friends can get harder. Dogs especially are a great way for seniors to spark up conversations and meet new people.

**Boosting vitality.** You can overcome many of the physical challenges associated with aging by taking good care of yourself. Pets encourage playfulness, laughter, and exercise, which can help boost your immune system and increase your energy.

Helpguide.org



## How many hours of sleep do older adults need?

# Make an impression on your elected officials

On August 8th the Fourth Annual West Tennessee Joint Chapter Meeting was hosted by Shiloh Chapter 861 at Pickwick Landing State Park. Johnny Blakely, Field Representative for US Congresswoman Marsha Blackburn, was the speaker. There were approximately 40 people at the meeting representing six NARFE chapters - Jackson Chapter 519, Dickson Chapter 727, Tri-County Chapter 806, Shiloh Chapter 861, Millington Chapter 1382, and Memphis Postal Chapter 1733. Mr. Blakely noticed and commented on the large turnout. After his talk, he opened the meeting for questions. It was apparent from the questions posed by our NARFE members that we are aware and concerned about issues directly affecting our benefits. Mr. Blakely stated he would take our concerns back to Congresswoman Blackburn. I believe joint chapter meetings work really well when you have an elected official or their representative as your speaker. I think it makes an impression on our elected officials when we have a larger turnout and people make the effort to travel to have the chance to speak with them. Also, joint chapter meetings are fun. There were numerous door prizes given and the fellowship was great. Federation President Larry Henderson also spoke to the group and shared information on current NARFE initiatives. I think a good time was had by all, and it was a productive meeting as our concerns were passed on to Congresswoman Blackburn.

Along the same lines, it is so important for us to call, email, or write our elected officials to let them know of our concerns. It is especially important to do this when NARFE has National Call In Days. We need to make a statement and let our elected representatives know that we are aware of and concerned about issues that affect us.

I attended Millington's chapter meeting on September 19th. I was glad to have the opportunity to share information that I had

received at the recent NARFE Region X Conference. I really enjoyed visiting with everyone and I appreciate the hospitality shown me by the Millington chapter.

As you will read in more detail elsewhere in this newsletter, we are having a Federation Recruiting Contest that will run from January 1, 2014 thru December 31, 2014. The winners will be announced at the 2015 Federation Convention in Clarksville. Hopefully this will give all of us additional incentive to recruit new members. The lower first year dues for local chapter membership that became effective October 1, 2013 should be helpful, also. First year dues for ALL new members (local chapter or eNARFE) is now \$40. The membership application has been updated with the new rate and can be ordered from the [narfe.org](http://narfe.org) website. The front of the membership application brochure has been redesigned - the border is a darker blue and the flag is much larger. You can use the old applications until you can get the new ones - just line thru the \$45 and change it to \$40. So -- with the lower first year local chapter membership dues, the redesigned and more eye catching membership application brochure, and the chance to win monetary prizes in the Federation Recruiting Contest -- hopefully we will recruit lots of new members. We need to get a lot of new members and get them contacting their elected representatives. We worked hard for our benefits and now we need to work hard to protect them.

If I can be of assistance, please contact me. I hope everyone has a happy Thanksgiving and a very Merry Christmas!

- Rhonda Mooney  
Federation 2nd Vice President  
731 267 2336  
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While sleep requirements vary from person to person, most healthy adults tend to require between seven and a half to nine hours of sleep per night to function at his or her best. A recent study by the National Institutes of Health suggests that healthy older people may require about one and a half hours less sleep than younger adults, or an average of seven and a half hours per night. The study indicates that older adults sleep less even when given the opportunity for more sleep because of age-related changes in the ability to fall asleep or remain asleep.

While the results of the study may not be conclusive, it's important to focus more on how you feel following a night's sleep rather than the specific number of hours you spend asleep. Quality is as important as quantity. Some older adults mistakenly believe they have a sleeping problem because they go to bed expecting to be asleep for eight or nine hours of sleep a night, and may even needlessly start using medications to help them sleep more. Frequently waking up not feeling rested or feeling tired during the day are better indications that you're not getting enough sleep at night and may have a sleep problem that needs to be addressed.

