



IASCOE February 2020 Newsletter





2018/2019 IASCOE OFFICERS

President
Jesse Wegner
CED - Fayette County



Vice-President
Angie Christian
CED - Kossuth County



Treasurer
Judy Dameron
PT- Louisa County



Secretary
Jennifer Comer
PT-Page County





2019 - 2020
IASCOE DIRECTORS & ALTERNATE DIRECTORS

District Number	Program Assistant/ County	County Executive Director/ County
1	Director- Alternate- Brittney Green, Lyon Teresa Van Sloten, Sioux	Paul Berte, Pocahontas Samantha Erie, O'Brien
2	Director- Alternate- Michelle Uthe, Mitchell VACANT	Angie Christian, Kossuth Rosalie Carlson, Worth
3	Director- Alternate- Candace Fette, Clayton Bree Hemesath, Winneshiek	Jesse Wegner, Fayette Andrea Carroll, Winneshiek
4	Director- Alternate- Cathleen "Skip" Simons, Carroll Donita Kenkel, Shelby	Mary Roberts- Calhoun Kay Sunderman- Monona
5	Director- Alternate- Gabriela Thompson, Jasper Jane McCulley, Poweshiek	Brandon Jazz, Dallas / Polk Savanah Jungman, Poweshiek
6	Director- Alternate- Jessica Yuska, Scott VACANT	Matt Berg, Johnson Missy Olsen, Jackson
7	Director- Alternate- Jennifer Comer, Page Nancy Gress, E Pottawattamie	Todd Perdew, Adams / Union Max Dirks, Cass
8	Director- Alternate- Deanna Rood, Marion Ronda Harrison, Lucas	Kathy Henely, Wayne Lois Munden, Clarke/Decatur
9	Director- Alternate- Judy Dameron, Louisa Lisa White, Washington	Elizabeth Benjamin, Davis VACANT
Director at Large: <u>Odd District's</u> District 3-Ron Pethoud, Chickasaw District 3- Krystal Schatz, Howard		<u>Even District's</u> District 6- Tammy Eibey- Jones District 4- Brandon Scheuring- Audubon



COMMITTEE MEMBERS

BENEFITS & LEGISLATIVE

Mary Roberts

<i>District</i>	<i>Member</i>	<i>County</i>
1	Jeff Davis	Plymouth
2	Tammy Priun	Wright
3	Ron Pethoud	Chickasaw
4	Vacant	
5	Jane McCulley	Poweshiek
6	Jessica Yuska	Scott
7	Todd Perdeu	Adams / Union
8	Kelly Cain	Madison
9	Katie Cordray	Wapello

AWARDS CHAIR – JENNIFER COMER

SCHOLARSHIP CHAIR – KATHY HENELY

<i>District</i>	<i>Member</i>	<i>County</i>
1	Kristin Pedley	Osceola
2	Tom Abbas	Butler
3	Candace Fette	Clayton
4	Donita Kenkel	Shelby
5	Kathy Baker	Marshall
6	Kari Barker	Muscatine
7	Lynette Gruchow	East/West Pott
8	VACANT	
9	Lanie Benjamin	Davis/Wapello

PUBLICITY CHAIR – Tammy Eibey

<i>District</i>	<i>Member</i>	<i>County</i>
1	Jaclynn Schlessor	Plymouth
2	Tara Thorsen	Wright
3	Heidi Nickol	Delaware
4	Heather Muenchrath	Shelby
5	Brandon Jazz	Dallas / Polk
6	Cassy Portz	Jackson
7	Ashley Stewart	Page
8	Kate Lain	Wayne
9	Deb Rurup	Mahaska

