

# News and Views



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[www.apwuauxiliary.org](http://www.apwuauxiliary.org)

## March-April 2025

## Things have been changing at a Rapid Pace

By: Trisa Mannion-President



### Spousal Rights of Retiring Postal Employees

One of the new things affecting the families of postal workers is an early retirement package. The spouse of a retiring postal worker has some rights you need to know about, including the spousal annuity. You must sign and have a form notarized if you do not wish to receive health care benefits

and a portion of the retirement annuity in the event of your spouse. Know what you are signing before you sign your benefits away.

### Survivor Annuity Elections (OPM.GOV)

“If annuitants are married at the time of retirement, they must provide maximum survivor benefits to their spouses unless their spouses consent to an election of less than a maximum survivor annuity. An annuitant elects a survivor annuity for a spouse at retirement on the retirement application and an election results in a reduction to the annuitant’s monthly annuity for purposes of paying for the cost of the survivor annuity amount elected.

### Monthly Annuity

A monthly annuity may be payable to a current spouse, former spouse (if a retiree elects this benefit or if it is awarded by court order), a minor child, a disabled dependent, and/or a student. Creditable service and length of marriage

requirements must also be met. (OPM.gov)”

<https://www.opm.gov/retirement-center/survivor-benefits/#url=Annuitant-Planning>

This decision cannot be reversed. Please

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# Unite

By: Janice Gillespie-Legislative Aide-Editor



We have work to do. Members of the Auxiliary are needed now more than ever. We just had a huge success that benefits many civil service retirees. The Social Security Fairness Act eliminating the WEP and GPO offsets was passed due to the hard work of APWU and Auxiliary members, retirees, other unions, and the general

public. Everyone worked together to get this bill passed that had been unfairly on the books for over 20 years. History shows us that grassroots initiatives work.

With that said, we have a lot of work to do. Our mission is to assist the APWU in addressing issues that affect us, the APWU, the postal service, and postal retirees. It's essential that, as a group, we do not get bogged down with all the tribulations that are going on right now.

Working together, brainstorming, and concentrating on just those issues that the APWU backs will keep us on track.

Remember the old Aesop's fable, The Father, His Sons, and the Bundle of Sticks? The sons were fighting with each other when their father handed the oldest son a bundle of three sticks. He instructed his firstborn to break the bundle, which the son could not. His brothers tried to break the bundle as well, and failed. The father then handed each boy one stick and told them to break it. Each son was able to break their stick in half easily.

The lesson that day was that sticks in a bundle can't be broken, but sticks taken singly can be easily broken. The same applies to people. **There is strength in numbers.**

Get to know other members, discover their strengths, and recruit them to help. Help with what? Educating other Auxiliary and APWU members, their families, friends, co-workers, customers, and the public about our issues. Concentrate on one concern at a time and make it personal. People will be the most supportive of those issues that hit home.

The effects of privatization are not always known. Sometimes, when a person is having problems receiving their mail on time, having restricted access to a post office, long lines, and payments arriving late, and they do not have a clear idea as to why, they might see privatization as having to be better than what they are experiencing.

It is up to us, all of us, to be educators. Give examples of how privatization will impact the person you are talking to. For example, do they live in a rural area, own a small business, receive medicines in the mail, or send valuables? We, of course, need to be knowledgeable ourselves.

We are forming a legislative committee of officers and members to start things off. The committee members will discuss communication avenues to reach as many people as possible. Talking points will be formulated to help us in the field.

Watch for more information in future issues of the News and Views, Newsflashes in your email, the Zipline meetings, and our Facebook page. Recruit, activate, and follow through.

**“Our lives begin to end the day we become silent about things that matter”.**  
Martin Luther King JR



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be sure you read the material and make a good joint decision.

## New Legislative Committee

Another change is the current changes with the USPS. We must stand up and fight for our benefits and jobs. We are building a group to make a phone call now and then. We

need your help with this. If you want to join the National Legislative Committee, contact Janice Gillespie and volunteer. You can get more details by asking her.

**Hold on, we may be in for a rodeo ride.**

# Volunteer to Make a Difference



The Auxiliary Board members are compiling a list of volunteers for a Legislative Committee. This committee would meet by Zoom to discuss ways to recruit new members and activate current ones. We want to establish a comprehensive program to enhance our organization's efforts to support the APWU. We will focus on current legislative issues and explore ways to communicate our causes in a uniform and professional manner. We are asking for a commitment from all volunteers to participate as much as possible. We would like to have members from as many states as possible. If interested, please email: Janice Gillespie at [jgillespie@apwuauxiliary.org](mailto:jgillespie@apwuauxiliary.org).

