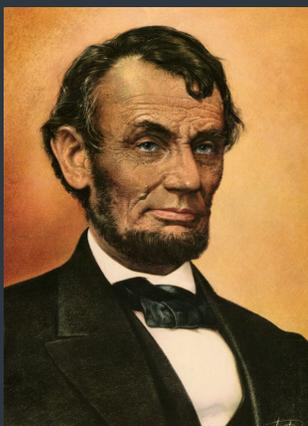




Neyland Stadium
Knoxville, Tennessee

**“In the end,
it’s not the years
in your life
that count.
It’s the life
in your years.”**

*Abraham
Lincoln*



The Prez Says ...



Larry Minniear

Last week I had the opportunity to participate in a small way as a volunteer at a tribute to the fallen military men, who were needlessly gunned down in Chattanooga on July 16th. I am sure most if not all of you have heard of this as it was on all news networks for several days. The outpouring of support for the families during the memorials and at this very patriotic event was outstanding.

While this tragedy is beyond our scope of reasoning, what comes to mind through all of this; is how many non-military federal servants also place themselves in great danger every day. A few examples pop in my head. Press Secretary Jim Brady and Secret Service Agent Tim McCarthy were seriously wounded protecting President Reagan in an attempted assassination in 1981. Several Secret Service agents risked their lives climbing on the back of the presidential limousine during the assassination of President Kennedy. Capitol Police faced grave danger during a shooting inside the U.S. Capitol. Many more federal law enforcement, firefighters, and emergency responders take great risks just doing their jobs.

Yet, every year our faithful representatives in both the U.S. House and U.S. Senate on both sides of the political spectrum take glee in bashing federal employees and slashing benefits for both active federal workers as well as retirees. I am the first one to admit that there is and always has been a great deal of excess

spending when it comes to the federal workforce. There are several departments we could very easily do without at the federal level. However, our representatives in Congress are too weak to address these issues. Instead they take the easy road to fiscal reform and slash the federal worker/retiree. Since 2011 the federal community has sacrificed over \$120 billion in pay freezes and benefit reductions. Have we not given enough? Apparently not! Now congress wants to sabotage our health benefits. A 52% increase in Medicare premiums is just the start. A 6% increase in retirement contribution for current employees, a 10% workforce reduction (which will not be done with any common sense), elimination of FERS; are just a few of the issues on the table.

On top of that: postal workers/retirees beware! Another push is to take postal workers/retirees out of FEHB and have a stand alone postal health insurance. I am quite sure the options available now will no longer be there for this postal plan. Plus, it will take a huge sector (one third) of employees/retirees out of FEHB. What will that do the premiums of those left in FEHB?

You can respond to congress by utilizing the Legislative Action Center on the NARFE website. It is easy and efficient.

I will be going to the Region X Conference next week. I will get a recap out to chapter presidents after I return. I imagine the same topics will be discussed as were at the Federation President’s Meeting in July. The hot topic then was strategic planning; otherwise known as “Future of NARFE.” As I stated in my last article, it makes little difference what our structure is if our membership keeps declining at

Continued on page 2

Tennessee Federation Officers

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The Prez Says ... (continued)

the rapid rate it has recently. There seems to be no effort at the local level to replace any of this membership loss with new members.

I would like to hear from any of you who have thoughts on this dilemma. What would you like NARFE look like in 5 years? 10 years? Do you really care? If things progress as Strategic Planning Committee suggests, there will be a very flat organizational chart, leaving virtually no structure between the member and the national office, which will be managed by a non-federal executive director at a very high salary. I would very much like to have your thoughts on this.

