



**NATIONAL ACTIVE AND RETIRED  
FEDERAL EMPLOYEES ASSOCIATION  
PUTNAM COUNTY—COOKEVILLE TENNESSEE**  
\*\*Protecting Our Future\*\*

**Chapter 1956 Newsletter**

**August 2016**

**Notes from our July meeting**

Attendance was up slightly from the previous month, but we would like to have even more of you there. Hope you make plans to join us this month.

Betty Roberson presented our program for July. She has been one of the volunteers at Cookeville Regional Medical Center for years now and she spoke about that program, some of the duties and responsibilities, and even some benefits.

Betty said there are currently 125 who work as volunteers which is down from the 200 or so they used to have. Changes in the hospital layout and other things have lead to the decrease. This program dates back to 1972 and mostly the volunteers are those who are retired and looking to be of help to others. She said that some have worked well up in their years, 90s and even close to 100 years old. They also use high school students during the summer months.

Volunteers work 1 or 2 shifts per week, a shift is usually 3 or 4 hours. They answer phones, give directions, deliver flowers, run the flower shop. These are some of the duties they have. They save the hospital a lot of money and do some things that otherwise would not be done as the hospital would not fund the costs.

All the volunteers are required to know the Hospital Code System, those special codes such as Code Red, Code Blue, Code Stat, etc. This is for there own need as well as the patients. They do receive paid meals, holidays off, free flu shots and TB shots as benefits. But maybe the best benefit is the fulfillment of knowing they are helping others. More volunteers are needed if you have an interest in doing that.

I reported on the latest news from our headquarters, mostly about the upcoming national convention, the list of resolutions, and the election of national officers. Since we do not have a delegate from our chapter going to the convention, we are limited in the issues that we can have a vote on. At this time, we still do not have a proxy assigned to represent us there. I have been working the Federation President on this but of now have not been able to assign a proxy. We covered the usual reports such as; the Treasurer's Report, Membership Report, Legislative Report and others.

Please share these newsletters with your spouse

**News on next meeting**

This month, our planned program and speaker is Jennifer Riddick of the Putnam County Family YMCA. She plans to speak on the programs, nutrition and other aspects of that facility. I am sure this will be on interest to you, so make plans to come on August 16th.

Again, attendance has been very low the past few meetings. We need a big improvement for this month and future months in order to ask speakers to take time to address our group. Your cooperation in this will be very much appreciated.

Location is Shoney's Restaurant on Jefferson Ave. be there by 6:00pm or before to eat, meeting begins at 6:45pm.

**Have you moved?**

From time to time I receive a newsletter back that was mailed to a member. The post office reports that the person has moved and the time to forward has expired. If you can, please keep us informed if you have any changes to your mailing address, email address or even your phone number. That would help us very much.

**Member loss**

Right after I sent out last month's newsletter, I was notified about another death of one of our members. Eula Brown passed away on June 8, 2016. She has been living in Eaton Ohio for the past few years, but was formally of Cookeville. Mrs. Brown was age 85 and a spousal member of James Brown who preceded her in death. Funeral services were held on June 12 in Monterey.



**Chapter Officers**

President	Ronnie Collins
Vice-President	Vacant
Secretary	Reba Collins
Treasurer	Myrna Estes

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Please renew if you have received a reminder about your membership, Thanks.

### Legislative report

Here is an update on bills that I reported on last month being considered in Congress. Those that were at our last meeting heard Dan Hilton talk about these updates:

On July 12 the House Oversight and Government Reform Committee passed The Postal Reform Bill, **H.R. 5714**. We are not sure when it will be voted in the full House. NARFE still opposes this bill for the reasons we have already reported on. NARFE has met with Committee Members urging them to make changes to the bill.

On July 13 the House Committee on Ways and Means withdrew from consideration the Windfall Elimination Provision (WEP) reform bill. **H.R. 711**. In its original version, it would have made improvements, while not repealing the WEP. It is not known if this bill will be considered again.

On another subject that we have not reported on as of yet, but has been in the NARFE news. **The Federal Long Term Insurance Program (FLTCIP)** premiums are going up. The John Hancock Life & Health Insurance Company manages this program. They announced plans to increase rates and OPM has agreed.

This increase in rates is averaging a whopping 83 percent. Those of us who have this insurance are getting letters in the mail explaining the new rates with some options on making changes to our coverage.

NARFE will be discussing this situation with legislators, including a call for hearings. If given the opportunity to testify at an hearing, NARFE will voice the feelings of its members and ask Congress to take steps to keep such large premium increases from happening again.

For a list of all the legislative bills that NARFE is tracking and working on, look in your NARFE magazine. You will find the list with a short description, sponsors and latest action. Keep in mind that updates could have taken place since the time the magazine was being printed and mailed out.

Don't forget to always voice your concerns on any and all of the issues that affect you. The best way to do that is through the NARFE Legislative Action Center. On its website. And keep in mind that Congress is in recess until after Labor Day and our Representatives and Senators are out and about in their districts and now is a good time to attend any of their meeting. August is designated as Grass-Roots Advocacy Month. While our members of Congress do not always respond or vote the way we want them to, they do want to hear from us on concerns that we have. Do your part to protect your benefits.

### Consumer Price Indexes

This month instead of reporting on the latest numbers from the Consumer Price Index, I wanted to make mention of an extensive article on this subject that is in the August issue of the NARFE magazine. It appears on pages 22-27 and goes into good detail of the history and current battles regarding the Index that is used to measure the cost of living adjustments that receive or don't receive. While there used to be only one index from the Bureau of Labor Management, now there are several. The article talks about the CPI-U, CPI-W, CPI-E and the Chained CPI-U. Read the article for a better understanding of these.

### Open Season for FEGLI

Of interest to mostly current federal employees, there will be an open season for Federal Employees Group Life Insurance program during the month of September. You will have the opportunity to make changes to the coverage that you have. If this applies to you, watch for details from your agency.

### Member Perks

From time to time, I like to remind you of one of the benefits of NARFE membership, that is the various discounts and perks available to us as members. Most are listed in the back of the magazine each month. These discounts are some of the best that you will find anywhere around. So check them out and see if you can save a few dollars on the things you might need.

### On the Light Side

*One day while an auto mechanic was working on a car in a shop, he spotted a famous heart surgeon in the waiting area.*

*He motioned for him to come over to where he was removing a cylinder head to replace valves. And said to him "Look here Fancy Doctor, I also open hearts, take out valves, grind them and put in new parts, and when I am finished this baby will purr like a kitten. How come when you do it, you get big bucks and I don't?"*

*To which the doctor replied, "Try doing it with the car still running".*

Some current prices:

Gallon of gas \$1.75 a gallon

Gatorade... 20 oz for \$1.59 or 10.17 a gallon

Lipton Ice Tea... 16 oz for \$1.19 or \$9.52 a gallon

Brake fluid... 12 oz for \$3.15 or \$33.60 a gallon

Bottled water... 9 oz for \$1.49 or \$21.19 a gallon

Printer ink... \$24.99 for a cartridge or \$5,200 a gallon

### NARFE IS ON THE WEB

Chapter 1956: [www.narfecookevilletn.org](http://www.narfecookevilletn.org)

Tennessee Federation: [www.narfetn.org](http://www.narfetn.org)

NARFE Headquarters: [www.narfe.org](http://www.narfe.org)