Living power

For all who have made a living and now wish to make a life

North Carolina Retired Governmental Employees' Association

Volume 36, Number 5 September-October 2020

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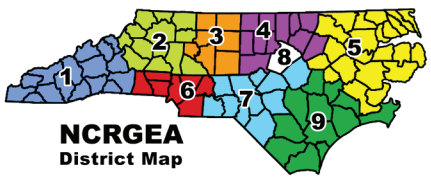

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President's Message

By V. Vann Langston

We at NCRGEA hope that you are surviving and well during this pandemic. Rest assured we are all concerned about your welfare during this exceptional time. Since most of us are high-risk and vulnerable to COVID-19, we are committed to following the public health guidelines including wearing masks, maintaining social distancing and hand washing.

My wife and I rarely come face to face with anyone during this time. For a while we both suffered from pandemic fatigue. But then we thought about our fellow North Carolinians who lived on a ration of only three gallons of gas and a half pound of sugar per week for over three years during World War II—all for the good of society and victory for our country and the world. Some of you may remember those days from your own childhood! We figure we can stick close to home for a while yet! As you know from your years of service in government, we all do better when we work together.

You might wonder how our Association is adjusting during this pandemic. Would you believe we are pushing beyond what we have ever done before? We are focused on improving our outreach to individual members by developing district organizations, providing electronic meetings, installing a new phone system to enhance our efforts to ensure you can speak directly to a person right away even when we cannot be in the office during pandemics. We have doubled our email communications and are communicating through email blast and regularly post information on our website.

Even more importantly, in October we will offer candidate forums digitally to help you decide which candidates will best serve the welfare of retirees. Be sure to read the candidates' survey responses in this newsletter.

Even amid a pandemic that has challenged how we do everything, our staff has not only figured out new ways of doing old things, they are choosing to do even more than ever before! You can be proud of your entire staff who are serving you even better today.

I must ask you, who is the most important member of NCRGEA? Well, you are!! When your staff, lobbyists and Board members lobby the legislature and other organizations on your behalf, they are more likely to be successful if you and others have elected folks who value the contributions and understand the needs of retired local and state employees. **So, job one for you is to study the candidates carefully to determine who really cares about the welfare of**

government employees and retirees and is willing to fight for you.

Job two for each of us is to recruit one friend to join NCRGEA. If each of us recruits one friend, we will double our membership, and therefore double our voice and our impact on your behalf. While you are spending more time at home, make a list of your friends and acquaintances who have retired from state or local government. Then pick up the phone and call them to encourage them to join for only $40 (what a deal)! They can call the office at (800) 356-1190 or (919) 834-4652 to enroll by credit card or go online to join.

Job three for each of us is to help us move into the digital age. Please send us your email address, if you have not done so already, so we can work together even more quickly to achieve the goals of NCRGEA. Being able to communicate quickly is almost essential now. We will never share your address with anyone. Email addresses will also help us deliver digital meetings to you. You can go to our website at http://www.ncrgea.com to sign up for email updates.

Lastly, we want to alert you that our Local Government Committee has been formed to advocate for COLAs and improved healthcare coverage for retirees of local governments. As you know, this is a complicated problem, but rest assured we are committed to working with the NC League of Municipalities, the NC Association of County Commissioners, the Local Government Board of Trustees, and the Legislature to find a solution to this issue.

Thank you for your service to others and for your membership in NCRGEA!

Vann Langston

Retiree Pay Dates

(Dates pension checks are direct deposited or checks are mailed.)
Be sure to keep the NC Retirement Systems informed of your current mailing address.
Call 877-627-3287 for all questions about your retirement check or deductions.

September 25, 2020

October 23, 2020

November 25, 2020

December 23, 2020

Join us for our Fall Virtual Meetings

North Carolina Retired Governmental Employees' Association

REGISTER NOW TO PARTICIPATE

Join us for our virtual meetings featuring our 2020 NCRGEA Open Enrollment for dental, vision, legal services and the State Health Plan for state retirees. We are excited to offer this opportunity for members to learn about NCRGEA dental and vision plans and the changes in the 2021 State Health Plan moving to Humana. Our Executive Director will give organizational highlights of 2020 and an update on the legislative session. You will also meet our new Community Liaison Deryl Davis Fulmer and learn about NCRGEA's outreach plans across the state.