As final note, I would be remiss if I did not mention the Federation Convention is just around the corner. Delegate forms are in this newsletter. I need these returned ASAP. I use these to form convention committees. Please

plan now to attend the 2016 Tennessee Federation Convention April 25 & 26 in Pigeon Forge at MainStay Suites. We need to make this year our largest attendance ever. There is no excuse for chapters not sending at least two people each (large chapters, many more). Those chapters who are harboring a large treasury, this would be a good place to invest some of that money. East Tennessee needs to step up and have a huge presence at this convention. It is close, so there is no reason not to attend. You have plenty of time to plan for it. Respectfully yours,

*-Larry Minniear
Tennessee Federation President
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Delegate forms and F-7 reports are requested

Preparations for the 2016 Convention are well underway. All Tennessee chapter presidents should have already received a copy of the 2016 Delegate Form. Just as a reminder, Federation President Larry Minniear has requested your help in getting ready for this yearly NARFE event by having all delegates, proxies, and alternate delegates send in their Delegate Form before December 15, 2015. This will help greatly in organizing committees, selecting chairpersons, and getting a good estimate on how many will be attending the 2016 Convention.

If you are considering attending, send in your Delegate Form. This does not lock you into attending. It will merely assist in planning and in finding out where your interests lie.

I have a request of chapter secretaries. As your chapter elects new officers each year, please include a copy of your F-7 Report to me. Some of you are very faithful at doing this. However, I must admit that I am missing a majority of F-7 Reports. This is strictly for record keeping purposes and will help your Federation get information out to you in a timely manner. It is so much easier when we know the person holding a particular office and where to send specific information.

Finally, keep in mind that when the year closes out on December 31st, you will need to send me your list of deceased members so the

“In Memoriam” Book can be composed for the 2016 Convention. Honoring our members has become an important and traditional part of our Convention. These members strove to keep NARFE in the forefront to preserve what you have earned. Let us not forget their service.

In conclusion, I anticipate you will inundate me with Delegate Forms and F-7 Reports between now and December 15th; and, in January, “In Memoriam” honoree lists. In advance, I thank you for your prompt response as well as your continual hard work.

Please send to: Merilyn Evans, TN Federation Secretary, 808 Sandburg Place, Nashville, TN 37214-4051.

*-Merilyn Evans
Tennessee Federation Secretary*



*Paul W. Martin, Sr. Honors Building
Middle Tennessee State University*

Just steer the conversation towards NARFE



Rhonda Mooney

I want to say a huge thank you to the Shiloh Chapter for hosting our Sixth Annual West Tennessee Joint Chapter Meeting on August 13th. I also want to thank all the members who traveled to Pickwick Landing State Park to participate in this meeting. It was a great meeting! We had approximately 40 members representing six chapters in attendance. Members from Dickson Chapter 727, Giles County (Pulaski) Chapter 2075, Jackson Chapter 519, Millington Chapter 1382, Shiloh Chapter 861, and Tri-County Chapter 806 enjoyed fellowship and a very informative speaker. Our speaker was Lisa Hogan, RN, who is the Administrator at Savannah Health Care and Rehab. Her topic was Alzheimer's. She gave us a lot of information on the disease and also included information for care givers. Clyde Thornhill, President of the Shiloh Chapter, shared information with our group about NARFE's donations to Alzheimer's research. Ms. Hogan was very impressed with NARFE's support of Alzheimer's. Our meeting room overlooked Pickwick Lake, so we had a beautiful view as we enjoyed our meeting and the buffet prepared especially for our group. And much to my surprise and delight, I won the door prize - a Walmart gift card!

The NARFE membership drive is in full swing. It began September 1 and will run through December 31, 2015. For every member you recruit during this period, you will receive a \$10 recruiting fee from NARFE. There are also other prizes including the grand prize of an Apple iPad Air 2 and monthly drawings for a \$25 Amazon gift card. Please be sure your membership number is shown on the application because that is the only way you will get credit for the recruitment. You can find your membership number on the mailing label of your NARFE magazine. Complete information about the membership drive is on the NARFE website. I hope this membership drive will be a huge success. We definitely need more members because as we all know there is strength in numbers.

