

From the President . . .

May's meeting is the last one for our 2023-24 year. Our 2024-2025 year will start with a September meeting. While attendance in person and via Zoom has seen little improvement, there will be a renewed effort to recruit new members and provide more programs that, hopefully, are of interest to our members. If you would like to see or hear about a certain subject, please reach out to one of our chapter officers/chairs and make a suggestion.

Don't forget our annual picnic on August 14th. Please come to spend time together, we will have an auction to raise funds for the Alzheimer's Association and get some updates from local congressional staff.

Lastly, there are two Alzheimer's Walks later this year in our area. The first is in Burlington on September 7th. The other is October 5th, in Everett. Steve Roy has already entered our team for both events. More information later.

Marvin Weiss, President

From the Vice President . . .

Memorial Day?

Ask a Gen Xer what we are memorializing, and you would be amazed by the answers you get. Memorial Day?, 9/11?, Veterans? Close, World War II Service Members? Not quite. World War I deceased service members, no.

Originally it was called Decoration Day. It was formalized by a Memorial Day order issued by Grand Army of the Republic Commander in Chief John A. Logan in 1868 as a day set aside once a year on the last Monday in May to remember our Country's Deceased Service Members.

While you are enjoying your holiday this year, please take a moment to remember for whom the day was set.

Jim Carr, Vice President

Treasurer's Report

May 5 - May 11, 2024

Since 1985, the first week of May has been celebrated as Public Service Recognition Week.

The purpose is to honor the people who serve our nation as Federal, State, County, Local and Tribal Government employees.

Please celebrate and thank those public servants.

Linda Cline, Treasurer

SAVE THE DATES

Everett Chapter 193 Meeting

Wednesday, May 15, 2024

Evergreen Bowling Lanes

5111 Claremont Way

Everett, WA 98203

425-259-7206

Lunch at 11:30 AM, Meeting/Program 12:30 PM

Meeting will be in-person and via Zoom for those who can't make it in-person.

Use this link to join virtually:

<https://us02web.zoom.us/j/84885646379?pwd=YW1XbHdDR0NsV2VMY2hCenhvM1NyZz09> or

Join by phone at (253) 215-8782

Meeting ID: 848 8564 6379

Passcode: 545185

Everett Chapter 193 Hosted Picnic

(All NARFE members & prospective members are invited to join us)

Wednesday, August 14, 2024

American Legion Memorial Park

145 Alverson Boulevard

Everett, WA

11 am – 2 pm

Fall 2024 Monthly Meetings

Sept. 18 (League of Woman's Voters), Oct. 16,

Nov. 20 (FEHB & PSHB Health Fair), Dec. 18



Secretary's Report

Thank you to all 14 who attended our March 20th meeting and the 11 that attended our April 17th meeting. At our March 20th meeting, our very own Legislative Chair, Curtis Price presented us with an online demonstration on how to access NARFE National's website and an introduction to the NARFE Legislative Action Center. Curtis did a great job. At our April 17th meeting, we invited Jessica Corbman from Congressman Larsen's office and Hayden Jenkins from Senator Murray's office who provided legislative updates on NARFE's legislative priorities and bills.

Mark your 2024 calendar to save the third Wednesday of the month, with a scheduled presentation and the business meeting to follow, starting at 12:30 PM at Evergreen Bowling Lanes. Better yet come for the no host lunch. The bowling lanes provide us with the use of a separate meeting room AT NO CHARGE, as long as some of us come and enjoy lunch with a social hour starting at 11:30 AM. If you cannot make it in person, please join us via Zoom. Zoom link is located on the first page of the newsletter and on the Calendar of Events located on our new WA State Federation website, <https://www.narfe.org/wa/about-us/calendar/>. You can also find the link on our new Western WA District website, <https://narfewadistiv.org/>.

We have contacted the League of Women Voters to be at our September 18th meeting either on Zoom or in person. Watch for more information in our next newsletters, or better yet, come in person to our meetings at Evergreen Bowling Lanes.

Pat Rudd, Secretary

Service Officer Corner

Remember, this could be a good time of year to review or start your Estate Plan/Documents. Life is full of unexpected situations or events and as we all know changes in our life always happen over time. Life can be short or long; we never really know. An Estate Plan usually includes a Will, Power of Attorney for Health Care & Financial, Health Care Advance Directive, Final Wishes and sometimes a Trust. It's never too late to start unless it is.

NARFE also provides to all members who ask an F-100, *Be Prepared for Life's Events*. This booklet has sections to record and organize important data, including

Service Officer Corner, continued

Personal Information, Retirement Assets, Financial Information, Other Assets, Liabilities, Insurance, List and Location of Documents, and What To Do in the Event of Death.

You can download a copy of the F-100 today from <https://www.narfe.org/officer-resources/all-forms-by-form-number/> or request one to be mailed to you from your chapter Service Officer.

