

NARFE CHAPTER 1192 MEETING
October 2, 2024

Call to order: *President Nancy Crosby*

- The meeting was called to order at 12:00 p.m. by Nancy.
- Welcome remarks and reminders.
 - Silence electronic devices
 - If you need to leave early or stand during the meeting or program, please feel free to do so.
- Pledge of Allegiance
 - If able, stand and please remain standing after the pledge for a moment of silence
- Suggestions for the moment of silence: those in the path of hurricane Helene (loss of life and property); active-duty and retired military; and government civilians
- Introductions:
 - Visitors: none
 - Members guest: none
 - Return members: Nice to see you again, Dave Langstaff, Allison Wright, and Judy West
 - Guest Speaker: Brett Spooner, Attorney at Law, and Delaney McEuin, Marketing Assistant, who are both with Gravis Law in Richland.
- A total of 24 people were present, including two speakers.

Officer and Coordinator Reports

President's Report: *Nancy Crosby*

- General comments/updates: Nothing to report.
- Hospitality
 - Reminders:
 - Check the side tables for PAC and Alzheimer's information, donations welcome.
 - Check the Chapter website for minutes, newsletters, meeting programs, updates, etc.
 - Check the Federation website for other updates, and current and historical information.

Service Officer (Acting): *Nancy Crosby*

- A copy of the Postal Workers guide is available on the side table.
- Our Chapter will host a Health Fair, for current and retired federal employees, on Tuesday, October 22 at the Richland Library from 5:00 to 6:30 p.m. Health providers will be in town talking to DOE. We are expecting four providers to be at the Fair to answer all your questions. Ellen and Nancy will be visiting the various post offices in the Tri-Cities to invite them to the Fair.

Treasurer: *Liz Bowers*

- Reminder that the financial report can be found at the bottom of the sign-in sheets.
 - \$21,349.90 – in GESA account as of September 1
 - \$21,218.71 – in the GESA account as of October 1
- Liz reported she is working on next year's budget so if you have any proposed expenses, please let her know (how much and for what purpose) so the information can be included.
- In the past there was a 50/50 bucket (winning ticket owner gets 50% of the total amount of dollars in the bucket with the other 50% going to the Chapter). The donations bucket had gone by the wayside; however, with additional costs (e.g. mailing 60 copies of the Chapter's newsletter to members who are not able to get the newsletter electronically or prefer to have a hard copy mailed to them) should the Chapter bring back

the bucket for general donations? Nancy directed Liz to go ahead and set up a donation bucket starting with the November Chapter meeting.

Vice President/Newsletter/Public Relations/Legislation/NARFE PAC: *Mary Binder*

- **Legislation, Federal:**
 - Reminder that the Social Security Fairness Act, which would repeal the Windfall Elimination Provision, and the Government Pension Offset, has the necessary 218 signatures needed, as required by the “Discharge Petition,” to move the legislation from committee to the House floor for a vote. This voting will likely not take place until November. The Senate has 63 co-sponsors (exceeds the 50% required for voting) on the companion legislation and could possibly vote on the legislation by the end of the calendar year.
 - 2025 COLA is scheduled to be announced October 10.
- **Legislation, State:**
 - Attended the Tri-City Regional Chamber of Commerce-hosted “candidates’ reception,” September 12, which gave attendees an opportunity to interface with current and potential elected officials. It was also an opportunity to garner potential future chapter meeting speakers.
 - Attended the Washington Policy Center’s annual Eastern Washington dinner in Spokane, September 20. Good meet/greet opportunity.
- **NARFE-PAC:** The quarter ended September 30; awaiting quarterly reports. [Note: Collected \$13 between September and October Chapter meetings.]
- **Outreach:**
 - Recent outreach events were the Community Senior Picnic (800 attendees).
 - Scheduled to attend that Tri-City Regional Chamber of Commerce Annual Elected Leaders Reception, The Reach Museum, Thursday, October 3. at the Reach. These are great outreach events as well as a source for future Chapter speakers/presenters.
- The Tri-Cities Regional Chamber of Commerce’s monthly membership luncheon will be held on October 23. The program is a panel discussion on “Will We Have Enough Power for the Future of Tri-Cities”. Start time is 11:30 and will be held at the Red Lion Hotel & Conference Center in Pasco.
- The fall Senior Times Expo will be held on October 15, from 9 a.m. – 2 p.m. at the Numerica Pavilion at Southridge in Kennewick. NARFE will have a table; at this free event. Please let Mary know if you can help staff the table.
- **Newsletter:** Articles/input deadline for the November/December Chapter newsletter, is Monday, October 14 (and to the printer by Wednesday, October 21). The tight time frame is due to the Region IX Symposium.

WSF – Eastern Washington District Vice President: *Mary Binder*

- NARFE National Officers elections closed September 30. Voting took place via electronic ballot and via the postal service. Results are expected to be released October 10. [Note: Results sent electronically October 2, after the chapter meeting.]
- WSF elections – Mary briefly explained that the Federation Advisory Committee decided to elect candidates by acclamation vs. conducting an election by ballot as there was only one candidate for each office, except treasurer, and voting by acclamation is not prohibited in the federation’s bylaws. There was no candidate for treasurer. The current treasurer, Arlene Patton, will remain in place until a replacement is found.
- Region IX Symposium, October 24-26
 - Mary reported there may still be some scholarships available which would cover the \$150 registration fee, for the upcoming Symposium. The registration and reimbursement forms were made available to members at the meeting. There are currently 45 people who signed up. Mary reminded attendees that

there was still time to register but at a certain point she would have to end registration to provide accurate head count information to the Three Rivers Convention Center event coordinator.

