



NARFE BUZZ

National Active and Retired Federal Employees Association

Western Montgomery County Chapter 258 - Chartered November 10, 1953

The largest NARFE Chapter in the country!

November/December 2023

Our Next Chapter Meeting – And Upcoming Events

PLEASE NOTE: ALL ATTENDEES AT CHAPTER 258 MEMBERSHIP MEETINGS WILL BE REQUIRED TO SHOW PROOF OF FULL VACCINATION AGAINST COVID-19. PLEASE BRING WITH YOU EITHER YOUR CDC VACCINATION CARD, OR HAVE A PICTURE OF YOUR VACCINATION CARD ON YOUR SMARTPHONE. THANK YOU.

The November 10th Chapter meeting will be at Alfio's La Trattoria Restaurant, 4515 Willard Ave., Chevy Chase, MD. Members who wish to come for lunch may arrive at 11:30 a.m. with the meal served at noon. The price is \$30.00 per person, payable either in cash or check made out to NARFE Chapter 258 (please, no credit cards). Those who do not wish to come for lunch may arrive at 1:00 p.m. There is free valet parking; Alfio's is located two blocks from the Friendship Heights Metro station.

The speakers will be Jennifer Malave, Account Manager at Blue Cross/Blue Shield, plus representatives from AETNA+ and GEHA, who will present valuable updated information on the Federal Employees Health Benefits Program Open Season.

December 8th: Will be our Holiday Party, at Alfio's; entertainment will be provided by Vince Borrelli.

January 12th: Our speakers will be Paul Schwartz, the MD Federation State Legislation Committee Chair, who will discuss NARFE's 2024 Maryland State Legislative Program; with him will also be **Bob Doyle**, MD NARFE-PAC Treasurer.

February 9th: Marilyn Scheiner, CPA, will provide current information and essential guidance on Federal and State income taxes.

Please be advised that speakers and their topics may be subject to change. Also, as always, in the winter months, if there is inclement weather on the day of our scheduled Chapter 258 meeting, and the Montgomery County Schools announce they will be closed due to that inclement weather, our NARFE Chapter 258 meeting will also be canceled.

PLEASE: If you have a "winter" address, have a change of your local address or your E-mail address, or haven't provided us with your E-mail address – please advise the NARFE Headquarters Member Records at 1-800-456-8410. Thanks very much!

PRESIDENT'S CORNER

Lois Ann Beaver, President

According to the CDC, although Covid-19 related cases in Montgomery County are low, residents are urged to be vaccinated with the current updated vaccines because they are better at fighting variants such as EG-5 and could restore protection against Covid-19 that may have decreased over time. Air sanitation continues to be recommended. Of course, now is also the time for our flu vaccination. We must keep guarding our health.

Our October Chapter meeting focused on staying healthy, caring for others, and maintaining independence as we age. At our September meeting we were delightfully informed about the health-related effects of music. Hope you were at those meetings to learn while enjoying good food and the comradery of our members.

Now we should watch for changes in the federal health insurance benefits plans that could impact us. Enrollment in a different plan may be done during the federal benefits open season that runs from November 13th to December 11th. Some information is in the NARFE magazine and on the website www.narfe.org/open-season. Because this is such an important issue to our members, the Chapter 258 meeting on November 10th will have representatives from Blue Cross Blue Shield, AETNA, and GEHA, who will explain the changes, provide advice, and answer questions. Further details will be available at the meeting.

I'm looking forward to our enjoying the Chapter 258 Holiday Party on December 8th with entertainment from Vince Borrelli who sings, plays guitar, and takes requests from the audience. We will have fun. Details about all our meetings are posted later in this BUZZ.

Hopefully our political representatives have already or will soon present a timely and reasonable budget funding outcome that continues to keep the government open and provides federal government employees adequate support including a pay raise.

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TREASURER'S REPORT

Larry Lange, Chapter 258 Treasurer

My last Treasurer's Report appeared in the September/October 2023 issue of **The BUZZ**. This report will be a synopsis of our Chapter's funds from August 4, 2023 to October 13, 2023:

Chapter 258, Funds Summary, October 13, 2023

Checking account balance, 8/4/2023	\$7,068.67
Receipts, 8/4/2023 - 10/13/2023	\$4,243.62
Expenses, 8/4/2023 - 10/13/2023	\$1,553.71
Checking account balance, 10/13/2023	\$9,758.58
.....	
Working Capital/Total Chapter assets	\$9,758.58

The *receipts* for this period were the direct deposit into our Chapter's checking account by National NARFE of the July, 2023 members' dues (\$236.88), August, 2023 members' dues (\$273.86), and the September, 2023 members' dues (\$206.88), plus the payment by attendees of their meals at Alfio's for our September 8, 2023 Chapter meeting (\$390.00), the payment by attendees of their meals at Alfio's for our October 13, 2023 meeting (\$420.00), and the reimbursement by Alfio's for the payment by our Chapter to the tax and tip on meeting meals (for the months of December 2021 through May 2023) (\$2,716.00) for a total of \$4,243.62.

The *expenses* for this period were the printing and mailing of the Sept/Oct, 2023 BUZZ (\$534.83), postage for mailing the Sept/Oct, 2023 BUZZ (\$89.08), and the bill for the attendees' meals at Alfio's for our September 8, 2023 Chapter membership meeting lunches (\$604.80), the bill for attendees' meals at Alfio's for our October 13, 2023 Chapter membership meeting lunches (\$313.00), and a \$12.00 charge for a returned check of Alfio's for reimbursement for tax and tip on meeting meals (for the months of December 2021 through May 2023) for a total of \$1,553.71.