Other useful documents available to you are:

Affairs in Order: Benefits Guidance for Survivors of Federal Annuitants

<https://www.narfe.org/federal-benefits-institute/resource-library/>

Being Prepared – Important Information (2 pages)

Contact me, your Service Officer, to mail you this form.

If you need help with any of your federal benefits or just have questions or concerns, please reach out to one of your local chapter officers.

Merry Byrum, Service Officer (360) 202-8999

Membership Report

Since our last membership report at the end of February we have had the following activity with our members in March-April.

- 2 Members Dropped for Non-Renewal
- 10 New Prospective Member
- 3 Members Renewed Their Membership
- 1 Members Reinstated

At the end of February 2023, we had 108 members and at the end of April we have 103 chapter members.

Please check your contact information with NARFE National to verify that it is up to date.

<https://www.narfe.org> or call (800) 456-8410

Summer is right around the corner. I wish you all a bright and beautiful one!!!

Merry Byrum, Membership Chair

Outreach and Retention of Members

This is a reminder that four of our chapter team members (Marvin, Curtis, Steve and Merry) are in the process of conducting outreach to all our chapter members. The purpose of this activity is to connect with members to find out how they are doing, if they need any help that we can provide and to verify that the information that NARFE has for them in the national database is correct and/or needs updating. Hopefully we can engage with our members to be more involved in chapter activities and business.

We have started this activity with phone calls to our members, then emails if we cannot reach the member by phone and finally, we will send out personal letters through the USPS to those we could not reach via phone or email. Please expect a call from us within the next month unless we have already contacted you. If we have left you a voice message on your phone, please call us back so that we can connect with you. If you do not think we have your correct contact information, please reach out to Merry, Service Officer & Membership Chair at (360) 202-8999 or merrybemerry@gmail.com

You can also update your contact information with NARFE National and the info will come back our way:

Call: 1-800-456-8410, Press 1 for Membership

Online: <https://www.narfe.org>

Select: My Account My Profile

Email message: memberrecords@narfe.org

If you want our chapter's monthly meeting minutes or our newsletters sent to you via email or USPS hard copy, please reach out and let us know. We want to include you in chapter activities and decisions as much as possible.

Chapter newsletters are sent out through FEDHub in the Washington State Federation community at <https://fedhub.narfe.org/home>. You can also find the newsletters at WA State Federation website, <https://www.narfe.org/wa/> and on our new Western WA District website, <https://narfewadistiv.org/>.

The other Outreach Efforts and NARFE Information Sharing Events for the year include:

Snohomish County Senior Expo – March 26, we had 9 Prospective Members, and 2 Current Members visit our NARFE table.

Coming up, we are planning for:

Whatcom County Senior Day in the Park – date not selected yet in the first of August.

NARFE Everett chapter hosted Picnic w/Legislators – August 14.

Skagit County Senior Day in the Park – August 15.

FEHB & PSHB Health Fairs in Bellingham, Everett, Mount Vernon, and Sedro-Woolley will be hosted in November.

Merry Byrum, Chapter Membership & WSF Outreach Retention Chair

Alzheimer's Association Update

As you may have already read, NARFE members have exceeded the \$16 million goal and are now seeking to reach a new goal of \$17 million. The auction at the picnic and Alzheimer's Walks in Burlington on Sept. 7 and in Everett on October 5 are three opportunities to participate and/or donate to the cause.

Our continued fight to fund Alzheimer's Research

To make a tax-deductible donation to the NARFE Alzheimer's Research fund please make your check payable to "NARFE Alzheimer's Research", write "Everett Chapter 193" on the notation line, and mail it to: Alzheimer's Association, 225 N. Michigan Ave. 17th Floor, Chicago, IL 60601-7633 or give checks to your chapter Alzheimer's chair or chapter treasurer who will forward it for you.

Marvin Weiss, Alzheimer's Chair

Legislative Chair Report

I want to give special thanks to Steven Roy for his help, and specifically inviting our local legislative representatives to our recent NARFE meeting on April 20. We were fortunate to have two staff members from our U.S. Delegation join us in person: Hayden Jenkins (Sen. Murray) and Jessica Corbman (Rep. Larson). They reminded us that although staffers do simply count emails and letters (for/against proposed legislation), when they get personal stories from constituents it really does cut through the noise. We reminded them of current NARFE priority legislation (like the WEP/GPO repeal) and how these issues directly affect us. We made sure our August 14 picnic is on their calendars. I look forward to working with them in the future!

Here are two ways to keep in the loop on legislation. First, we can visit the NARFE website at <http://narfe.org> and visit the **Advocacy** tab, where you can get details (and NARFE analysis) on currently considered legislation, and easily advocate using web forms. Secondly, the front section of each *NARFE magazine* usually has informative articles, and the monthly *NARFE Bill Tracker*. We can access the *NARFE Magazine* online (with clickable links!) at <http://narfe.org>, click **FOR MEMBERS > NARFE Magazine Issues**. The May 2024 issue of NARFE Magazine has a nice article on page 10 about the importance of emails and letters to your representatives and Senators.

