



# NARFE NEWSLETTER



Chapter 1770  
Volume 42

(National Active and Retired Federal Employees)  
September 2023

Bel Air, MD  
Number 1

## President's Message by Jim Wood

I was pleased by the increased attendance at our quarterly Chapter meetings during this past year. With the official end of the U.S. public health emergency related to the COVID-19 pandemic, most of us now seem more comfortable resuming many of our pre-pandemic activities. Pam Doner and I attended the biennial Maryland NARFE Federation Conference in Ocean City at the beginning of May. It was both well attended and informative. Our Chapter was also represented at the 2023 Legislative Conference (LEGcon23) in June. Denise Perry, a member of our Legislative Committee, participated in the virtual LEGcon23.

I would also like to make everyone aware of some important 2023 leadership changes in the Maryland NARFE Federation. Dr. Sudha Haley resigned as the Maryland NARFE Federation President, and Dr. Gary Roundtree (who was the Maryland NARFE Federation **Immediate Past President**) agreed to serve as the Maryland NARFE Federation President once again. Those of you who attended the April 2019 Chapter meeting had the opportunity to meet both Dr. Roundtree and Dr. Haley. They graciously drove up to Bel Air to attend our meeting; introduce themselves; and say a few words about their priority initiatives and advocacy efforts for the Maryland NARFE Federation.

Since most members of our Chapter are Federal annuitants, we typically consider our 'retirement' income to be safe because our pensions are part of the Federal Government's **statutory spending**. However, as we watched the '*Debt Ceiling Crisis*' unfold several months ago, we saw our great Nation on the brink of **default**. In addition to  
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## Officers & Committee Chairs (2023 - 2024)

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**Service Committee Chair**..... **Vacant**

**Public Relations Committee Chair** ..... **Vacant**

**Alzheimer's Committee Chair**..... **Pam Doner**  
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*(President's Message continued from page 1)*

having devastating impacts on our economy, that **default could have also been devastating to our Federal annuities.** Fortunately, the Federal Government avoided defaulting on its financial obligations when Congress passed the necessary legislation, and that legislation was signed into Law by the President. However, this was still a **very tense situation** and should have served as a **wake-up call** for everyone.

In last year's 'President's Message', I commented that Federal employees were **greatly relieved** when President Biden repealed the previous Administration's Executive Order creating a new '*Schedule F*' category of Federal employees. That Executive Order had been **opposed** by NARFE because of its **potential to threaten the integrity of our merit-based nonpartisan Federal Civil Service workforce.** Unfortunately, bills which would weaken safeguards for Federal workers have been referred to the *House Committee on Oversight and Accountability* and to the *Senate Committee on Homeland Security and Governmental Affairs* during this current session of Congress. In addition to codifying the repealed '*Schedule F*', some of those bills would **also** abolish the *Merit Systems Protection Board* and limit removal appeals based on both 'whistleblower' retaliation complaints and various Equal Employment Opportunity Commission complaints. There are also various bills which are **beneficial** to retired Federal employees (e.g., *Fair COLA for Seniors Act*, *Equal COLA Act*, and *Public Servants Protection & Fairness Act*) that have been referred to the various House and Senate Committees.

As our Representatives and Senators consider these various bills, **NARFE is there on Capitol Hill as our advocate.** Therefore, please continue your efforts to **recruit** new NARFE members and continue **spreading the word** about the **critical importance** of NARFE's advocacy efforts for Federal employees and retirees.

### **Treasurer's Report by Pam Doner**

Previous Balance .....	\$2,412.00
Current Balance .....	\$1,400.00

### **Alzheimer Committee Report by Pam Doner**

During the past year, the NARFE Alzheimer's Fund achieved its goal of donating \$15 million to Alzheimer's research.

The 2023 Harford & Cecil County "Walk to End Alzheimer's" is scheduled for Sat., 7 Oct. 2023. The event will be held at Ripken Stadium again this year. Please contact Pam Doner for details and/or to make contributions.

