

MARYLAND NARFE NEWSLETTER FALL 2024 dr. gary round tree, sr., md federation, editor

President's Column



Gary Roundtree, Sr., PH.D. 240-749-0014| groundtreesr@hotmail.com



FED con 2024

NARFE At Cross Road During Challenging Times

As NARFE Members assembly in the Midwest city of St. Louis, Mo, for FEDCON 2024, Conference, where the tallest monument constructed in the United States at 630 feet (190m). The Arch is known to be the Gateway Arch and pays homage to Thomas Jefferson and St. Louis's position as the gateway to the west.

St. louis was home to the nation's first gasoline station and first automobile accident; today, the region is second in the nation only to the Detroit area in automobile production. During the Great Migration, thousands of African – American moved to St. Louis between World I and World War II.

Before the national conference started in St Louis all 54-federation presidents met in person for the scheduled federation president meeting, for 2 day to discuss, share information on federations business, such as AMS Update, Membership Update, Advocacy Update, Presentation on Marketing Plan, Federation Mergers, FEDHUB and best practices to use at the federations and chapters to help identify, problems, and recommend solutions to current problems the association is facing go forward in the future.

NARFE HQ has hired an innovative marketing and advertisement company call Stret Level Studio out of Chicago, IL that provided their marketing plan presentation at the federation president's meeting, on August 16th along with NARFE HQ Nora McDonalds, Director of membership and Engagement.

During the federation president meeting the following NARFE HQ Staff, Federation President's provided presentation in the meeting. Jenn Rafael, Director of communication and marketing, STAFF VP John Hatton Advocacy, Frank Impinna, Chair Committee Federal Liaison Advisory Group (FLAG), Emerson Kretzer, Missouri Federation-Federation Mergers, FEDHUB – Deborah Fisk, Virginia Federation, Secretary & 4th District CDL, Bill Krouse, Pennsylvania, France's Boatman Virginia Federation and Jenn Rafael, Director of Communications and Marketing.

The National Executive Board (NEB) also met in their own private meeting area to discuss all relevant association business, from budget, revenues, conference, membership declines, contracts, election, candidates, marketing, advertisement etc....

There was a joint Federation President and NEB meeting together on Saturday, August 17, 2024.

FEDCON24 had various breakout sessions for members to attend during the conference held in St. Louis, Mo. Expect amount of attended 500 + based on registration for the conference, along with circle sponsors Aetna, Brookdale, BlueCross& BlueShield, AMBA, GEHA, METLIFE, United Healthcare, and other vendors and sponsors.

In conclusion the Maryland Federation received serval awards, and recognition at the conference. Presented the Maryland Federation President Dr. Gary Roundtree Sr., PH. D on behalf of the MD FED the Gold Statue Trophy, which say's Gold Presented to Maryland Federation for Outstanding Grassroots Action, and Certificate Citation Alzheimer's Campaign, fifth place in raising funds. To all Maryland Federation Members, please note that your MD FED President, who attended the conference was selected by the new marketing and advertisement company, Street Level Studio, at the conference there for a new creativity NARFE recruitment advertisement campaign rollout with a live video type interview, and professional photo shoot, that will be marketing across the country, by Street Level Studio our new marketing and Advertisement Company hired by the NEB.





FP Dr. G. Roundtree, Sr & Lt. Gov. Aruna Miller









Edward Holland 1st Vice President <u>hollandnmd@aol.com</u> / #301.848.3476

Support S 597

There has been significant progress in the fight to repeal the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO). Hopefully by the time this goes to print S 597 would be further along the process. The House Ways and Means Committee held hearings on this issue back in November and most recently in April. Now, the Senate has taken a crucial step with S. 597 by holding a field hearing in June. This is an important moment for us to push Senate Finance Committee members to advance S. 597 and schedule a "mark-up" (a meeting to advance legislation) of the bill following the hearing. Urge your Senator to push the Senate Finance Committee to advance S. 597, with a favorable recommendation, to the floor. This is an essential next step towards rectifying these inequitable provisions.

