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Exercise Your Memory

Some research has generated hope that one day it might be possible to slow the progression of Alzheimer's disease, delay its symptoms, or even prevent it from occurring at all.

Although there is preliminary data to support the benefit of some interventions, nothing at this time has definitively been shown to prevent Alzheimer's disease or other dementias. But games aren't always tools; sometimes they are just for fun. And if your brain strengthens in the process, all the better!

Exercise your mind and have fun with the following memory games!

- Matching Pairs Games (pictures or words)
- Crossword Puzzles
- Sudoku Puzzles

If you, or a member of your family are concerned about memory problems, it is important that you discuss these issues with a qualified physician.

-Brightfocus.com

Henderson elected as new Federation President

If you did not attend the 57th Annual Federation Convention in Chattanooga, you missed a good one. Convention Chair Larry Minniear, host chapter Chattanooga 108, supporting chapters Jackson 519, Cleveland 860, Sevier County 1678, and others did an excellent job. The location was a truly extraordinary site and we were exceptionally fortunate to have NARFE National President Joseph Beaudoin as our keynote speaker. Other guests were Region X Vice-President Bill Martin, Alzheimer's Region X Coordinator Clara Weston, and Virginia Federation Past President Bill Shackelford. Thank you committee chairs, delegates and members for making the convention at the Chattanooga Choo Choo a great success. Also, a special thanks to our less able delegates, members and guests for your resolve to overcome a few distance challenges with patience and grace.

It was a great honor to be elected to serve as your Federation President. I thoroughly enjoyed working with the chapters of west Tennessee, and I am delighted to have an opportunity to continue working with the Federation Executive Board (FEB) as we serve all

of the chapters and members across this great state. I regret that John Wells was unable to serve a second term. I would like to thank him for his service, and I am sure that his knowledge and experience will continue to be valuable assets to the board during his tenure as our Immediate Past President. For your information, this edition of the newsletter contains a list of all federation officers; I am very proud to serve with such an outstanding team. Please note that Rhonda Mooney has moved from Membership Chair to 3rd Vice-President, and I am extremely pleased to have her in this office. I believe that she is the first woman elected to serve as a Vice-President in the federation. You may think that Jean Cox is brand new on the board, but she served as our Federation Recording Secretary a few years ago, and I am happy to welcome her back as our new Federation Membership Chair.

I have given a great deal of thought to areas where we need to focus our attention, and I believe advocacy should be at the top of the list. That is what NARFE is all about! I strongly believe we need to improve our advocacy efforts,

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Tennessee Federation Officers

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*In memory of Tom Duncan
who passed away on May 5,
2013*

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Henderson elected new Federation President (Continued)

and I have prepared a "Guide For Advocacy Without A Computer" to enable a large, important group of our members to become engaged in the effort to help protect federal pay, pensions and benefits. A copy can be found in this edition of the Federation Newsletter (see page 6). I also believe the organizational structure that NARFE provides for advocacy should be maximized. Currently we have 11 District Officer positions and four have been temporarily filled by our Federation Vice-Presidents for several years. At least one of those does not even reside in one of the districts being served. Imagine how much more effective we could be as advocates if every District Officer Position is filled by a constituent who is on a first name basis with the Congressional Staff of at least one office in each Congressional District. August is "NARFE Grass-Roots Advocacy Month" and is a prime time to meet with our Congressional Delegation. Call or write your local district office today to request a meeting.

Another high priority of virtually equal weight is membership. The number of members we have influences our effectiveness and NARFE sustainability. Unfortunately, the news about membership has not been good for a number of years, and we have to find ways to reverse this trend. National has developed plans and launched new initiatives that seem promising and an idea for the federation to offer membership recruiting incentives which was discussed at our last board meeting has substantial merit. Beyond that, I believe a one member at a time approach is

essential for success and our chapters are a critical element in this process. Focus on what you can do as a member and chapter to improve membership. The new NARFE Membership Brochure (F-135) dated 01/13 is an excellent publication. Keep them handy and always be prepared to "sign up" a new member.

In closing, thank you for allowing me the privilege of serving as your president.

The Tennessee Federation is blessed with a multitude of dedicated, highly capable folks with a wide variety of talents and skills. Working together, I see few limits to what we can accomplish.

-Larry Henderson
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Cox to serve as new membership chair

Hello to each and every one of you. Let me introduce myself by saying I am Jean Cox from Chapter 204 in Knoxville; I have huge shoes to fill in order to follow Rhonda Mooney in this position, and I certainly need help from each of you. So to get things going, I challenge all of you to recruit someone this year and if each of us recruits just one person that will surely make a difference. We all know someone who is looking for a friend to talk to about protecting the benefits they have worked a huge part of their life for, that is where all of us come in to play. Be sure to carry applications in your car or briefcase, and don't forget to pass them out when you get a chance and make sure you invite them to the next meeting. It's so important to each of us, so let's start recruiting new members today. If at first you don't succeed, do try again

There is a lot going on now that can and probably will affect our earned benefits. The larger our representation is on Capitol Hill, the more we can take action to help stop the losses and support NARFE in the fight to protect our benefits. NARFE is working for us and continues to have a lot of success in protecting our benefits. Our membership in NARFE gives us a stronger voice, and there is strength in numbers.