NARFE Alzheimer's Research Coordinator: *Larry Williams*

- Walk for Alzheimer's is Saturday, October 19.
 - Join the walk or donate at www.alz.org/walk
 - Click on "Find A Team," type "NARFE Chapter 1192" in the Team Name box – then you can register.
 - NARFE will have a table for the event and we do have enough volunteers to staff it.
 - As to the walk itself, only three Chapter members have signed up.
 - Larry reminded attendees that a donation is not necessary, but if you want a t-shirt, registration and a donation of at least \$100 is needed.
- Speaking of money, Larry mentioned that Congress recently unanimously passed the reauthorization of the National Alzheimer's Project Act (NAPA) and the Alzheimer's Accountability and Investment Act (AAIA). Congress has given "lots of money" over the years for Alzheimer's research.
- Larry reminded everyone that the November meeting is our annual white elephant sale to raise money for the NARFE Alzheimer's Research Fund. Drag those valuables out of garages, attics, and basements and bring them in for the sale. This fun event usually has a good turn out, so bring your checkbook or cash!
 - It was announced at the end of the Gravis Law program that the firm would be donating an estate planning session to the November Alzheimer's Fund Raiser.
 - A total of \$26.00 was raised for Alzheimer's - \$14.00 from Larry's share of the 50/50 drawing and \$12.00 from the Alzheimer's donation bowl.

Webmaster: *Larry Williams*

- Nancy continues to work on learning the new WordPress microsite system. Nancy is "not thrilled" with it noting there is extra work involved in putting Chapter information in the system.
- A shout out was given to Larry for keeping the current Chapter's system up to date and for his donation of a "clicker" that will allow speakers to forward slides during their presentations.

Membership Coordinator: *Johanna Caylor*

- Johanna has submitted the list of eligible "distinguished members" (individuals who have 20 years of NARFE membership) to National. These individuals will receive a certificate and pin.
- Caller's lists have been updated with changes of telephone/cellphone numbers and/or e-mails.
- The annual NARFE A membership drive is underway and is explained in the September NARFE magazine.

Sunshine Coordinator: *Faye Vlieger*

Faye is out of town, so if you know of anyone who needs a card, please notify Johanna and she will take care of seeing a card sent out.

Caller Coordinator: *Nancy for Darleen Wall*

- Thank you to Verneice Skinner and Alicia Mercado for volunteering to help with calling.
- Darleen is reorganizing the call sheets to even out the numbers of calls each caller makes.

Old Business: nothing to report

New Business:

Nancy mentioned OPM has published new rates for insurance and can be found on the OPM web page. She had a copy at the meeting for members who wanted to see the rates.

Announcements: nothing to report

Open Discussion: nothing to report

Drawing: 50/50

- A total of \$28.00 was collected (\$14.00 would go to the winning ticket holder).
- Our guest speaker, Brett Spooner drew the ticket “owned” by Larry. Larry donated his winnings to Alzheimer’s.

Special events – birthdays, anniversaries, new grandbaby, special trip, travel plans etc.

- Celebrating birthdays were Johanna and Dot.
- Marking birthdays of great grandchildren are Mary Goldie, June Ollero, and Dot Stewart.
- Nancy reported she has taken their travel trailer out for a test run and it is now back at the dealers being tweaked.

Next Chapter Meeting: Wednesday, November 6, CG Public House and Catering

- This is our annual Alzheimer’s fundraiser; please bring items that will help the effort.

Next Chapter Board Meeting

- Next virtual board meeting will be December 9 at 1:30 p.m.
- Non-board members can attend (please let Nancy know – she will send a link)

Closing Remarks: Nancy

Hope to see you at the meeting on November 6 - bring lots of good stuff!

Adjourned at regular business meeting was adjourned at 12:41.

November Program:

NARFE Alzheimer’s Research Fund Fundraiser

Program “Legal Strategies and Estate Planning for Long-Term Care”

- Gravis does estate planning not the legal documents (e.g., wills)
- Long-term care means managing the financial impact of that care - we’re living longer with more chronic conditions.
- Care had been done primarily in the home and now it is done in facilities (e.g. nursing homes; assisted living). There has also been an evolutionary shift from nursing homes to places like adult day care. Long-term planning is about how to plan for the cost of that care and keeping in mind the stand of care desired.
- The average nursing home cost is from \$110K to \$120K/year for a private room - sharing a room will reduce the cost somewhat.
- Covering the cost of care: patient can pay; insurance products in place; veterans benefits; Medicaid.
- Key components: eligibility; look back window; spend down strategy. (Brett noted that the quality of care in Western Washington requires you to pay privately for three years prior to using Medicaid).
- Take away: Do estate planning! Get a power of attorney in place to give your partner/spouse “power” to make decisions.

- Gifting is used as a strategy to reduce your personal wealth; value of your house and personal items; trust planning (specifically noting the idea this guarantees the maintenance of someone in the future (e.g. special needs person); annuities; asset thresholds
- Common mistakes and how to avoid them: wait too long to plan; failure to utilize trusts or Medicaid planning; misunderstand the lookback period.
- If you do not do anything – eventually the state will make decisions for you (appoint a guardian) and you may not get the best of care.
- Contact information: info@GravisLaw.com 509.380.9102 GravisLaw.com