Support S 3974

On March 21, 2024, Sen. Bob Casey, D-PA, Chairman of the U.S. Senate Special Committee on Aging, introduced the Boosting Benefits and Cost-of-Living Adjustments (COLAs) for Seniors Act, S. 3974. The legislation aims to aid seniors with rising living costs by proposing a significant adjustment in the calculation of COLAs to better reflect the expenses faced by older adults. The current COLA formula which is based on the Consumer Price Index for Urban Wage Earners (CPI-W), often fails to keep pace with the financial realities of seniors/retirees, particularly in areas like healthcare, which are underrepresented in CPI-W calculations. In contrast, the bill advocates for using the Consumer Price Index for Americans aged 62 or older (CPI-E), which more accurately accounts for seniors' spending patterns.

NARFE National By-Laws Committee

This will be my last report on the good works of the 2024 NARFE National By-Laws Committee. On Tuesday, June 25, the committee posted its final By-Laws and Standing Rules report to the NARFE website.

NARFE National Strategic Planning Committee

On Friday, June 28, the 2024 NARFE National Strategic Planning Committee met and voted on proposals that—hopefully—will put NARFE on solid footing if the proposals are enacted. The Non-Disclosure Agreement that he signed prevents him from 'spilling the beans.

Legislative Director

July 20 – **Edward Holland** attended the 2024 Charles County Fire and Emergency Services Award Banquet with hundreds of attendees. Numerous Fire and EMS volunteers are active and retired Federal employees. He spoke on how NARFE MD works with state legislators as it pertains to tax relief for seniors and first responders in Maryland. He was introduced and supported by Newburg Volunteer Fire Chief Andrew Spaulding and the Charles County Fire and EMS Executive Committee Chairs. The event was held in Charles County.

PHOTO – From left to right: Newburg Volunteer Fire Chief Andrew Spaulding, Charles County Fire Executive Committee Chair Lynn Gilroy, and Charles County EMS Executive Committee Chair William Greer.

July 9 – **Edward Holland** met with Maryland Senator Jack Bailey (R) and Maryland Delegate Todd Morgan (R). The elected officials represent St. Mary's County's District 29 and District 29C, respectively. The purpose of the meeting was to discuss the creation of a park in Chesapeake Bay Community. In addition, for the state delegation to partner with NARFE MD to sponsor legislation favorable to seniors, law enforcement and military retirees in Maryland. He provided the elected officials with a copy of the SLC White Paper. Senator Bailey commented that he has had a working lunch with the SLC and looks forward to working with NARFE MD in 2025. The meeting was held in St. Mary's County.

PHOTO – From left to right: Legislative Director/Chesapeake Bay Community Vice President Holland, Delegate Morgan, Senator Bailey, and Chesapeake Bay President Travis Scott.

June 28 – **Edward Holland** attended the 2024 Congressman Steny Hoyer Annual Bull Roast held in Prince George's County. Discussed legislation favorable to our members with U.S. Representative Hoyer and U.S. Senator Ben Cardin. See photos.

June 20 – **Edward Holland** attended Chapter 1466's annual picnic at Cove Point Park. He provided greetings from the EXCOM and answered question on legislative initiatives. The picnic was held in Calvert County. See photo.

Veterans Affairs

July 16 – **Dr. Tiffany Daniel, Dep. Dir.**, presided over a non-partisan "meet and greet" with Former Maryland Governor Lawrence "Larry" Hogan. The event was held at a VFW Post in Prince George's County.

PHOTO – From left to right: Former Maryland Governor Lawrence "Larry" Hogan, Former First Lady Yumi Hogan, Dr. Daniel, and VFW Clinton Post Commander Todd "Trayn" Traynham.

June 5 – **Edward Holland**, **Dir.**, and a voting member of the Maryland Military Coalition, forwarded a copy of the MMC's request for Congressional support of S.815 – "Hello Girls Congressional Gold Medal Act of 2023." The MMC sought assistance from whomever could immediately forward a 'heads up' copy of their request into the Senator's office. Using NARFE MD and local contacts, Director Holland sent a copy of the request to a principal official in the Senator's office.

