



INTERAGENCY CONNECTION

215 Dean A. McGee, Suite 153, Oklahoma City, OK 73102

<http://www.oklahoma.feb.gov/>

(405) 231-4167

Chair's Corner



Here is the edition I promised, listing all of our Award nominees that we recognized in May at our annual Award Banquet!

We had a spectacular turnout for our annual Awards ceremony on

Monday, May 6th (during Public Service Recognition Week).

Our Federal Executive Board decided that an awards celebration would be the perfect event in which to applaud efforts of federal employees in our State! And we decided that doing so during such trying times for our agencies and people in our workforce would make it all the more meaningful. I appreciate the effort all 350 people made to attend this event; and the enthusiasm displayed by attendees (nominees and supporters) was contagious!

I want to express my admiration for everyone who took time from their very tight schedules on Monday. Especially in light of information provided to me showing that most of the attendees purchased tickets from personal funds. Many of our nominees' tickets were purchased by their nominating supervisor(s). Your devotion to your mission and your staff are to be commended.

Disaster Strikes Oklahoma, Again:

It seems that no sooner did we applaud the accomplishments than we were thrown into the challenges that nature can provide during Spring in Oklahoma! We lost two federal employees to the tornadoes of May 19-20th. We lost five family members of federal employees in the tornadoes. Hundreds of federal employees and others have

lost their homes or sustained such damage that it will be a long repair and clean up process.

Our FEB has requested and I want to thank OPM for approving a special solicitation outside the CFC for federal employees to contribute to organizations assisting in the relief efforts for Shawnee, Little Axe, Dale, Moore and the surrounding area. Info on the donation opportunity is provided in this newsletter. In addition, there are organizations that serve federal employees, such as the Federal Employee Education and Assistance Fund and the Governor of Oklahoma has had the State government website add information, entitled "Oklahoma Strong". This website has information on Storm Recovery, Donation Information, etc.
<http://www.ok.gov/okstrong/>

I want to thank the multitude of federal employees who have volunteered through the FEB/FEMA process to help man the Disaster Recovery Centers in Shawnee & Moore! Yet again illustrating selfless dedication and the outpouring of compassion for others in our community!

As we navigate the changes imposed by sequestration, the promise of future budgetary challenges, reduction in workforce, and the more urgent needs presented by spring tornadoes, I find solice in the dedication I see in my fellow leaders in tackling these challenges one-by-one!

A.D. Andrews, Chairman

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Excellence in Government Service

This year’s nominees for recognition during the annual FEB Excellence in Government Awards Luncheon:

Clerical/Administrative Category

Steven Ellis	VA Regional Office, Muskogee
Cynthia Garcia	Mike Monroney Aeronautical Center
John Huggins	FAA Flight Inspection Services

Winner: Kelly Thomason from the NEXRAD Radar Operations Center in Norman!

Clerical/Administrative-DOD Category

Jeanette Germann	Air Force Sustainment Center, Tinker AFB
Toni Grant	Military Entrance Processing Station, OKC
Reda Johnson	Army Garrison, Fort Sill
Lauren Roff	Vance AFB
Annette Spitzer	US Army Corps of Engineers, Tulsa

Winner: Elisa Guzman from the Air Force Life Cycle Management Center at Tinker AFB.

Outstanding Community Service Category

Dennis Brooks	US Coast Guard Institute
Christopher Hall	Vance AFB
Todd Hiemer	Air Force Life Cycle Management Center
Lindsey Ingram	VA Regional Office, Muskogee
Richard Murnan	NEXRAD Radar Operations Center
Michael Robinson	Mike Monroney Aeronautical Center
Major Wilson	Health & Human Services, Office of Inspector General

Winner: William Jeffries with the US Army Corps of Engineers in Tulsa.

Outstanding Diversity Contribution Category

Winner: Darryl Wilson from the Army Garrison at Fort Sill.

