

IMPORTANT: Do not view this information while you are on government time, government property or while using government equipment. Do not forward this information to any DoDEA or other government email account or to anyone who is likely to view it while on government time or using government equipment.

1. Pervasive Payroll Problems Persist. When we were active members of FEA (and employees of DoDEA), we can remember all the payroll pay problems from DFAS. When we retired (and hopefully filed our “Goodbye Grievance), retired members may have thought those woes were behind us. FEA President Brian Chance has sent out a number of email bulletins reminding us that the state of affairs in DoDEA has not changed. DoDEA informed FEA that there was a programming error found within the Defense Civilian Payroll System (DCPS) when retroactive payroll corrections were processed for a prior year. Due to this error, the retirement contributions, from employees and employer, were miscalculated for some employees. These miscalculations are resulting in employees being issued either a refund or debt letter. Read key information FEA is compiling on this issue at: feasonline.org/key-information-on-dodeas-miscalculation-of-employee-retirement-contributions/

2. FEA-Retired Receives NEA-R Organizing Grant. FEA-R last month, was awarded a Membership Organizing Grant as part of the “Coalition of Retired Activist and Leaders (CORAL)” program. FEA-R met with leaders from NEA-R and outlined a program to reach out to our ESP members. Leaders from FEA-Stateside will be working with us to make sure our Association is meeting the needs of all retired members.

3. NEA-R Online Holiday Auction. Last month, NEA-R held its first annual online holiday auction to raise money for “The Fund for Children and Public Education.” This fund helps support candidates that are not only pro-education, but will fight to protect Social Security and Medicare for our retired members and work to repeal GPO/WEP. One only needs to look at the most recent elections results to see how effective NEA is in this endeavor. FEA members donated a number of items to the auction including holiday table runners, gift cards and a beautiful Christmas water-color painting. NEA-R raised over \$15,000 in just 5 days. Many thanks to all of those who contributed to the Fund this year. It is still not too late to make a contribution; just visit: www.educationvotes.nea.org

4. Holiday Shopping Bargains. Let “NEA-Member Benefits” help reduce your holiday shopping woes, and save you money on this year’s hot gift items. NEA-MB has a special arrangement with Rakuten to offer discounts on a variety of merchandise from famous brand companies, that are exclusively for NEA members. See how much you can save at www.neamb.com

5. Health News for Older Americans. “Consumer Reports On Health (December 2022),” offers the following tips for older persons; but as always, check with your doctor regarding lifestyle changes:

a. Older adults who got all recommended doses of the COVID vaccination had stronger, longer-lasting protection against severe infections than those who got the two-vaccine doses but no boosters. (JAMA Aug 19, 2022)

b. Chronic insomnia increased the likelihood of memory problems by 70% in a 3-year study. Ongoing sleep issues may lead to a higher risk of dementia according to researchers. Let your doctor know if you have sleep problems. (Sleep, July 25, 2022)

c. Getting 30 to 60 minutes of moderate activity, five times a week, was associated with a 63% lower risk of congestive heart failure over 6 years. (Circulation, August 29, 2022)

d. Be caution when eating cheese. Cheese can be high in fat and low in fiber leading to worsening constipation, if you overdo cheese in your diet. Also many cheeses are high in sodium that can cause problems for anyone limiting their salt intake to help control blood pressure.

5. Don't Miss a Deadline. As noted in last month's newsletter, FEA-Retired members have only a few days left to make changes in their Medicare coverage (December 7th is the deadline) or in their Federal Health Insurance (December 12 is the deadline).

6. DoDDS Reunion. Next year's DoDDS Reunion will be at the Hilton Omaha in Omaha, Nebraska, July 12-16, 2023. The current registration fee is \$100, but this will go up after January 1st. Hundreds of retirees have already registered. For more information go to www.mydoddsreunion.com