COMMITTEE MEMBERS cont'd

MEMBERSHIP – Michelle Uthe/Susan Lange

<i>District</i>	<i>Member</i>	<i>County</i>
1	Lisa Forburger	Palo Alto
2	Hillary Ramker	Mitchell
3	Breann Hemesath	Winneshiek
4	Cathleen "Skip" Simons	Carroll
5	Nick Rahe	Jasper
6	VACANT	
7	Jennifer Comer	Page
8	Merilee Hamilton	Lucas
9	Angie Reynolds / Lisa White	Washington



OTHER DUTIES

CONVENTION COMMITTEE- Angie Christian, Kossuth

CONVENTION REGISTRATION – Mary Roberts, Calhoun

SILENT AUCTION ORGANIZATION– Paul Berte / Gabriela Thompson

LIVE AUCTION ORGANIZATION- Tammy Eibey / Mary Roberts

EMBLEMS CO-CHAIR's –Kathy Baker, Marshall / Andrea Carroll, Winneshiek

PROGRAMS CHAIR – Angie Christian, Kossuth

NAFEC CHAIR – Mary Roberts, Calhoun

IASCOE WEB MANAGER – Brian Beach, Sac / Amie Johansen

PAST IASCOE PRESIDENTS

1959-61 Kenneth Hatcher

1961-62 Raymond D Vanderhorst

1962-63 Luther Stock

1963-64 William H Holiday

1964-65 Charles Bacon

1965-66 Gaylor A Thayer

1966-67 V. Deane Thornton

1967-68 Marguerite Liddle

1969-70 Warner C Walrath

1970-71 Janet Hemm

1971-72 Carl Lantz

1972-74 James A Riekens

1974-76 Cecil F Zollars

1977-79 Garnita Ewart

1979-80 John Ace Parker/Gary Brewer

1980-82 Gary Brewer

1982-84 Larry Niles

1984-86 Joe McLaughlin

1986-87 Pat Drew / Ronald Parker

1987-88 Mike Houston

1988-90 Ronald Reuvers

1990-92 Steve Abbas

1992-94 Kevin Fitzpatrick

1994-95 Jerry Frank

1995-97 Kevin McClure

1997-99 Jolene Fechter

1999-01 Trice Smith

2001-03 John Landgraf

2003-05 Tom Lane/Alan Donaldson

2005-07 Dee Lehn

2007-09 Steve Kennedy

2009-11 Cindy Mensen

2011-13 Jeff Davis

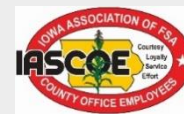
2013-15 Curt Houk

2015 Curt Goettsch

2015-17 Jennifer Comer

2018-19 Jesse Wegner





IASCOE Membership

Winter is supposed to be a time of laying low. While everything outside is in hibernation mode and trying to conserve energy for the upcoming Spring; things are busy, maybe even crazy with appointments, phone calls, and LOTS of program deadlines inside our FSA offices. You have been working extremely hard on behalf of Iowa's farmers. The upcoming IASCOE convention is an opportunity to take a break and invest some time in yourself!

The upcoming IASCOE Convention on March 27/28, 2020 in Ames will have something for everyone no matter how much time you have logged in your FSA career.

IASCOE will again be offering Benefits Training from our STO HR staff, one-on-one financial planning from Dillard Financial Solutions, Social Security/Medicare updates, the STO panel and entertainment!

Employees and offices will be recognized for their IASCOE membership and S/L awards. IASCOE will also congratulate (4) scholarship recipients, thanks to the generous donations from our membership from the silent/live auctions.

Employee participate through NASCOE is what sets us apart from virtually all other government agencies and it is because of your participation that makes our agency great. FSA management continues to show their commitment to NASCOE by granting the use of 5.0 hours of Administrative Leave!

Remember the annual IASCOE convention is for you, the member. Take some time this March to come to Ames and invest in yourself and let your voice be heard!