Outstanding Employee with a Disability

Richard Butts	Air Force Life Cycle Management Center
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Winner: Melvin Blackwell at FAA’s Mike Monroney Aeronautical Center in Oklahoma City

Outstanding Law Enforcement Category

James Rollings	72 nd Air Base Wing
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Winner: David Allison from the US Secret Service in Oklahoma City

Outstanding Customer Service Category

Jose Alfonso	FAA Air Nav
Judith “Judy” Cardonna	Air Force Life Cycle Management Center
Jeff Hirschfeld	U.S. Army Corps of Engineers, Tulsa
Charles Hodges	Social Security Administration, Moore
Marlene Howard	Army Garrison, Fort Sill
Kathleen Islas	Mike Monroney Aeronautical Center
Darren Kaihlanen	Federal Highway Administration
Robert Lane	Radar Operations Center in Norman
Beverly Voss	US Coast Guard Institute

Winner: Philip Haas from the VA Regional Office in Muskogee

Administrative, Technical & Professional, GS-8 & Below Category

Robert “Mike” Fielden	Radar Operations Center, Norman
Debbie Sawyer-Smith	Social Security Administration, Moore

Winner: Paul Bryant with the VA Regional Office in Muskogee

Administrative, Technical & Professional, GS-8 & Below-DoD Category

Josue Diaz	Radar Operations Center, Norman
Janet Dixon	Army Garrison, Fort Sill
Deborah Friedt	Military Entrance Processing Station, OKC
Shelly Lohan	Vance AFB
Jesse Mott	Air Force Life Cycle Management Center
Brooke Nicklas	US Army Corps of Engineers, Tulsa
Sarah O’Brien	Air Force Flight Standards Agency

Winner: Anita Lemieux at the Air Force Sustainment Center



**Administrative, Technical & Professional,
GS-9 & Above Category**

Laura Cabrera	Flight Inspection Service
Nancy Hernandez-Montes	VA Regional Office, Muskogee
Paula Huber	Mike Monroney Aeronautical Center, Oklahoma City
Steven Jackson	Flight Procedure Standards
Bryan Menor	Social Security Administration, Moore
Gaila Scoggins	Dept of Labor, Wage & Hour

Winner: Zach Jing from the Radar Operations Center in Norman.

**Administrative, Technical & Professional,
GS-9 & Above-DoD Category**

Robert Barlow	Vance AFB
Dan Brueggenjohann	US Army Corps of Engineers, Tulsa
William "Bill" Cameron	Air Force Life Cycle Management Center
Lawrence Cole	Air Force Flight Standards Agency
William Gluck	Army Garrison, Fort Sill
Michael Herod	Army Garrison, Fort Sill
Richard Ice	Radar Operations Center, Norman
David McGowen	Army Garrison, Fort Sill
Dorinda S. Nesmith	Army Garrison, Fort Sill

Winner: Ronald Hobbs from the Air Force Sustainment Center at Tinker AFB

Trades and Crafts –Category

Winner: James "Jack" Jackson with the Mike Monroney Aeronautical Center in Oklahoma City

Trades and Crafts –DoD Category

Shawn George	Air Force Life Cycle Management Center
Shane Roe	US Army Corps of Engineers, Tulsa

Winner: Harold Helms Jr. with the Army Garrison at Fort Sill

Supervisory Category

Rebecca Mauldin	Mike Monroney Aeronautical Center
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Winner: Michael Miller from the Radar Operations Center in Norman

Supervisory-DoD Category

Richard Flores	Army Garrison - Office of Staff Judge Advocate
Michael Jennings	Air Force Sustainment Center
Edward Mattioda	US Army Corps of Engineers, Tulsa
Michael Patry	Air Force Life Cycle Management Center
Scott Saul	Radar Operation Center, Norman
Sheldon Thornton	Army Garrison, Fort Sill

Winner: Joseph Roche (Rowche) from Vance AFB

Outstanding Team Category

8 th Flying Training Squadron	Vance AFB
Aircraft Maintenance Engineering Group	Flight Inspection Service
Air Traffic Control Division	Air Force Flight Standards Agency
B-2 CDM Breakout Team	Air Force Sustainment Center
Chouteau Lock Pintleball Replacement Team	US Army Corps of Engineers, Tulsa
Oklahoma City MEPS Medical Team	Military Entrance Processing Station
Plans Branch	Army Garrison, Fort Sill
RADAR Maintenance Team	3 rd Combat Communications Group
Recovery Act Team	Federal Highway Administration
ROC Melbourne Team	Radar Operations Center, Norman
TF33 Logistics Management Team	Air Force Life Cycle Management Center

Winner: Customs and Border Protection Team from the Mike Monroney Aeronautical Center in Oklahoma City



Nine Apps That May Change How You Travel

<http://www.smartertravel.com/photo-galleries/editorial/nine-apps-that-may-change-how-you-travel.html?id=436>

May 8, 2013 by [Caroline Morse](#), SmarterTravel Staff

There's no denying it: Technology has changed the way we travel. Transforming everything from how we communicate to how we document our journey, these nine apps are at the forefront of the ever-changing travel-technology landscape. Your journeys will never be the same again.