I recently attended a retirement reception

for a good friend and former coworker. There were several more of my former coworkers in attendance. I was having such a good time visiting with friends who I hadn't seen in years that I wasn't even thinking about what a great recruiting opportunity it could be. One of my friends asked me what I was doing to stay busy since I retired, and I told her that I had become active in NARFE and how much I enjoyed it - she immediately asked me if she could join. Another former coworker recently asked me to speak at her November chapter meeting, and we were talking about that when some of our friends overheard the conversation and started asking about NARFE. The subject of the new self plus one health insurance option also came up, and I had the opportunity to point out that NARFE had worked hard on that. People began asking me to mail them applications. I am going to be mailing out applications to four people and hopefully some or all will join - and I hope they do it before December 31st so that I'll get the recruiting fee! Different recruiting strategies work for different people. I haven't had a lot of success when I start a conversation by asking someone to join NARFE - they immediately start coming up with reasons not to join. I get better results when I can just steer the conversation towards NARFE. Almost every former coworker I encounter asks me what I'm doing with my time since I retired, and that gives me a good opening to tell them I'm active in NARFE and give them a little information about NARFE. It seems to get their attention when I give specific and timely examples of what NARFE has accomplished for us.

Please start making plans now to attend our 2016 Federation Convention in Pigeon Forge in April. It is important that we all stay informed on NARFE issues, and you also get a chance to visit with friends.

If I can be of assistance in any way, please don't hesitate to contact me.

-Rhonda Mooney
Federation 1st Vice President
rmooney@narfetn.org
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Tennessee Federation Officers (Continued)

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Membership Chairman

Vacant

Immediate Past President

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NARFE Appointed Positions

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Refocusing on recruitment

Among the thousands of motivational quotes on change, here are a few new ones I found: "Let go of the things you can't change. Focus on the things you can."

"If it doesn't challenge you, it won't change you."

"If opportunity doesn't knock, build a door."

I offer you this small sample of quotes on change because I think it's time we refocus our efforts on the issue of recruiting. We in NARFE have a select recruiting pool of ages, say, about 40 to 70. There are some younger than 40 in that pool, but it seems like those under 40 are reticent to commit themselves to the idea of retiring, yet. And few of those more than 70 years of age, who have not already joined NARFE, ever do.

At the same time, we are searching surveys and the wisdom of recruiting experts to ascertain the best methods to reach our audience. But we're not doing much that is new. Obviously, we need to. It doesn't make sense to expend all our energy on defending what we've always done, to get what we've always got, when only change will build our future.

There has been new focusing on the "millennials," that's the 18 to 34 age group. And it's true, that age group would help NARFE to fill in the gap of active federal workers, because most NARFE members today are retired federal workers. But the marketing efforts for millennials has focused mainly on computer and other electronic media. Very recent surveys show that is not only short-sighted for millennials, but the exclusive use of mobile devices for those below the age of 18 isn't true either. A June 2015 PricewaterhouseCoopers study found that "traditional TV sets are the primary device used by 24 percent of children and teens in the U.S. to consume content. The younger the kids were, the more likely they were to have traditional TV as their top device." It would seem the chances are good

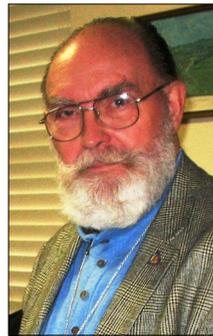
that our targeting of those above the age of 18 is off too.

A recent headline in *Advertising Age* magazine, the premier marketing publication in America, said, "What You've Been Told About Millennials Is (Mostly) Wrong." If you believe that the average millennial is a "hyper-connected, optimistic digital extrovert," you might be surprised to learn that research for the media agency Carat found that description applies to only 24 percent of millennials, also called Trend-Netters and described as "fashionable, pop culture-savvy and impulse driven." That matters greatly when you are trying to get their attention to join up.

The rest of that group fall mainly into three other categories. The "Alter-Natives" are "younger and more privacy-aware online." The "Lifepreneurs" are seen as "ambitious and lifestyle-aware, preferring to balance work, home and health by setting boundaries." And the remaining "Betablazers" tend to

be "trendsetters with an adventurous spirit." If they are just entering the federal workforce, how do we convince them that protecting a retirement they can't even imagine should be important to them? On the other hand, some of us have come to believe the baby boomers (age 50-58) have moved on in the media landscape and such mediums as radio are no longer relevant. However, a recent article by the *Media Post* -- an on-line publishing resource for advertising media professionals -- noted that 243 million Americans still listen to radio on a weekly basis. More specifically, 91 percent of the people in the U.S. age 21 and older tune into radio every week. The majority listen to AM/FM radio stations on traditional electronic devices. And 89 million people listen to streaming AM/FM radio stations or Internet-only services. Are they hearing about our NARFE chapters there?