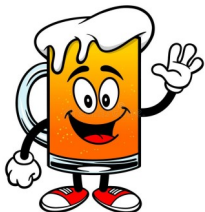
## Legislation in the 119th Congress



One of the first bills of 2025 affecting the postal service is H.R. 1249. The intent of H.R. 1249 is to require the United States Postal Service to post notices of changes that will affect nationwide postal services and other purposes. Still in the initial stage, H.R. 1249 was introduced in the House by Representative Harriet Hageman (R.WY) on February 12, 2025.




Representative Stephen Lynch introduced House Resolution 70 on January 28, 2025. H.Res.70 expresses “the sense of the House of Representatives that Congress should take all appropriate measures to ensure that the United States Postal Service remains an independent establishment of the Federal Government and is not subject to privatization.” It is important to note that this is not a bill that would become law if enacted. A resolution, if adopted, states the will and intent of the House, the Senate, or the entire legislature. A resolution is an important measure as it gives us an idea of how the members of Congress feel about specific issues. H.Res. 70 has 102 co-sponsors and is in the Oversight and Government Reform Committee.



The APWU still backs legislation allowing the Postal Service to ship beer, alcohol, and wine directly to consumers. The USPS Shipping Equity Act (H.R. 3721) from the 118th Congress did not make it out of the Oversight and Government Reform Committee. We will keep urging our Senators and Representatives to pass legislation that would make the Postal Service more competitive with the private sector and provide more revenue opportunities.

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Patricia Gaines, Quincy, Illinois, passed away on January 19, 2025. Pat had been an Auxiliary member since 1996, President of Illinois State, and a National Coordinator representing District 4 for four years. As a retiree, Pat also participated in the National Active and Retired Federal Employees Association, NARFE. A great activist and friend, Pat touched many lives.

Pat is survived by her children, Deborah (John) Weisheit of Hurst, Texas, Barbara (Rob), O’Dear and Nancy (Joe) Dreyer, both of Quincy, Illinois, John (Carrie) Gaines of Greencastle, Missouri, and Cindy (Eldon), Walter of Riverside, Missouri, She is also remembered by twelve grandchildren and sixteen great-grandchildren.

Pat was preceded in death by her husband, Donald E. Gaines, parents; three brothers, three nieces, and one nephew.

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# Nilan Scholarship 2025 Application

The National Auxiliary to the APWU is pleased to offer the 2025 Nilan Adult Continuing Educational Scholarship because we believe the following: Education is the key, instrumental in opening the door of opportunity, enabling one to advance, enrich lifestyles, and develop skills necessary to improve oneself in today's world. This scholarship was first awarded at the National Convention in Las Vegas, Nevada, in August 1990.

Suppose you desire to update your skills, make a career change, or receive training for a new vocation or skill. The APWU Auxiliary Adult Continuing Education Scholarship could help you reach your goals.

**NO 2025-2026 HIGH SCHOOL GRADUATES WILL BE CONSIDERED FOR THIS SCHOLARSHIP.**

Applicants Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone# \_\_\_\_\_ SS# \_\_\_\_\_

Last school attended \_\_\_\_\_ Date(s) \_\_\_\_\_

College or vocational school you plan to attend and course of study or degree(s) completed

School name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sponsoring APWU Member's name \_\_\_\_\_ Tel.# \_\_\_\_\_

Name of Local & State \_\_\_\_\_

Signature of Applicant \_\_\_\_\_

## Essay Topic

“How does the Union protect all Marginalized People when the political climate changes?”



### INSTRUCTIONS FOR THE 2025 ESSAY

- All essays must be:
- Typed
  - Double spaced
  - On white paper

Between 175 and 250 words  
The essay be accompanied by the official application form.

Completed applications and essay must be sent to:

Barb Maciejewski Chairperson  
635 Shumway Ave  
Faribault, MN 55021  
or

E-mail: [bmaciejewski@apwuauxiliary.org](mailto:bmaciejewski@apwuauxiliary.org)

