



**NATIONAL ACTIVE AND RETIRED FEDERAL
EMPLOYEES**

**ASSOCIATION/MEUNIER-PERRY
CHAPTER 1015
MYRTLE BEACH, SOUTH CAROLINA
APRIL 2025 NEWSLETTER-ISSUE 4**

Meeting Schedule

**Thursday, April 10 at
Damon's
11:30 am**

**Thursday, May 8 at
Damon's
11:30 am**

**Thursday, September 11
at
Damon's 11:30 am**

**Thursday, October 9 at
Damon's 11:30 am**

**Thursday, November 13
at Damon's 11:30 am**

**Thursday, December 11
at Sons and Daughter's
Italy Lodge #2662 11:30
am**

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Messages from the President

Joe Arsenault

Welcome to April. Hope everyone is as happy to see the warmer weather return as I am. Of course, seeing, or should I say, not seeing, that yellow pollen all over the place certainly helps.

Since our last get together, I along with Treasurer Mary Brady, had the opportunity to attend the SC Federation “in-Person” conference in Summerville. The event was held March 17-19. As you might expect, there were numerous discussions concerning the “onslaught” of cuts being made across the Federal Government in terms of program and workforce reductions. I have provided some of the highlights of the Headquarters presentations in this month’s Legislative report.

I hope everyone enjoyed our March guest speaker, Carol Osborne from Senior Adventures in Learning and Travel, (SALT). Ms. Osborne detailed the program for our group. SALT offers online and in-person classes, various clubs, and day trips, and aligns with Premier World Discovery for national and international trips.

Membership is free (although donations are accepted), and Chapter members can join and obtain additional information via the website. www.wnsalt.com. Ms. Osborne distributed a list of clubs, courses, and events, and brochures on national and international trips throughout the Spring of 2025. Everyone appeared to enjoy the presentation as well as the follow up Q & A period.

This month, we will have as our very special guest speaker, Ms. Betsy Morgan-Brown from the Alzheimer’s Association, Longest Day. www.alz.org/tld. This promises to be a very interesting and relevant presentation as we have all known family or friends’ who have been afflicted by this horrible disease. Ms. Morgan-Brown will bring hard copy handouts of her presentation, and we will allow her as much time as needed to cover the material as well as address questions from our group. She will also suggest a number of fund-raising events we may want to consider as a group. I’ve had initial discussions with a local restaurant on this subject, which we can discuss in more depth at our April 10 meeting.

Going forward, in May we hope to be able to provide a speaker who will cover the subject of Bank and Consumer fraud targeting seniors. (Even beyond those aggravating daily Medicare calls we all seem to be getting)

Following May's meeting we will take some time off to enjoy the summer. Hopefully, we can relax, or get in some travel, or have a chance to enjoy time with our families before resuming our monthly meetings in September.

In September, we will have a guest speaker from the Blue Star Mothers of Coastal Carolina. One of the many projects this group undertakes is the mailing of "Hero Boxes" to service men and women stationed overseas. As our meeting will be in September, the group will be accepting donations for a "Halloween" Hero Box mailing. In total some 175-200 boxes are assembled and mailed to the troops so they may enjoy items from home during the holiday period. A list of suggested items, such as Health Aides-shampoo/conditioner, deodorant, hand sanitizer, etc., Games/toys -puzzle books, jump ropes, yo-yos, and Food Items such as single pack granola bars, trail mix, slim Jims, cookies etc. will be available at our meeting so you may review, and hopefully provide some of them at the September meeting.

In October and November meetings will again feature representatives from the various Federal Health Care plans. And in December we will again have our annual meeting at the Sons of Italy Lodge. So, there are some positive things to look forward to in 2025.

In closing I will say there were two (2) items of note that came out of the Federation Conference that will impact our team here in Myrtle Beach.

First: in what may be the closest result ever, Kathryn Henderson was elected Federation President by a margin of one (1) vote. Anyone who knows, or who has worked with Kathryn knows she is extremely dedicated and qualified for the position. We should all wish her nothing but the best, and I look forward to working with her in the coming year.

However, not all is good news concerning the results. It was disclosed that out of a total of 1700 ballots that went out, 79 members took the time to actually vote. This represents a meager 4.6% of eligible members. Surely something must be done to get more folks involved in the process.

Finally, I need to put to rest the rumor that Myrtle Beach would be hosting the 2027 in Person South Carolina Federation Conference by stating that “Yes, Myrtle Beach will be Hosting the 2027 Conference”.