Monday, September 28, 2020 1:30 – 3:30 p.m. | Tuesday, September 29, 2020 9:30 – 11:30 a.m.

WEBINAR PROGRAM	
Welcome and NCRGEA Update	Richard Rogers, NCRGEA Executive Director
NCRGEA Member Benefit Programs **Superior Vision** **The Standard Dental** **Legal Shield/ID Shield**	Tom Cheswick, Mark III Employee Benefits
NCRGEA Community Outreach	Deryl Davis Fulmer, PhD
NC Retirement Systems Update	
NC Total Retirement Plans 401K/457	Mark McCluskey, CRC®, Retiree Advocate North Carolina Total Retirement Plans: 401(k)|457|403(b) Prudential Retirement
State Health Plan Update (for State Retirees)	Roberta Hamby, Jane Schairer, NC State Health Plan
Closing	Richard Rogers, NCRGEA Executive Director

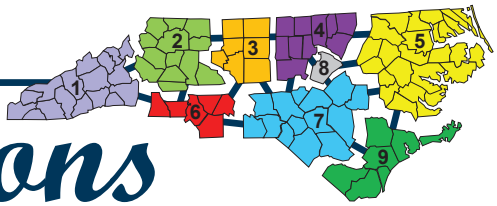
HOW TO REGISTER:

ONLINE at NCRGEA.COM – Look for WEBINAR REGISTRATION on Home Page

Select one session: Monday, September 28, 2020 1:30 p.m. to 3:30 p.m.
Tuesday, September 29, 2020 9:30 a.m. to 11:30 a.m.

You will receive an acknowledgement of your registration, then on the day of each webinar, an email will be sent to you with the instructions.

Districts Connections



Deryl Davis Fulmer, PhD | Community Liaison

Hello Fellow Retirees! My name is Deryl Davis Fulmer and I am the new Community Liaison. I am quite excited to be part of the NCRGEA and anxious to provide you with opportunities to be engaged. Currently, I have been learning all I can about the NCRGEA and searching for new and exciting ways to provide North Carolina retirees and potential retirees with support and advocacy. Your help and participation are needed. We are in this together!

So, I have been a state employee for almost thirty years. I began my career in 1975 as a Probation/Parole officer in Wake County after graduating from UNC-Chapel Hill as a psychology major. After leaving North Carolina, my family and I spent 8 years in Albany Georgia and then moved to Wisconsin. My first role there was at Carroll College (now University) in student development. I worked with students from all over the world providing services to help them be successful. I worked on my advanced degree and then was offered a position at Milwaukee Area Technical College. I stayed in academia from that point on and worked at the University of Wisconsin-Milwaukee and several community/technical colleges, including Halifax and Martin Community Colleges, here in North Carolina. Over the years, I served in roles from student services to academic affairs. In my last few roles, I served as Chief Academic Officer, with subtitles of dean or vice president. I have firsthand experience working with large groups of people and pulling folks together to make things happen. I am skilled in working with urban and rural populations and focused my dissertation on literacy issues of blue-collar workers. My graduate degrees are from the University of Wisconsin-Milwaukee, where early in my career I served as assistant dean in the School of Education. Thus, my excitement about this role.

My fellow retirees, I hear you! I retired a little more than a year ago and have experienced how life changes in this reality. The Community Liaison position was created as part of our strategic plan. More importantly, it was created to encourage engagement of our members, enhance our quality of life as retirees and to better serve you.

I will be reaching out and creating opportunities, with your help, for you to engage during this unusual year and in the midst of Covid-19. Times are

changing and we must change with it in order to make it the best. I am all about making life good! As we learn together and discover new ways to be together, please become engaged in the NCRGEA and make this association the best in the nation! Together we are retired and Together we must bring value to our lives relevant to this chapter of our lives and the challenges we face today and will face in the future!

