

**Messages from the President
Billie L Nichols**

FEHB Open Season begins November 13, 2023-Monday and ends December 11, 2023-Monday

Lauren Grimsley representing GEHA Federal Employee Health Benefits will be our guest speaker on October 12th.

Ann Marie Usher representing Blue Cross Blue Shield Federal Employee Health Benefits will be our guest speaker on November 9th.

Bud Jones, representing AETNA Federal Employee Health Benefits will be our guest speaker on November 9th.

The next chapter meeting is scheduled for Thursday, October 12, 2023, at Damon's located at 2985 S. Ocean Blvd, in Myrtle Beach beginning at 11:30 am. Please provide me with a RSVP NLT October 11th if you plan to attend this meeting. Thanks

Continued: Messages from the President

Holiday Party Thursday, Dec. 14

Place-TBD

**Chapter 1015 Membership as of
October 8, 2023=117**

Please vote on the proposed bylaws revisions. Members who have an email address in the Chapter Email system were mailed the instructions and ballot on September 24, 2023 and members who do not have an email address were mailed instructions and a ballot on September 25, 2023, by USPS.



Legislative Officer

Morris Zupan

LEGISLATIVE REPORT AS OF

9/30/23

(Pending Legislation):

1. Social Security Fairness Act of 2023 (HR82, S597)

Repeals the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO).

Current Status: Per the October 2023 NARFE Magazine – 289 House Co-sponsors and 39 Senate Co-sponsors.

January 2023 was referred to the House Ways and Means Committee.

March 2023 was referred to the Senate Finance Committee (we have asked at both the National NARFE Headquarters and Our NARFE to contact our representatives asking for their co-sponsorship).

House: 290 Co-sponsors are needed for 25 days to get a floor vote on the act. There are two other 'acts' in congress that will eliminate or partially eliminate WEP/GPO, but they only have a low vote for further movement.

2. The Fair Cola (Cost of Living Adjustment) for Seniors Act:

The Act would use the Consumer Price Index for the elderly as the basis for the COLA retirement benefit. House Co-sponsors: 26

Continued: Message from Legislative Officer

3. The Equal COLA Act:

The Act provides equal COLA amounts for the Federal Employees Retirement System (FERS) as it does for the Civil Service Retirement System (CSRS). House Co-sponsors: 35

4. Other Pending Acts:

Do not directly relate to the retirees but one is related to a government shutdown. The Act protects Federal workers and contractors from a variety of civil service financial penalties during a lapse of appropriations such as a government shutdown. House co-sponsors: 2. Senate co-sponsors: 16.



Alzheimer's Research Officer

Alice Villavicencio

Tip for the month of October 2023: Donate to the WALK to end Alzheimer's Disease, Give to TEAM NARFE 1015

Please donate to the Grand Strand WALK TO END ALZHEIMER'S to be held on November 4, 2023, at the Market Common Park, Myrtle Beach. The Ceremony will commence at 10:00 am; the walk will begin about 10:30. You do not have to walk, but we do ask that you donate by visiting the website: www.alz.org/walk. Look for the 2023 GRAND STRAND WALK; look for the word TEAM; and in the box type NARFE 1015. Sign up as a participant in the NARFE 1015 Team, or simply donate to the NARFE 1015 Team, to Alice Villavicencio (team captain), or any other team member, including yourself. If you donate via the website, use a credit card, and assure that your donation was made to NARFE 1015. Regardless of the method you use to donate, all money given to any participant on Team 1015 will be credited to our Chapter under team NARFE 1015. If you do not want to donate via the internet ALZ website, you may donate using a bank account check made out to Alzheimer's Association, at the memo line write Grand Strand, SC Walk, Team NARFE 1015. You also may give cash donations to Alzheimer's Association by giving me your donation or to another Chapter member who is helping collect. I will give you a receipt for the donation and assure that the SC Alzheimer's Association receives your donation. Please try to donate as soon as you are able. If you are planning to donate by check, money order, or cash, I ask that you give me your donations at the October 12, 2023, Chapter Meeting, so that I can forward the donations to the state ALZ Association before the Walk. Donations will also be accepted at the 2023 Grand Strand Walk to End Alzheimer's, to be held on Saturday, November 4, 2023, at the Market Common Park, located on Farrow Parkway, Myrtle Beach, SC, 29577. If you have questions or need help registering or donating, please call or text me, Alice Villavicencio, at 202-560-0196.

