



**NATIONAL ACTIVE AND RETIRED FEDERAL
EMPLOYEES ASSOCIATION/MEUNIER-PERRY
CHAPTER 1015
MYRTLE BEACH, SOUTH CAROLINA
JUNE 2021 NEWSLETTER-ISSUE 6**

PRESIDENT'S MESSAGE

Blake Crawford

Summertime... and pandemic's receding.

DHEC reports that new COVID-19 cases per 100,000 population, deaths, and hospitalizations continue to decline in South Carolina. Rates of positive COVID-19 tests have declined close to overall US levels.

Official US-wide case counts have not been this low since we went into lockdown last March, Axios reports.

The success of vaccination programs is largely responsible for this progress.

Recent announcements from the CDC lead us to believe that in the US, fully vaccinated people should be able to resume a wide range of previously normal activities largely safe from the virus.

That's very good news, but the virus is not yet gone by any means. People whose immune systems are compromised by factors like disease or medications should consult their doctors. Unvaccinated people remain at serious risk.

DHEC says that 1.6 million South Carolinians are fully vaccinated – but that's just 37 percent of South Carolina residents. South Carolina lags most US states and jurisdictions in the percentage of our population that has received a vaccination.

Continued: President's Message

We need more vaccinations, in South Carolina, the US, and abroad.

However, given the latest CDC guidance, it seems safe to plan an in-person chapter luncheon in September. We want an event with both indoor and outdoor venues, good food, and the opportunity to catch up after months of separation. Cautious indoors? You can eat outdoors.

We're talking to the Sons and Daughters of Italy Lodge as the possible host. They can handle both indoor and outdoor eating. Sound good? Let us know, and let us know your ideas. Don't forget to get your shots if you haven't already.

To find out more, join the June Zoom call. If you have not been on a Zoom call, [send me your email address](#) and I'll make sure you get the Zoom link for June 17 at 11:30 am.

Besides the June meeting, we're talking about a summer (July-August) meeting, also on Zoom. We'll also have a combined July-August newsletter.

Alice Villavicencio is thinking about Alzheimer's fund-raising ideas for the fall. The Tea Party two years ago was very successful. What would you like to do next? Call Alice, email her, or come to the next Zoom meeting to talk it over.

Let's make it a cool, cool, summer.

Newsletter Editor

Billie Nichols



**Chapter 1015 membership as of
June 5, 2021=142**

Vice-President

Marci Vogel

Well guys, it's June already. We are half way to the end of year 2021. Like they say, time flies when you are having fun.

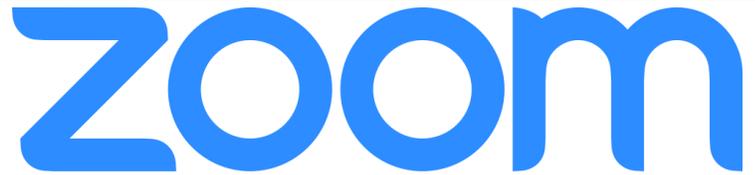
If you are going away for the summer months, be sure to drive safely and above all, be safe.

Remember, the COVID 19 is STILL in the air. At least, that is what my doctor tells me. So if you have not gotten your 2 shots please do so before the fall weather sets in.

Well, it looks as though we may meet in September. I am waiting, just as you are, for the executive committee to tell us when we will meet again.

I would love to see everyone's smiling faces. ZOOM just doesn't sit well with me. So, hopefully, we will meet in the fall. Keeping my fingers crossed.

**Til then be safe rather than sorry.
LOVE TO ALL, MARCI**



The June 17, 2021 Thursday chapter meeting will be held by Zoom at 11:30 AM.

A Zoom link will be emailed to chapter members the day before. If you have a guest or prospective member, please provide their email address to Billie or Blake - see below.

Another month has passed and we are still being advised by CDC to be careful holding meetings in large groups indoors. Still, we have a lot of chapter members who want to be extra cautious about meeting in large groups. Therefore, we have to resolve ourselves to the fact that future meetings will be held electronically until a determination is made that meetings are safe enough to be held in person. Our target date for in person meetings is Thursday, September 16, 2021. We want to reach a point where we can make our attendees feel comfortable and safe and we can return to some form of life normalcy.