As you may or may not recall we hosted this event in 2017, and 2018, and both were very well attended and there is nothing to suggest that 2027 would not be as successful. Of course, there are no specifics as yet as to conference site, but March 2027 is the anticipated time for the event.

Ok that’s enough for now. Hope to see many of you on April 10.

Legislative Officer For Morris Zupan

A quick recap of topics covered at the SC Federation Conference.

We had a “Full Wednesday” which featured presentations by Headquarters officials including National President William Shackelford, a Membership update by Nora McDonald, Director for Membership Engagement, and a Legislative briefing by John Hatton, Staff Vice President, Policy and Programs.

President Shackelford began his presentation with a humorous story concerning the signing of the WEP repeal signed into law by President Biden at the White House. As he would be leaving office within a couple of weeks, and therefore be a former Federal Employee, President Shackelford could not pass on the chance to hand President Biden a NARFE application.

When the laughter subsided, President Shackelford continued to state that NARFE is aggressively fighting the efforts of the Administration to eliminate the Merit Protection system. This is going to be a very long and difficult battle, but he vows that NARFE will use every resource it can to protect what has been earned.

The next presentation came from Nora McDonald, Director of Membership Engagement. She began by stating that membership percentage declines had been slowed in each of the past 2 years, and she was very upbeat to report that due to the current state of things, in Washington, in the first 3 months of 2025, new memberships had equaled the total for all of 2024.

She further stated that advertising in a strategic, cost-effective manner was being rolled out. For example, when Federal Employees were ordered to return to their offices, NARFE began to set up poster ads in Metro and Train stations, as well as establishing Geo-Fencing in the DC area where you would be getting info via your cell phone.

They are also rolling out an ambassador program whereby an active employee in an office becomes the NARFE resource for other active employees to speak to. The idea is new, but it does appear to be gathering some steam.

John Hatton, Staff Vice President followed Ms. McDonald. He began by re-capping the efforts that NARFE had taken to keep the pressure on Congress to pass the WEP repeal. Of course, the job is not totally completed, and NARFE is now directing resources to get the Equal COLA Act to the floor.

We certainly are witnessing a number of events from Washington that can cause us concern. However, time and time again we were reminded that while NARFE is political, it is not partisan. John stated point blank that NARFE has to work with both parties to ensure the best, fairest result for its membership.

There were a number of presentation slides covered at the meeting. I have been told that the upcoming Federation Newsletter will contain the link to these, as well as a link to the video presentations covered at the conference. The newsletter along with the appropriate links should be out in the next few weeks. Certainly prior to our May 8 meeting.

I would like to close with this item I recently came across. It is a quote from Booker T. Washington which goes “A lie does not become truth, a wrong does not become right, evil does not become good, because it’s accepted by a majority.”

I trust you will consider the above as political and not partisan.

Secretary
Cathy Linta-Leader

VACANT POSITIONS

We have several vacant positions including the Service Officer, Alzheimer's Chair, Audit Committee, NARFE-PAC Chair, and 50/50 Committee. A summary of the responsibilities of each follows. Contact an officer if you are interested and/or need additional information.

Service Officer – Provides members information, answers questions, and offers guidance in navigating issues relating to federal pay and benefits such as the procedures governing delivery of annuity checks, life insurance and health benefits, survivor benefits, change-of-beneficiary procedures, death benefits, state and federal income taxes, and Social Security requirements. (Service Officer Guide, FH-10, is available at Headquarters.)

Alzheimer's Chair – On a monthly basis, receive contributions from Chapter members and forward any monies to the Federation Coordinator; write an article for the Chapter newsletter. Oversee the Alzheimer's bank account. During meetings, provide monthly financial reports and give a brief report on any new Alzheimer's news releases. Schedule an Alzheimer's speaker/program for the November chapter meeting. Participate in and plan fundraising events including the annual Walk to End Alzheimer's.

Audit – Perform fiscal-year audits of the Chapter Treasurer's and Alzheimer's Chair records and funds. Furnish report to the President and Executive Committee and inform members of findings. If an audit discloses any discrepancy, the Executive Committee determines the cause and corrections. Forward said report to the Federation and Regional Vice President. At least two members are needed.

NARFE-PAC -- Promote our Association's political action committee by educating members on its importance, soliciting member contributions, and assisting Federation NARFE-PAC Coordinators in providing state recommendations for contributing NARFE-PAC funds to candidates in our district.