We don't want to lose track of the fact that baby boomers still account for the majority of American wealth; 70 percent of the



Ed Evans

Continued on page 5

Refocusing on recruitment (continued)

nation's disposable income comes from this demographic, according to the Center for Media Research.

But we started this article out talking about change, didn't we?

Basically, both those federal employees just starting their careers, and those edging into retirement age, are all important to NARFE's future. But that's always been true, so what does change have to do with all these statistics? I submit we as NARFE members, as Chapter and Federation officers, need to change up how we get the message to this eclectic audience of prospective members that not only do they need what NARFE can do for them, but we need them, as well. Just as on-the-job they were important to the nation's workforce, their special skills are important to the efforts underway to preserve and protect the benefits we agreed to set aside for the future in the place of higher salaries during our peak earning years.

How do we reach these people when we don't have a local Chapter or Federation advertising budget? First, decide what you want to say. What are the top three most important pieces of information you want to get across? Write that down. Start with who you're addressing, what they need to know about your meeting or your organization, where you meet, and what time and date. Make it short, fact-filled and friendly.

Then, get on your computer and type into your browser: Free advertising on radio talk shows for publicity. You'll get several pages of possibilities, depending on what kind of media are in your geographical neighborhood. You could also type in: Free advertising on TV talk shows for publicity.

You will want to be prepared to discuss what goes on in your organization if you are invited to one of these talk shows. Be prepared to discuss information based on the code word "GOSS." You will want to discuss your GOALS, your OBSTACLES to

attaining those goals, the SOLUTIONS for those obstacles, and how you got STARTED.

Talk shows today are very popular. You could even start your own Internet talk show, if you are talented that way.

Of course, while we're focusing here on the electronic medium that appeals to so many people today, don't forget your local neighborhood newspaper and commercial shopper news. They will often run announcements of your meetings without cost.

The good news is that NARFE has more members out there than anyone would guess. The bad news is we need to get out there and invite them in. Let's refocus our recruitment efforts by focusing on the things we can do, and forget the things we can't. Focus on change, on success, on accomplishment. For the new members, and for we who are NARFE, it's a win-win situation.

-Ed Evans

*2nd Federation Vice-President
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Cell: 615-429-0342*



*Vanderbilt University
Nashville, Tennessee*

NARFE Appointed Positions (Continued)

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3716
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jglenn@narfetn.org

Public Relations Officer

Vacant

Special Project Officer

Vacant

Study finds Alzheimer's worsen twice as fast in women

Article submitted by Alzheimer's Chair Joan Gates on behalf of NBC News

Women with memory problems that may signal early Alzheimer's descend into dementia twice as fast as men, researchers said Tuesday. It helps explain why so many more women than men have Alzheimer's disease, they said. Two-thirds of Americans suffering from Alzheimer's are women.

Women in their 60s are twice as likely to develop Alzheimer's as they are to get breast cancer, the Alzheimer's Association says. It may have something to do with the biology of the brain, researchers told the annual Alzheimer's Association International Conference in Washington, D.C.

"We haven't done enough work parsing out some of the gender differences," said Kristine Yaffe of the University of California San Francisco. Women are more likely to have depression, a risk factor for Alzheimer's, and women are more vulnerable to stress, another risk factor.

"Probably what this is going to be about is a complicated interaction between genetics, hormones and the way the brain develops," Yaffe said. Some studies are shedding just a little light on what may be happening.

"Our findings suggest that men and women at risk of Alzheimer's may be having two very different experiences." Katherine Lin of Duke University and colleagues studied 400 people with mild cognitive impairment - a loss of memory and thinking skills that doesn't yet strongly affect someone's life but that can become Alzheimer's.

They used an IL-part test that's routine for diagnosing memory loss and Alzheimer's. Women, they found, declined at a rate of more than two points a year on the test, compared to men who declined at a rate of just over one point a year.