ExpertFlyer

Snagging a last-minute flight deal is cause for celebration—until you get to the seat-reservation page only to see nothing but middle seats available. Increase your odds of getting a better seat by downloading the ExpertFlyer app and setting up a Seat Alert. Pick your dream spot on the plane, and the app will alert you if your seat becomes available so you can jump in and snag it. ExpertFlyer lets you set up one seat alert at a time for free, or you can buy extra alerts for \$0.99 each. (Or, upgrade to a premium account for \$4.99 per month and you can program up to 30 seat alerts at one time.)

Free (Basic account) to \$4.99/month (Premium account); Available on Apple and Android



Camera+

This camera app could change the way you travel—by letting you travel without a camera. Equipped with exposure and focus adjusters, a stabilizer setting, a burst feature to take rapid shots, a digital zoom, and much more, Camera+ turns your iPhone into a high-performing camera. Use it to edit, store, and share your pictures as well.

\$0.99; Available on Apple

PocketEarth

Never get lost again thanks to PocketEarth. Chock full of interactive maps (over 100,000 places worldwide), detailed travel guides, bicyclist maps, and much more, the PocketEarth app will guide your way. Best of all, you can access your maps offline so you won't have to use data roaming to navigate.

\$2.99; Available on Apple

Viber

How do you stay in touch when you're abroad without incurring massive roaming fees? Simple: Download the Viber app (and get your friends and family to download it too). Call and text other Viber users and it's completely free—no matter where you or your friends are. (You will have to be connected to Wi-Fi to make/receive free calls and texts without using data.) You don't even need to be using the same network provider as the people you're calling, just as long as you all have Viber.

Free; Available on Apple, Android, Windows Phone, BlackBerry, Nokia, and Bada.

BillPin

Tired of fighting over who owes what for hotel bills, shared meals, or taxi rides on vacation? Simply download the BillPin app and you can easily split expenses, whether you're with a group of two or 20. Just "pin" a bill and the app will email everyone in the group and let them know how much they owe. This will help you keep track of who paid for what on the road and eliminate making waiters split a bill five

ways. Best of all, the app is free, so you won't have to split *that* bill!

Free; Available on Apple and Android

iTranslate

Never be thwarted by language barriers again. With the iTranslate app, you'll be able to "speak" any language instantly. The app translates words and phrases from 60-plus languages. iTranslate is equipped with voice recognition, so you can speak a sentence in your native language, and have it instantaneously translated into another tongue. Don't want to sound like a robot if you have to use your app's voice to translate for you? Use the Text-to-Speech feature, which lets you set dialects, choose a male or female voice, and even control the speaking rate. Or, simply use the app's dictionaries to look up a word.

Free (voice recognition and yearly subscriptions range from \$1.99 to \$4.99); Available on Apple and Android

(Cont'd on page 6)



Best Dates to Retire 2014

By [Tammy Flanagan](#), National Institute of Transition Planning May 2, 2013

It's that time of year again. Are you thinking about retiring next year? This column is designed to help you find the most advantageous date for your departure.

Keep in mind that setting your specific retirement date is not the same as deciding when you can afford to retire or for that matter, when you are mentally prepared to retire. This column is designed for those employees who are financially ready and mentally prepared to transition to the next phase of their lives. For some, that will involve a traditional retirement, complete with travel plans, possibly relocation to a retirement destination and lots of leisure activities. For others, it is a steppingstone to a new career.

Before we look at the calendar, here are a few things to remember.

The 30-Day Retirement Month

A retirement month is not exactly the same as a work month or for that matter, a calendar month. The Office of Personnel Management pays retirement benefits based on a 30-day month, so that each month of retired pay equals 30/30 of your benefit amount. That requires adjustments to the standard calendar. For example, if you retire on Friday, Feb. 28, 2014, you would be credited with three additional days of service, so that February would appear to have 30 days.

Timing Under FERS

For optional, voluntary retirements under the Federal Employees Retirement System (when you've met the age and service requirements to retire with an immediate benefit rather than a deferred retirement or a disability retirement), your retirement will begin the first day of the month after you retire. It doesn't matter if you retire on the 1st, 15th, or 30th of the month, your optional FERS retirement will always begin on the first day of the following month.