May 2 – **Edward Holland**, **Dir.**, attended a Maryland Military Coalition legislative recap meeting. The meeting was held in Anne Arundel County.

April 4 – **Denise Perry**, **Memb**., attended a Maryland Military Coalition meeting. The meeting was held in Anne Arundel County.

April 2 – Edward Holland, Dir., and Dr. Tiffany Daniel, Dep. Dir., generated numerous Maryland Military Coalition letters in support of HB 604 – Families Serve Act.

March 17 – Edward Holland, Dir., generated numerous Maryland Military Coalition letters in support of SB

204 – Interstate Social Work Licensure Compact.



Spaulding / Holland / Gilroy / Greer



Hogan/Hogan/ Daniel/Traynham



Ed Reed, 2nd Federation Vice President Chair, Membership Committee 301-739-1641/edr3eagle@gmail.com

Membership Matters!

WHO CAN JOIN NARFE? --

This month (Sep 2024) - Begins NARFE's Annual Autumn Membership Recruitment Effort. Membership is open to civilians who are or will be eligible to receive an annuity or survivor annuity from the federal retirement programs of any agency of the United States Government; let's not forget the Postal Service (U.S.P.S.) in our Recruiting Efforts.

Please help Recruit New NARFE National-Only-Members - (NOM's) -- (Working Feds. -&-USPS Members) as well as New NARFE Chapter-Members -- (Retired-Feds. -&- Retired USPS Members). As a Member Of NARFE, YOU Are NARFE's Best Recruiters, because: You Know How Valuable Membership Can Be.

NARFE's mission is both critical and timely as Congress and the administration consider unprecedented cuts to federal pay and benefits. Each new member recruited - Strengthens our message to Congress, fortifies our national outreach, and demonstrates their dedication to maintaining a strong and effective federal workforce. Ask all possible new members you see to: -- JOIN NOW at <u>http://www.narfe.org</u> and preserve your Earned Rights and Benefits.

Recruiting Success -- In Words Is: -- "AWARENESS" -- Regardless of technique or the same basic technique, "Interchange" Occurs When Recruiting. Identify your prospect's needs and satisfy those needs with "Specific NARFE Benefits". NARFE Magazine includes valuable information about: "Benefits and Retirement Issues" that: -- Affect the entire Federal Community, not just NARFE Members. NARFE member benefits include: Protection of your earned benefits, vital information & critical questions answered. Also, NARFE perks are members-only discounts, deals and special rates on an ever-growing list of services including travel, insurance, senior housing, moving & more.

When sharing with fellow Feds & Other USPS-Workers & Retirees about how useful you have found your NARFE Membership (and it's perks), make sure to give prospective members applications. You can share a link to the PDF or print out the current NARFE Application form; You can always find the current Application form on The NARFE Website (narfe.org) by visiting "Member Quick Links" and scrolling to "Online Forms". Of course you can usually find

a current NARFE Application Form in The NARFE Magazine; -- "Why Not Make A Few Copies, Now " - and be rewarded in This Year's Recruitment Campaign.

Our NARFE Region-II Vice-President, Mr. Larry Walton has noted: "Our latest Maryland Federation Membership totals to be: "Total Members: 21,693, Chapter Members: 10,394 -&-National Only Members (NOM's): 11,299. This is why we: ALL need to keep recruiting new memberships. Also, as our Maryland Federation President, Dr. Roundtree has said, "Remember, if there are no members in this organization, where is the clout and influence with Congress, the White House, The Governor of the State or the Maryland and General Assembly. Elected officials care about the size and scope of its constituents and members size as an organization."

In Conclusion: This is a critical time when we truly need all NARFE/MD/Chapter & National-Only-Members to "Step Up and Help NARFE Grow" .This is the time when we really need to get all our NARFE Members Motivated to take every opportunity to talk up NARFE. We are asking all of you to please show your fellow members that you're energized about all that NARFE does for Feds and Retirees and all we, in NARFE, offer to all our members.

Respectfully Submitted, Edward Reed, Maryland Federation's - 2ND Vice-President, Membership-Director.

** P.S. At the time of this writing "No NARFE HQS or MD Federation Financial Recruitment Rewards Have been announced." But, we must all go out, recruit & be successful now!