**Must be postmarked on or before July 1, 2025**

## RULES & GUIDELINES - FOR THE 2025 SCHOLARSHIP

1. NO 2025– 2026 high school graduates will be considered for the 2025 scholarship. Applicant MUST have had a break from High School of one year or more.
2. Applicant must be a member in good standing with APWU National Auxiliary. The applicant must have been an Auxiliary member in good standing for at least one (1) year prior to the application deadline.
3. Application must be on the official application form from the APWU National Auxiliary Continuing Education Scholarship Program.
4. Applicant must write an essay on the designated subject of no less than 175 and no greater than 250 words.
5. Completed application form with the essay must be mailed or e-mailed to Chairperson Barb Maciejewski **(the address included with instructions) postmarked July 1, 2025.**
6. Applicant must be registered, enrolled, or attending an accredited college (college, university, vocational or technical school, etc.) at the time the scholarship is given.
7. The APWU National Auxiliary will award one (1) yearly scholarship of **\$1000.00**.
8. After verification, the recipient has enrolled with the school of their choice. The award will be sent to the business office of the school. The funds can be applied to the cost of books, food vouchers, or tuition. Scholarship must be used within 18 months of the award date.
9. The scholarship recipient is eligible to receive one (1) yearly scholarship for a maximum of two (2) years upon reapplication & selection process in accordance with the rules and guidelines of the scholarship.
10. If the recipient drops out before the completion of the course(s) (and within the refundable time frame), any unused funds that have already been sent to the recipient school for continuing education shall be refunded back to the National Auxiliary to the APWU.
11. No APWU Auxiliary National Executive Board member or family will be eligible for this scholarship.
12. No exceptions will be made to these rules.

PERSONAL INFORMATION (Will be used for press release information if your entry is the selected winner.) Spouses Name (if applicable) \_\_\_\_\_

Children's Names & Ages \_\_\_\_\_

DOB \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_ Current Occupation \_\_\_\_\_

Community Involvement: \_\_\_\_\_

Additional Comments and Future Goals: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I grant permission for the above information to be used in a press release.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



Jeremy Schilling and Zane Longden-Oregon

**Support Local CASA Initiatives-** Like Local 342, you can directly contribute to a local CASA program’s needs, whether providing holiday gifts, educational supplies, or supporting other projects that benefit children in foster care.

Our involvement with CASA/GAL programs is more than just a way to give back – it is an opportunity to ensure that every child in foster care has a voice and the chance to build a better future. By volunteering, donating, or spreading awareness, you are helping create a brighter future and helping create a brighter future for children who have been through unimaginable challenges. We would like to thank **Local 342** again for their generous contribution to **CASA of Jackson County**, and we hope that their kindness will inspire others to get involved. Together, we can continue to support CASA/GAL programs and the important work they do in advocating for vulnerable children.

## Bad to Worse?

By: Janice Gillespie-Legislative Aide-Editor



The future of the Postal Service is up in the air—even higher than before. Louis DeJoy announced his resignation on February 18, 2025. The Board of

Governors will now look for a successor to the 75<sup>th</sup> Postmaster General. It is uncertain if this will be a positive move for the 640,000 Postal Workers, their families, and the general public who depend on their mail daily or a detriment. DeJoy mentioned in his closing letter that his 10-year plan is firmly in place for the new Postmaster General to step in.

DeJoy has been leading our National Treasure as if it were a business instead of a service to the American people. His “Delivering for America Plan” calls for consolidating

distribution networks, resulting in mail traveling sometimes hundreds of miles just to be processed and lessening trucks to such a great extent that post offices over fifty miles from a distribution plant will be or already have been cut down to one truck a day.

Has DeJoy been setting the postal service up for privatization? Will the next Postmaster General follow in his footsteps?

We also have no idea how long it will take for a successor to be voted in if they have any experience or knowledge of the Postal Service or pre-conceived ideas to tear it down piece by piece.

Or, maybe, the new administration has other plans entirely. Maybe, getting rid of the Board of Governors?

We are heading into the unknown.



## Zipline

**Join us at the next Zipline meeting!**

**April 1, 2025**

**Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/368309307>**

**Or iPhone one-tap :**

**US: +16699006833,,368309307# or +16465588656,,368309307#**

**Or Telephone:**

**Dial for higher quality, dial a number based on your current location):**

**US: +1 669 900 6833 or +1 646 558 8656**

**All meetings are at 8pm EDT**



# Ask us! ABOUT MEDICATION ADHERENCE

Anything we do on a regular basis – whether it’s making a monthly car payment or taking a daily medication for an ongoing health condition - requires us to think about how well we do it and make sure we stay on track.

## WHAT IS MEDICATION ADHERENCE?

Adherence can actually be measured and is traditionally defined as **taking a medication as prescribed at least 80% of the time**. This may seem easy to accomplish, yet nearly 50% of Americans do not achieve it!

We tend to over-evaluate our own compliance and may not realize how many doses we actually miss over time. Even if the goal of 100% adherence is not achieved, we need to follow a prescriber’s orders and take our medication an average of at least 6 days out of every week to surpass the 80% threshold.