"Our findings suggest that men and women at risk of Alzheimer's may be having two very different experiences," said Lin, a student at Duke who said she became interested in Alzheimer's research after a female relative was diagnosed with the disease. Some other researchers say they have hints about what may be going on.

Dr. Katie Schenning of Oregon Health & Science University and colleagues found that the combination of surgery and anesthesia could affect brain volume and thinking - and that women are more affected by this than men.

It didn't matter what type of anesthesia it was, Schenning told a news conference. "Women exposed to surgery and anesthesia had a more rapid rate of decline than men exposed to anesthesia," she said.

Her team studied 527 people, 182 of whom had surgery

with anesthesia. They had comparable years of education and were equally likely to have the APOE4 gene, which puts people at a higher risk of Alzheimer's.

People often come out of anesthesia with confusion, an effect that usually wears off fairly quickly. But some people never quite recover. This happened to both men and women, but it measurable declines came faster in women and women had more evidence of brain shrinkage after surgery than men did, Schenning's team found.

"It was not just anesthesia but the combination of surgery and anesthesia," Schenning said. Her team couldn't see a difference between different types of anesthetics but she said that would be an important thing to look at. In the meantime, people considering elective surgery should discuss this risk with their doctors, she said.

Dr. Michael Weiner of the University of California San Francisco has another piece of the puzzle. His team did PET scans of people's brains, and found women in general have more of the brain-clogging protein called amyloid that is a hallmark of Alzheimer's. "Women have more amyloid in the brain than men even when you adjust for other factors."

His team looked at 1,000 people: 273 normal people, 557 with mild cognitive impairment and 145 who had diagnosed Alzheimer's. "Women have more amyloid in the brain than men even when you adjust for other factors," Weiner told a news conference.

Having the APOE4 gene did not seem to matter for women - they still had more amyloid in their brains, and this effect became much greater once they had Alzheimer's.

Dr. Roberta Brinton of the University of Southern California says much more work needs to be done on sex differences in the brain. She led a three-day workshop of experts who agreed that hormones such as estrogen and testosterone must play a role, although it's not clear at all what, precisely, that role is. Women also have metabolic differences, she said, and it may be that women are affected differently by diet and exercise than men are.

It's clear that exercise and a healthy diet do affect people's risk of Alzheimer's. More than 5 million Americans have Alzheimer's disease now. The Alzheimer's Association says more than 28 million baby boomers will develop the disease between now and 2050, and the cost of caring for them will consume nearly 25 percent of Medicare spending in 2040.