### **Membership Report by Pam Doner**

We are pleased to welcome the following new members to our Chapter:

Susan Baxley                      Bonnie Gorman

### **October Meeting**

**DATE:**            Mon., 23 Oct. 2023 (12:00 noon)  
**SPEAKER:**    Anne Healy  
**TOPIC:**           FEHB Program Updates  
**PLACE:**          Bel Air United Methodist Church  
                         21 Linwood Ave., Bel Air, MD

### **Holiday Luncheon**

**DATE:**            Thur., 30 Nov. 2023 (11:30 am)  
**SPEAKER:**    NA  
**TOPIC:**           Holiday Luncheon  
**PLACE:**          Bel Air United Methodist Church  
                         21 Linwood Ave., Bel Air, MD

### **January Meeting**

**DATE:**            Mon., 24 Jan. 2024 (12:00 noon)  
**SPEAKER:**    Jayson Spiegel  
**TOPIC:**           MD Military Coalition & NARFE  
**PLACE:**          Bel Air United Methodist Church  
                         21 Linwood Ave., Bel Air, MD

## April Meeting

**DATE:** Mon., 22 Apr. 2024 (12:00 noon)  
**SPEAKER:** Tracy Bishop CRNP, FNP-C  
**TOPIC:** Physician vs. Nurse Practitioner  
**PLACE:** Bel Air United Methodist Church  
21 Linwood Ave., Bel Air, MD

## October Meeting

**DATE:** Mon., 28 Oct. 2024 (12:00 noon)  
**SPEAKER:** Anne Healy  
**TOPIC:** FEHB Program Updates  
**PLACE:** Bel Air United Methodist Church  
21 Linwood Ave., Bel Air, MD

## Holiday Luncheon

**DATE:** Mon., 16 Dec. 2024 (11:30 am)  
**SPEAKER:** NA  
**TOPIC:** Holiday Luncheon  
**PLACE:** Bel Air United Methodist Church  
21 Linwood Ave., Bel Air, MD

## Stay Connected On-the-Go with the FEDHub Smartphone App

The NARFE FEDHub Community app is now available from the Apple App Store and the Google Play Store for download to your smartphone. If you have questions please e-mail [membership@narfe.org](mailto:membership@narfe.org).

## Are Your Beneficiaries Current?

Federal employees and retirees often **forget** to update their beneficiaries following a 'major life event' (e.g., marriage, divorce, or death). An outdated TSP-3, *TSP Beneficiary Form* or SF 2823, *FEGLI Designation of Beneficiary* can often be **devastating** to a surviving spouse.

## Scams are on the Rise: Beware

Scammers are becoming much more creative as they continue to devise new schemes and exploit new technologies. Examples include:

**Account Suspension/Deletion Scams:** You may receive messages from Amazon, Xfinity, and your bank which look legitimate. These are scams. **DO NOT** click on any links or verbally provide information to 'verify your accounts'.

**Medicare Scams:** If your Medicare Part B Explanation of Benefits (EOB) shows procedures that you did not receive or items (e.g., COVID test kits) that you did not order, this is **Medicare fraud**. Call the Health & Human Services Office of the **Inspector General at 1-800-HHS-TIPS** to report these fraudulent EOB charges.

**Telephone Scams:** **NEVER** provide personal information or credit card information should you receive phone calls from individuals claiming to be affiliated with Medicare; Medicare Assistance Bureau; Internal Revenue Service; State Police; or the Federal Bureau of Investigation. These are scams and should be **reported** to the **Maryland Attorney General**. While there are legitimate Charities, Disaster Relief Groups, and Veteran Assistance Groups that solicit donations over the phone, be **very** careful. It is **safer** to **NEVER** make donations over the phone unless you are the person calling the organization, and you have personally verified the phone number.

## Contacting OPM Retirement Services

**Internet:** [www.opm.gov/retirementservices](http://www.opm.gov/retirementservices)  
[www.servicesonline.opm.gov](http://www.servicesonline.opm.gov)

**E-mail:** [retire@opm.gov](mailto:retire@opm.gov)

**Mail:** Retirement Operations Center  
P.O. Box 45  
Boyers, PA 16017-0045

**Phone:** (888) 767-6738  
(800) 887-8339 (hearing impaired)  
(*Federal Relay Service - Dial 711*)

Customer service hours: 7:40 am - 5:00 pm EST  
Mon. - Fri. (except for Federal holidays)

**NARFE**

710 Kings Path - Unit 1-B

Bel Air, MD 21014

**ADDRESS SERVICE REQUESTED**

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**TIME VALUED MAIL****Next Meeting -- 23 October 2023**

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**Annual Holiday Luncheon****RSVP No Later Than 24 November 2023**

- DATE:** Thursday, 30 November 2023 (11:30 am)
- PLACE:** Bel Air United Methodist Church, 21 Linwood Avenue, Bel Air, MD (Room 101)
- COST:** \$10.00 (Lunch Buffet)
- MENU:** Appetizer Table; Main Course Selections; Assorted Vegetables; Rolls & Butter;  
Assorted Desserts; Beverages (Coffee, Iced Tea, Water)
- PLEASE RSVP TO:** Pam Doner  
Phone: (443) 243-5587  
E-Mail: pndoner@aol.com
- PAYMENT:** At the Door (Day of Holiday Luncheon)