I look forward to serving as your Federation Membership Chair and meeting you somewhere along the way. Good luck in our recruiting endeavors. If I can be of assistance in any way, please contact me.

- Jean Cox
Federation Membership Chair
jcox@narfetn.org

Consider attending next year's convention

I would like to start this month's article by saying "Thank You" and "Good Job" to everyone involved in hosting the 57th annual convention in Chattanooga. Chattanooga officials have made many improvements in the downtown area which includes the aquarium, the property along the river. There is even a free shuttle that will take you from the Choo Choo to the riverfront with stops at all the hotels along the way.

A lot of pertinent information was provided which will help us continue NARFE's objectives. President Joe Beaudoin provided us the latest information from our national office and Sarah Holstein gave us the latest information on the legislative front via skype. Sarah also answered questions from NARFE members attending the legislative training session at the convention.

All of us should plan to attend the convention next year. The location is middle Tennessee, centrally located for all.

The Cool Springs area provides something for everyone. Historic Franklin is close by, the large shopping mall is across the interstate and the convention will be at the Drury Hotel which is brand new and offers free breakfast, free 5:30 "kickback", free wireless internet and much more. 2014 is definitely the year to attend the convention.

Also you will learn the latest happenings in NARFE while meeting some great people who share your concerns about our earned benefits.

Finally, I would like to continue the message our good friend Larry Cunningham has voiced in our previous newsletters. That message is exercise is the best medicine for all of us. If you don't exercise, start to move. If you exercise somewhat, move a little more. It's never too late. It will just make you feel better!

- Jim Glenn
Legislative Chairman
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Tennessee Federation Officers (Continued)

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**NARFE
Appointed
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**Tennessee Federation
Financial Report**

Period ending December 31, 2012

By Marie Anglin, Treasurer

Beginning Balance - checking account 1/1/2012 \$ 26,009.71

REVENUES

National Dues Rebate - 10% Fund	\$	11,745.78
Interest in Checking	\$	1.74
Per Capita Dues -West KY-TN	\$	95.00
Per Capita Dues - Tri County	\$	2.00
Closing Music City	\$	7.32
NARFE Seed Money Memphis Convention Return	\$	500.00
State Conference Profit Memphis Convention	\$	642.47
Per Capita Dues	\$	9,441.00
Bank Error	\$	0.10
Total Revenue	\$	22,435.41

Total To Be Accounted For

LESS EXPENSES:

Vouchers - Officer's expense	\$	14,734.90
Newsletter Expenses	\$	5,879.31
Music City Chapter Distribution	\$	7.32
\$4.88 - Nashville 234		
\$1.22 - Murfreesboro 834		
\$1.22 - Columbia 882		
2012 Convention Seed Money	\$	500.00
Board Meeting Lodging - Ramada Inn February	\$	577.50
Website	\$	84.00
Alzheimer's	\$	87.42
Insurance	\$	51.00
Board Meeting Lodging - Ramada Inn August	\$	433.35
Total Disbursed	\$	21,699.03

Ending Cash Balance - Checking Account- 12/31/2012 \$ 26,746.09

CD's US Bank		
Account Ending-5601	\$	3,351.45
Account Ending-4540	\$	3,521.36

Total Assets \$ 33,618.90





Lend an ear to Minniear

I have several items to touch upon this time around so I will jump right in. First, the annual federation convention is now in the books. Those that took the time to attend walked away with some very good information. Those that chose to stay home will not benefit from the information or the good fellowship that comes along with a gathering such as this. Larry Henderson moved up to President and Rhonda Mooney took a Vice President slot. We were lucky to have National President Joseph Beaudoin with us to share his thoughts and wisdom. These conventions only happen once a year. With a little planning, it is not a huge stretch to take a couple days and find out how your retirement is being attacked and what you can do about it. Next year's convention will be at the Drury Inn in Cool Springs, TN. Plan now to attend.

Another great event is coming your way very soon. This event only happens in TN once every ten years. Every other year (odd number years) we have region conferences. Each state takes a turn at hosting this. This year it is Tennessee's turn. It will be held Sept. 10-13 in Pigeon Forge. We will send out more details and registration materials to chapter presidents very soon. I am finalizing the arrangements with the hotel this week. It will be held at the MainStay Suites in Pigeon Forge. Those chapters in close proximity of Pigeon Forge should definitely plan on sending someone. There will be a great deal of information to share.