For example, if you retire on Saturday, Jan. 11, 2014, you would be paid your salary through that date (or more likely Friday Jan. 10). Your first FERS retirement check would be dated

March 1, covering the month of February. In other words, you would not receive salary or retirement benefits for Jan. 12-31. Nevertheless, this might be a good date to retire, because you could gain more than you lose. Consider the value of your monthly retirement benefit compared to your salary for Jan. 1-11 (eight days or 64 hours of salary pay) and an additional leave accrual. Also, remember that for FERS employees, you need to retire after Dec. 31, 2013 to credit 100 percent of your unused sick leave toward your retirement calculation. You also would gain an opportunity to contribute a little more to your Thrift Savings Plan account. Oh, and one more thing: You only have to report to work seven of the eight days you'd be paid for, since Jan. 1 is a holiday.

For 2014, the leave year officially ends on Jan. 10, 2015. This also could be a good date for a FERS employee to consider retiring instead of Dec. 31, 2014. Although many FERS employees retire on the last day of the month to gain a full month of salary followed by a full month of retired pay, it is definitely worth considering a mid-month retirement around the end of a leave period, especially if you are retiring with less than 30 years of federal service so that a month of retired pay is worth less money than a week or two of salary.

CSRS: The Three-Day Grace Period

For Civil Service Retirement System employees, the best retirement date is usually either the last day of the month or the 1st, 2nd or 3rd of the month. If your retirement commences on one of the first three days of the month, then you would be entitled to 29/30, 28/30, or 27/30 of that month's retirement benefit. Under CSRS, there is a three-day grace period each month that allows employees to choose one of the first three days of the month as their date of final separation and receive a retirement benefit for the remaining 27, 28, or 29 days of that month. This grace period is not available under FERS or for employees who transferred to FERS from CSRS.



Best Dates to Retire 2014 (cont'd)

End of the Leave Year

You've probably noticed how many employees retire at the end of the calendar year. It's likely they're trying to retire at or near the end of the leave year. In January 2013, OPM received more than 22,000 new retirement claims. In February, the agency got more than 20,000 additional claims, which may have included claims for employees who retired before the end of the 2012 leave year that ended on Jan. 12, 2013. By comparison, in an ordinary month, OPM gets 7,000 to 8,000 new claims.

The reason for the difference is the annual leave lump sum payment. In most cases, if you carry over leave into the new leave year, you're limited to 240 hours. During the year, your balance of annual leave can exceed 240 hours, as long as you don't carry over more than 240 hours into the next leave year. If you retire before the new leave year begins and you don't use any of the leave you accrued during the final year of your employment, it's possible to have a leave balance of 448 hours (240 carried over plus 208 earned at the rate of eight hours per leave period). This balance is then multiplied by your hourly pay rate (your annual salary divided by 2,087) and sent to you in a lump sum payment (minus tax withholding.) There are no retirement contributions or insurance premiums withheld from this payment. You are also not permitted to contribute to the TSP from this payment, because it is not considered part of your basic salary.

These are a few of the considerations to keep in mind as you weigh exactly when to retire. Are you ready to look at the best dates for 2014? Click on the link below to download the calendar.

<http://www.govexec.com/pay-benefits/retirement-planning/2012/05/best-dates-retire-2013/55681/>

Nine Apps That May Change How You Travel (cont'd from page 4)

Picfari

How do people get that amazing (or cheesy) picture where it looks like they're holding up the Leaning Tower of Pisa? Or that awesome sunset picture at just the right angle in front of the pyramids? Picfari has the answers. This app will show you the best photo ops in your destination and the exact spots to take the best shots. Not sure what you want to snap? Search by city or place name and browse others' photos for inspiration. Select photos you like the most, and create your own personalized Picfari itinerary. *Free; Available on Apple*

Fly Delta

You'll never look at flying the same way again after getting the Fly Delta app. Sure, the app lets you search for flights, download entertainment, and read up on your destination, but its coolest feature by far is the Glass-Bottom Jet. This nifty feature can only be used if you're in the air on a Delta flight and connected to Wi-Fi; it lets you see pictures of what you're flying over and read about what's below you. (For example, if you're flying over New York City, you can read a Wikipedia article about it, view pictures, and see which of your Facebook friends are there.) *Free; Available on Android and Apple. Certain features (like the Glass-Bottom Jet) are only available on iPad.*