Treasurer's Report

Period Ending: September 30, 2015

By Norris Alderson, Treasurer

Beginning Balance - Checking Account January 1, 2015 \$28,762.89

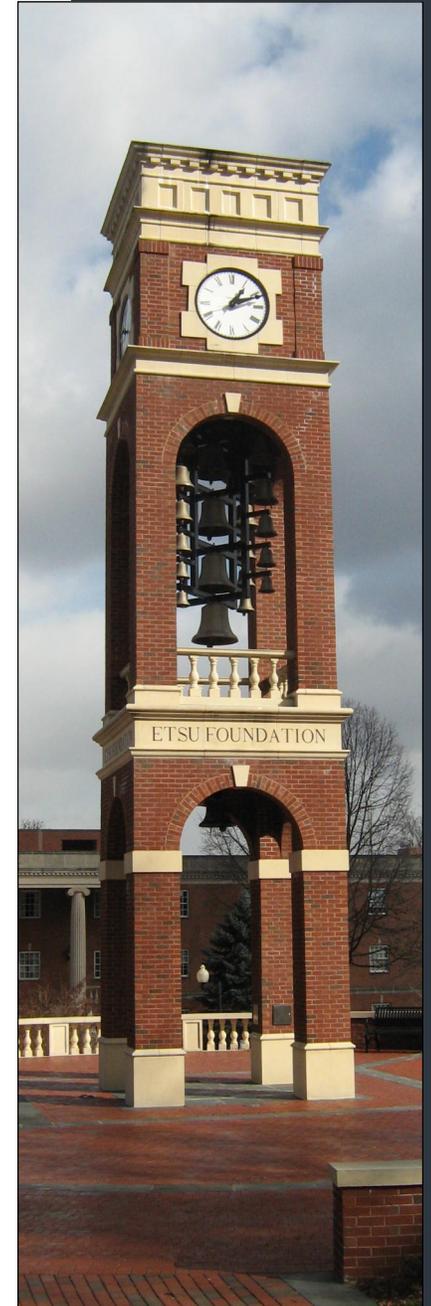
REVENUES

National Dues Rebate - 10% Fund (2015)	\$ 6,882.17
National Dues Rebate - 10% Fund (2014)	\$ 1,001.85
Per Capita Dues:Chptrs:1476,935,860,2075 (2014)	\$ 813.00
Chaptr. 0882 Closure	\$ 1,108.65
Chaptr. 2018 Closure	\$ 1,126.27
Ad for Convention-AETNA-Sent in Error	\$ 175.00
2015 State Convention Seed Money Return	\$ 500.00
2015 State Convention Profit	\$ 502.18
Bank Errors	\$ 0.72
Total Revenue	\$12,109.84

LESS EXPENSES:

Vouchers/Officers' Expenses	\$10,440.77
Newsletter Expenses	\$ 3,013.53
Feb. Executive Board Lodging - Ramada Inn	\$ 267.50
Aug. Executive Board Lodging - Ramada Inn	\$ 450.00
WebHost	\$ 45.00
Federation Checks	\$ 144.68
Cash Awards	\$ 344.00
Ad for Convention: AETNA Issued to Chp. 0870	\$ 175.00
Liability Insurance	\$ 67.00
Printing, Awards	\$ 285.00
Trans. Remaining Funds 0882 Closure to Chp. 0227	\$ 1,108.65
2014 Expenses Paid in 2015	\$ 2,068.45
Trans. Remaining Funds 2018 Closure to Chp. 0883	\$ 1,126.27
Total Disbursed	\$19,535.85

September 30, 2015	Balance	\$21,336.88
	CDs - US Bank	\$ 6,884.63
	Total Assets	\$28,221.51



*Clock Tower
East Tennessee State
University
Johnson City, Tennessee*

7 Senior Housing Questions to Ask Before Moving In

1. **What are the monthly cost and payment policies of your facility?**
Many times homes will try to lure you into a home with lavish tours, great sales talks and many other tricks. The bottom lines for the majority of people is what the price is and how will you accept payment. Knowing ALL the costs up front are very important and something that should be on the table immediately.
2. **What is the staff-to-patient ratio?**
Many homes will often have poor staff-to-patient ratio to cut costs, and this can be a major issue to a needy patient. It is important to find a home that has a low staff- to-patient ratio during the day and night, as this can become a major issue if your loved one needs help during the night.
3. **Do you have nurses on staff around the clock?**
Many people with a good staff-to-patient ratio will often fill the home with low paid, untrained workers. While many of these workers are very good at what they do, most have little to no knowledge when it comes to medical training. Look for a senior housing facility that has nurses on site day and night.
4. **Can I talk to some current residents?**
This might be the best way to get a true feel for a

Continued on page 9

This is the most important time period

Everyone is working on the planning for the Annual Convention April 25th and 26th at the Mainstay Suites in Pigeon Forge, Tenn. The hotel is great and just off the main road, which allows you to be close to everything and also enjoy some peace and quiet when you want. Everyone involved in NARFE should try to go, support the mission of NARFE, and have a good time while doing it. The delegate and registration form are included in this newsletter. Check it out for a great getaway in the mountains!

The issues on the legislative front have not changed much during the fall session. Postal reform changes are being considered in both the House and Senate and after review by a conference committee, hopefully something will pass this congress.

The funding of the federal government, which expired September 30, was expected to result in a continuing resolution (what else is new?) to allow something else to be agreed on for a longer period. Many are skeptical of reaching a compromise like the Ryan-Murray agreement in 2013, which made adjustments in the short term with hope of finding more agreements at a later date, but that never happened. Maybe the threat of more severe "sequestration" cuts (both republicans and democrats don't like sequestration) will motivate our leaders to compromise and use some common sense this time.