**DELEGATE FORM (Top Portion-mail to Federation Secretary)  
2014 NARFE STATE CONVENTION - APRIL 21-22, 2014**

Please print or type:

Chapter No: \_\_\_\_\_ Chapter Name: \_\_\_\_\_ Location: \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Delegate \_\_\_\_\_ Alternate \_\_\_\_\_ Proxy for Chapter \_\_\_\_\_

I wish to serve on the following committees: Membership \_\_\_\_\_ Legislation \_\_\_\_\_ Credentials \_\_\_\_\_ Service Officer \_\_\_\_\_  
Public Relations \_\_\_\_\_ Rules \_\_\_\_\_ Nomination \_\_\_\_\_ Resolutions \_\_\_\_\_ Constitution & Bylaws \_\_\_\_\_ Financial Ways & Means  
and Audit \_\_\_\_\_ NARFE-PAC \_\_\_\_\_ Alzheimer \_\_\_\_\_ Time & Place \_\_\_\_\_

Would you like to attend officer training at the Convention? \_\_\_\_\_

Signature of Chapter President or Secretary \_\_\_\_\_

-----Cut delegate form in two separate pieces-----

**DELEGATE FORM (Bottom Portion-bring to the Convention)  
2014 NARFE STATE CONVENTION - APRIL 21-22, 2014**

Please print or type:

Chapter No: \_\_\_\_\_ Chapter Name: \_\_\_\_\_ Location: \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Delegate \_\_\_\_\_ Alternate \_\_\_\_\_ Proxy for Chapter \_\_\_\_\_

Signature of Chapter President or Secretary \_\_\_\_\_

**INSTRUCTIONS:**

**If you plan to attend the Convention as a delegate or alternate,** fill out both the top and bottom portions; Chapter President or Secretary must sign. Leave blank the "Proxy for Chapter". Please return top half to the Federation Secretary, **Marilyn Evans, 808 Sandburg Place, Nashville TN 37214.** The Delegate will carry the bottom portion to the Convention and present to Credentials Committee.

**If no one from your Chapter will attend,** please find someone from another chapter who will serve as your proxy. The name and address of the person serving as proxy should appear above and the "Proxy for Chapter" should have your Chapter number. The Chapter President or Secretary should still sign. The top half should be mailed as outlined above and the bottom half sent to your proxy to be carried to the Convention and presented to the Credentials Committee. If there are any questions, please call Larry Henderson at 731-784-0675.

## Build your social life through hobbies and charity

# Untangle the confusion of Obamacare

September and October have been as different as the summer swelter and now the colorful, falling leaves of autumn. September saw the Federation Board Meeting in Pigeon Forge, followed immediately by the Region X Meeting replete with solid training sessions regarding the Legislative Officers, Service Officers, Recruiting and Leadership.

If you ever have an opportunity to attend one of these meetings, do go. You will meet some of the most committed and creative people in NARFE who are willing and eager to share their experience with you. The mix of how things work within NARFE nationwide, along with shared experiences and discussions of issues now before us and just ahead of us ignited a sense of dedication to protecting what our fellow retirees have worked so hard to earn.

This several days of immersion in problem solving could not have come at a better time, and represents the difference I alluded to between September and October. For upon returning home, and on October 1, the Patient Protection and Affordable Care Act (PPACA), commonly called the Affordable Care Act (ACA), or "Obamacare" became effective as a federal statute. And everything we had learned about legislation, service and leadership came into play.

As I write this, we are five days into its implementation and there is a great deal of confusion being made worse by malfunctioning web sites and deliberate scams.