Gift Membership Application

Please start a 1-year gift membership for the recipient listed below. Dues are \$48.

From:		
Sponsor Name		
To:		
Recipient Name		
Address		
Email Address	Phone	
Recipient is:	Active Federal Employee DActive Federal Employee Spouse	
12	Annuitant Annuitant Spouse Survivor Annuitant	
would you like to	include a local chapter? Chapter #	
		1Z
Card Number	biney Order or Bill Pay (Payable to NARFE) y: MasterCard VISA Discover American Express Expiration Date / / / / / / / / / / / / / / / / / / /	
Your gift member	ship includes: IARFE Federal Benefits Institute's webinars and resources	
2. NARFE Magazi	ne	
3. One-on-one fee	leral benefits assistance	
4. Powerful legisla	tive representation on behalf of federal employees and retirees	
5. Valuable memb	er perks on travel, personal and professional services, health benefits and more!	
Send application to:	NARFE Member Services 606 North Washington Street Alexandria, VA 22314-1914 800-456-8410	
		F-85 (09/21)



NARFE Dues Withholding Application for <u>NEW</u> NARFE Members who are Retirees, Spouses of Retirees or Annuitant Survivors

YES. I want to enroll in NARFE's Dues Withholding Program.

I authorize first-year dues of \$48 to be deducted from my annuity. In subsequent years, \$42* and chapter dues, if applicable, to be withheld annually. (*Dues-withholding members save more than 10% off the regular NARFE dues rate.)

Social Security Number (9-digit number)

Civil	Convico	Annuitu	Number

□ Mr. □ Mrs. □ Miss □ Ms.	C S — — — — — — — — — — — — — — — — — —
Full Name	RECRUITER INFORMATION
Street Address	Recruiter name
Apt/Unit	Recruiter Membership ID
City	Recruiter Chapter (if applicable)
State ZIP Phone ()	YES. I also authorize my (NARFE member) spouse's dues to be withheld from my annuity. (Additional first-year dues of \$48 to be withheld. In subsequent years, \$42 and chapter dues, if applicable, to be
Email	withheld annually. If YES, enter spouse's information below.
Date of Birth//	Spouse's Name
mm dd yyyy	
NARFE Chapter # (if applicable)	Spouse's Email

AUTHORIZATION (Withholding will begin in 60-90 days). Send NO PAYMENT with Dues Withholding Application!

I authorize the United States Office of Personnel Management to make appropriate deductions from my annuity payments. not to exceed the amount certified by the National Active and Retired Federal Employees Association as the amount of dues for which I am annually obligated, in accordance with elections I made above, and to pay the deducted sum to the National Active and Retired Federal Employees Association (NARFE). This authorization shall also apply to any and all dues changes certified by NARFE membership in accordance with elections I made. Please allow 60-90 days for processing.

I understand that this authorization shall be valid until NARFE receives and processes my written notice of cancellation in accordance with its agreement with the Office of Personnel Management and that any disputes regarding this authorization shall be a matter between NARFE and myself. I hold the Office of Personnel Management harmless for any erroneous allotment deduction made pursuant to this authorization.

Signature of Annuitant or Survivor-Annuitant

Date

Dues payments and gifts or contributions to NARFE are not deductible as charitable contributions for federal income tax purposes.

MAIL THIS FORM TO: NARFE, ATTN: Member Services, 606 N. Washington St., Alexandria, VA 22314-1914 DW-3 (01/21) 800-456-8410 memberrecords@narfe.org Do not send money with this form

NARFE Dues Withholding Application for NARFE Members who are Retirees, Spouses of Retirees or Annuitant Survivors

STOP! Complete this section ONLY if you are signing up for Dues Withholding. If so, DO NOT send payment

□ YES. I want to enroll in NARFE's Dues Withholding Program. NARFE dues of \$42* and chapter dues, if applicable, to be withheld annually. (*Dues-withholding members save more than 10% off the regular NARFE dues rate.)

