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RSEA A VOICE FOR YOUR TOMORROW

Connie Carlton was inducted into the RSEA Hall of Fame at the Conference at Evangeline Downs in Opelousas on October 7th, 2025.

RSEA Administration Update

RSEA PRESIDENT'S MESSAGE

Hello Sunshines,
I hope that all of you that attended the RSEA Conference at the Evangeline Downs Hotel and Casino were satisfied with both the accommodations as well as the content of the program that was presented. The reviews we received were very good and there were some good suggestions from membership on how we could do better. Our Conference Committee will be discussing making some potential changes for next year.

Most of our membership voiced their opinions to return to Evangeline Downs next year, so barring any complications, we plan to do just that. One of the most requested changes is to have table seating instead of just chairs. That is very doable. Thanks to all of you who provided input by filing out the evaluations. And, if you can think of anything else, please let us know.

Chapter Meetings will resume in 2026. The timing of the meetings will be later in the year this time. Tentative meeting dates are starting on May 5th and ending on May 21st. Once exact dates for each venue are finalized we will let you know.

We will not be sending out postcards as we have in the past. We will utilize emails, Facebook postings, and our April Newsletter to inform you of the exact dates and times for each Chapter Meeting.

As always, our partners will be there to inform you of the latest developments in your benefits from the Office of Group Benefits and LASERS.

You will also receive the latest from AMBA, Access2Day Health, AARP, Empower, Silverscript, Humana Health, Peoples Health, Louisiana Blue, Livinit and the La. Dept. of Insurance (SHIIP). If we don't have your email address, please reach out to us at the RSEA office at 225-930-0961 or email janthony.rsea@gmail.com so that we can update you on Chapter Meetings as well as other important information.

In closing, I want to thank each of you for your continued support and your membership, working together to build membership to make our voice stronger.

Sincerely,
Dean Moberley

RSEA Foundation Scholarship Update

Thanks to all of the RSEA members who have donated to the RSEA Foundation Scholarship Fund since our last Newsletter.

NAME	IN MEMORY OF
Dionne Rabilais	
Charles Myers III	Cliff Murphy
Sonja Hagen	
Terry Passman	
Christopher Thevenot	
Claudette Couvillion	
Pricilla Baker	
Linda Williams Singleton	Paula Dering
Lauren Samson	USA Founding Fathers & Mothers
Elizabeth Ortego	
Linda Higgins Bennett	Joshua Bennett

NAME	IN MEMORY OF
Marilyn Dianne Barksdale	
John Kopynex	
Rebecca Tedford	
Irby Hornsby Jr.	
Yasmine Fernandez	
Helen Johnson	
Gainell Schmidt Roques	Audrey , Louis & L J Schmidt
Lorena Williams	John P Williams
John Robinson IV	
Elizabeth Landry	
John Rasi	

4 Governmental Affairs

POSSIBLE Cost of Living Adjustment (COLA) in 2026 for LASERS' Retirees.

I attended the October LASERS Board of Trustees' meeting on Thursday, October 23rd. I am pleased to report that the LASERS Board passed a unanimous motion to file legislation in the upcoming 2026 legislative session to award eligible LASERS retirees a two per cent (2%) COLA effective July 1, 2026. The motion also directed the staff of LASERS to file an advertisement/notice in The Advocate newspaper on this matter, as required by state law.

The LASERS Executive and legal staff will work with the Board and appropriate legislative staff and legislators to craft the COLA language (in conformance with existing state laws governing the award of COLAs). RSEA will of course, monitor the legislation and lobby the legislature (House and Senate) for passage of the COLA bill(s) in the regular legislative session which begins on March 9, 2026 and runs through June 1, 2026. NOTE: No legislation has been filed as of yet, but LASERS and RSEA will be urging and requesting that a COLA bill be filed in the upcoming legislative session in the spring of 2026.

RSEA, as always, will keep you informed of the status of all retirement legislation pertinent to LASERS during the session through email blasts, and the Louisiana Voice Newsletter, and the upcoming 2026 RSEA Statewide Chapter Meetings during the month of May, 2026. Thank you for your membership and support of RSEA!