Continued: Alzheimer's Research Officer

Thank you for adhering to this request and all that you do to find an END to Alzheimer's Disease.

There is an interesting and important study that was conducted by researchers at the University of Texas Health Science in Houston, and other collaborating scientists (as named below) on the effect that certain adult vaccines may have on reducing the risks of developing Alzheimer's Disease. This study was conducted on older adults that were injected vaccines to prevent diseases such as diphtheria, pneumococcus, and tetanus, to mention a few.

The research team injected the patients in the trial study with the vaccines to prevent the mentioned diseases (and other diseases mentioned in the research paper). At the end of the second year of the study the researchers conducted a "looked back" on the patients, and on the 8th years of the study, they conducted a "follow up period."

The people that the researchers selected to participants in the study were dementia free. At the completion of the study the patients were 65 years old or older. The results of the study indicate that the vaccines administered to the patients may have a positive impact on reducing the risk of developing Alzheimer's disease. It is worth noting here, as these sciences stated, that the vaccines used in the study are adult vaccines that the CDC recommends for the prevention of the diseases named above.

Continued: Alzheimer's Research Officer

**You may want to read the findings of the study in detail by visiting the
following websites:**

**[The Impact of Routine Vaccinations on Alzheimer's Disease Risk in Persons 65
Years and Older: A Claims-Based Cohort Study using Propensity Score Matching -
IOS Press](#)**

Journal: [Journal of Alzheimer's Disease](#), vol. 95, no. 2, pp. 703-718, 2023.

Accepted 5 July.

**The impact of Routine Vaccinations on Alzheimer's Disease Risk in Persons 65
Years and Older: A Claims-Based Cohort Study using Propensity Score Matching**

Article type: Research Article 2023

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Sunshine

Lynn Vos

Upcoming Happy Birthdays for October

Lois Chester, Helen Dear, Suzanne Palmer, and Linda Jo Kossow-Pagani

Sunshine Grins-Of the Month

- . He who has a why to live for can bear almost any how. (Victor Frankl, Holocaust survivor/hero)**
- . If you see ten troubles coming down the road you can be sure that nine of them will fall into the ditch before they reach you. (Calvin Coolidge). Don't you love THAT optimism....**
- . I find television to be very educational. Every time somebody turns it on, I go into another room to read a few books. (Groucho Marx, comedian). Remember him, from the silent movie era?**
- . The more obviously one's work benefits other people, the less one is likely to be paid for it. (Anthropologist David Graeber). Yep...**
- . I went to a fight the other night and a hockey game broke out. (Rodney Dangerfield)**
- . UFOs are somehow unphotogenic. (Carl Jung)**
- . Babies are such a sweet way to start people. It's up to them to stay that way.**
- . Rice is great when you are hungry and want 2,000 of something.**
- . In nuclear war, all men are cremated equally.**

Continued: Sunshine

Book of the Month

This month's book choice is a little lighthearted (?) considering it is a mystery. The Stepfamily, a psychological thriller, written by Bonnie Tray More, warns that what you don't know.....CAN hurt you!

The lead character, Laura Foster, is not the type to go looking for trouble but it seems to be stalking her so when a freak series of accidents can no longer be chalked up to bad luck, it is clear that someone is out to get her. Is it a stranger, a work friend, a relative, someone closer to home?

Although she has no enemies, she senses that her husband is keeping something from her. She tries to be calm while checking into the family's past and ends up more mystified, more frightened than ever and, by the way, what really happened to her spouse's first wife; why the freak accident that killed her? She needs she get answers - before it's too late

MEETING SPEAKERS

Cathy Linta-Leader, Secretary

We need members to form a Program Committee to locate speakers for our meetings. Alice Villavicencio volunteered to find such speakers, but she cannot do this alone. If you're interested in serving on the committee, please email me at clintaleader@gmail.com with the Subject Line "Meeting Speakers" or let any officer know during the next meeting.

CHAPTER WEBSITE – Cathy Linta-Leader, Web Administrator

The brochure, "Affairs in Order – Benefits Guidance for Survivors of Federal Annuitants" is located on the Chapter's website, <https://1015.scnarfe.org>, on the "Resource-Center" page under "Important Documents." The brochure explains what happens when a federal annuitant dies, how to report the death, and how to access all benefits including social security.

There's a new page on the site entitled "2024 Health Insurance" that lists insurance rates and details on the FEP Medicare Prescription Drug Program.

I admit I am not schooled in IT and welcome anyone who is interested in maintaining the website. I'll show you everything I know.