-Jesse
IASCOE President



-Jesse
IASCOE President





Spring greetings.....it just around the corner, right?!! As I look to Spring with hopes of new beginnings of nature happening, I would like to mention IASCOE Convention is nearing. It seems that after a long hard couple of months grinding out ARC/PLC signups, two CRP signups going on simultaneously all while also completing actively engaged in farming determinations. The offices have been swamped and will be looking to catch their breath. With this year proving to be another busy fast pace moving year. I hope that you will take a breath and catch up with us at the IASCOE Convention. This year our convention is being held at the Radisson Hotel in Ames, Iowa. The dates of convention are March 27 & 28, 2020.

This year our Agenda is packed with information that will be beneficial to all members to hear. We will start off the morning hearing opening comments from IASCOE President Jesse Wegner, Jackson Jones, Midwest Area Executive and Amanda De Jong, SED. We will move right along into Benefits training from the Administrative Department of our Iowa State Office which will include information that will be beneficial to employees regardless of where you are in your work career. Up next we will have guest speakers from Social Security Administration and Senior Health Insurance Information Program (SHIIP). Both speakers will touch on benefits and important key notes of Medicare benefits while you are working and what you can take into retirement. All employees will want to hear these speakers regardless of what point you are in your career. We will have a representative from Blue Cross Blue Shield speaking again this year and they will be around for our entire convention.

Registrations this year will be important as we are having our awards banquet catered by Hy-Vee of Ames. You will have a choice of two different kinds of meat, two sides or a lent free option. Having the Awards banquet is one of my favorite parts of convention. Honoring those that have had dedicated time to FSA/IASCOE/NASCOE and recognizing them in front of as many peers as possible makes the acknowledgement of efforts more important. Not only will be recognizing sick leave award recipients, scholarship award recipients but we will also be recognizing those offices that have milestone year commitments to IASCOE/NASCOE with 100% membership. Please be sure if you, your office, your "child" is receiving an award that you attend. We appreciate your loyalty and want to recognize you.

Our afternoon will consist of wrapping up Benefits training and having our traditional Q & A panel from Amanda De Jong, SED and the Department Chiefs. This is your opportunity to meet with STO staff and ask those questions you have been wanting to ask in person.

Friday Evening, we will have appetizers as part of your registration, and we will have our silent/Live auctions as part of our fundraisers for scholarships as well as hosting conventions for you our membership. After you are warmed up from bidding on the auction items, we will have a local DJ helping you find a move that suits you on the dance floor or you can use this time for some of that important networking.

Saturday we will reconvene for General Sessions beginning at 8:00am. We will be hearing our Committee reports, vendor reports and wrap up another highly attended Convention. Please be checking with committee members and your IASCOE District Directors. I would like to close with saying Thank you to everyone for all your support of IASCOE/NASCOE. We look forward to seeing you at your convention.

Angie Christian, IASCOE-Vice-President



2019-2020 Financial Report by Category
3/30/2019 through 12/31/2019

1/14/2020

Page 1

Category	5/30/2019- 12/31/2019
INCOME	
Donation	562.50
Interest Inc	93.63
Membership	24,062.46
TOTAL INCOME	24,718.59
EXPENSES	
Bond Insurance	100.00
Leadership Conference	2,593.55
Membership Expense	11,517.50
National Convention Expense	1,775.73
Scholarship Expense	1,200.00
Tax Preparation Expense	250.00
Web Page Expense	39.83
TOTAL EXPENSES	17,476.61
Balance Forward	
Bal Fwd NON-PROFIT CHECKING XX0773	62,896.87
TOTAL Balance Forward	62,896.87
OVERALL TOTAL	70,138.85



Judy Dameron, Treasurer





Emblems News

Fill your closet with USDA attire while contributing to the NASCOE Scholarship Fund. There is a wide variety of clothing and products to choose from at the NASCOE emblems store. Sweatshirts, vests, jackets, t-shirts, dress shirts, and polos are all waiting for you to be put in your online shopping cart today. Don't like what you ordered or needing a different size, simply return your item for a full refund or exchange, minus shipping costs.