Under the current circumstances, and for your safety, we will be required to meet and communicate in the virtual environments of ZOOM, phone/text, newsletters, Twitter, Facebook, the website, etc. It is imperative to connect differently but effectively. For those without technology, we will utilize current means to connect and as we establish and re-establish community groups across the state, we will have better opportunities to serve you well. Please check us out online and make sure we have your email address and phone/cell numbers so that you are always up to date on activities and important information! You can send your email, addresses and phone numbers to **info@ncrgea.com.** And, if we already have your information, then you are already in! Stay tuned for more to come regarding district meetings, candidate forums and outreach activities. Through *District Connections*, our new newsletter feature, we will keep you are informed, provide avenues to hear your thoughts/concerns, and feature stories about fellow retirees. You will see what we are planning and highlights of our outreach efforts!

Please feel free to reach out to me at deryl@ncrgea.com. I am so excited about being a part of NCRGEA and ready to serve. Watch out for more to come! Happy Retirement Living!

Open Enrollment - September 15 - October 31, 2020!

NCRGEA is happy to offer you an opportunity to enroll in our dental, vision and legal services. As NCRGEA members, you will be able to enroll in dental with Standard Insurance which uses the Ameritas network of providers; vision insurance through Superior Vision and legal products through Legal Shield/ID Shield.

New members and those who retired from local and state government agencies within the last twelve months will receive an enrollment booklet by mail.

Members who currently have dental and vision coverage will receive a letter

and change forms. If you are interested in making any change to your current coverage with NCRGEA, complete this form and mail back to NCRGEA.

Other members or retirees who are not currently using NCRGEA's dental and vision, but would like to enroll can go to our website: www.ncrgea.com for information and enrollment options for our dental, vision and legal products. Our open enrollment period is September 15 - October 31, 2020.

www.ncrgea.com

About Member Benefits Government Relations Districts Travel Resources Contact

2021 Open Enrollment

September 15 – October 31, 2020

Dental, vision, and legal plans are offered through your membership with NCRGEA!

We are pleased to again offer you the opportunity to enroll or make changes to your dental, vision and legal insurance plans. The Standard Dental, Superior Vision and Legal/ID Shield are top-tier insurance plans which can be used across the nation through a broad-based provider network. Our goal is to provide you with the most comprehensive plans while keeping cost reasonable.

Open enrollment will run through October 31, 2020 and the insurance coverage(s) additions or changes will become effective January 1, 2021.

How to Enroll

We offer a variety of options to enroll from a guided call center to self-service.

Option 1:

Online Enrollment

You can enroll securely online using Mark III Employee Benefits enrollment portal by clicking the Enroll Online button below. Click the button and follow the enrollment instructions.

1. To enroll, you need your Member ID Number and a temporary PIN number.
2. Your Member ID* is printed above the barcode on your NCRGEA Open Enrollment brochure. *If you do not have a member ID, call 833-444-5220 for assistance.*
3. Your temporary PIN is the combination of the first initial of your first name, first initial of your last name, and the last 4 numbers of your Member ID*.
1. Fill in this information to log in, then follow the directions on the AFLAC enrollment site*. *(NCRGEA uses the AFLAC enrollment platform for our online benefit enrollments.)*

Enroll Online

Option 2:

Enroll by Phone

You can call the Mark III Call Center line during normal business hours to enroll by phone at:

833-444-5220

A licensed benefits counselor will assist with your enrollment choices or changes to your benefits.

Set an Appointment at Your Convenience

You can also set an appointment for a benefits counselor to call you to enroll by phone. To do so, click on SCHEDULE AN APPOINTMENT and select the day and time that works best for you. (During busy times, calls may be returned within 15-20 minutes of your selected appointment.)

Schedule an Appointment

Option 3:

Online Form Submission (No Log-in Needed)

Fill out your enrollment online through the NCRGEA website by clicking the button below. (No log-in or account set up required).