Trail Wallet

Whether you're on a strict budget or just want to keep track of how much you're spending while on the road, Trail Wallet can help you out. Use the app to set a daily budget for your trip and then track your expenses as you go. No need to hang on to receipts or try to convert currencies every time. See how you're doing in pie chart or itemized form, and even organize your spending by category. The app even automatically updates with current exchange rates to keep your tracking accurate. *\$1.99; Available on Apple*



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT
Washington, DC 20415

The Director

MAY 22 2013

Ms. LeAnn Jenkins
Executive Director
Oklahoma Federal Executive Board
215 Dean A. McGee, Ste 153
Oklahoma City, OK 73102

Dear Ms. Jenkins:

This letter responds to the Federal Executive Board's request of May 21, 2013, for a special solicitation of Federal employees to support the victims of the recent tornados that devastated communities in the State of Oklahoma.

I am approving your request for a special solicitation of all Federal agencies in the State of Oklahoma. I understand that Federal agencies will have the option to select one or more of the following organizations to receive the funds from this special solicitation:

- 1) American Red Cross of Central Oklahoma
- 2) Salvation Army Central Oklahoma Command
- 3) Catholic Charities, Archdiocese of Oklahoma City
- 4) United Way of Central Oklahoma-Disaster Relief Fund
- 5) Regional Food Bank of Oklahoma
- 6) Feed the Children
- 7) Oklahoma Baptist Convention Disaster Relief
- 8) Postal Employee Relief Fund

Please note that this fundraising activity is not part of the Combined Federal Campaign (CFC), and funds should not be processed through the CFC account. Additionally, all special solicitation activity must conclude by June 30, 2013.

In addition to CFC regulations appearing at 5 CFR 950, the Office of Government Ethics has regulations that specifically reference fundraising activities. I encourage all Federal officials involved in this special solicitation to include their respective ethics officers in the planning and development of the fundraising activities.

We appreciate your commitment to workplace giving and it is my hope that the special solicitation will be a significant source of aid to the victims of this extraordinary disaster. Should you have further questions, please contact my office at (202) 606-2564.

Sincerely,

Elaine Kaplan
Acting Director

cc: Robert Kendrick, LFCC Chair, Central Oklahoma CFC
Michael Slack, Director, Central Oklahoma CFC



UPCOMING EVENTS June 2013

- Jun 4, 2013** **Executive Policy Council**
10:30 a.m. Small Business Administration
POC: FEB Office, 405-231-4167

- Jun 5, 2013** **Leadership FEB**
All Day FCI, El Reno
POC: FEB Office, 405-231-4167

- Jun 19, 2013** **POD Exercise with Oklahoma
County Health Department**
8:00 a.m. POC: FEB Office, 405-231-4167

- Jun 19, 2013** **Interagency Training Council**
10:00 am POC: Stacy Schrank, 405-606-3823

- Jun 19, 2013** **Local Federal Coordinating
Committee Mtg, Central
Oklahoma**
12:00 noon POC: FEB Office, 405-231-4167

INSPIRATION CORNER

*When neighbors feud, lovers quarrel or nations war,
the predictable remedy prescribed by the voices of
reason is communication.*
—Robert M. Krauss and Ezequiel Morsella

*One person who wants something is a hundred times
stronger than a hundred who want to be left alone.*
—Barbara Ward

*The great illusion of leadership is to think that man
can be led out of the desert by someone who has
never been there.*
—Henri Nouwen

*Your time is limited, so don't waste it living someone
else's life...Don't let the noise of others' opinions
drown out your own inner voice. And most
important, have the courage to follow your heart and
intuition. They somehow already know what you
truly want to become. Everything else is secondary.*
—Steve Jobs

Your Federal Executive Board

“Federal Executive Boards (FEBs) are generally responsible for improving coordination among federal activities and programs in...areas outside of Washington, D.C...FEBs support and promote national initiatives of the President and the administration and respond to the local needs of the federal agencies and the community.” (GAO-04-384)

We applaud the efforts of the Oklahoma FEB Executive Policy Council members who ensure information is provided to direct our activities and efforts:

- Michelle Coppedge, Director, FAA Mike Monroney Aeronautical Center
- Kevin Donovan, Federal Security Director, TSA
- David Engel, Chief Administrative Judge, Social Security Administration, Tulsa
- Jim Finch, Special Agent in Charge, FBI
- Joe Gallagher, Deputy to Commanding General, Fires Center of Excellence, Fort Sill
- Jerry Hyden, Director, US Department of Housing and Urban Development
- Ross Marshall, Executive Director, Tinker AFB
- Dottie Overall, Director, Small Business Administration
- Betty Tippeconnie, Superintendent, BIA-Concho Agency

This newsletter is published monthly as a cost-effective tool for communicating events and issues of importance to the federal community in Oklahoma. If you have news of interest, please fax to the FEB Office at (405) 231-4058 or email to LeAnnJenkins@gsa.gov no later than the 15th of each month.

Officers

Chair: **Adrian Andrews**
Special Agent in Charge,
US Secret Service, Oklahoma City

Vice-Chair: **Julie Gosdin**
Director,
US Postal Service District,
Oklahoma City

Staff

Director: LeAnn Jenkins
Assistant: Nichole James



Long Term Care Issues That Every Woman Should Consider

Planning ahead for potential long term care needs can be important for all pre-retirees, but it may be especially critical for women because of their longer life expectancy. While longevity can mean more time to enjoy retirement, traveling, and family, there is a downside to consider. It can also mean an increased risk for health problems that may leave a woman unable to care for herself at a time when she may also be widowed and living alone. It is not surprising that seven in 10 residents in nursing homes are women, and that they represent 76% of the residents in assisted living facilities and two-thirds of all home care recipients.¹

The Federal Long Term Care Insurance Program (FLTCIP) offers women in the Federal family the opportunity to plan for their future care needs. The program's daily benefit amount reimburses for personal care and supervision at home, in a nursing home, or in an assisted living facility, thereby helping to safeguard retirement income and personal savings. Coverage under the FLTCIP can also help women maintain their independence and avoid reliance on their adult children for care.

If you're a woman and haven't yet applied to the FLTCIP, take a few minutes now to read this article, assess your situation, and consider how the program can make a difference in your future.

Consider the following: Think about your health and your family history. Could you live a long life with conditions that may make it hard for you to care for yourself if needed?

Are family members who could provide the daily assistance you may need likely to be living with you? If so, how might caring for you disrupt their professional and personal lives? And how might you feel about being dependent on them? If not, will you have the financial resources to pay care costs and maintain a comfortable lifestyle?

How could participating in the FLTCIP make a difference in your life if you need long term care?

Who will pay your long term care bills? Like other forms of health care, long term care is expensive and the cost is continually increasing. The national average cost of a licensed home health aide is currently \$20 per hour while the daily cost of a private or semiprivate room in a nursing home is \$235 and \$207, respectively.²

These costs aren't generally covered by health plans, such as FEHB and Medicare, or TRICARE and TRICARE for Life. Medicaid does cover long term

care, but only for those with very low income and assets. This means the responsibility may fall on you, requiring the use of your monthly income and/or accumulated savings.

Many members of the Federal family find the best alternative to cover these costs is long term care insurance. And with the FLTCIP, it's easy and convenient to apply for this important protection.

If you've hesitated to look into coverage because you thought long term care insurance was too expensive, you may be surprised by the FLTCIP's affordability. For example, a 45-year-old woman who chooses the FLTCIP's most popular prepackaged plan—Plan B with the 4% inflation rider—will pay a biweekly premium of \$33.90.³ That's less than \$68 per month, or a little more than \$2 a day, for protection that can save you thousands in future care costs, should you ever need care.

To calculate the FLTCIP premium rate for your age and choice of plans, visit www.LTCFEDS.com/rate.

For personalized assistance, call 1-800-LTC-FEDS (1-800-582-3337) TTY 1-800-843-3557 to speak with a program consultant. They are available to answer any questions you may have and can walk you step-by-step through the plan design and application process.

More about the FLTCIP

Established by an act of Congress in 2000 and overseen by the U.S. Office of Personnel Management, the FLTCIP is designed to meet the specific needs of the Federal family. The FLTCIP provides industry-leading benefits and offers flexible options that allow enrollees to tailor coverage to meet their needs.

Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. You need to apply to find out if you qualify for coverage under the FLTCIP.

¹New York Times. "The New Old Age: Coping and Caring," February 6, 2013.

