

PRESIDENT'S MESSAGE BILLIE NICHOLS

On the 23rd of May 2023, regretfully, Sherry Gainer officially resigned from her elected position as President of NARFE Chapter 1015. As the Vice President, I am now required to assume the position of President to complete the term. As such, I will strive to conduct Chapter business, in accordance with the NARFE mission, in a transparent, orderly, and impartial manner.

Chapter 1015 continues to remain near the top three of the thirteen chapters in the SC NARFE Federation. A very respectable membership ranking. At the grassroots level, we are encouraging our members to renew their membership and be representative of the ongoing NARFE high-quality standards for prospective members living within the Myrtle Beach area.

CONTINUED: PRESIDENT'S MESSAGE

To accomplish this, we will also require your faithful support and help volunteer-wise.

We have several appointment vacancies open. We don't want to overload those that are already filling more than one position.

On May 30th I sent all members a description for some of the vacant, appointed positions, which will give you a good idea of what the duties of the vacant positions entail.

Furthermore, I believe those who previously served in any of the vacant positions would share their knowledge.



CONTINUED: PRESIDENT'S MESSAGE

Jill Foxworth, Marketing Director of the Horry County Council on Aging (HCCOA), will be the Guest Speaker for the June 8, 2023, Chapter 1015 meeting. HCCOA provides various services to Horry County seniors (60+). It was created in 1965 in accordance with the Older Americans Act of 1965.

HCCOA provides activities and care services to members, such as offering meals and transportation to medical appointments. All HCCOA's services are provided at no cost to seniors. HCCOA does accept donations. In one of our Chapter 1015 Fall meetings, donations will be accepted for this 501(c)(3) non-profit corporation.

CONTINUED: PRESIDENT'S MESSAGE

Keep these dates on your calendar for the Summer and Fall 2023.

No chapter meetings scheduled for July and August.

See you in June and September.

Next dates for chapter meetings:

June 8 Thursday at Damon's

11:30 AM

September 14 Thursday at Damon's

11:30 AM

October 12 Thursday at Damon's

11:30 AM

November 9 Thursday at Damon's

11:30 AM

December 14 Thursday at Damon's

11:30 AM

LEGISLATIVE UPDATE

Cathy Linta-Leader

Our Chapter needs a Legislative Committee Chair to apprise us of what's happening in Congress. Your Officers cannot fill as many vacant positions as they do. Anyone interested should contact Billie Nichols, Joe Arsenault, or Cathy Linta-Leader.

Learn to advocate for NARFE's legislative priorities at the virtual legislative training conference, LEGcon23, from June 20 to June 22, 2023. Registration is \$150 and time is running out to sign up. More information is available on the www.narfe.org website.

Social Security Fairness Act H.R. 82 and S.597 repeal the Government Pension Offset (GPO) and Windfall Elimination Provision (WEP). None of the South Carolina representatives, Senators Lindsay Graham and Tim Scott, and House Representative Russell Fry, have sponsored the bill. S.597 was referred to the Senate Finance Committee of which Senator Scott is a member. I'm affected by the WEP and have voiced my concerns numerous times about both it and the GPO. How about you? Have you visited the www.narfe.org website's Advocacy link to the Legislative Action Center and sent a letter(s) to anyone about this and other issues affecting federal employees and retirees?

CONTINUED: LEGISLATIVE UPDATE

A new bill, Social Security 2100, would expand and fortify Social Security as well as repeal the WEP and GPO. Some of the provisions include a COLA to reflect inflation experienced by seniors. To help pay for the changes, the Social Security payroll tax (FICA) would apply to wages above \$400,000 and add a 12.4% net investment income tax to those making over that amount.

Congressional Republicans are scrutinizing federal agency telework practices, pressing the GSA to collect and release information about office space usage rates. Meanwhile, the VA said that starting in the fall, it will begin requiring telework-eligible employees in the national capital area to work onsite at least half of the time.

Now (and always) is the perfect time to call our Senators and Representative.