E-MAIL REMINDER OF EACH MONTH'S CHAPTER 258 MEMBERSHIP MEETING

Larry Lange, Chapter 258 Newsletter Editor

Every month, approximately five days before each Chapter 258 meeting, I will send, through the National NARFE E-mail system, a reminder of this meeting to all our Chapter members who have provided their E-mail addresses. For the last two months, for seemingly no

reason, this reminder E-mail has gone into the "spam" folder in my computer; this also happened to an E-mail to me from NARFE's MD Federation of Chapters. Admittedly I am very lax in checking my "spam" folder; if I am able to discern why this has happened, I will advise our members. Please check your computer's "spam" folder, approximately a week before our Chapter meeting, to see if my E-mail chapter meeting reminder may have gone into this folder on your computer.

WEBINAR REGARDING THE FEDERAL LONG TERM CARE INSURANCE PROGRAM (FLTCIP)

For our Chapter 258 members who are enrolled in the FLTCIP, they should have received a letter from that program advising of what their increased monthly premiums will be in 2024. As that letter advised, if one is going to make any changes in their coverage under this program, the date such changes must be made is November 9th. On September 26th, National NARFE had a webinar regarding these increased premiums. I watched this webinar and found it to be very helpful. This webinar has been archived on the National NARFE homepage. Here are the steps to access it: sign in as a NARFE member with your E-mail and password; go to the NARFE homepage, and scroll to the bottom of the page; click on "Watch Webinars on Demand"; click on "Find Out More"; the first webinar listed will be "FLTCIP Enrollee Decision Period - What to Consider." Questions asked when the speakers were finished their presentations included what about NARFE members who are living in a CCRC (Continuing Care Retirement Center).

THE MARYLAND FEDERATION OF NARFE HELD ITS FALL MEETING AND TOWN HALL ON TUESDAY, OCTOBER 24th

This meeting of the Federation featured a Town Hall for U.S. Senatorial Candidates who are running for the seat of retiring Senator Ben Cardin. Several candidates were invited to participate in this Town Hall; the candidates that attended were Emmanuel Osuchukwu and David Trone. These two candidates each gave a brief background on themselves, stated why they were running for this position, and were then asked questions by a member of the Maryland Federation on several current issues.

OPM PUBLICATION CONCERNING OPEN SEASON

In the search block at the top of your browser, type in: OPM Federal Benefits Open Season Highlights – 2024. This is a 21

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page document; if each page does not show in its entirety as you scroll through the document, hit "print" and you should be able to then fully view each page in the "Print" mode as you go through the document page by page. There are several websites in this document to explore. You may of course select certain pages to print as you view the document page by page.

The pictures for our September 8th meeting were taken by Judy Mazza.



At our Chap. 258 September 8th membership meeting (Front row) Larry Lange, Chapter Treasurer (Back row, L to R) Allam Kam, Chap. 1st VP and Lois Ann Beaver, Chap. President



At our October 13th meeting, psychologist Judith Mazza, Ph.D spoke on Improving the Quality of Life as We Age



At our October 13th meeting, psychologist Judith Mazza, Ph.D spoke on Improving the Quality of Life as We Age. (R) is Chap. 258 President Lois Ann Beaver



Bess Muffley (L) and Molly Healy (R) from Capital City Nurses spoke at our Oct.13th meeting on maintaining independence as we age. Center is Lois Ann Beaver



At our September 8th membership meeting, Pres. Lois Ann Beaver presented Clarke Malone with a present for being our speaker

Western Montgomery County Chapter 258
National Active and Retired Federal Employees
3173 Blue Bell Court
Adamstown, MD 21710

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THIS IS YOUR CHAPTER 258 NEWSLETTER
PLEASE READ !! ☺

The speakers for our November 10th Chapter 258 meeting will be representatives from Blue Cross/Blue Shield, AETNA, and GEHA who will discuss their health plans for 2024.

Chapter Officers

President
Lois Ann Beaver 240-447-2054

1st Vice President
Allan Kam 301-469-0352
akam@htsassociates.com

2nd Vice President
Constance Price 301-657-2625

Secretary
VACANT

Treasurer
Larry Lange 301-644-1875
llange3751@aol.com

Service Officer
Helen Berkson 301-881-1168

Gov. Moore's e-mail is governor.mail@maryland.gov. Your legislators may be reached at www.mgaleg.maryland.gov; they may also be reached using the General Assembly's number, 1(800) 492-7122

Committee Chairs

Public Relations
Suzanne Ackerman 301-588-6206
suzword@gmail.com

Newsletter
Larry Lange 301-644-1875
llange3751@aol.com

Federal Legislation
VACANT

State Legislation
Dave Roseman 240-401-6628
dave.roseman@comcast.net

Programs
Lois Beaver 240-447-2054

Allan Kam 301-469-0352
akam@htsassociates.com

Awards
VACANT

United Seniors of Maryland

Dave Roseman 240-401-6628
dave.roseman@comcast.net

Membership
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Alzheimer's
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Congressional Delegation

Senator Chris Van Hollen, Jr.
202-245-4654

Senator Benjamin L. Cardin
202-224-4524

Representative Jamie Raskin (MD-8)
202-225-5341

Representative David Trone (MD-6)
202-225-2721