²John Hancock Life & Health Insurance Company. John Hancock Cost of Care Study, April 2011.

³Premiums are set with the expectation that they will be sufficient, but are not guaranteed. The premium for your group (for example, those with the same plan design or set of benefits) may only increase if it is determined to be inadequate. While the group policy is in effect, OPM must approve an increase in premium.

The Federal Long Term Care Insurance Program is sponsored by the U.S. Office of Personnel Management, offered by John Hancock Life & Health Insurance Company, and administered by Long Term Care Partners, LLC.



Teambuilding and Leadership for Federal Leaders



Where:	US Postal Service, National Center for Employee Development 2801 E. State Highway 9, Norman, OK
When:	Monday, July 15, 2013
Time:	8:30 a.m. registration 9:00 a.m.-4:00 p.m. Workshop
Cost:	\$55.00
Intended audience:	FEB Members, Federal leaders, Senior Managers and Supervisors of teams.

This workshop is Hosted by the USPS National Center for Employee Development and the Oklahoma FEB.

This six-hour course presents tools and techniques designed to help Leaders build skill in managing a team and improving both individual and group performance.

The course includes discussion of such principles as:

- Collaborative thinking,
- The determinants and drivers of behavior, and
- Achieving group balance.

Registration

***To ensure we have enough participants for the class, please register as early as possible!
This class must have a minimum of 12 participants and will have a maximum of 20.***

Name:	Agency:
Phone:	Email:

Please mail to:	Oklahoma Federal Executive Board 215 Dean A. McGee, Ste 153, Oklahoma City, OK 73102
Fax to:	405-231-4165
Or Email to:	LeAnn.Jenkins@gsa.gov

Cancellation Policy: Understanding that unforeseen circumstances may preclude an individual from attending, substitutes will be permitted through June 28, 2013; the number of registrants at that time will determine whether we have sufficient numbers for the workshop.



One-Day Pre-Retirement Training Seminars-2013



Be sure you are financially prepared to do all the things you've planned for your retirement!!

<p>CSRS session topics:</p> <ul style="list-style-type: none"> ➤ Overview of CSRS ➤ Survivor Benefit ➤ Thrift Savings Plan (to include Roth TSP) ➤ Voluntary Contribution Program ➤ Federal Employee Health & Life Insurance Programs ➤ Social Security ➤ Flexible Spending Accounts ➤ Annuity Calculation ➤ Phased Retirement 	<p>FERS session topics:</p> <ul style="list-style-type: none"> ➤ Overview of FERS ➤ Survivor Benefit ➤ Thrift Savings Plan (to include Roth TSP) ➤ Voluntary Contribution Program ➤ Federal Employee Health & Life Insurance Programs ➤ Social Security ➤ Flexible Spending Accounts ➤ Annuity Calculation ➤ Phased Retirement
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TIME: 8:00 a.m. - 4:00 p.m. (each day) Registration will begin at 7:30 am
Please allow sufficient time to clear security; bring drivers license or federal ID

LOCATION: Federal Building, 301 NW 6th Street, Lower level conference rooms.

COST: No Registration Fee

I am registering for the CSRS Only session on Tuesday, August 13, 2013.

I am registering for the FERS Only session on Wednesday, August 14, 2013.

Seating is limited to 50 per session. Once a session is filled, future registrants will be notified and provided the opportunity to be placed on a waiting list for the next Pre-Retirement session.

NAME(S): _____
List name of employee (and spouse if attending)

AGENCY: _____

ADDRESS: _____

PHONE: () _____ FAX: () _____

Mail this registration form to:	Oklahoma Federal Executive Board 215 Dean A. McGee, Suite 320 Oklahoma City, OK 73102
or fax to:	(405) 231-4165

Cancellation Policy: Understanding that unforeseen circumstances may preclude an individual from attending, please notify the FEB office no later than August 9th to accommodate individuals who may be on a waiting list.



SUN	MON	TUES	WED	THUR	FRI	SAT
30		June 2013				1
2	3	4 Executive Policy Council Mtg	5 All Day: Leadership FEB-FCI	6	7	8
9	10	11	12	13	14 Flag Day	15
16 Father's Day	17	18	19 8:00 POD Exercise 10am ITC 12:00 Central OK- LFCC	20	21	22
23	24	25	26	27	28	29

OKLAHOMA FEDERAL EXECUTIVE BOARD
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