Funding of the highway trust fund is the second issue to be resolved right away and also will be very controversial. Many legislators in the past have wanted to apply cuts to federal employees and retirees toward this funding. (This is where they proposed cutting the interest rate on our G fund.) We need to keep our guard up and flood congress with the reasons this would be so unfair, especially since we have already contributed \$120 billion dollars toward deficit.

Also on the looming on the horizon is raising the debt ceiling which will have to be done since our spending is still at the same level. Congress will have its work cut for it, and we will need to stay on top of what is going on to avoid any further cuts to our benefits.

In summary, the bottom line is that this is the most important time period on our advocacy efforts. It appears our biggest threats are to reductions to the interest in the G fund and more increases in contributions to employees' retirement. But we can't forget anything is on the table, and the house and senate budget proposals from last year can be recalled. The budget cuts offered by the house (and senate, in some cases) totaling \$318 billion also included:

- FEHBP increased premiums, Chained CPI, 10% cut in Staffing
- Eliminate FERS, Eliminate FERS Supplement

Other proposals from the past:

- High 3 to High 5, FECA cuts, government efficiency study (as a way to cut costs)

You are important to your congressman and congresswoman. Use the NARFE Legislative Action Center to contact your legislator, especially when our NARFE leaders call for action.

It's easy to use and gets results. They will listen to your concerns so let them know we have contributed enough and "enough is enough!!"

*-Jim Glenn,
Legislative Chair
931-473-5074*

jaglenn@blomand.net



Jim Glenn

Convention program advertising space for sale

Advertising space in our convention program has been a huge success in the past, and we are offering that space again for the 2016 Convention in Pigeon Forge. The advertising funds help to defray the cost of the convention. The size of the program and the advertising costs will be the same as last year. The size of the program will be 5" X 8" and the cost will be \$100 for a full page, \$50 for a half page and \$25 for Business Card size (1/4 page). Advertising may be purchased by sending your camera-ready advertisement or Business Card to Clarence Nash, 1120 Elsborn Rd., Maryville, TN 37801-9330 with a check

made payable to NARFE Chapter 204. Clarence (Joey) can be reached at (865) 982-1268 or mowmanjoe@gmail.com. All advertising requests must be received by April 1, 2016.

Advertising is not limited to NARFE members, so if you are aware of any company that may be interested, please furnish them with the information. Your support in this endeavor is very much appreciated.

-Larry Cunningham
lcunningham@narfetn.org
(865) 933-0229

Sixth Annual West Tennessee Joint Chapter Meeting



L-R: Federation 1st Vice President Rhonda Mooney, Chapter 727 President Gail Jones, Chapter 861 President Clyde Thornhill, Chapter 519 President Lorenzo Tyson, Chapter 806 President Larry Henderson, Chapter 2075 President Ferris Christian, and Chapter 1382 President Dorothy Bolden enjoying the Sixth Annual West Tennessee Joint Chapter Meeting.

7 Senior Housing Questions (Cont'd)

place is to talk privately to some of the current residents. Make sure to randomly pick some patients as you will often get a wide variety of responses.

- 5. What additional services do you offer?**
More and more facilities are battling for patients and this means an upgrade in services in a facility. The main things to look for are a place with a good recreation program and an upgrade in technology.
- 6. Do you have experience with our situation?**
Depending on the needs of yourself or your loved one, it is important to try and find a place that has dealt with the issues that your loved one may bring. Dementia and Alzheimer's are two very common ailments of senior citizens, and it is important that if you have a loved one who suffers from these, to find a place that has staff trained in helping seniors with these issues.
- 7. When can we visit?**
Some facilities are off limits to visitors at certain times, while others are pretty open to when people can visit. Make sure to find a home that fits your availability of visiting as you don't want to be shut out from visiting your loved one.

DELEGATE FORM

2016 NARFE State Convention - April 25-26, 2016

Top Portion – mail to:

Merilyn Evans, Federation Secretary, 808 Sandburg Place, Nashville, TN 37214-4051

Please print or type:

Chapter No: _____ Chapter Name: _____ Location: _____

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

(Check One) Delegate _____ Alternate _____ Proxy _____ for Chapter # _____

I wish to serve on the following committees: (Check all that apply)

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

2016 NARFE State Convention - April 25-26, 2016

Bottom Portion – Delegate to bring to the Convention and deliver to Credential Committee.