For those of us here in Tennessee, we are fortunate to have offices of the Tennessee Health

Care Campaign to guide us through these confusing times. My home chapter, Donelson Area Chapter 1576, recently invited their Executive Director, Walter Davis, to discuss with us the ins and outs of this new federal statute for health care. I highly recommend Walter Davis and his office. He was able to clear up nearly all the questions posed to him by our Chapter members. However, since Tennessee has not set up an exchange -- either the state must do that or the federal government will -- some questions are simply unanswerable at this point.

However, Mr. Davis was able to reassure us that for those of us eligible for Medicare, that will continue to perform as a safety net for our health care issues.

Davis also revealed that the Tennessee Health Care Campaign is currently expanding its offices across the state and has already established a new office in Cookeville. If Chapter Presidents will get in touch with Walter Davis at 615-227-7500, ext. 8, he can put you in touch with your local representative. I feel certain they will be able to untangle for you the initial confusion accompanying the launch of the Affordable Care Act.

-Ed Evans  
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## Attention treasurers & secretary/treasurers

I will be mailing you the per-capita dues letter The first of November. Your per-capita dues will be taken from the October M-114. Per-capita dues are \$3 per member.

Please return as soon as possible so I can forward to our Treasurer, Marie Anglin, and she can get our 2013 records finalized.

If you are no longer the treasurer or secretary /treasurer and received the form, please get to the appropriate officer as soon as possible.

Thanks for all your hard work!

-Glenda Huff  
Federation Financial Secretary



The easiest way to build your social life is by getting involved in activities that you used to enjoy or take up a new hobby. If you have always wanted to take a pottery or painting class, now is the perfect time to try it out. Many seniors who have retired use their time to pursue hobbies that they did not have time for when they were working full time. Seniors can look online for classes in their area and sign up for them. If there is a senior center near your home, you can check to see what activities they have. It is possible to meet seniors or other people close to your age at local classes, but it is even easier to meet other seniors at senior center events. Local art type classes are usually relatively inexpensive and can be a one afternoon class or an ongoing class if you are working on something more complex. Many seniors enjoy taking up new hobbies because it gives them the opportunity to learn new skills.

Many seniors enjoy using their free time to contribute to charity. You can find a local organization that interests you and help volunteer with them. There is usually a wide age range of people volunteering, so you may or may not meet people your own age. Even if the other volunteers are not your age, you can enjoy meeting new people while helping out for a good cause.

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## Tennessee Federation News Issue 41 November 2013

### Take control of your health

Appreciate the relationship between what you do, how you feel, and their impact on your well-being. Research suggests that social and productive activities are as important as physical ones for staying healthy. As we age, even deceptively simple or downright mundane pursuits like reading the newspaper, cooking a pot-luck dish, walking the dog, or going to church have a powerful influence on our physical and mental health.

*Theatlantic.com*

## Nashville Chapter 227 to host next year's convention

Nashville Chapter 227 is very excited to be hosting the 2014 Tennessee Federation Convention on April 21 – 22, 2014. One of the highlights of this event is the location. We have selected the recently completed Drury Hotel, located very close to the booming shopping and entertainment Cool Springs Mall area and the historic city of Franklin. Franklin has received many cultural, historic and business awards. If your calendar will accommodate adding a few days to your trip, there are several wonderful opportunities while visiting the area. Just walking down Main Street among the various shops and restaurants, or checking the recently restored 1937 Franklin Theatre or the lovely historic churches could be a great adventure. Also Franklin has a strong Civil War history and offers tours of sites such as

the Carnton Mansion and Carter House, plus much more.

The Drury Hotel offers several amenities, including free buffet breakfast (Belgian waffles, biscuits and gravy, scrambled eggs and more), evening snacks and drinks, free parking, free Wi-Fi, indoor swimming pool and fitness area. The hotel is located at 1874 McEwen Drive, Franklin, TN and there is an I-65 South exit for McEwen Drive. The room rate is \$112, plus tax. The local chapter is actively working to plan an interesting and informative program, while including some fun events such as an evening banquet, hospitality room, silent auction and door prizes. We will be providing registration forms soon and look forward to seeing many of you at this meeting.

- Carol Allen  
Chapter 227