	Washington DC	SC
Lindsay Graham	202 224 5972	843 849 3887
Tim Scott	202 224 6121	843 727 4525
Russell Fry	202 225 9898	843 353 5377

LYNN VOS

Highly recommend a book written by someone I think many of us will recognize. How Not to Die (Dr. Jan Garavaglia, also known as Dr. G, host of Dr. G, Medical Examiner). Surprising lessons from America's favorite medical examiner. Great tips and entertaining stories about how to make choices to keep safe and live longer. Her anecdotes and liberal doses of humor lighten up the subject matter though her office presides over 1100 autopsies a year. This is not ghoulish in spite of the subject, but educational and entertaining because of her approach as an ultimate prevention guide. Dr. G. performed the autopsy in the Casey Anthony case. One common sense safety tip of hers explains why you should never drive with your car windows halfway open. She explains how to leave the hospital alive, informs us why neat freaks live longer. Check it out - her experience and writing style will captivate you, especially if it might help you out someday. Chapter titles include Dr Dread, Code Blue, Deadly Prescriptions, Dead Weight, Highway to the Morgue, Up in Smoke, Last Call, Everyday Dangers, Man, oh, Man!!, Permanent Vacation, Longevity RX. Check it out. I was impressed enough to send copies to a number of friends.

**NEWSLETTER OFFICER
BILLIE L NICHOLS**

**Chapter Membership as of
June 4, 2023=120**

**Prospective New Members from M-112 Report from
NARFE=39**

**No movement on these prospective members to join
Chapter 1015 membership since our last meeting May 11,
2023**

**Our ad in the local newspapers is working pretty well.
There has been several inquiries about the chapter and
how to join.**

**Three new members have been added to the chapter
membership since May 11. Larry Bassett, Charlotte
Downey (returning former member) and Cynthia DeSantis.**

ALZHEIMER'S RESEARCH OFFICER

ALICE VILLAVICENCIO

TIP FOR THE MONTH OF JUNE 2023

On June 21 stop to think about people whose minds are in the darkness of Alzheimer's Disease.

June 21st is the longest day of the year. On that day groups or individuals join to make others aware of Alzheimer's disease and remembering the loved ones that have died due to physical or cognitive function complications caused by the disease. Participants in the June 21st event will also express apathy for those living with Alzheimer's disease whose minds have become darkened by the disease and are living, to a degree, on the day with the shortest amount of daylight hours of the year December 22nd . Those that will make June 21st a special day in their lives will remember family members or friends who played an important and meaningful role in the participant's life.

<https://education.nationalgeographic.org/resource/solstice>.

CONTINUED: ALZHEIMER'S RESEARCH OFFICER

Group activities , such as hiking, playing board games are popular to do with others. Individuals may simply want to take part by taking a walk in the park or in his/her own neighborhood. A participating individual may want to be thankful that he/she is not living in a shadowy world and has a clear, not nubilous mind that is absent of the darkness of the disease. Thus, the mind is Alzheimer's free. Persons living with Alzheimer's disease may not be able to take part in the activities mentioned above because their cognitive abilities are negatively affected by the disease. For example, a person with the disease may be unable to play a card game because he/she will not remember the rules of the game or may forget which card to put down on the game table.

CONTINUED: ALZHEIMER'S RESEARCH OFFICER

These types of tasks may be simple for those of us who do not have Alzheimer's, but for persons with the disease, it may be impossible to take part and enjoy such activities. Because they are unable to perform such tasks, they may feel frustrated and angry. Their minds lack the cognitive ability to understand and/or recall simple instructions or the rules of a game. Persons with advanced Alzheimer's may not know where or why they are in a certain place.

Let us hope for a day absent of the devastation that Alzheimer's causes to those living with the disease and the family and friends that care for them. The day will come when Alzheimer's will be nonexistent if scientists dedicated to Alzheimer's disease will continue to conduct research both to find the cause of the outset of the disease and treatments to slow down its progression, or better yet, to find a cure for those with Alzheimer's then so they can enjoy the light on the longest day and every day.

CONTINUED: ALZHEIMER'S RESEARCH OFFICER

Do your part! By donating to Alzheimer's research, you will help bring light to those who live in the darkness of Alzheimer's or another type of dementia. You will not regret it!

A container for the Longest Day collection will be handed to each Chapter member during the June 8th meeting. The money collected will be used for research to find treatments for Alzheimer's disease and hopefully a cure.

Thank you for your generous donations and all that you do in hope of someday eradicating Alzheimer's disease.