Now I need to mention the more serious stuff. A letter has been sent out by National President Joe Beaudoin regarding access to federal building for the purpose of recruitment and sharing information. Your chapter presidents should have a copy. If they do not, please contact your regional vice president. If you share this letter with the local manager, it should be helpful in

opening the door.

Another issue of great concern is the proposal to change the formula that is used to determine our COLA. Right now Social Security is being discussed. It will be a small step to include federal pensions since we now use the same formula. At first blush it seems like a very small sacrifice. However, when you look at over the long haul it escalates into a pretty tidy sum that will reduce your annuity. There is a calculator on the NARFE website that tells you exactly how much your annuity will be affected. You need to be contact with your congressman about this right away.

Another threat is to move all federal employees under the Affordable Care Act or into health care exchanges. That would do away with FEHB entirely. I am sure this issue should light a fire under every federal employee and retiree. While it will be initially for current employees, it will be a small step to include retirees. You need to urge your congressman to vote against HR 1780. The USPS has been talking about having a separate health plan. Now is the time to put the lid on that as well.

My final topic is one of great sadness. Tennessee Federation 2nd Vice President Tom Duncan passed away May 5th. He had been battling a very serious lung disease since the convention in Memphis. Tom was very passionate about NARFE. He worked very hard in numerous capacities to help NARFE members. He will be sorely missed. Please keep his family in your prayers.

*-Larry Minniear
First Vice President*

NARFE Appointed Positions (Continued)

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Public Relations Officer

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eevans@narfetn.org

Special Project Officer Vacant

Travel Tips for Senior Citizens

Make sure to have your medical check-up before planning a trip. We believe that this is a must even though you feel like dancing your way through! At this stage, your doctors know best.

Check your medicines twice! Now that you have your doctor's permission, the next thing is to pack the medicines with you.

Look over your necessary documents. Remember to put your passport, hotel reservation print-outs if there's any, medical prescriptions, picture IDs, and credit cards/ check/money on your hand carry bag.

Review your contacts on your mobile phone. This is a commendable routine before leaving your doorsteps. Make sure your insurance's, doctors', travel agency's, airlines', hotels', and of course your children's or any close family member's contact numbers are listed on your mobile phone.

It is wise to travel light. It could lessen the time packing, repacking and not to mention lessen your laundry!

Always wear comfortably. Another travel tip is to match your outfits with your destination's weather. It is certainly helpful to check for weather updates. Though for seniors, it is advisable to bring sweater/jackets, scarf, and socks no matter what. Just in case you suddenly feel cold in the car, plane, train, bus or wherever go.

A bottle of water is a must have for seniors.

Guide for advocacy without a computer

A computer is not essential for you to be an effective and successful advocate. Follow the steps below and you can make a difference.

Step 1: Keep up with issues by reading NARFE magazine and correspondence and by calling the toll-free NARFE Legislative Hotline at 1-877-217-8234 (Approximately a 5 minute message that is updated each Friday when Congress is in session).

Step 2: Call the Capital using NARFE's toll-free number 1-866-220-0044. Ask the Capital Operator to connect you to the office of your Representative or Senator.

Step 3: Greet the staff person nicely who answers the phone. Give him/her your name and address so they know you are a constituent. Then say:

I am a retired/active federal employee and member of NARFE. I am calling to

express my opinion on bill number, issue or topic.

As a constituent, I urge Representative/Senator ____ to vote for/against bill number or any legislation dealing with this issue or topic.

Add any pertinent personal information, if any, such as rationale for your opinion or how the bill, issue or topic would affect you.

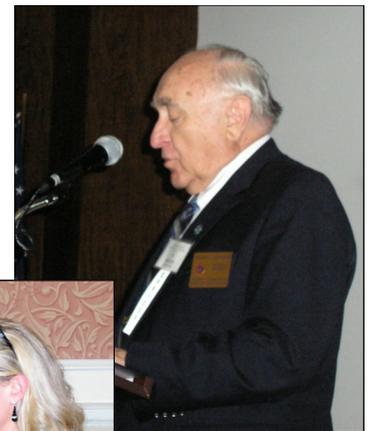
Then say, please share this information with Representative/Senator and thank you for your time and assistance in this matter. Have a nice day!

NOTE: If you are able to be more active and can commit a little more time, armed with information from the above sources, call or write your local district offices to schedule a meeting with your congressmen and senators or their representatives. Talking with them face-to-face can be very effective.

Convention photos shared



Region X VP Bill Martin, TN 1st VP Larry Minniear, National President Joe Beaudoin



National President Joe Beaudoin



Banquet entertainment: Andi Jungels at the piano.