50/50 – Before the start of the Chapter meeting, sell 50/50 tickets to members. Tally the total monies received, have members pick two tickets and distribute 50% of the collection to the Chapter and the remaining 50% to two members. Document monies received and gave the Treasurer the Chapter's portion. At least two members are needed.

Newsletter Editor

Billie Nichols

**Total current Chapter Members as of
April 5=106**

**Total National Members
In Chapter area=148**

Total Chapter plus National Members =254

**The next Chapter 1015 Meeting is scheduled
for Thursday, April 10, 2025, at 11:30 am at
Damon's.**

Sunshine Officer

Lynn Vos

Birthday Wishes for April

Camille Todor

Thomas Vissman

Marci Vogel

April is National Humor Month

Humor plays an essential role in our overall health. The ability to smile, laugh, and play is directly related to the way we express our personalities. It's one of our more redeeming qualities. The more we laugh at ourselves, the better suited we are for the world around us, also! Jokes and general silliness help to increase our heart rate and blood flow bringing oxygen to our brain and vital organs. A sparkle dances in our eyes as hormones flood our bodies reducing pain and stress. How to observe National Humor Month Tell a joke or act silly for just a moment every day. Humor is contagious. Be prepared to smile! Watch a funny movie! Attend a comedy show! Just clown around! Use National Humor Month to share your fun with someone who needs their month brightened.

7 Tips To Improve Your Memory

By the Mayo Clinic

1. Be physically active every day

physical activity raises blood flow to the whole body, including the brain. This might help keep your memory sharp. For most healthy adults. The Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity, such as brisk walking, or 75 minutes a week of vigorous aerobic activity, such as jogging. It's best if this activity is spread throughout the week. If you don't have time for a full workout, try a few 10-minute walks throughout the day

2. Stay mentally active

Just as physical activity keeps your body in shape, activities that engage your mind help keep your brain in shape. And those activities might help prevent some memory loss. Do crossword puzzles. Read. Play games. Learn to play a musical instrument. Try a new hobby. Volunteer at a local school or with a community group.

3. Spend time with others

Social interaction helps ward off depression and stress. Both of those can contribute to memory loss. Look for opportunities to get together with loved ones, friends, and other people, especially if you live alone.

4. Stay organized

You're more likely to forget things if your home is cluttered or your notes are in disarray. Keep track of tasks, appointments, and other events in a notebook, calendar, or electronic planner. You might even repeat each entry out loud as you write it down to help keep it in your memory" Keep to-do Lists up to date. Check off items you've finished. Keep your wallet, keys, glasses, and other essential items in a set place in your home so they are easy to find. Limit distractions. Don't do too many things at once if you focus on the information that you're trying to remember, you're more likely to recall it later. It also might help to connect what you're trying to remember to a favorite song or a familiar saying or idea.

5. Sleep well

Not getting enough sleep has been linked to memory loss. So has restless sleep and sleep that gets disturbed often. Make getting

enough healthy sleep a priority. Adults should sleep 7 to 9 hours a night regularly. If snoring disrupts sleep, make an appointment to see your healthcare provider. Snoring could be a sign of a sleep disorder, such as sleep apnea.

6. Eat a healthy diet

A healthy diet is good for your brain. Eat fruits, vegetables, and whole grains. Choose low-fat protein sources such as fish, beans, and skinless poultry. What you drink also counts. Too much alcohol can lead to confusion and memory loss.

7. Manage chronic health problems

Follow your healthcare provider's advice for dealing with medical conditions, such as high blood pressure, diabetes, depression, hearing loss, and obesity. The better you take care of yourself, the better your memory is likely to be. Regularly review the medicines you take with your healthcare provider. Some medicines can affect memory.

WHEN TO GET HELP FOR MEMORY LOSS

If you're worried about memory loss, make an appointment with your healthcare provider. If memory loss affects your ability to do your daily activities if you notice your memory getting worse, or if a family member or friend is concerned about your memory loss, it's particularly important to get help.

At your appointment, your provider will likely do a physical exam and check your memory and problem-solving skills. Sometimes other tests may be needed as well. Treatment depends on what's causing memory loss.

As you plan ahead, it's important to have open communication with your family, other loved ones, medical professionals, and care partners. Be upfront with addressing questions or concerns you have about your health and general wellness and keep an open mind if anyone shares their concerns for your well-being.

If you purchased your policy some time ago, you may want to review it to re-familiarize yourself with the coverage details.