Social Security Number (9-digit number)	Civil Service Annuity Number		
	C S		
Mr. Mrs. Miss Ms.	NARFE MEMBERSHIP INFORMATION		
Full Name	NARFE Membership ID		
Street Address	NARFE Chapter Number		
Apt./Unit	YES. I also authorize my (NARFE member) spouse's dues to be withheld from my annuity. (Additional annual dues of \$42 and chapter dues, if applicable, to be withheld annually. If YES, enter		
State ZIP	- spouse's information below.)		
Phone ()	Spouse's Name		
Email	Spouse's Membership ID		
Date of Birth//			
mm dd yyyy	Spouse's Email		

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Signature of Annuitant or Survivor-Annuitant

NAR

Date

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MAIL THIS FORM TO: NARFE, ATTN: Member Services, 606 N. Washington St., Alexandria, VA 22314-1914 800-456-8410 memberrecords@narfe.org Do not send money with this form (DW-2 01/21)





FRANK LEE, FEDERAL LEGISLATIVE CHAIR 410-672-506 fllee0716@verizon.net

I wrote to Congressman Dutch Ruppersburger urging him to support H.R. 82, the Social Security Fairness Act. This vital legislation seeks to repeal the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO) which unfairly reduce the Social Security benefits earned by Federal Retirees. I sent articles to the SLs and CDLs updating them on the status of the National Defense Act which was passed by the House and the status of our National Debt which continues to grow. I attended Congressman Steny Hoyer's Annual Bull Roast held on June 28 where members of the MD Congressional Delegation discuss their priorities for 2024.

Frank Lee Federal Legislative Chair (FLC)

How much will COLA be in 2025?

2.6 %

Don't expect a substantial cost of living amount (COLA) increase in your Social Security checks in 2025. The latest estimates put the COLA at 2.6%, according to the non-profit <u>Senior Citizens League</u>, down from 2.7% in July and 3.2% last year. The drop reflects the easing of inflationary pressures.

www. Kiplinger.com





Larry Walton, Regional II Vice President Article lrwalto@yahoo.com/ 443-831-1791

As your Region 2VP, collaborating and working together with the federations presidents in region II has been a big part of my strategy, and plan to improvement performance, cut variation, improve productivity and membership within federations and chapters.

Focusing on our member's needs and wants as the customer is my priority as your RVP2. For the second year in a row, I have lead the Region II Operation Recruit team, consisting of our five federations, in Region II, Pennsylvania, New Jersey, Delaware, Maryland, District of Columbia with contributing funds, and NARFE HQ support by providing all the necessary recruitment materials and matching request funds to sponsors, and have an exhibitors booth at one of the second largest veterans organization in the country, that has over 1.3 million members, consisting of active and retired federal employees, from all most every government agency, who are members of the Disabled Americans Veterans Organization (DAV).

Thirty percent of the 2million federal workforce are veterans.

This year the DAV 2024 National Convention was held in Phoenix, AZ downtown Phoenix Convention Center, from August 1-6, 2024. I along with MD FED President Dr. Gary Roundtree Sr., PH.D. managed the NARFE Recruitment Booth and table to recruit new members for Maryland Federation, and NARFE Association, across the country. Before we arrived at the convention, in Phoenix, Az - we were able to place 3,000 membership applications in 3,000 DAV registration bags, which were picked up by their members at the DAV registration tables. The NARFE new logo was placed on the DAV website, with all major sponsors and exhibitors for its Convention in 2023, and 2024 along with apps information about NARFE.

We spoke to over 1,000 members at the DAV Convention, who participated and came by to our NARFE recruitment table and booth, passed out 1,000 NARFE Magazine and \$500 more membership applications to members, vendors and sponsors who work for the federal government such as the Department of Veterans Affairs, and Social Security Administration various department employees there. We Talk to USPS, IRS DOE, DOL, USDA, DOA and many of federal employees attending.

Foot note: The fish aren't coming to us, we must go where the fish are. Think creatively.