If you are hesitant to purchase online, simply attend this year's IASCOE convention and we will have an assortment of products for you to try on and purchase. You can purchase products both Friday and Saturday of convention.

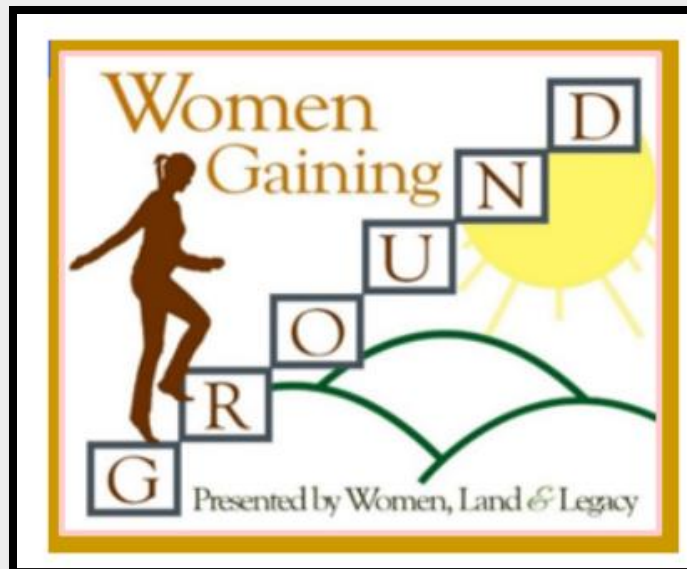
For the online shopper who loves a deal, shop online at the NASCOE store and receive **free shipping!** From February 28th through March 13th place an order online at the NASCOE store and have your order directly shipped to the IASCOE convention, with FREE shipping! Please use the code **IAFREE** at checkout to receive the offer. What are you waiting for, start shopping today at <https://nascoe.org/store/>.

Purchasing through the NASCOE store is a great way to help our association. 15% of all sales from the store will be used towards the NASCOE Scholarship Fund.

Check us out on Facebook at "Emblems by Superior".

Andrea Carroll
Emblems Co-Chair





By Ashley Stewart

6th Annual Women Gaining Ground Conference March 7th

Head on over to Glenwood, Iowa on Saturday, March 7, 2020 and make plans to attend the 6th Annual Women Gaining Ground Conference hosted by the Women, Land & Legacy (WLL) of Southwest Iowa.

The conference will kick-off at 9:00am with Dese Payne as the keynote speaker. Desi, “The Attitude Adjuster” will be the opening act of the day. Desi has over 35 years of experience as an entrepreneur, patient advocate, customer service and leadership training, and award-winning entertainer. Following the 9:00am keynote presentation, Christ Teachout, a local ag producer will share his first-hand account of how his conservation practices have transformed his soil. Participants will have a variety of break-out sessions to choose from all day long ranging from organizational tips and tricks, legal affairs, succession planning, gardening, and many more planned for the day. There will also be a breakfast bar in the morning, shopping, and lunch will also be served.

A full schedule of events and registration forms for the conference can be found at www.extension.iastate.edu/fremont or visit the WLL Women Gaining Ground Facebook Page: <https://www.facebook.com/womenlandlegacywgg/> .

All registrations are due by February 28, 2020. Any questions can be directed to Fremont County ISU Extension at (712) 374-2351; Mills County ISU Extension at (712) 624-8616; Page County ISU Extension at (712) 542-5171, or Montgomery County ISU Extension at (712) 623-2592.