Mooney to serve as 3rd Vice President

As you will probably read numerous times in this newsletter, our recent 57th Annual Federation Convention in Chattanooga was very good. NARFE National President Joe Beaudoin was our featured speaker and presented timely and useful information. The Chattanooga Choo Choo is a very nice hotel and the staff treated us great. Next year's Convention is going to be at the Drury Hotel in Franklin on April 21 - 22, 2014. I hope everyone can start making plans now to attend.

I appreciate the opportunity to serve as Federation 3rd Vice President. I'm looking forward to working with the chapters of west Tennessee. Larry Henderson did an outstanding job with the work he did with the west Tennessee chapters and I know that I have big shoes to fill. Since Larry only lives a few miles from me I know that help is close at hand! I've already had the opportunity to make my first chapter visit. I appreciate the hospitality shown me by the Pulaski chapter when I visited. I really enjoyed meeting and talking with the members - and the food was great!

I enjoyed serving as Federation Membership Chair for the past couple of years and appreciate the support that I received. Congratulations to Jean Cox on her election as

our new Federation Membership Chair - I know she will do a good job.

With so many things happening now that could affect our benefits it is important for all of us to stay up to date on legislative issues and to let our elected representatives know our thoughts and concerns. It is also important that we continue to grow our membership because the larger our number of NARFE members the louder our voice will be heard on Capitol Hill. I think the new NARFE Membership Brochure is going to be helpful in our recruiting efforts. It contains a membership application with a postage paid envelope along with information about the benefits of membership and NARFE's recent legislative accomplishments. You can now give a prospective member this brochure and they will have all the information they need to make an informed decision to become a NARFE member.

Thank you for allowing me to serve as 3rd Vice President. If I can be of assistance, please feel free to contact me.

Rhonda Mooney
Federation 3rd Vice President
731 267 2336
rmooney@narfetn.org

Next year's convention dates announced

The time is now to mark your calendar for the 2014 Federation Convention in Franklin, Tenn., on April 21-22, 2014. The convention will be held at the newly-built Drury Hotel located just off Highway 65. This location provides easy access to nearby premier shopping at Cool Springs Galleria and to the small shops along picturesque Main Street in Franklin.

Next year's host, Chapter President Norris Alderson, requests members who have suggestions for what they would like to see done differently next year to contact him at

(615) 435-3202 or e-mail him at nalder-son@comcast.net.

Plan now for the fun in Franklin!

-Ed Evans
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Whenever you're out anywhere, always bring a bottle of water with you.

Always stay in contact with someone back home. Make an effort to update your child, relative or close friend on a regular basis. Be it every morning and evening, or just once a day is enough. It is ideal that someone knows how you are doing.

Possibly avoid travelling alone. If you could manage to drag someone along with you, please do so! Besides travelling is more worthwhile if you are with a loved one. Moreover it is safer for you. To add to our travel tip, seniors must also have a personal information sheet slid inside a wallet or handbag. You can have one by simply writing your name, your child/relative/friend's name and contact number, and your doctor's as well, on a piece of paper. Preferably if you have more time before your travel, you can print it out on business card-like forms. Then distribute them on your handbag, wallet, and luggage.

We have a suggestion for you if it seems like you need more tips and information. That is don't hesitate asking your spouse or travel partner and of course your kids for additional tips and advises. Bear in mind that they are still your best sources! They know you more than anybody else that's why. So in this case, never leave without informing them your travel plans. For all the travelling seniors out there, be safe and have a relaxing escape!

-Yahoo.com

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Tennessee Federation News Issue 40 June 2013

The family requests in lieu of customary remembrances that memorial contributions made in Tom's honor be directed to the Pulmonary Fibrosis Foundation. Donations may be made as follows:

Online:
www.pulmonaryfibrosis.org/donate

By Mail:
Obtain a form online and send a check to Pulmonary Fibrosis Foundation, 230 East Ohio Street, Suite 304, Chicago, IL 60611

By Phone:
888.733.6741

Duncan remembered as a great man

On May 5, 2013, we lost a great man, a very good friend and a champion for NARFE. Tom Duncan, who was elected in absentia at our annual federation convention in April to serve as our 2nd Vice-President, passed away at the age of 73 after a short but hopeful and determined battle with a rare lung condition.

Tom joined NARFE on October 9, 1999 and attended every National convention through 2010 and every Federation convention through 2012. He was an innovator and motivator who embraced a “we can do attitude”; an outstanding leader at the chapter and federation level. I shall always remember him as a kind, compassionate man; a friend at first sight and always quick

with a smile. On behalf of the Tennessee Federation of NARFE Chapters, I express our sincere condolences to Betty, his wife of 50 years, and to the entire Duncan family. Tom will be greatly missed.

*-Larry Henderson
Federation President*