RVP II, LARRY WALTON & FEDERATION PRES. DR. GARY ROUNDTREE, SR. -NARFE Recruitment at the DAV 2024 National Convention



RVP II, LARRY WALTON & FEDERATION PRES. DR. GARY ROUNDTREE, SR. -NARFE Recruitment at the DAV 2023 National Convention



PAUL K. SCHWARTZ STATE LEGISLATIVE COMMITTEE CHAIR 240-838-2200 / <u>pksyanks@aol.com</u>

State Legislation Report



We are gearing up for the 2025 State Legislative Session and we will call on all of you to stay involved with your state legislators and the Maryland NARFE State Legislation Committee. Although, as you may recall, we had a very successful 2024 in Annapolis, there is still a lot that needs to be done in this next session. With the 2017 federal tax plan, which eliminated many of our middle class tax deductions scheduled to expire in 2025, we will continue to monitor the impact at both the state and federal levels and act accordingly to protect the interests of our NARFE members and all Marylanders.

Other issues on our radar will continue to include long term care insurance, prescription drug pricing, senior migration of our retirees to more tax-friendly states, and, depending on how the expiration of the federal tax plan is resolved, the need to decouple state and federal tax returns. On this particular issue, we think we have garnered some support through our many visits to chapter meetings on addressing how the fiscal note should be calculated to be more reflective of the true nature of the cost of a bill and incorporate all aspects of cost.

Stay tuned as we enter into what will be an exciting State Legislative Session in 2025.



Robert Doyle, Treasurer MD NARFE-PAC,

MD NARFE PAC Report for Fall 2024 Federation Newsletter

As you all know, the MD NARFE PAC, through the Federation's State Legislative Committee (SLC), works for legislation beneficial to seniors by raising and spending money to elect members of the Maryland General Assembly who support our legislative program. Contributions to MD NARFE-PAC also help our SLC build strong relationships with Maryland lawmakers, a key component to winning legislative fights.

Your MD NARFE PAC contributions allow members of the SLC and other NARFE Chapter members to attend fundraisers for MD candidates. For these fundraisers, our first aim is to engage with members who serve on the Committees which handle the tax credit and tax relief bills we work for, which are the Senate Budget and Tax Committee and the House Ways and Means Committee. We now also follow senior-related bills in other areas, so we now look to Members of several committees. And we look always to all legislators to garner support as widespread as possible for our goals.

The SLC was very active in the 2024 MD General Assembly session, testifying on 17 bills aimed at improving the quality of life for all MD seniors, and with some success. Additionally, Paul Schwartz, Chairman, Federation SLC and I spoke at several Chapter meetings the last few months to make members more aware of the work of the SLC and MD NARFE PAC. The MD legislators are folding fundraising events this Summer and early Fall which we will monitor. As always, if you who are reading this are aware of an upcoming fundraiser for your State Senator of Delegate and would like to attend, <u>PLEASE</u> contact me using any of the contact methods for me listed below. We would love to – and honestly will be surprised if we – hear from you, so surprise us!

I appreciate the contributions from many members who donate to the MD NARFE PAC, and we had another great day at the May 2024 Board meeting in Bowie, receiving \$500 in contributions. As always, please communicate to your Chapter membership that they can make an investment in advancing progressive senior legislation in Maryland by supporting MD NARFE-PAC today! (Note –MD NARFE-PAC contributions are **not** tax-deductible for Federal or state tax purposes.

Further, contributions to MD NARFE PAC must be made only by individual members, and <u>not</u> by Chapters using Chapter funds.) Members should make checks payable to: MD NARFE PAC, and mail to:

Robert Doyle, Treasurer MD NARFE-PAC, 4226 Carvel Lane Edgewater, MD 21037

Bob Doyle, Treasurer





VIRGINIA BENDER MD FEDERATION ALZHEIMER'S COORDINATOR 860-823-9312 / <u>vbender21804@gmail.com</u> 854 Tern Ln. Apt. 204, Salisbury, MD 21804

Federation Alzheimer's Report

The U.S. Food and Drug Administration (FDA) granted traditional approval of donanemab, sold under the brand name Kisunla, for the treatment of people living with early symptomatic Alzheimer's disease, which includes mild cognitive impairment and the mild dementia stage of Alzheimer's disease, with confirmed amyloid plaques. This is the third FDA approval granted for an Alzheimer's treatment that changes the underlying course of the disease.