RSEA President Dean Moberley also points out that another major goal of RSEA is our fight to strengthen the Social Security Trust Fund. The latest annual report from the Social Security Trustees estimates that without any further action, the combined Social Security and Disability Insurance Trust Fund reserves will be depleted in 2034 and will be unable to pay "full benefits" after that date without any further action.

RSEA and our members worked too hard and for too long to repeal the WEP and GPO Social Security Offsets to see our progress stymied by not having sufficient funds in the Trust Fund Reserves to pay the full amount of future Social Security benefits to our deserving members and their beneficiaries! Of special note are several proposed bills to help Social Security recipients in the 119th Congress (2025-2026).

For example: HR 1040 Senior Citizens Tax Elimination Act by Rep. Thomas Massie (Kentucky-District 4) has 34 co-sponsors as of this writing. Its purpose is to amend the Internal Revenue Code of 1986 to repeal the inclusion in gross income of Social Security benefits. Its companion Bill in the Senate with the same title & text is S. 458 by Senator Tommy Tuberville (R- Alabama).

Another proposed measure is HR 1700 by Rep. Val Hoyle (D-Oregon-District 4) Social Security Expansion Act, a bill to enhance Social Security benefits and ensure the long-term solvency of the Social Security program and companion bill S770 (Sen. Bernie Sanders Ind.-Vermont). Same title & text as HR1700.
Please continue to follow RSEA for updates on our website www.rseala.org quarterly newsletter, and our Facebook page. And sign up to receive our "e-blasts" emails with periodic/updated information on proposed state and federal legislation of importance to state employees and retirees.
NOTE: It was just announced last month that eligible Social Security recipients will be awarded a 2.8% COLA effective January 1, 2026.

Frank Jobert, Jr., RSEA Director of Legislative & Governmental Affairs

RSEA Foundation Scholarship Update

Thanks to all of the RSEA members who have donated to the RSEA Foundation Scholarship Fund since our last Newsletter.

NAME	IN MEMORY OF
Christy Bourgeois	
Commocorbreo Barnett	
Carolyn Hall	
Franklin Williams	
Whitman Kling	
Barry Kelly	
Judy Goutierrez	Kenneth Goutirrez
Byron Hoover	John Greise Voc. Rehab Dept
Judy Thaddeus Fanguy	
Ivory Williams	
Jean Porte	
Betty Barras	Melvin J. Barras
Paul Autin	
David Lee Gardner	
Ronald Schneider	
Mary Alice Metzler	
Pamela Leger	
Paula Strahan	
Elsie Azare	Vivian Faulk
Maxine Pickens	Pickens Family
Ferald Goar	
Barbara Valentine	
Kenneth Roy	
Clinton Cognevich	Shannon Bailey
Mary Broome	Luther C. Broome Jr.
Patricia Gugliuzza	Joe Gugliuzza
Carol Yarbrough	Cleo Yarbrough
Sandra Flemmons	
Sally Taylor	
Patti Maxwell-Masotti	Bruno Masotti

6 Adminstrative Update

REASONS TO JOIN RSEA

As a member of the Retired State Employees Association (RSEA), you will:

Receive up-to-date information on current issues that affects both active and retired members about OGB, LASERS, the LA Legislature, and the Federal government.

Receive representation on current issues that affects both active and retired members about OGB, LASERS, the LA Legislature, and the Federal government.

Being a RSEA member, you are eligible to enroll in RSEA-approved supplemental insurance products through AMBA.

Being a RSEA member, you are eligible for discounts on many daily expenses.

Join us! Keep your voice strong by joining our membership:

Membership is only $18.00 per year - $1.50 per month - Contact our helpful staff today to assist you at 225-930-0961 – Monday to Thursday – from 9:00 a.m. to 3:30 p.m., or email us at rseastaff@att.net.