Taking a medication as directed gives us the best chance of experiencing the most benefits and improved quality of life. Managing a chronic medical condition can provide healthier outcomes both now, and in the future. Knowing this, let us be motivated to manage the various factors which can lead to non-adherence.

## WHAT ARE COMMON OBSTACLES TO PROPER MEDICATION ADHERENCE?

- Forgetfulness (busy, distracted, low priority)
- Cost
- Complicated dosing regimens
- Incomplete understanding of medical condition
- Unclear clinical goals or endpoints
- Absence of noticeable symptoms
- Concerns about side effects

Patients do not take their medicine *as prescribed* about **half** the time.

## HOW MIGHT SOME OF THESE CHALLENGES BE SOLVED?

- Organize medications (pill box, strategic location)
- Reminders (calendar to-do list, phone alarm)
- Recruit a friend or family member to help keep you on track
- Simplify dosing regimens
- Fewer # of tablets (combination pills, if appropriate)
- Fewer doses per day (once/day dose, if possible)
- Fewer trips to pharmacy (3-month supply and/or delivery)
- Understand clinical goals (ex., blood sugar levels)
- Recognize positive benefits of staying adherent as motivation

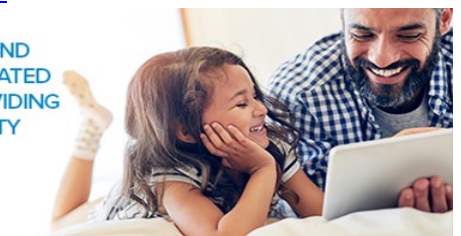


## HOW CAN THE APWU HEALTH PLAN HELP?

All High Option Members use **Express Scripts by Evernorth** for all their prescription needs. You can always count on the team at Express Scripts to help you stick to your regime. They are dedicated to helping you achieve your health and overall wellness goals. Please contact them at **1-800-846-4008** to speak with one of their pharmacists for help on managing your prescriptions! For more information please visit their website at: <https://www.express-scripts.com/scripts.com/> pharmacists for help on managing your prescriptions! For more information please visit their website at: <https://www.express-scripts.com/>.



APWU HEALTH PLAN PARTNERS WITH POSTAL AND FEDERAL FAMILIES TO CREATE A LIFESTYLE DEDICATED TO HEALTHY LIVING. WE ARE COMMITTED TO PROVIDING OUR MEMBERS WITH INNOVATIVE HIGH-QUALITY PRODUCTS AND SERVICES.



# Human Relations Project Court Appointed Special Advocates Guardians ad Litem

By: Brooke Schilling-Human Relations Chair



We are pleased to share some heartwarming news and an opportunity for all of us to become more involved with CASA/GAL programs, which advocate for children who have experienced abuse or neglect. CASA of Jackson County made a public appeal for help in providing special gifts for their CASA teenagers, often overlooked during the

holidays. We are proud to say that the American Postal Workers Union, Local 342, generously stepped forward with a \$500 donation to support this cause. This donation allowed CASA of Jackson County to create coffee gift bags and movie gift buckets, complete with candy, popcorn, and gift cards, which were given to the teens in their program. These thoughtful gifts helped ensure that the teens felt remembered and valued during the holiday season. We would like to extend our heartfelt thanks to Local 342 for their generosity and kindness in making this possible.

Court Appointed Special Advocates (CASA) and Guardian Ad Litem (GAL) programs are dedicated to advocating for children in foster care. Trained volunteers serve as the child's voice in the court system, prioritizing their needs and well-being. These programs depend on the support of individuals and organizations to provide critical resources for children who need it most. The generosity of Local 342 is an inspiring example of how we, as National Auxiliary to the APWU members, can support CASA/GAL programs and make a meaningful difference. There are many ways for you to get involved:

**Volunteer as a CASA Advocate-** One of the most impactful ways to support CASA is by becoming a CASA volunteer. Volunteers are trained to represent the interests of children in foster care, ensuring that their voices are heard in court. This role is crucial in helping children navigate difficult circumstances.

**Donate to CASA-** If volunteering isn't possible, consider donating to a local CASA program. Your financial support helps provide resources for volunteer training, outreach efforts, and essential items for children in foster care. To donate, checks can be sent to Janeil Payne, National Auxiliary Treasurer, at 4678 Duke Ct NE, Salem, OR 97301.

**Fundraise and Raise Awareness-** Consider organizing fundraising events or donation drives in your local community to support CASA/GAL programs. Even sharing information with family and friends can help raise awareness and generate support for the cause.

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