A recent development, S. 3974 Boosting Benefits and COLAs for Seniors Act, is a new companion bill for H.R. 716 (Fair COLA Act), you can read about and advocate for it using the NARFE Legislative Action Center <https://www.narfe.org/advocacy/legislative-action-center/>

I encourage all of you to participate in this 2024 election season, from your local races all the way to the Presidential race. Now is the time to verify that you, and your friends and family are registered to vote with your current address. In Washington, visit: <https://www.sos.wa.gov/elections/myvote/> or (anywhere) visit <http://vote.org>.

Curtis Price - NARFE Chapter 193 Legislative Chair (Nat'l)
curtvprice@gmail.com

Western Washington District Report

Greeting Everett chapter members!

A few announcements:

- Public Service Recognition week is May 5–11, 2024 – please consider writing letters-to-the-editor thanking federal employees for their service. As Curtis pointed out at your April meeting, there's a template on the NARFE National website Legislative Action Center that you can use; it will send your letter to all local newspapers.
- The stand-alone 8.5 x 11 membership application has been revised to remove the "Bill Me" box. The F-135 member application/brochure is being revised so, until the new one is available, be sure to cross out the "Bill Me" option under "Payment Options".
- Candidates are still needed for Region IX VP (contact Steve Roy stevenroy1@yahoo.com) and federation president, vice president, secretary, or treasurer (contact Cray Henry wsf.Cray.Henry@gmail.com).
- Federation officer elections will be conducted this summer (check the federation website for updates www.narfe.org/wa/) and National elections will be held late August through 30 September (watch your NARFE Magazine for updates).
- The Region IX Symposium will be held October 24-26, 2024, at the Three Rivers Convention Center in Kennewick, Washington. For additional information about registration and reimbursement for attending, visit the federation website at www.narfe.org/wa/. (Our ad is on the inside back cover of the May NARFE Magazine.)

Bea Bull, Western Washington District Vice President



Stop the Scam!

According to the Social Security Administration, scammers:

- pretend to be from an agency or organization you know to gain your trust.
- say there is a problem or a prize.
- pressure you to act immediately.
- tell you to pay in a specific way.

A recent article by Tammy Flanagan, NARFE Federal Benefits Expert, provides tips for avoiding scams and resources for help if you become victim to a scam artist.

Via Government Executive, read more on how to protect yourself and/or your family:

<https://ow.ly/xl3050QUivi>

The scam that makes me the maddest is the “grandparent scam” – here’s a really good video about it from CBS 60 minutes:

<https://www.cbsnews.com/news/what-being-targeted-by-grandparent-scam-sounds-like-60-minutes/>

Stay safe!!

Curtis Price (Legislative Chair)

(Thanks to Destiny Harkness, NARFE Social Media and Marketing Manager for this material posted to FedHub <https://fedhub.narfe.org>)

Chapter Programs for 2024-2025

Your officers are putting together programs for our Chapter meetings next year. Do you know a great speaker or topic? You can help our chapter grow with your program ideas. Contact an officer! (See the last page of this newsletter for contact information.)

We’ve already lined these programs up:

Sept. 18: League of Women Voters (election!)

Nov. 20: FEHB & PSHB Health Fair, Open Season information and Q&A



Olympic Mountains from Whidbey Island - Photo: Curtis Price

Letter To the Editor, Everett Herald

Published: April 24, 2024

Please join me in honoring the invaluable contributions of our nation’s public servants.

Every day, public servants carry out critical work that allows our society to function. We rely on public servants for our daily safety through emergency services and preventing crime and terrorism; to ensure we build and maintain the physical infrastructure allowing us to move from place to place, communicate across long distances, power our homes or drink clean water; to educate our children; to administer critical social programs like Social Security and Medicare; and much more.

Too often their work goes unnoticed until something goes wrong. Yet public servants work every day to provide a stable foundation for all of us to enjoy our lives and our freedom. We should thank them more often; or at least once a year.

That’s why, since 1985, the first week of May has been designated Public Service Recognition Week. I hope you will join me in expressing your appreciation to those who serve for what they do for our communities and our country.

Curtis Price
Clinton

Postal Retirees – Reminder

PSHB Special Enrollment Period (SEP)

As part of the new **Postal Service Health Benefits (PSHB) Program**, you may be eligible to participate in the PSHB Special Enrollment Period (SEP) for Medicare Part B. The PSHB SEP applies to certain Postal Service annuitants and family members who were entitled to Medicare Part A, but not enrolled in Medicare Part B as of Jan 1, 2024.