If you have questions during your enrollment, *call 833-444-5220*

Fill Online Form

Option 4:

Enroll by Mail or Fax

To enroll by mail or fax, download and print the enrollment form from the links below and mail to: NCRGEA
528 Wade Avenue
Raleigh, NC 27605
or fax to
NCRGEA 919-834-4622.

- **Download Dental Enrollment Form**
- **Download Vision Enrollment Form**

Spring and Fall District Meetings Postponed to 2021 – But we have a plan!

It has been a difficult year to be able to provide the wonderful customer service that our members are accustomed to receiving from NCRGEA. The safer-at-home ordered by the Governor continues into August (and at press time there has been no change) or movement toward Phase 3 of the safer-at-home restrictions.

Sadly, two of the casualties of the quarantine were our Spring and Fall District meetings. Both the Spring meetings planned for Charlotte, Gastonia and Concord were postponed for the safety of our members – and now our Fall District meetings across western North Carolina have been postponed for the same reason. NCRGEA will never put your health at risk! At the same time, we know that our retiree members need to get information from us about our Association's activities, legislative priorities, NCRGEA's great benefit programs, and for state retirees the information about the open enrollment for the State Health Plan.

We are conducting two live webinars you can participate in or listen in (See page 3). The webinars will be live and then posted on our NCRGEA website. So all in all, a good thing came out of this quarantine period, as we have moved more quickly toward holding participatory meetings online. While we were working from home, we rescheduled our Spring District Meetings to April 2021. We hope we will be able to conduct these meetings. NCRGEA will be adhering to the health and safety requirements that may be in place at that time. Details about our 2021 district meetings will be published in upcoming newsletters.

Lake Case Update

The Lake case is slowly moving through the North Carolina Supreme Court. Several months ago, a panel of the NC Court of Appeals reversed the Superior Court decision holding for the Retirees. The Supreme Court accepted the Retirees' Petition to Review that decision. The Retirees' brief was filed weeks ago, and the State filed its brief at the end of July. Retirees' attorneys are working on a Reply Brief to be filed by August 17.

With the pandemic, everything in the courts is moving at a snail's pace. It may be a few more months before oral argument will be scheduled. NCRGEA will continue to keep you informed as the case moves forward.

If you leave home, know your Ws!

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Join us as we travel north to Lancaster, PA via deluxe motorcoach from Raleigh. Enjoy two wonderful shows at two beautiful theaters. You'll see the new "Queen Esther" and the spirited "Deck the Halls" Christmas production. Most meals included, wonderful accommodations and of course, a few shopping stops, just in time for Christmas!
Tour Pricing $579 pp (based on double occupancy)
Departure Location: Raleigh & Rocky Mount
We will continue to monitor the area, hotel and attractions for safety protocols during COVID-19, keeping you informed and safe.

CHRISTMAS AT THE ARK 4 DAYS, 3 NIGHTS • DECEMBER 7 – 10, 2020 • **SMALL GROUP ONLY**
Join us as we travel west to Kentucky via deluxe motorcoach from Raleigh. Enjoy the Ark Encounter & Creation museum, with the celebration of lights display! Most meals included.
Tour Pricing $749 pp (based on double occupancy)
Departure Location: Raleigh & Greensboro
We will continue to monitor the area, hotel and attractions for safety protocols during COVID-19, keeping you informed and safe.

SNEAK PEAK AT 2021!

CANYON COUNTRY ADVENTURE • MAY 7 – 14, 2021
On this popular National Parks tour, discover the unique landscapes of Arizona and Utah as you travel through four national parks - as well as Lake Powell and Monument Valley - and lots of beautiful scenery. Your tour begins in Scottsdale and ends in Las Vegas with overnights in Grand Canyon National Park, Lake Powell, and Bryce Canyon. This is a GLOBUS tour – featuring great guides, 5 hotels, breakfast daily and 3 dinners. Optional excursions and pre/post stays available.
Land Pricing $2276 pp (based on dbl occupancy)
We will continue to monitor the area, hotel and attractions for safety protocols during COVID-19, keeping you informed and safe.

