



San Fernando Valley Chapter 61

Erwin L Nudel, Editor-in-Chief erwinsnotary@gmail.com (818) 468-6425

Regular meetings are the first Wednesday of each month except June, July, and August

May 2024 Meeting, Wednesday, May 1, 2024

Meeting Location: Lulu's Restaurant

16900 Roscoe Blvd. Van Nuys, CA 91406

Please arrive at 11:30 am

Executive Board meeting at 10:30 am prior to the regular meeting

Presidents Report by Charles Feistman

I would like to remind everyone that our NARFE website can be very helpful. We chapter meetings minutes will be posted. Our chapter monthly newsletter will also be available to be read online. Currently we have the last three months already on line. The web site also has a chat box where you can ask questions and it will give you a response. If you have any suggestions on what you would like to see please let us know. The web site is "www.NARFE61SFV.org".

NARFE is pleased to announce that it has surpassed \$16 million in fundraising contributions in the fight against Alzheimer's. This milestone was achieved following the final tally of receipts from nationwide Walk to End Alzheimer's events through December 31, 2023.

Since 1983, NARFE contributions have helped fuel Alzheimer's Association care, support and research programs, and have included sponsorship of 94 research grants examining wide-ranging, disease-related research. During this time, NARFE has distinguished itself as one of the Alzheimer's Association top research funders.

The following is a article on the national NARFE web site:

House Conservatives Propose Cuts to Federal Worker Pay and Benefits

On March 25, 2024, the Republican Study Committee, led by Rep. Kevin Hern, R-OK, unveiled its [fiscal 2025 budget plan](#), titled "Fiscal Sanity to Save America." The proposal aims to balance the budget within seven years by slashing \$17.1 trillion in spending, which includes substantial reductions to federal workers' retirement and health care benefits and the elimination of the president's authority to provide annual pay raises to federal employees.

Notably, the budget recommends reducing or elimination the cost-of-living adjustments (COLAs) for FERS and Civil Service Retirement System (CSRS) annuities, eliminating the Federal Employee Retirement System (FERS) annuity for new hires, computing retirement benefits based on the highest five years of salary rather than the highest three, increasing the share of employee contributions to FERS, eliminating the FERS annuity supplement, and reducing the rate of return on the Thrift Savings Plan's G Fund to near zero. (something to follow and be aware of).

Our next meeting will be Noon, at Lulu's restaurant on Wednesday May 1, 2024. We will start at noon so be early so you can order lunch.

Legislative Report by Amateo Saldo var

Congressman Sherman's Townhall

On Thursday, April 11, 2024, Over 3,000 joined Congressman Sherman's Town Hall. The Congressman had as his guest L.A. City Councilman Bob Blumenfeld who represents parts of the San Fernando Valley. The Congressman provided his opening comments on his recent activity in Washington over the last couple of months – helping to prevent House Republicans from (once again) shutting down the government, attending President Biden's State of the Union Address with the mother of a freed Israeli hostage as his special guest, and securing over \$16 million in federal funds for numerous community improvement projects however with restrictions on education and healthcare.

He discussed his support for the President's \$95 billion dollar aid request that passed the Senate recently and will be taken up by House soon. The aid package intends to provide \$60 billion in support to Ukraine (in addition to the \$113 billion in economic and security already provided to date); Israel is allocated \$14 billion in aid; Taiwan and other Indo-Pacific partners gets \$4 billion in military aid to counter Communist Chinese aggression; \$2.4 billion for U.S. Central Command to respond ongoing attacks from Iran-backed proxies and humanitarian aid will receive \$10 billion.

The Congressman made several comments on his ongoing support for the state of Israel during the Town Hall. At the President's State of the Union his honored guest was the mother of one of hostages. When he received a question from a constituent that asked what he would about the genocide Israel is conducting in Gaza, the Congressman was quick point out that it is Hamas that has a policy of genocide against the nation of Israel. The Israel Defense Force (IDF) has been conducting war while rendering aid to the civilian population, an action that the Allied did not do while waging war with Germany in WWII. Even in recent conflicts such as Vietnam or the Persian Gulf War the U.S. did not provide aid as Israel is doing in Gaza. Furthermore, the IDF is taking great care in minimizing collateral damage while Hamas is embedded in the civilian population. When the Congressman was pointedly asked about Prime Minister Netanyahu's conduct, he explained that it was inappropriate for him to criticize a foreign leader, unlike Senate majority leader Chuck Shumer who excoriated Netanyahu on the Senate floor on March 14th. However, the Congressman was disappointed that Israel does not embrace a two-state solution at this time.

On local matters, the Congressman expressed concern for 3,000 homeless veterans in L.A. and he supports construction of additional housing on the West Los Angeles Veteran Administration property. As for the recent vandalism at the L.A. National Cemetery by Pro-Palestinian protestor, the Congressman indicated that he has urged the Department of Justice to investigate, and the perpetrators should be prosecuted under federal law the requires a ten-year sentence for defacing the graves of national cemeteries. When questioned on what the federal government can do about helping property owners attain affordable property insurance, he indicated that the Department of Treasury Office of Insurance is preparing to report to Congress on the matter and is awaiting on the report before acting at the federal level. He also stated that he would like to see deduction of state and local taxes restored to the tax code while raising taxes on high income Social Security beneficiaries. L.A. City Councilman Blumenfeld spoke on projects in the San Fernando Valley including the redevelopment of Reseda, "Reseda Rising" \$100 million initiative that includes Ice Skating and Roller Skate ring in partnership with the L.A. Kings that is set to open next year. And renovation of Reseda movie theatre. He also discussed the Canoga Park area cultural arts development. The Councilman also discussed the upcoming city budget process.