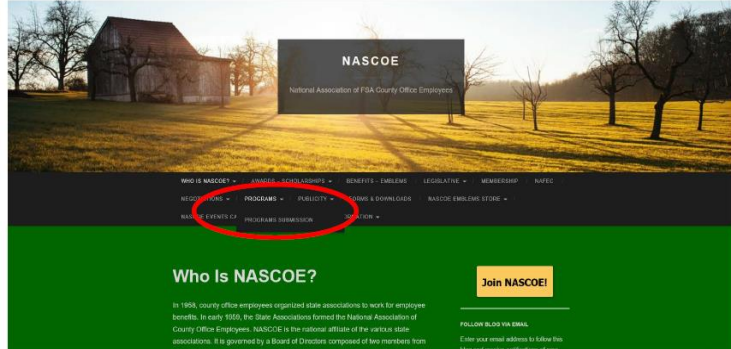
The Women, Land & Legacy (www.womenlandandlegacy.com) is an education and outreach program designed to educate and empower women. We present about four programs each year to bring relevant information and resources to local women to help them affect positive changes in their communities. The WLL of Southwest Iowa serves the counties of East Pottawattamie, Fremont, Mills, Montgomery, Page and West Pottawattamie. Their programs are available to everyone.



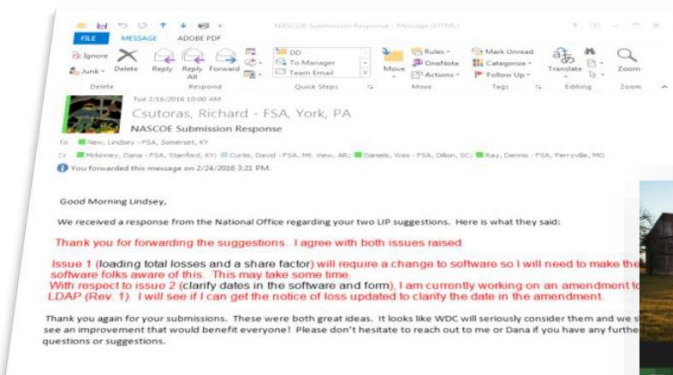
NASCOE can take your PROGRAM EFFICIENCY SUGGESTIONS directly to the National Specialists!

Have a solution to a program or software problem or inefficiency?

1 Visit nascoe.org and submit your idea through the Program Efficiency Submission Form.



2 A state, area, or national programs chairperson may contact you for further clarification of the problem/solution, and will keep you informed of their communication with WDC!



3 Once the National Programs chair has consulted with the National Office, the response will be shared on the NASCOE website.

Programs suggestions can be submitted on work time and NASCOE has the ability to work on these ideas year-round, not just at negotiation time. Send in your ideas as soon as you think of them. NASCOE wants to see prompt results when it comes to your ideas for how we can improve the way we do business!



IASCOE/IACS/IASE 2020 State Convention Registration



March 27 & 28, 2020

Radisson Hotel & Conference Center | Ames, IA
2609 University Boulevard | Ames, IA 50010 | Phone: 515-268-8808

[Plan to attend the 2020 IASCOE Convention for more information on:](#)

Employee Benefits Training with Tammy Zanoni and Bob Wegand
Social Security & Medicare
Wellmark Blue Cross Blue Shield Benefit
State Office Breakout Session
One on One Financial Analysis with Dillard Financial Services

NAME: _____ COUNTY: _____

POSITION: _____ NUMBER ATTENDING: _____

Pre-registration: (by Thursday March 12 th)	\$40.00 Each _____
Extra Guest (Hospitality & Breakfast):	\$20.00 Each _____
Registration after March 12 th & at the Door:	\$45.00 Each _____
TOTAL \$	_____

Registration includes: Sit down meal Friday noon with Awards Ceremony, Friday night Social Hour Snacks, Silent Auction, Scholarship Auction, DJ-8:00 pm - Midnight, and Breakfast Saturday Morning.