Administrative Update

RSEA ACCOMPLISHMENTS

RSEA has been working for both active and retired state employees since its conception in 1966. We are a member-driven organization whose mission is to "advance the quality of life of current and future retired state employees, who have given of their talents to the State of Louisiana."
We have accomplished many items of interest for our membership, such as:

Fought against the Cash Balance Retirement Plan and won a LA Supreme Court ruling in 2012-2013; thereby, preserving the Defined Benefit Plan, as we know it today.

Fought to preserve the LA State Income tax exemption on retirement benefits.
Fought and won against the former Governor Jindal administration's attempt to privatize the LA State Office of Group Benefits.

Fought and won the attempt to make Medicare Advantage plans mandatory for all retirees on Medicare.

Fought to remove the WEP and GPO Social Security penalties for retirees who are eligible for Social Security benefits. President Joe Biden signed the repeal of this law on January 6, 2025.

Opposed the efforts to have a Constitutional Convention, which would jeopardize our retirement benefits, which are currently protected by the LA Constitution (Article 10, section 29). We will also fight to preserve the LA Homestead Exemption, which is protected by the LA State Constitution.

RSEA will continue to fight to preserve the classified LA Civil Service System for Louisiana government employees.

RSEA will continue to fight to preserve the Social Security Trust Fund in order to preserve our member's Social Security benefits without any reductions – Social Security Wellness.

8 Office of Group Benefits Update

Pennington Biomedical's Small Shift for November: Balancing the Holiday Season

The holiday season is full of celebrations, family gatherings, and yes – delicious food. But it doesn't have to be a season of overwhelm. This month, Pennington Biomedical will focus on a few small, manageable shifts to help you stay balanced and energized throughout the holidays.

Here's our focus for the Holidays:

- Don't skip breakfast – but go for a lighter, protein-packed option.
- Maintain your regular exercise routine – no need to push yourself harder, just keep moving.
- Practice mindful eating – be fully present with each bite, savoring those holiday flavors.

Each week, we'll dive into one of these simple shifts, share some easy and tasty recipes, and help keep you on track.

Looking forward to a healthy, balanced season together! Visit www.pbrc.edu/smallshifts to sign up.

Take Charge of Your Health with Omada for Prevention

If you've been thinking about making healthy changes but aren't sure where to start, **Omada for Prevention** can help you take that first step—and keep going. This virtual program is designed to make weight management and healthy living simpler, more personal, and more effective. Through Omada, you'll build sustainable habits that help you feel better, have more energy, and reduce your risk for chronic conditions—all at your own pace. You'll be supported every step of the way by a dedicated care team and equipped with digital tools that make progress easy to see and celebrate.

Here's what you'll get with **Omada for Prevention**

Personal guidance from a health coach: Get one-on-one support and encouragement from a certified expert who will help you set realistic goals and stay motivated

.

Smart scale for easy tracking: Receive a connected scale that automatically syncs with your Omada account, so you can effortlessly monitor your progress.

Omada Spark AI: Meet your AI-powered nutrition companion. OmadaSpark answers your food-related questions in real time and offers suggestions for healthier meals and snacks.

Simple food logging: Track what you eat the easy way—snap a picture, scan a barcode, use your voice, or type it in. Omada makes healthy eating more intuitive and less stressful.

No fad diets. No complicated routines. Just personalized, science-backed support to help you feel your best—one small change at a time. Ready to start your journey toward better health? Learn more or enroll in **Omada for Prevention** today!

RSEA CHAPTER MEETINGS - 2026

The RSEA Chapter meeting schedule has been set **Tentatively** for 2026. See the chart below. Meeting locations will be announced later.

Shreveport	**May 5**
Monroe	**May 6**
Central Louisiana	**May 7**
Capital Area	**May 12**
Lake Charles	**May 13**
Acadiana	**May 14**
New Orleans	**May 19**
Coastal	**May 20**
North Shore	**May 21**

DIGITAL NEWSLETTER OPTION

Newsletter costs are getting expensive, so in order to save money, we are urging members to opt in for a digital copy. This could potentially save us thousands of dollars. Please give us a call or email us to drop you from receiving a printed copy of the newsletter. But don't worry, if you decide later, you would prefer the printed copy, just let us know and we will start resending it to you again. Also, you can always go to our website, www.rseala.org and download the current or even past issues of our newsletter.

