

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES
SAN FRANCISCO
CHAPTER 65



SENTINEL

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Meets 3rd Wednesday each month, FOB, 90 7th St, near Market



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OCTOBER 2015 NEWSLETTER

OUR NEXT MEETING IS ON OCTOBER 21, 2015 AT FOB, 90 7TH ST.

EXECUTIVE BOARD MEETING 10:30 AM; 11TH FLOOR RM 11-010

GENERAL MEETING 1:00 PM - LOWER LEVEL - RM B-120

PHOTO ID REQUIRED TO ENTER BUILDING

CALENDAR OF EVENTS

OCT 21 FEHB HEALTH PLAN REPRESENTATIVES
NOV 18 UNION/EMPLOYEE ASSOCIATIONS ROUNDTABLE
DEC 10 HOLIDAY LUNCHEON **BISTRO 10UN** 1130 MARKET ST (DETAILS TBA; NOTE CHANGE OF DAY)

PRESIDENT: JERRY HALL; 229 De Montfort Ave, SF, CA 94112; 415-412-0488, fritz1313@hotmail.com

GREETINGS AND CONGRATULATIONS TO ALL CHAPTER MEMBERS WITH BIRTHDAYS AND/OR ANNIVERSARIES IN OCTOBER... Thanks to all those who participated in the fun lunch on September 16th at PICARO TAPAS RESTAURANT. There are some great pictures of the event on your NARFE 65 San Francisco CA Facebook page in the photo section (<https://www.facebook.com/narfe65?fref=ts>).

OPM projects that while family coverage premiums for enrollees in FEHB will increase by 7 percent on average for 2016, **those federal employees and retirees who are currently enrolled in a family plan and change to the new self plus one option in 2016 will save 6 percent on average compared with current premium rates.** The self plus one option will be available for the first time in the upcoming **2015 FEHB open season** November 9 through December 14. OPM has stated previously that it will release specific 2016 FEHB premium rates by early October and in the first week of November, will provide detailed 2016 FEHB plan information -- along with online plan comparison tools -- to help you make decisions. You will also find data on the health plans for 2016 in your monthly magazine. Also, we will be fortunate to have speakers **from Kaiser, Blue Cross, and GEHA at our next meeting** to discuss these changes and what you need to do to move from the "family" coverage to the self plus one (two people) coverage.

Additionally, you are invited to participate in a Federal Benefits Fair in the San Francisco Federal Building on Tuesday, November 3, 2015, from 9:00 AM to 11:00 AM at the San Francisco Federal Building, 90 7th Street, Basement Auditorium (Rooms B-020 and B-040). Let security know you are a NARFE member and you are going to the Health Fair.

Some good news and some bad news: Active federal employees will likely see at least a 1.3% increase in federal pay raises, but retirees will likely not receive any COLA for 2016 since the index is actually down for 2015 primarily due to low gas prices. I am not sure that low gas prices will offset the increases in housing, utilities, food and clothing. However, the current index still is better than the one advocated by those trying to reduce COLAs but still leaves a lot to be desired.

There continues to be an emphasis on recruitment of new members since our membership is still shrinking. National has a Membership Drive from Sept 1st thru Dec. 31st. They will give a \$10 bonus to any member who signs up a new member, active or retired. Remember you must put your membership number on the application to receive the bonus. The California Federation will match the \$10 bonus if you provide them with a copy of the application. Contact me if you need help with this.

On September 1st the Office of Personnel Management (OPM) and the Department of Defense announced the award of a contract to provide a comprehensive suite of identity theft protection and credit monitoring services to those individuals whose personal information was stolen from OPM's background investigations databases. Identity Theft Guard Solutions LLC, a national company with extensive experience and a track record of customer satisfaction in identity protection and credit monitoring, will provide three years of services, at no cost to individuals. Impacted individuals are those whose personal information, was stolen from OPM's background investigations database. These services will also be available to the minor dependent children of impacted individuals. By the end of this month, the U.S. Government will begin sending notices to impacted individuals detailing how to sign up for these identity theft and credit monitoring services.