Please print or type:

Chapter No: _____ Chapter Name: _____ Location: _____

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

(Check One) Delegate _____ Alternate _____ Proxy _____ for Chapter # _____

Signature of Chapter President or Secretary _____

Committees and Training I signed up for: _____

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, **Merilyn Evans, 808 Sandburg Place, Nashville TN 37214-4051**. 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 to the Federation Secretary and the bottom half sent to your proxy for them to carry to the Convention and present to the Credentials Committee. If there are any questions, please call Larry Minniear at 423-875-5612 or Merilyn Evans at 615-872-8978.

TENNESSEE FEDERATION OF CHAPTERS
National Active and Retired Federal Employee Association

2016 Convention Registration Form

60th Federation Convention
Pigeon Forge TN
April 25-26, 2016
Hosted by Knoxville Chapter 204

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

Chapter No. _____ Chapter Name: _____ Location: _____

Name: _____ NARFE ID No. _____ Phone: _____

Address _____ City _____ State _____ Zip _____

Email address _____

+++++

CHECK ALL THAT APPLY: Delegate Federation Officer National Officer Chapter Officer Past Federation President Member

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CONVENTION OPTIONS	SELF	SPOUSE/GUEST	FEE (each)	TOTAL
Full Registration (Convention/Banquet)	_____	_____	\$55.00	_____
Convention Registration ONLY	_____	_____	\$25.00	_____
Banquet ONLY	_____	_____	\$30.00	_____
Late Fee (After April 1, 2016)	_____	_____	\$5.00	_____
TOTAL ENCLOSED				_____

Submit registration form as early as possible, but no later than April 1st to avoid late charge.

+++++

Make checks payable to NARFE Chapter 204 and mail to: Clarence Nash, 1120 Elsborn Ridge Rd. Maryville TN 37801-9330, Phone 865-982-1268 or email: mowmanjoe@gmail.com

Convention location: MainStay Suites, 410 Pine Mountain Rd. Pigeon Forge, TN. Phone: 865-428-8350 or toll free 888-428-8350. Call the MainStay Suites direct for reservations and mention NARFE to receive the convention rate of \$79 plus tax. THE CUTOFF DATE FOR RESERVATIONS AT THIS RATE IS MARCH 24, 2016.

DIRECTIONS: I-40, exit 407, south on SR66 to US441 to Pigeon Forge, turn right at traffic light #6-Pine Mountain Rd. hotel is 1/2 mile on right.

For more information contact: Bill Bolt 865-344-7094 or Larry Cunningham 865-933-0229.

2016 Convention News

“The most important thing is to enjoy your life, to be happy, it’s all that matters.”

Audrey Hepburn



The 2016 Federation Convention in Pigeon Forge will have some significant changes that all members and guests need to be aware of. The Federation Executive Board, after listening to suggestions from delegates from previous conventions decided to change the starting time for the convention. The change will provide more time for convention business without being pressed for time. The opening ceremonies will start at 9 a.m. on Monday instead of Tuesday, and the convention will still end about the same time on Tuesday around noon. Those living outside the Pigeon Forge/Knoxville driving area will probably need to arrive on Sunday. We have 60 rooms blocked for Sunday as well as Monday at the MainStay Suites, and we may or may not be able to get more at the \$79 rate if those rooms are booked early. I would suggest that you book as early as possible. Program planning is still in progress at this time and more info will be in the next newsletter.

There is a possibility that the 2016 Federation Convention could be the last one held in the State. One of the recommendations made by the Future of NARFE Committee (FON) was to abolish the federations and that could happen at the 2016 National Convention in Reno. Without federations, there would be no need to continue with the conventions.

We would love to have one of the largest attendances ever for a convention. April is a great time to be in the mountains of East Tennessee, especially in Pigeon Forge. All members and guests are invited. A registration form is printed in this issue of the newsletter. While it is fresh on your mind, complete the form, mail it in and make your reservations with the MainStay Suites at (865) 428-8350 or toll-free (888) 428-8350.

*-Larry Cunningham
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(865) 933-0229*

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