Please circle one of the Following:

IASCOE Member IASE Member IACS Member IASCOE Associate Member
Out of State Member _____ Other _____

Please make all checks payable to "IASCOE"

Mail completed form and payment to:

Mary Roberts

51814 Little Clear Lake Road

Albert City, Iowa 50510-8610

Friday Noon Meal Options - Must Circle #1 or #2

1. Roast Beef or Garlic Herb Chicken Breast with Oven Roasted Vegetables, Au Gratin Potatoes, and Garden Salad

2. Vegan Patty with Oven Roasted Vegetables, Au Gratin Potatoes, and Garden Salad

Hotel Cutoff date - Thursday March 12, 2020

Hotel rooms are \$94.00+ tax (which is the government rate)

You may make your reservations by doing any of the following:

- Call (515) 268-8808 and reference your group block: [IASCOE2020](#)
- Click on the link which has our group code: [IASCOE2020](#)
- Go to our IASCOE home page at <http://www.iascoe.org/> and book using the link available



State Convention

March 27th–28th, 2020



Radisson Hotel Ames Conference Center

2609 University Blvd., Ames, IA 50010

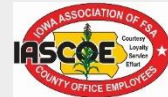


ITINERARY

Friday • March 27th // Morning & Afternoon

8:00 am	REGISTRATION BEGINS • Vendor Set-up IASCOE Store Set-up
8:30 am	DIRECTORS & COMMITTEE PHOTOS • <i>General Session</i>
9:00 am	INVOCATION • GENERAL SESSION Jesse Wegner, IASCOE President PLEDGE OF ALLEGIANCE Angie Christian, IASCOE VP NATIONAL ANTHEM Randy Tillman OPENING REMARKS Jesse Wegner, IASCOE President Amanda De Jong, SED Jackson Jones, NASCOE MWA Executive
10:15 am	EMPLOYEE BENEFITS SESSION / Social Security Administration• Bob Wegand & Tammy Zanoni/ Sergio Vallarreal-SSA
11:45–12:45pm	SIT-DOWN MEAL • Attendees, Past Presidents Luncheon & Awards Ceremony
1:00 -2:00 pm	SENIOR HEALTH INSURANCE INFORMATION PROGRAM • GENERAL SESSION Patty Price Dillard Financial Solutions, Inc.-Teresa Dillard WELLMARK BLUE CROSS & BLUE SHIELD-Kimberly Compton
2:00–4:45pm	STATE OFFICE PANEL • GENERAL SESSION SED / State Committee/ Jeremy Davis-FPAC Admin / Human Resources Price Support / NAP / Disaster Production Adjustment Farm Loan Programs Conservation / Compliance
5:00–5:15 pm	COMMITTEE MEETINGS • GENERAL SESSION

PROGRAM CREATED & PROVIDED BY DILLARD FINANCIAL SOLUTIONS, INC.



Friday • March 27th // Evening

- 6:30–7:30pm **SOCIAL HOUR •**
Appetizers & Snacks
- 7:15–8:00pm **SILENT AUCTION / LIVE AUCTION •**
Kevin Keegan, Auctioneer
- 8:00pm–midnight **ENTERTAINMENT •**
DJ-Dan Smith of Ames, Iowa

Saturday • March 28th // Morning

- 7:30 - 8:00am **CONTINENTAL BREAKFAST •**
Outside of General Session
- 8:00 am **WELCOME • GENERAL SESSION**
Angie Christian, IASCOE VP
- OPENING REMARKS**
Jesse Wegner, IASCOE President
Jackson Jones, NASCOE MWA Executive
- 8:30 am **COMMITTEE REPORTS • GENERAL SESSION**
Legislative / Benefits—Mary Roberts
Membership—Michelle Uthe & Susan Lange
Publicity—Tammy Eibey
Convention / Programs—Angie Christian
Awards—Jennifer Comer
Scholarship—Kathy Henley
- 9:15 am **REMARKS**
Mary Roberts, MWA NAFEC Committee Chair
- 9:45 am **CLOSING REMARKS**
Jesse Wegner, IASCOE President
- ADJOURNMENT OF ASSEMBLY**

YOUR NASCOE NATIONAL RETIREMENT BENEFITS PROVIDER.



Fun Facts About Iowa



The State is 92% Farmland

Iowa's soil is some of the world's most fertile.