You are probably aware that in addition to the background investigations database, information in databases containing personnel records of current and former employees was also stolen. Those who were affected by that incident should have already received notifications. If you were impacted by both incidents, you will receive an additional notification about the background investigation incident, and will be covered for the full three years of service under this new contract. Further information about your options can be found on our online resource center, www.opm.gov/cybersecurity.

TREASURER'S REPORT:

Balance on 08/01/15	\$ 2241.84
Income	\$ 314.26
Expenses	<u>\$ 842.23</u>
Balance on 08/31/15	\$ 1713.87

ALZHEIMER'S: Thank you to all who attended our September luncheon and contributed a total of \$50.00 for the fund.

MEMBERSHIP: We welcome our new members: **JEFFREY A. CHISM, LISA MARKS, JAMES E. PATTERSON, RANDALL P. ZIELINSKI** and **HYMIE LUDEN**. Also, we thank **DEBRA FOLLA** for reinstating her membership.

LEGISLATIVE: According to NARFE, Medicare Part B premiums could rise dramatically for retirees who do not have their Medicare Part B premium deducted from their monthly social security allotment. This group includes federal retirees covered by the Civil Service Retirement System (CSRS) and excluded from Social Security coverage. An obscure provision in the Medicare legislation requires this group to shoulder all of the increased costs of Medicare outpatient services. Consequently, Medicare Part B premiums for these groups could increase to \$159.30. NARFE is trying to persuade the Administration to change its interpretation of the law to reverse this dramatic premium increase. NARFE will also introduce legislation to permanently fix this problem.

ELECTION OF CHAPTER OFFICERS: Our Chapter will hold its annual election of Officers during the November meeting. This election will include the President, First Vice President, Second Vice President, Secretary and Treasurer. Members will have two opportunities to submit nominations: e-mails and/or phone calls can be made to the nominating committee: Jon Lampman at sandyjon@sbcglobal.net (925-228-8501); Joe Mangiameli at joemangia@comcast.net; or Jesse Ramos at ramosjess38@gmail.com before the November meeting. Members can also submit nominations at the October and November chapter meetings.

DID YOU KNOW? The Senior Environmental Employment (SEE) Program offers unique opportunities in San Francisco for individuals age 55 and over to support the Environmental Protection Agency (EPA) through a grant sponsored by the National Older Worker Career Center (NOWCC). More information can be found by going to www.NOWCC.org. The EPA is seeking individuals with an environmental sciences background (or related field) to assist with database management, records management, and general program support for the Clean Water Act programs. To learn more about this project and to view the full posting, go to https://www.nowcc.org/r/positions/view.aspx?record_id=3519. **Compensation:** The hourly pay for each position is \$12.72 per hour. This is the maximum amount budgeted through the grants to support this program. But this is a unique program where your talents, expertise and experience will truly be valued. The EPA provides a wonderful work atmosphere, a state of the art building, all work travel and training is paid for, and you'll be working side-by-side with EPA staff that are out doing important work every day.

FEDERAL NEWS RADIO: Mike Causey, a Senior Correspondent with Federal News Radio reports on many topics of interest to retirees and current members of the federal community. You can listen to him on-line at FederalNewsRadio.com.

CHAPTER 65 IS ON FACEBOOK! – Like us at <http://www.facebook.com/narfe65>.

SERVICE OFFICER: DAVID GARCIA 510-235-7750 Important numbers: OPM 1-888-767-6738 (Administrative Problems); NARFE 1-800456-8410 (Membership Problems); SOCIAL SECURITY 1-800-772-1213 (Life Cycle Problems); LTC 1-800 582-3337 (For Applications and Information Kits); OPM Toll Number 1-724-794-5216.

NARFE DUES: Currently National Dues are \$40.00 and Chapter 65 Dues are \$8.00 annually. Mail check for the full \$48.00, along with your *DUES RENEWAL NOTICE*, when you receive it, to NARFE, Membership Services, 606 Washington St, Alexandria, Va. 22314-1914.

VISIT: Our CHAPTER 65 WEB SITE: (<http://www.narfe65.org>) for more Chapter information, photos, archived newsletters, etc.; NATIONAL WEB SITE: (<http://www.narfe.org>) CSFC WEB SITE: (<http://www.csfcnarfe.org>)