HISTORIC TRAINS OF THE OLD WEST • SEPTEMBER 15 – 23, 2021
Discover the spirit of the Old West and its historic trains on this incredible vacation. Your Colorado and New Mexico train tour starts and ends in Denver with overnights also in Glenwood Springs, Durango, Santa Fe, and Colorado Springs. As you travel to each destination, you will witness beautiful landscapes along the way. Train rides, Trolleys, National Parks and more!
Land Pricing $2699 pp (based on dbl occupancy)
We will continue to monitor the area, hotel and attractions for safety protocols during COVID-19, keeping you informed and safe.

PLANNING FOR 2021 & 2022 TRIPS & TOURS – YOUR FEEDBACK IS VALUABLE!

We want to hear from you! Let us know if you prefer air, cruise or motorcoach travel and where you would like to go! Send your thoughts and ideas to: kbritt@dreamvacations.com or call us 919-889-4900.

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To our Valued Clients:
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North Carolina Retired Governmental Employees' Association

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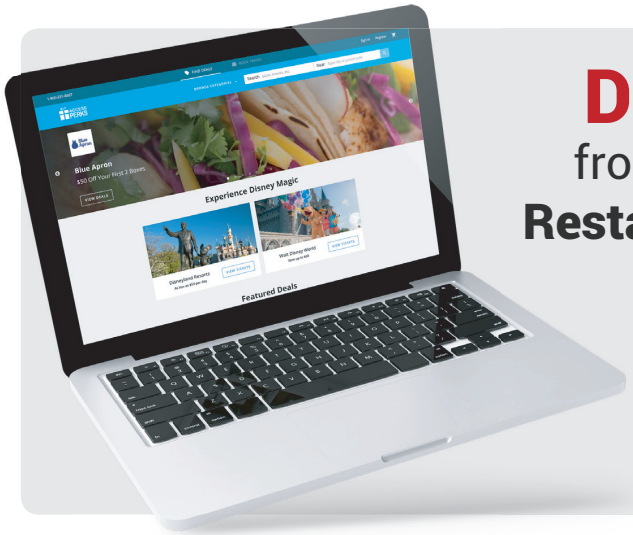
NC RETIRED GOVERNMENTAL EMPLOYEES ASSOCIATION



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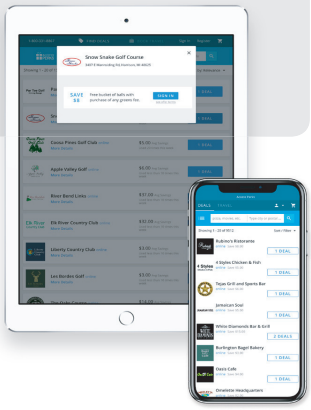

ACCESS PERKS FREE PROGRAM

Coupons are available but the vendor base and discounts will be less than the Premium Access Perks.

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1. **Go to: ncrgeafree.accessperks.com**
2. Click on **SIGN UP** and enter registration code **RETIRED**; enter your name, email address, set up a password and click signup.

That is it! Once you hit enter, you will be returned to the screen where coupons and vendors are made available to you. If you want more choices and deeper discounts, upgrade to the Premium Access Perks.

ACCESS PERKS PREMIUM PROGRAM

Includes entertainment, travel, fitness, and other venues not included in the free program. You will also reap deeper discounts with the Premium Access Perks Program. **THIS PROGRAM COSTS $18.00 PER YEAR**, and you can enroll by going to our website **www.ncrgea.com, select benefits, Access Perks Program, and then CLICK HERE TO ENROLL**. Or complete the form below, and mail to us with your payment. Once your enrollment is received, it will take approximately two days for your account to be live.

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Prefer to mail payment: *(Please Print)*

Name _____

Mailing address _____

_____

Email_____ Phone _____

***Mail check for $18.00 payable to NCRGEA** to 528 Wade Avenue, Raleigh, NC 27605*
Enrollment questions, please contact NCRGEA at 800-356-1190

How Hearing Aids Improve Quality of Life at Home

If you're spending more time at home lately, you may wonder about the need for daily hearing aid use. But hearing aids aren't just for the hustle and bustle. Daily use — even while social distancing — can help you hear more and improve your relationships with your loved ones.