If you are interested, please RSVP-Billie Nichols, at 843-839-0598 or email-billie.nichols1@sccoast.net or contact Blake Crawford via email at blcrawford.29526@outlook.com

Sunshine/Membership

Lynn Vos

JUNE



Tina Calo, Hope Chamblin,

Dorothy McCawley, Carol Pollari,

Bob Roddy, Ken Trinkley,

Jane Queen, and Donna Zupan

Sunshine Grins- of- the-Month are:

. **Politicians are people who, when they see light at the end of the tunnel, go out and buy more tunnels.**

. **There's nothing wrong with you that an expensive operation can't prolong.**

. **"Here's all you need to know about men and women - women are crazy and men are stupid and the main reason that women are crazy is that men are stupid."**

(George Carlin)

. **"Does it disturb anyone else that The Los Angeles Angels baseball team translates directly to The The Angels Angels?"**

(Neil DeGrasse Tyson)

. **"Before you marry someone, you should first make them use a computer with slow internet to see who they REALLY are."**

(Will Ferrell)

. **"I love being married. It is so great to find that one special person you want to annoy for the rest of your life."**

(Rita Rudner)

Continued: Sunshine/Membership

You know you're getting old when you get that one candle on your birthday cake. It's like; we don't wanna set any fires here. Let's just see if you can manage to blow this one out." (Jerry Seinfeld)

"So, whether you Grin, Gripe, Groan or Growl, Get a Grip and enjoy the quips... Are we having fun yet?"

Sunshine Books of the Month:

. **A Walk in the Woods (Bill Bryson) - Brilliant Bill, author of many diverse non-fiction books, decides to challenge his out-of-shape, mid-life chubby body on a 2200 mile hike up the Appalachian Trail from Georgia to Maine. He invites his gloriously overweight buddy to join him. It's a laugh-out-loud adventure and comedy all the way up. They made it out alive in spite of the weird trepidations and strange fellow characters they meet. Tough way to lose a lot of weight...do they make it all the way? Hmmm...Do yourself a great favor and read the book. Bill is a TREASURE...I will definitely recommend other works of his, some very serious. As I said, he is brilliant!**

. **The Unthinkable (Amanda Riley) - Don't Be Scared, Be Prepared, right? Time for complacency is over....as you can see on the daily news; we may be sitting ducks at the 'mercy' of ransomware techies. As ransoms get paid, the culprits will only get greedier. We got lucky with the recent oil situation but that should get our attention. Suppose there are more multiple ransoms simultaneously? Modern society is vulnerable so it's just smart to be aware. Stock up on canned goods, goods that don't need refrigeration, etc. We have recently encountered delivery problems because of reluctant workers as well. Just saying, we just need to use our imaginations, and be less dependent on others. And, no, it's not saying the sky is falling. Just need to be more aware than in the recent past.**

Legislative Officer Sherry Gainer

Hello June, and life as we knew it. Things are open and hugging is OK again, and we just hope all those people not wearing masks...really have been vaccinated. I hope that you are all enjoying some simple pleasures again like visiting friends and eating out.

President Biden has been very busy restoring many of the changes that former President Trump made to federal employment and the structure of the government, however it is a long process.

The COLA is still trending upward but that is not too comforting as we watch prices rise on everything we buy. It will undoubtedly be the largest COLA since 2008, and estimates are from 3% to 4.7%. But that is not going to make retirees whole by any stretch. And it doesn't look like prices will stabilize any time soon.

Some legislation that affects our bottom line is HR 3295/S 1665, which would prevent TSP funds from investing in any China-based entity.

And HR 3076 --The Postal Service Reform Act of 2021-- may change FEHB as we all know it. This bill proposes to set up a separate benefits plan for Postal employees and to require postal retirees to sign up for Medicare Part A and B if they choose to participate in the Postal plan. Those not on Medicare would stay in FEHB. The basis for this proposal is the view that retirees who are not on Medicare are responsible for bigger costs to the insurance companies, and therefore, driving the premiums up for all participants, and the employer share too. Analysts are fearful that this is the first step in requiring all federal retirees to sign up for Medicare.

Continued: Legislative Officer

Unfortunately, NONE of the legislation of most concern to the retired fed has had any further action. You might consider going to the NARFE website and sending Tom Rice, Lindsey Graham, and Tim Scott a message indicating how you feel about that!

- **Federal Pay and Benefits**
 - **H.R. 392: FAIR Act, to provide 3.2% pay raise to federal employees, referred to the House Committee on Oversight and Reform on 1/21/21; no further action**
- **Support Reform/Repeal of WEP/GPO**
 - **H.R. 82: Social Security Fairness Act of 2021 (Jan 4, 2021)—seeks to amend title II of the Social Security Act to repeal the GPO and WEP; referred to the Committee on Ways and Means on 1/4/21; no further action**
 - **H.R. 2337: Rep. Richard Neal has reintroduced H.R. 4540 Public Servants Protection and Fairness Act, which was not acted upon in the 116th Congress; it would recalculate and reduce the WEP reduction; referred to Committee on Ways and Means on 4/1/21; no further action**
- **Support Accurate COLA for Retirees**
 - **H.R. 304: Equal COLA Act—would guarantee that FERS and CSRS retirees would receive the same COLA increases, using the CPI-W (for Wages, not CPI-E for Elderly) referred to House Committee on Ways and Means on 1/13/21; no further action**