Hogs Outnumber Humans 4-to-1

Largest hog production in the United States.



Sliced Bread Invented in Iowa

First loaf-slicing machine was built in Davenport.

Thank You!

Thanks to everyone who has worked tirelessly putting this event together and to all of our dedicated IASCOE Members for your continuous efforts and support.

Lastly, a very special thank you to our guest speakers and presenters.

Safe Travels Home

Dillard
Financial Solutions, Inc.

Your NASCOE
National Retirement
Benefits Provider

✉ nascoebenefits@aol.com

☎ 1-800-692-7643

🖥 MyNASCOEBenefits.com

CALLING FOR DONATIONS...

For the IASCOE CONVENTION SCHOLARSHIP AUCTION on Friday, March 27nd!

All counties are kindly asked to donate an item(s) for the auction.
All proceeds benefit the IASCOE Scholarship fund to provide
scholarships for deserving individuals.

Need help getting your item to the Convention? Please contact
your IASCOE Directors. They will help coordinate transportation
of your item!

Also, please send pictures of your item(s) to
Tammy Eibey at siouxcitychick81@hotmail.com and
Mary Roberts at sisternarymwa@gmail.com so they may be
uploaded to the IASCOE website before the event! We look
forward to seeing you there!



“We’ve got Spirit, Yes We Do! We’ve got Spirit, How ‘Bout You?”



IASCOE will be having a Spirits Raffle with proceeds to help defray costs associated with hosting our conventions. We are asking each county to donate at least one adult beverage of their choice. Raffle tickets will be sold at convention.

Please contact Mary Roberts to arrange a pickup or deliver to the IASCOE Convention March 27.





RASCOE LEGISLATIVE UPDATES FROM DAVID SENTER, FEB. 2020

I've been digging into the President's Budget proposal that impacts current and future retirees. Many of these proposals were in last year's President's Budget that were rejected by Congress. RASCOE needs to keep an eye on these proposals because you never know what will happen in the dark of night while a deal is being worked out.

1. Current employees in the FERS System would increase by 1% per year the contribution the employee makes toward retirement until it reaches the government match. Estimates are that the increase will be about 6% for the average employee. For employees under the CSRS system would not be affected.
2. The Budget Proposal would eliminate the supplemental payment that applies only for FERS retirees that retire before age 62. The payment is equal to about what retirees would receive from Social Security benefits and is paid until the retiree reaches 62.
3. The Budget also would base a retiree's annuity on the high 5 not high 3 as it currently is.
4. The Annual Cost of Living adjustments would be cut for both FERS and CSRS retirees, Cost of Living adjustments for FERS would be eliminated and for CSRS the adjustment would be cut in half.
5. The President's Budget projects a \$53.6 billion cut for current and future retirees over 10 years.
6. In another section, the interest rate paid in the Government G Fund of the Thrift Saving Plan would be cut from 2% interest paid to 1% interest paid, costing employees and future retirees \$10.5 billion over 10 years.

We will follow developments and keep you informed. I think all RASCOE members should let you Members of Congress know that you expect them to protect the retiree benefits you earned.

David L Senter
KSC Strategies
742 Farmington Rd W
Accokeek MD 20607
202-256-1406
dls@kscstrategies.com

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RASCOE

The National Association of Retired ASCS/FSA Office Employees (RASCOE) was formed in 1994 to promote the welfare of the association's members by alignment with other organizations and actively lobbying to maintain the integrity of retiree benefits. RASCOE Objectives are as follows:

- Seek legislation to abolish or amend the GPO & WEP provisions of the Social Security Law to allow retirees to receive full benefits earned
- Continuation of the FEHBP as now available and obtain the right to pay FEHBP premiums with pre-tax dollars
- Continuation of Medicare substantially in the manner as now authorized

Full membership is open to retirees who wish to pay association dues. Any member of a state retiree organization which is affiliated with the national organization shall be a member of the national organization. Anyone wishing to show support for RASCOE may be an associate member by paying association dues. The annual meeting is held in conjunction with the NASCOE Convention.