Our New NARFE Alzheimer's National Goal is \$17 Million by December 31, 2026. We reached out goal of \$16 million ahead of our previous date of December 31, 2025. These funds are used towards providing grants and studies.

Advocacy by the Alzheimer's Association has increased the federal funding for Alzheimer's and dementia research to **\$3.8 billion annually** — a more than seven-fold increase in the last decade.

Alzheimer's and related dementias kill more than breast cancer and prostate cancer combined.

BETWEEN 2000 AND 2021, DEATHS FROM HEART DISEASE HAVE DECREASED 2.1 % WHILE DEATHS FROM ALZHEIMER'S DISEASE HAVE INCREASED 141%

Healthy Habits for Your Brain

Be curious! Put your brain to work and do something that is new for you.

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body.

Quitting smoking can lower the risk of cognitive decline back to levels like those who have not smoked. It is never too late to stop.

Talk to your health care provider about the weight that is healthy for you. Other healthy habits are — eating right, exercising and sleeping well — can help with maintaining a healthy weight.

"Cognitive decline" refers to changes in the ability to think that happen as people age. Some changes are a normal part of getting older, but you can take steps to slow that decline. More significant decline or severe changes are not normal and may be a <u>sign of Alzheimer's disease or other dementia</u>.

Information for this article provided by the Alzheimer's Association and NARFE Alzheimer's National

Chapter 1734, Howard County, offers their condolences to the family of Wendel Thompson who passed away in early July 2024. Wendel had been a member of NARFE for 23 years and actively led an annual food drive for the Howard County food bank, FISH. He was born and educated in Iowa, taught speech and debate, and later left to pursue statistics. In one job he researched and analyzed how households use energy. Wendel was very active in the church and community, helping the less fortunate. Among other positions at his church, he chaired and led mission trips abroad. At our December holiday luncheons, members donated checks and food to FISH, where Wendel volunteered, and he and his wife packed their car with all the donations for FISH. Wendel is pictured on the left in the photo, and Susie Bell-Jones and Teresa Baker are on the right. He enjoyed people, was a fine gentleman, and will be missed.





2nd Vice President Ed Reed, Pandi Reed, Chapter Pres. Patricia Nix, Sec.Barbara J. Ware & Federation Pres. Dr. Gary Roundtree, Sr.



1st VP, Ed Holland & US Senator Ben Cardin



Maryland Federation Officers – Treasurer Jeanette Brown,2nd VP ED Reed, National Secretary/Treasurer Kathryn Hensely, Federation President Dr.Gary Roundtree Sr., PH.D. Palimentarian Sam Raines,and 1st VP ED Holland



Maryland Federation President Dr. Gary Roundtree Sr., PH.D. Former Maryland Republican Governor Larry Hogan, Jr.



RVP II, Larry Walton, AARP Tammy Bresnahan, Treasurer, Jeanette Brown, Angela Alsobrook, Sam Raines, 1st VP Ed Holland, Federation Pres. Dr. Gary Roundtree, Sr., MD/PAC Coord. Bob Doyle, & SLC Chair Paul Schwartz.



Treasurer Jeanette Brown, Congressman David Trone, Federation Pres. Dr. Gary Roundtree, Sr., 1st VP Ed Holland, 2nd VP Ed Reed & Sam Raines.



2nd VP Ed Reed, Treasurer Jeanette Brown, Department of Veterans Affairs Faith Based Partnership Director Conrad Washington, Federation President Dr. Gary Roundtree Sr., 1st VP Ed Holland



District of Columbia Federation President Lynn Hill, Delaware Federation President Vinne Warr, AARP Tammy Bresnahan, Parliamentarian Sam Raines, 2nd VP Ed Reed, Treasurer Jeanette Brown, Congressman Steny Hoyer, Federation President Dr. Gary Roundtree Sr. SLC Paul Schwartz, RVP2 Larry Walton, and Chapter 258 Member Alan Klan

FEDERATION DIRECTORY (abbreviated)