CONTINUED: LEGISLATIVE OFFICER-Sherry Gainer

- **USPS--Protect Postal Retiree Health Benefits**
 - **The USPS Fairness Act, (S.145) to eliminate the prefunding mandate for retiree health insurance premiums; supporters are optimistic for passage during this Congress. Referred to Committee on Homeland Security and Government Affairs on 2/1/21; no further action**
 - **The USPS Fairness Act, (H.R.695) referred to House Committee on Oversight and Reform on 2/2/21; no further action**
 - **H. Res. 47 seeks to prevent the privatization of USPS**
 - **Rep Carolyn Maloney is in the process of introducing a bill tentatively called the DEJOY Act that would prevent USPS from expanding delivery standards and slowing mail, however, I was not able to find the official bill; coming attraction for next month!**

Be sure to keep in touch with our senators and representative by using the NARFE Action Center.

<https://new.narfe.org/advocacy/legislative-action-center/>

Don't Forget Dad - June 20th is Father's Day
Cora Dene Nichols

My Dad was born in London, England in 1902. In 1907 he came with his family to America and settled in Nelson County, Virginia. He was a very resourceful kind of guy and fairly intelligent in that his mother was a teacher. He loved the finer things in life. He had six brothers, three older than he. His mother died in 1927. We think she died of pancreatic cancer, judging from the symptoms related by the children, but no one knew much about cancer in those days, except that it was deadly.

On Sundays, Daddy would take me to the museums in DC, and then we would visit his brothers and father. His father lived with the youngest brother and his wife in a small brownstone in Washington, DC.

We could always count on meeting his father at the little Pub around the corner. When he saw us, he would come bustling out of the Pub as if he had been caught doing something wrong. He was, however, properly dressed for the occasion in his gray Derby and Spatz. He had a handlebar mustache and a pipe hung from his lips at all times.

My aunt Roxie would have dinner cooking on an old cookstove. She always kept the table set. Everything was so deliciously inviting as the aromas seeped out the front door.

My Dad saw to it that I went to Sunday School and Church every Sunday. He would polish my shoes and help me get ready. He would send me a corsage on Easter and take me to Sunrise Services at the Masonic Temple in Alexandria, Virginia. Even though he was meticulous in my education of the finer things, we never missed a Carnival.

My Daddy died at the early age of 56 from a long, horrible battle with Tuberculosis. But he left me with wonderful memories to relate to his grandchildren.

Alzheimer's Research Officer

Alice Villavicencio

TIP FOR THE MONTH OF JUNE 2021

GET A DOG, If YOU DON'T HAVE ONE

According to various research conducted in recent years, small dogs may play a positive role in helping persons with Alzheimer's Disease. The website <https://www.smalldogplace.com/dementia-service-dogs.html>, for example, offers several reasons why such persons may benefit from having a small dog. Persons with dementia or Alzheimer's experience cognitive decline in the brain. They begin to experience difficulties in performing tasks that they once routinely executed. As the dementia advances, they are unable to perform the most basic of tasks. Dogs like to be kept on schedules. Maintaining schedules for an Alzheimer's patient from waking, taking medications, and performing some exercise, such as walking is important. A structured daily agenda gives stability to a person with memory and executive function loss. Because a dog is a creature of habit by nature, it is not difficult for an owner to have a schedule for a dog for the time it eats, is taken on walks, exercises, and plays. Because humans like dogs need exercise, the patient and dog can walk, hike, or do other types of physical activities together. The loving canine companion may provide reminders to the patient of certain tasks that he or she must do, such as taking the pet on a walk, feeding it, or playing with it. The pet can serve as a timely reminder for the patient.

Aside from a dog serving as a fun companion, it offers security. Regardless of its size, a dog's bark can alert its owner to alarms, doorbells, etc. "The specialty train and GPS-tracked Dementia Dogs both prevent a person with Alzheimer's from leaving [his, her] house unaccompanied, as well as help the [owner] get back to the safety of [his/her] own home with a simple command." The onset of Alzheimer's Disease usually causes a person with the disease to experience mixed feelings of insecurity, confusion, frustration, anxiety, and, at times, depression. Because a pet needs care, it will return unconditional love to its owner. By caring for a pet, a person with Alzheimer's, in return, may feel confident and with a purpose in life.

There are other things to consider about a person with Alzheimer's caring for a pet. Please read the article posted on the above link for more information.