During the PSHB SEP, eligible annuitants and family members may enroll in Medicare Part B without paying a late enrollment penalty. **The one-time PSHB SEP is from April 1, 2024, to Sept. 30, 2024.** Individuals eligible for the PSHB SEP will receive notification by U.S. Mail™ in March 2024.

All required information must be returned in the envelope provided and postmarked by Sept. 30, 2024. How to enroll during the SEP? Complete the provided CMS-40B form, Application for Enrollment in Medicare - Part B (Medical Insurance) and mail it with the copy of the notification letter in the return envelope you receive in March 2024. The return envelope must be postmarked by Sept. 30, 2024.

Resources found at: <https://www.keepingposted.org/>
For Retired USPS Employees

[PSHB Special Enrollment Period](#)

[PSHB Annuitant Fact Sheet](#)

[PSHB FAQs](#)

[Information for Annuitants](#)

[PSHB Educational Videos](#)

Thanks to Linda Silverio, former Region IX Vice-president, for compiling this information and posting it on FEDHub/Oregon Community.

FEDCON 24 **LEARN • ADVOCATE • LEAD**

I would like to invite each of you to join me in St. Louis, MO, August 18-20, 2024 at FEDcon24.

The conference will kick off with an opening keynote speaker Alex Sheen, founder of the global nonprofit “because I said I would” (<https://becauseisaidiwould.org/>), setting the tone for the conference and energizing you to gain the knowledge necessary to **LEARN** how to make the most of your benefits, **ADVOCATE** to protect those earned benefits, and **LEAD** the organization that defends those benefits into the future. **LEARN. ADVOCATE. LEAD.**

Some good news is that the Everett Chapter 193 has authorized reimbursement for the early bird registration fee (before May 17, 2024) in the amount of \$175. There are two registration fee reimbursement slots remaining, so get yourself registered and the Everett Chapter will reimburse you up to \$175. Please let Marvin Weiss or Linda Cline know that you want to register for FEDcon24 and they will authorize you if the registration slots are still available.

I hope to see you in St. Louis, MO.

*Steven Roy
Region IX Vice President
425.344.3926*

Chapter Resource Page

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maw1941X@gmail.com

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Jim Carr

SECRETARY

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merrybemerry@gmail.com

SUNSHINE CHAIR:

Pat Rudd

ALZHEIMER'S:

Marvin Weiss 206-330-1057
maw1941X@gmail.com

Chapter 193 meets on the third Wednesday of the month from September through May. There are no meetings from June through August.

The annual picnic is scheduled in August where Representatives or their local Congressional staff provide legislative updates to the members.

DISTRICT/REGION OFFICERS

WESTERN WA DISTRICT VP

Bea Bull, 360-286-7798
tbkbull@gmail.com

WSF PRESIDENT

Cray Henry, 571-512-0476
wsf.cray.henry@gmail.com

REGION IX VP

Steve Roy, 425-344-3926
stevenroy1@yahoo.com

Region IX CAB Representative

Arthur F. Ellison
360-638-0738

WEBSITES

NARFE HOME
www.narfe.org
Washington State Federation
<https://www.narfe.org/wa>
State Federation Community
<https://fedhub.narfe.org/home>
Western Washington District
<https://narfewadistiv.org/>

HELPFUL RESOURCES

NARFE LEGISLATIVE HOTLINE
877-217-8234
Northwest Regional Council
(Aging & Disability Resources)
Whatcom Co. 360-738-2500
Skagit Co. 360-428-1309
Whidbey & Camano 360-321-1600
Snohomish Co. 800-422-2024

OFFICE OF PERSONNEL MANAGEMENT (OPM)

Phone: 1-888-767-6738

Hours of operation (M-F):
4:40 am – 2:00 pm PT with best time to reach someone is before 7:30 am and after 10:30 am PT.

Mailing Address:
Office of Personnel Management
Retirement Operations Center
P.O. Box 45
Boyers, PA 16017

YOUR US SENATE AND HOUSE

Senator Patty Murray

2930 Wetmore Ave Suite 9D
Everett, WA 98201
425-259-6515
<https://www.murray.senate.gov/>

Senator Maria Cantwell

2930 Wetmore Ave Suite 9B
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425-303-0114
<https://www.cantwell.senate.gov/>

Rep. Suzan Del Bene (WA-01)

450 Central Way, Suite 3100
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Wall Street Building
2930 Wetmore Ave, Suite 9F
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Rep. Kim Schrier (WA-08)

1445 NW Mall Street Suite 4
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425-657-1001
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CAPITOL SWITCHBOARD

1-202-224-3121

Save the Fall 2024 Chapter Meeting Dates

August 14 (picnic)
Sept 18, Oct 16, Nov 20, Dec 18

*If you can't come in person, join us online!
See Page 1 of this newsletter
for meeting details.*