EXECUTIVE COMMITTEE

President / Gary Roundtree Sr., Ph.D. / 240-749-0014 / groundtreesr@hotmail.com 1 VP / Legislation / Edward Holland / 301-848-3476 / hollandnmd@aol.com 2nd VP / Membership / Edward Reed / 301-739-1641 / edr3eagle@gmail.com Secretary / Melody Kebe / 240-472-5798 / melodykebe@gmail.com Assistant Secretary / Virginia Bender / 860-823-9312 / vbender21804@gmail.com Treasurer / Vacant Assistant Treasurer / Jeanette Brown/410963-6221/bjeanette76@yahoo.com Immediate Past President / Sudha Haley, Ph.D./410-535-4998/sudhabhagwat2002@yahoo.com Past President / Dan McGrath / 757-436-1095 / mcgrathsop@aol.com Past President / Ted Jensen / 301-667-3165 / grandpated1@gmail.com Past President / Ron Bowers / 410-308-0420 / narfebowers@msn.com COMMITTEE CHAIR CONTACTS Alzheimer's Coordinator / Virginia Bender / 860-823-9312 / vbender21804@gmail.com Chapter Development / Edward Reed / 301-739-1641 / edr3eagle@gmail.com FEEA Coordinator / Eleanor Kaul / 410-896-4354 / eekaul@comcast.net Federal Legislative Committee Chair / Frank Lee / 410-672-5065 / fllee0716@verizon.net NARFE-PAC Coordinator / Frank Lee / 410-672-5065 / fllee0716@verizon.net Budget Officer / Maria Ray / 410-279-4333 / msray0505@gmail.com MDNARFE-PAC Treasurer / Bob Doyle / 410-798-0079 / bdoyle47@verizon.net Program Director/PR Director / Edward Holland / 301-848-3476 / hollandnmd@aol.com Resolutions Chair / Bessie Johnson / bessevents@hotmail.com Chaplain / Larry Lange / 301-644-1875 / llange3751@aol.com State Legislative Committee Chair / Paul Schwartz / 240-838-2200 / pksyanks@aol.com Webmaster / Morse Solomon / narfemdfed@gmail.com Social media (Facebook/LinkedIn) / Howard Gordon / 301-464-2745 / flash@acm.org REGION II (DC/DE/MD/NJ/PA) Region II Vice President / Larry Walton / 443-831-1791 / Irwalto@yahoo.com Region II CAB Appointee / Howard Gordon / 301-464-2745 / flash@acm.org Region II Alzheimer's Coordinator / Kathy Siggins / 301-829-2462 / siggimax@mindspring.com **CHAPTERS AND PRESIDENTS** 126 Western Charles/Indian Head Ron Bush 251 Annapolis Carla Duls 258 Western Montgomery County Lois Ann Beaver 306 Hagerstown Patricia Nix 409 Frederick Elinor Abrell 410 West-Mar/Cumberland Daniel Moore 422 Laurel Samuel Raines 969 St. Mary's County Joe Moffatt 1143 Leisure World Vacant 1260 Southern Prince George's County Co-Presidents Brenda Hill Johnson and Tiffany Daniel 1466 Calvert County Vacant 1522 Susquehanna Barry Decker, Interim 1734 Howard County Teresa Baker 1747 Greater Bowie/Crofton Angela Hyman 1770 Bel Air James Wood 1887 Wheaton/Glenmont Ron Shansby 1888 White Oak Marcia Swanson 1892 Aspen Hill Sarah Richards 1936 NW Baltimore Metro Co-Presidents Barbara Cuffie and Bessie Johnson 1972 Waldorf/La Plata Edward Holland

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National Active and Retired Federal Employees Association Maryland Federation – Chartered April 5, 1956

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RETURN SERVICE REQUESTED

2024 CALENDAR

Sept. 21st- Board Registration Deadline for Board Meeting-October

Oct. 7th- Board Executive Committee Meeting 3-6 pm Comfort Inn Bowie

Oct. 8th- Board Meeting Comfort Inn Bowie

Oct. 28th- Training Day

Oct. 29th- Budget Call Letter

Nov. 5th- Other Federal Election

Nov. 19th- Newsletter Deadline Winter Articles

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