Do I need to wear hearing aids while at home? Yes, you do. More time at home doesn't mean less time wearing hearing aids or less opportunities to hear fully. Even if you're apart from loved ones, the ability to hear every day sounds at home — birds chirping outside, laundry cycles, water boiling — can help boost your mood, improve your well-being and maintain the sound quality you initially became accustomed to while getting used to hearing aids.

Just like regular exercise is essential to keep your body healthy and strong, hearing aids should be worn daily to "exercise" the ears. Hearing the sounds, you love most — grandkids' voices, rainfall and thunderstorms, music, TV shows or movies — keeps you engaged with your environment and can improve life moments, big and small.

Additionally, it's a good idea to wear hearing aids while alone for safety's sake. While certain smoke and carbon monoxide detectors feature alarms that can be seen and heard, it's important to stay alert for any emergency situation (think: a pet's distress call, severe weather, or intruders).

What kind of changes will I experience by wearing hearing aids in my daily life? Hearing better is just the beginning. Hearing aids improve quality of life by connecting you to your favorite people and activities, especially while social distancing. You may be working remotely with more frequent video conference calls or enjoying virtual game nights with family or friends. You may even have more time to listen to new podcasts while gardening. Wearing your hearing aids daily ensures you don't miss a beat.

The importance of hearing health and overall benefits of hearing aids may not be obvious. For instance, you may experience:

- More positive, satisfying relationships
- Reduced anxiety
- Increased confidence
- Reduced risk of dementia
- Improved cognitive function

Plus, as socially distanced small group gatherings become part of your routine again, you'll be more comfortable having worn your hearing aids regularly.

What if I prefer to wear hearing aids only when socializing? If you're selective about when to wear hearing aids, you're ultimately putting your long-term hearing health and cognitive brain function at risk. Choosing to treat hearing loss only some of the time may result in a phenomenon called auditory deprivation. If the brain doesn't receive auditory information or stimulation, speech recognition can decline at a faster rate than if signals were being sent through a hearing aid.

It's true getting used to hearing aids takes some time, but the payoff and long-term benefits are worth the hearing aid frustration you may experience initially. And remember: Our hearing care specialists are available to help coach you through any discomfort and make a hearing aid adjustment, if needed.

Improving your quality of life is no small task. But we're confident hearing aids will help you get there. To schedule an appointment for a professional health exam with Amplifon Hearing Health Care simply call **877-806-7054**. Amplifon's Patient Care Advocates will answer your questions and guide you through the process.

Join our Email List!!!

Sign up to receive NCRGEA Legislative Updates by email! NCRGEA members can get a weekly update on the status or progress of legislation that impacts retirees.

On our website you can sign up to receive our email and newsletter. Sometimes we send a "Take Action Now!" alert with information about the legislature and to ask you to contact your legislators. Over the past couple months we have emailed important information and links about the COVID-19 with tips to help you stay safe and details about which Phase our state is observing and what it means to you.

Go to: www.ncrgea.com - click on: Sign-up to Receive NCRGEA Communications Electronically! You can also sign up to receive our email communications or our ***Living Power*** newsletter.

Are You Financially Prepared for Flooding?

Flooding caused by natural disasters is both common and costly; just a few inches of water can cause tens of thousands of dollars in property damage. Flooding can happen anywhere, at any time – even to properties that are not near water or in areas not usually prone to flooding. In fact, between 2015 and 2019, more than 40% of all National Flood Insurance Program (NFIP[1]) flood claims came from outside of the high-risk flood areas[2].

Nearly every home in North Carolina has the potential for flood damage; however, typical home insurance policies do not cover flood losses. Fortunately, the Credit Union can help you protect yourself from flood related financial hardship through a flood insurance policy. This type of policy can provide coverage for flood losses resulting from heavy and prolonged rainstorms, hurricanes, melting snow, or changes to land from new construction.

