



**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES ASSOCIATION
PUTNAM COUNTY—COOKEVILLE TENNESSEE
NARFE Works For You**

Chapter 1956 Newsletter

April 2014

Notes From The Chapter President

I think everyone was out enjoying the nice weather on the day of our last meeting, not very many showed up. You can make that up at the meeting this month. Do help us attract good speakers and be an encouragement by attending our monthly meetings.

The scheduled speaker was Susan Dalton, Executive Director for the Heritage Pointe Senior Living Community. But something came up and she sent instead, Jennie Garland who is the Wellness Director there. She passed out a brochure which gives a lot of good information about the center. Jennie who is a LPN has been there about 2 years and she said that this is the best senior living type center that she has worked with. She has worked at 2 or 3 others.

Heritage Pointe has 2 parts, the independent living section which has 44 apartments and the assisted living which is more for Alzheimer's care with 18 apartments. Both of these sections are in high demand and both currently have a waiting lists to move in.

Heritage Pointe is a private pay center which means they do not accept government funding, but they do accept long term insurance payments. There is no contract to sign, payments are month by month and range in the \$3200—\$4000 amounts depending on the size of the apartment and the care.

The brochure lists too many details and features to print here. I will scan it and place it on our website and you can view it by [clicking here](#). Anyone without internet can contact me for a copy or you can contact them for a tour which they are glad to give. They are located on 1030 South Maple Ave. in Cookeville and their phone number is 931-520-1200.

In other news from the last meeting, I passed out sheets of paper for suggestions for possible speakers. We got some really good suggestions that I will pass along to Larry. Again, let me put out a plea for your support to our meetings so that these speakers will have a good crowd to speak to.

We covered the usual reports, such as the treasurer's report, membership report, legislative and sunshine report, all of which you need to hear. I also spent quite a bit of time at this meeting going over the latest news from our national office.

Please share these newsletters with your spouse

Coming Up This Month

Mark your calendar for April 15th. that will be our next chapter meeting. Normally we do not have a meeting in April due to the fact that the State Federation Convention usually falls on the same date. But this year the calendar worked out so that we can have the April meeting.

Our speaker this month will be Lisa Morris who is with the Cookeville Regional Medical Center, Cancer Center. This should be a very interesting program, as probably all of us have had family members with cancer at some time or another. Be sure to come and hear from her.

As always we meet at Shoney's Restaurant on South Jefferson Ave. We ask that you get there no later than 6pm if you plan to eat. The restaurant is usually short handed and its take awhile to get served. The business session of our meeting begins promptly at 6:45. Come and remind other members to attend. I am looking for YOU!

Legislative News

For those of you who want to stay on top of all that NARFE is doing to protect federal retirees and employees, you need to check out the updated [Protect America's Heartbeat](#) which is provided by the NARFE Legislative Dept. and posted on the national website, www.narfe.org/heartbeat.

There is lots of information and topics available that you can read, download and print as you want.

Sections include:

- NARFE Issue Briefs and Fact Sheets
- Legislation Activities at the Individual Level Toolkit
- Legislative Activities at the Leadership Level Toolkit
- Campaign Activities Toolkit
- Media Outreach Toolkit
- Field Plan Toolkit

Chapter Officers

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I don't expect that each of you would be interested in reading all of this material, but do read at least the sections that would help you the most. But I think that you can see the emphasis that our national office places on do all it can do legislatively to help its members.

Membership News

Don't forget, the Tennessee Federation of NARFE chapters is sponsoring a Member Recruiting Contest all this year. Pick up some membership forms at the meetings and pass out to those who are eligible to join.

Future Of NARFE

There is an article in the April issue of the NARFE magazine on page 52 about the coming reorganization of our Association. I would encourage you to read this article which is the first of several that will be published.

Useful Information

According to history, the first telephone phone call was made on March 10, 1876 by Alexander Graham Bell. Probably the second call was made by a telemarketer trying to sell him something. The Do Not Call Registry has been around since 2004, most of you have heard of this. I thought that I would print the following useful information.

1. How to sign up for Do Not Call

Joining Do Not Call is actually very simple. You go to the website <https://www.donotcall.gov/> and enter the landline or cellphone number you want on the list. A quick email verification and you're done. You can also call 1-888-382-1222 from any phone you want on the list. That's all it takes. Your number stays on the list until you ask for it to be removed or you give up the number. Warning: You might receive a phone call from someone claiming to work at the Do Not Call Registry or Federal Trade Commission. They'll claim your number isn't listed on Do Not Call and offer to sign you up – you just have to provide some personal information. This is always a scam; just hang up.

2. What Do Not Call does and doesn't cover

The Do Not Call list keeps you off of for-profit business call lists, but it isn't immediate. Telemarketers update their lists periodically, so the FTC says it can take up to 31 days to take full effect. Tip: If you receive an unexpected sales call after you've registered your number, and it has been on the list for 31 days, you can file a complaint. Just go to donotcall.gov or call 1-888-382-1222. Be prepared to

provide the date of the call and the company's name or phone number. On the other hand, political organizations, charities and survey takers are still permitted to call you. Businesses you've bought something from or made a payment to in the last 18 months also have a right to call. If you ask them not to, however, they must honor your request.

Sometimes on a call from a survey company they'll ask if they can make a follow-up call. If you agree, then an associated for-profit company can call you with a sales pitch. Be careful when signing up for sweepstakes and free product offers. The fine print may want your permission to receive telemarketing calls. Under the rules, most businesses can't hit you with prerecorded telemarketing messages, also called robocalls, without your written permission. Political and informational robocalls, such as those received from health care providers, banks and schools, are still allowed.

3. Cellphones and Do Not Call

Every year or so, a hoax burns like wildfire through email inboxes and social networks warning that all cellphone numbers are about to go public – register your mobile number right away! The online rumor also points out that there's a deadline to register your cellphone, and – once registered – it only blocks your number for 5 years. Strangely enough, the only thing the message gets right is the number to call (plus the fact that it only takes a few seconds to register). For the record, mobile telephone numbers have never been in any danger of being made public or released to telemarketers. There has never been a deadline to register your cellphone. And you don't need to renew every five years (this was a rule for land lines that was axed in 2007). In fact, even if you don't sign up your cellphone, the FTC says that unsolicited telemarketing calls or robocalls to cellphones are illegal. If you're getting unsolicited marketing calls, first ask the caller how they got your number and tell them you don't want to be contacted. If they call back, file a complaint with the FTC at donotcall.gov or 1-888-382-1222. Again, you'll need to provide information about the date and time of the call, the caller's number and so forth. Still, it is a good idea to register all your land line and wireless numbers, because if you do receive a telemarketing call, that's a good sign the person on the other end is a scammer. Legitimate telemarketers play by the rules and don't want to risk a \$16,000 fine for disregarding a number on the list.

NARFE IS ON THE WEB

Chapter 1956:	www.narfecookevilletn.org
Tennessee Federation:	www.narfetn.org
NARFE Headquarters:	www.narfe.org

**Remind your grandkids to enter the
NARFE Scholarship Competition**