10 Senior Discounts at Retailers in Louisiana

ALBERTSONS

Age for discount: Varies, senior discount is available at select stores throughout the country. Customers are encouraged to reach out to their store to confirm if there is a senior discount.

BROOOKSHIRES

Age for discount: 60+ every Tuesday and Thursday, customers 60 and older can save 5% off their grocery purchase when they use their Brookshire's **Thank You Card**. Eligible adults need to ask for the discount at checkout. The discount doesn't apply to milk and other dairy products and a host of other things including fuel, tobacco and prescription drugs.

WALGREENS

Age for discount 55+. 20% off eligible in-store merchandise on the first Tuesday of each month. Must have a Balance Rewards Card.

THE SALVATION ARMY THRIFT STORES

Age for the discount is 55+. Up to 50% off on senior discount days (varies by location).

For a complete list of other retailers that offer senior discounts use this link. **https://www.theseniorlist.com/senior-discounts/**

STRONG INVESTMENT RETURNS PAVE THE WAY FOR A FUTURE COLA FOR LASERS RETIREEES

Providing cost-of-living adjustments (COLAs) to retirees remains a top priority for the LASERS Board of Trustees and Executive staff.

Thanks to the strong investment performance achieved by the LASERS Investment Division in recent years, the System's Experience Account has received sufficient funds from excess earnings to fully support a COLA in 2026.

At its September and October meetings, the LASERS Board began discussions about potential legislation to authorize a 2% COLA for eligible retirees, pending approval by the Louisiana Legislature. The LASERS staff will submit this proposal in the 2026 Regular Legislative Session, which begins March 6, 2026.

To qualify, regular retirees must be at least 60 years old and have been retired for one year by the anticipated COLA date of July 1, 2026. For survivors, eligibility is based on the age the retiree would have reached by that date. Disability retirees have no age requirement. These rules were set by the Legislature in 2009.

Under Louisiana law, any COLA legislation must receive a two-thirds vote of both the House and Senate and is subject to gubernatorial approval.

For more information about COLAs, please visit www.lasersonline.org/Act-184.

Finally, if you have not already done so, please sign up for LASERS emails through our website at www.lasersonline.org to receive timely updates as we move closer to the 2026 legislative session.

FORM 1099-R MAILING IN JANUARY

1099-R forms will be mailed by January 31, 2026. Please allow up to two weeks for delivery. If you have not received yours by February 14, you can access or print it in your myLASERS account.

For corrections or a mailed duplicate, contact LASERS at 225.922.0600 or 1.800.256.3000. For tax-related questions, please consult your tax advisor. More information is available at www.lasersonline.org/retirees/1099r.

IMPORTANT NOTICE ABOUT YOUR JANUARY-MARCH 2026 BENEFIT PAYMENTS

Please note that your benefit payments scheduled for January 1, February 1, and March 1, 2026, fall on a holiday or weekend, which may affect when your funds are available.

Direct deposits are guaranteed to be in your bank or credit union on the first day of the month. If the first falls on a weekend or holiday, funds may not be available until the following business day. In these cases, contact your financial institution directly to know when your funds will be made available to you. That decision is made by your financial institution, not LASERS.

If you have not received your monthly benefit payment by the first business day of the month, please contact LASERS at 225.922.0600 (Baton Rouge) or 800.256.3000 (toll-free).

SEARCH FOR UNCLAIMED PROPERTY ONLINE

The LASERS unclaimed property list was recently updated on our website at www.lasersonline.org/retirees/unclaimed-property.

By searching the list, you can quickly see if LASERS is holding any funds that belong to you or your beneficiary. These funds may include unclaimed benefit checks or contributions left by deceased members.

If you find your name, simply complete the form provided on the webpage to start the process of claiming your funds.

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