You should consider a flood insurance policy because:

- 99% of U.S. counties have been impacted by a flood event between 1996 and 2019[2]
- Federal disaster assistance is only available if the President declares a disaster
- Most federal disaster assistance comes in the form of U.S. Small Business Administration loans, which must be paid back with interest, or Federal Emergency Management Agency (FEMA) disaster grants, which are often much less than what is needed to recover
- Federal disaster assistance programs have strict eligibility requirements and many North Carolinians may not qualify
- A NFIP flood policy may be surprisingly affordable for homeowners in low-to-moderate risk areas.

Do not wait until a storm is approaching to purchase flood insurance as most flood insurance policies have a 30-day waiting period. Contact SECU Member Insurance Services at 866.937.7328 or insurance@ncsecu.org for more information about how insurance can help protect you against unexpected losses.

[1] The NFIP was established by Congress as part of Federal Emergency Management Agency

[2] www.fema.gov

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Submitted by: State Employees' Credit Union

State Employees' Credit Union®

Member Spouses: Be an Associate Member!

We are always striving to improve the ways we communicate with you, our members! Over the past three months with everyone "stuck at home", we have relied more than ever on electronic communications. So please take a few minutes and check out our website: www.ncrgea.com.

Sign up to receive NCRGEA Legislative Updates by email! NCRGEA members can get a weekly update on the status or progress of legislation that impacts retirees.

On our website you can sign up to receive our email and newsletter. Sometimes we send a "Take Action Now!" alert with information and ask you to contact your legislators. Over the past couple months we have emailed important information and links about the COVID-19 with tips to help you stay safe and details about which Phase our state is observing and what it means to you.

Go to: WWW.NCRGEA.COM - click on: Sign-up to Receive NCRGEA Communications Electronically! You can also sign up to receive our email communications or our ***Living Power*** newsletter.

Member Spouses: Be an Associate Member!

The spouse of any dues-paid active member can join NCRGEA as an "Associate Member" for only $40 a year. Associate Members can access all full member benefits of our Association and also be covered by our $10,000 Accidental Death & Dismemberment benefit.

With your spouse as an Associate Member, you can also save on your monthly dental and vision premiums. For example: The monthly dental premium for Member and Spouse is $107.48 – that's $1,289.76 a year. With your spouse joining as an Associate Member for $40 a year, your monthly dental premium drops to $95.52 a month or $1,146.24. That's a savings of $103.52 (after Associate Member dues of $40 are paid.) Spouses can enroll as an Associate Member at any time and your dental and vision premiums will be reduced.

The Superior Vision monthly premium for Member and Family is $15.88 and Member and Associate monthly premium is $13.98.

You can download an Associate Membership application from our website www.ncrgea.com; email a request to info@ncrgea.com; or call our office to have one mailed 1-800-356-1190.

Weekly Legislative Updates

NCRGEA members can get a weekly update on the status or progress of legislation that impacts retirees when the legislature is in session. You can sign up to receive NCRGEA Legislative updates by email!

- Go to www.ncrgea.com.
- Click on: Sign-up to Receive NCRGEA Communications Electronically!

IMPORTANT PHONE NUMBERS

NCRGEA	1-800-356-1190
In Raleigh Area	919-834-4652
The Standard	1-800-547-9515
Superior Vision	1-800-507-3800
NC Retirement Systems	1-877-627-3287
Seniors' Health Insurance Information Program	1-855-408-1212
In Raleigh Area	919-807-6900
NC State Health Plan	1-919-814-4400
Blue Cross/Blue Shield	1-888-234-2416
Amplifon Hearing Health Program	1-877-806-7054
United Healthcare	1-866-747-1014
Social Security Administration	1-800-772-1213
State Employees' Credit Union	1-888-732-8562
Local Government Federal Credit Union	1-800-344-4846
NC Total Retirement Plans 401K/457 Plans	1-866-627-5267
Carolina Cruise and Tours	919-889-4900

Living Power is published to provide current information for NCRGEA's membership. Newsletters are printed bimonthly and mailed to all members of NCRGEA. Your comments are welcome.

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To receive ***Living Power*** newsletter electronically, please send an email to info@ncrgea.com and include your full name and the city where you live.

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