RASCOE partners with JM Marketing to provide member benefits including Cancer Plus Insurance, Long Term Care Insurance, SPECS Vision Plan, Heritage Choice Dental Plan, and many others.



President

Chad Hart

18704 County Rd Gg78

Lamar, CO 81052-9400

(719)940-7601

swarascoe@gmail.com

Vice President/Legislative Chair

Chuck Land

701 Rodeo

Gillette, WY 82718

(307)689-4850

cland@bresnan.net

Secretary/Publicity Chair

Micki Linehan

3743 Swallows Nest Court

Clarkston, WA 99403

(509)595-0156

mllinehan@cableone.net

Treasurer/Membership Chair

Cindy Hall

3025 Snead Drive

Fremont, NE 68025

(402)210-1814

nwanascoe@gmail.com

Benefits Chair/Webmaster

Mary Behm

W19003 Maug Rd

Strum, WI 54770

(715)797-2407

wmbehm@trivest.net





New post on NASCOE



[Join NASCOE – Get a Gift Card](#)

by [NASCOE Webmaster](#)

NASCOE has partnered with Emblems by Superior to offer a \$25 gift card to any fulltime FSA employee who joins NASCOE for the first time between now and July 31, 2020. Emblems by Superior offers USDA apparel and 15% of all sales goes to the scholarship fund.

Membership in NASCOE begins at the state association level. When an employee joins their state association, they are automatically joining NASCOE. Please take a moment to help us increase our membership by reaching out to employees in your state that aren't currently members and ask them to consider joining.

Redeeming the \$25 gift offer is easy! Upon completion of a membership application and FSA-444, State Presidents, State Membership Chairs or the new member simply needs to email the new employee's name, home address and home email address to National Benefits-Emblems Chair, Chris Lary.

After requesting the offer, new members should expect to receive the offer code and instructions on how to use the code at their home email address.

[#NASCOE](#)

[#JoinToday](#)

[#EmblemsbySuperior](#)

[#Scholarships](#)

[#FSACountyOfficeEmployees](#)



**JOIN
TODAY**

**NASCOE Chairperson
Benefits - Emblems**

Christine Lary
Vermont

Cell: 603-448-7730

benefitschair@gmail.com



HEART MONTH

– February –

February is American Heart Month, a good time to think about the facts about heart disease.

BE IN THE KNOW



1 IN 3
U.S. adults is currently living with a type of heart disease.



HEART DISEASE
is the leading cause of death in the United States and a major cause of disability.



DENTAL HYGIENE
Taking care of your teeth can impact heart health by reducing your chances of having a heart attack or a stroke by 50%.



MORNING IS PEAK TIME FOR HEART ATTACKS
The majority of heart attacks happen during the hours of 8 and 9 in the morning.

STATISTICALLY MOST
HEART ATTACKS
OCCUR ON MONDAYS

\$444 BILLION DOLLARS

In 2010, heart disease cost the United States \$444 billion. This total includes the cost of health care services, medications, and lost productivity.



START MOVING
The risk of heart disease doubles in inactive people versus people who get regular exercise. Aerobic activity, like running, swimming, jump roping and biking, are good choices for reducing the risk of heart disease.

The American Heart Association recommends following "Life's Simple 7" for good heart health.

INCREASE HEART HEALTH



GET ACTIVE



CONTROL YOUR CHOLESTEROL



EAT BETTER



MANAGE YOUR BLOOD PRESSURE



LOSE WEIGHT



REDUCE YOUR BLOOD SUGAR



STOP SMOKING

TO LEARN ABOUT ADDITIONAL WAYS TO BE HEART HEALTHY, VISIT

WWW.HEALTH.NIH.GOV | WWW.HEART.ORG