Alzheimer's Corner by Rebecca Faso

(Edited by the editor from the NARFE January Newsletter)

10 healthy habits for your brain:

1. CHALLENGE YOUR MIND: Be curious! Put your brain to work.
2. STAY IN SCHOOL: Education reduces the risk of cognitive decline.
3. GET MOVING: Engage in regular exercise.
4. PROTECT YOUR HEAD: Help prevent injury to your head.
5. BE SOME FREE: Quit smoking. It's never too late to stop.
6. CONTROL YOUR BLOOD PRESSURE: Medications can help.
7. MANAGE YOUR DIABETES: Type 2 diabetes can be prevented.
8. EAT RIGHT: Eating healthier foods can reduce risk of cognitive decline.
9. MAINTAIN A HEALTHY WEIGHT: Find out what a healthy weight is for you.
10. SLEEP WELL: Good quality sleep is important for brain health,

Public Relations Report by David Rittenberg

10 Warning Signs of Alzheimer's

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgement.
9. Withdrawal from work or social activities.
10. Changes in mood or personality.

To learn more about the 10 Warning Signs of Alzheimer's go to

[alz.org/10](https://www.alz.org/10) Signs

SOS REPORT By Yoggi Riley

We couldn't be more excited with our new chapter 61 website. We have been more than fortunate to have someone step forward to establish this. A million thank you is not enough to express our appreciation. But do check out our website and give our President, Charles Feistman your feelings and thoughts on our website: narfe61sfv.org.

As we go to print, it is the middle of April 2024 and for all postal annuitants, you probably have received the information regarding the upcoming Postal Service Health Benefits plan. The PSHB will be part of the same FEHB participants unless there is some major change for a specific plan. As has been stated in the past months it is a period where annuitants that are over age 65 and had not enrolled in Medicare B yet are given an opportunity to enroll during this special enrollment period from April 1, 2024 to September 30, 2024 and not be subject to any late penalties. This is allowed under the Postal Service Reform Act that was passed in April 2023. There is a new PSHB five part educational video series providing information on the PSHB program, the special enrollment program, and future Medicare options on the Postal Service website: www.keepingposted.com. You can also sign up for text messaging notifications by texting: "PSHB" to **39369**. This allowance only applies to those postal annuitants that are already retired, over 65, and not enrolled in Medicare B yet. If you are over age 65 and are still working and on the rolls of the USPS, you do not enroll in Medicare B until you retire. You do not face any late penalties because you are still on the rolls of the USPS. If you wish to call for more information use this number: 833-712-PSHB (7742) or email your questions to: retirementbenefits@usps.gov.

Hopefully, we will have someone from the health plans attend a future meeting to discuss these provisions as well as any other changes to the health plan. In the meantime, do evaluate your medical costs and see if enrollment into Medicare B might be a good choice for you now.

We will be meeting the first Wednesday in May at Lulu's and then go down for the summer. There may be special newsletter during this summer so stay tuned. Until the next time we see each other take care and stay safe. Happy Mother's Day and Happy Father's Day!

Secretary’s Report by Gregg Pericich

Hope all is well with you. My name is Gregg Pericich and I am currently the Chapter Secretary. And I invite you to join me for Lunch on May 1st. This is the monthly meeting for Chapter 61. It is a very important part of your NARFE Membership. You will stay informed on what the Chapter is doing to protect your benefits.

Also, you will learn about ToGo Bags, Elderly Scams, the Queen Mary, and Safety at Home. If you attend and it’s been awhile, I will buy you cup of coffee.

And if your name is Conrad Collette, I have a check for you.

I want to see you at our next meeting. NARFE is a very powerful organization because of you. Enjoy some time with friends and learn something new. See you soon.

Editor’s note: No meeting in June, July, or August. Have a Happy Summer!

List of the Executive Board

President	Charles Feistman	(714)309-3785	cfeistman@aol.com
Vice President	Rebecca D Faso	(818)362-8991	No email
Newsletter Editor	Erwin Nudel	(818)468-6425	erwinsnotary@gmail.com
Secretary	Greg Pericich	(310)618-1611	Pericichg@ca.rr.com
Program Chair	Vacant		
Treasurer	Yoggi Riley	(818)237-8194	yoggi.narfe@gmail.com
Service Officer	Yoggi Riley	(818)237-8194	yoggi.narfe@gmail.com
Legislative Chair	Amateo Salvador	(818)770-9696	amateo.salvador@gmail.com
NARFE\PAC Chair	Ameteo Salvador	(818)770-9696	amateosalvador@gmail.com
Public Relations	David Rittenberg	(818)901-8331	daver@dslextreme.com
Sunshine/Alzheimers	Rebecca D Faso	(818)362-8991	no email
Sgt-at-arms	Erwin Nudel	(818)468-6425	erwinsnotary@gmail.com