

## **PRESIDENT'S REPORT**

**By JANETTE DOLABSON**

### **Retirement Luncheon:**

Thank you for all those who came out to our retirement luncheon Oct. 3th. A special thanks to our retirees, new and those who have retired before the last few years. Thank you all for your service and membership. Thank you to our staff for all your hard work outing together this event. Thank you to our invited guest for coming out and sharing the day. National Director of Life Insurance, Jim Yates, RAA for the NBA office, Jeff Frazee and Calvin Brookins, CSALC President, Harold Kelso, CSALC Director of Retirees, Leroy Collier, CSALC Secretary, Mark Lesch, and President Branch 2086 Debbie Kelly.

### **Injured Workers:**

The Postal Service has an obligation to make every effort to assign compensably injured workers to limited duty consistent with the employee's medically defined work limitations.\*

ELM Section 545.31 instructs the supervisor or manager who authorizes medical care to advise the employee, in writing, of the obligation to return to work as soon as possible. "Return to work" refers to work in the employee's bid assignment or work in other locations and positions. Notification to the employee must include the following:

- If a specific alternative position is available, the supervisor/manager must advise the employee in writing of the specific duties and physical requirements of the position.
- If no specific alternative position is necessary, the supervisor/manager should advise the employee of any change the agency can make to the employee's permanent assignment to accommodate the employee's limitations due to the injury.

Postal Handbook EL-505 directs managers to consult with the occupational health nurse, contract physician or the treating physician (in writing) to ensure that the limited duty assignment is consistent with the injured worker's medical restrictions. This may or may not happen, and job offers may sometimes exceed the employee's limitations. Injured workers

**(Continued on Page 2)**

**--SPECIAL--  
NOTICE  
NO BRANCH MEETING  
IN DECEMBER  
BRANCH 2462 HOLIDAY OPEN  
HOUSE  
SATURDAY EVENING  
DECEMBER 3, 2022  
AT  
MASONIC LODGE  
14750 Sherman Way, Van Nuys, CA  
DOORS OPEN 6:00 PM-DINNER 7:00 PM  
ALL MEMBERS AND THEIR FAMILY  
ARE INVITED TO ATTEND  
FREE FOOD - FREE DRINK - FREE FUN  
DOOR PRIZES FOR MEMBERS  
FOOD WILL BE CATERED BY  
STONEFIRE GRILL**



"The MailCall" is published monthly by "Heart of the Valley Branch 2462, NALC, 6910 Hayvenhurst Ave., Suite 104, Van Nuys, CA 91406 in the interest of and for the Letter Carriers of the Van Nuys Post Office and its Stations. **ARTICLES FOR PUBLICATION MUST BE IN THE HANDS OF THE EDITOR ON NIGHT OF THE REGULAR BRANCH MEETING. ALL ARTICLES MUST BE TYPED OR ON COMPUTER DISK WITH SINGLE LINE SPACING.** The Editor reserves the right to delete any article he deems necessary, improper, or unfit. All opinions expressed are those of the writer and are not necessarily those of the Editor or Branch 2462, NALC. The views expressed in this document are those of the author and do not necessarily represent the official views of the U.S. Postal Service. In the hopes that any material contained herein may be of benefit to your Branch and to the goals of the NALC, permission is granted to copy and/or use any material in this publication with our best wishes.

## ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	3	4	7				5	6	6	5	7
ENCINO	3	4	4				4	4	3	2	4
PANORAMA CITY	4	4	4				4	5	3	3	4
SHERMAN OAKS	2	4	3				5	4	6	4	5
SUN VALLEY	0	0	0				0	0	0	0	0
TARZANA	0	0	0				0	0	1	0	0
RETIREE'S	9	7	7				6	8	5	7	8
TOTAL	21	23	25				24	27	24	21	28

## NEXT MEETING TUESDAY JANUARY

# 3rd

# 2023

## 6:30 p.m.

**It Will Be Held At the  
UNION OFFICE  
6910 Hayvenhurst Ave  
#104  
Between Van Owen & Sherman Way**

**DEADLINE DATE FOR THE NEXT  
ISSUE OF "THE MAIL CALL" IS**

## Jan 8, 2023

**WEB PAGE.... WWW.NALCBRANCH2462.ORG  
BRANCH OFFICE.....818-786-8505  
O P C PERSONNEL OFFICE.....818-374-5600  
E-Mail.....Branch2462nalc@gmail.com**

## PRESIDENT'S REPORT

(Continued from Page 1)

are often given job offers and told they must immediately accept the job offer or they will be sent home in a non-pay status. While this is a violation of postal regulations and handbooks, the injured worker should never refuse the job offer. They should instead review the job offer with their supervisor or manager. The Postal Service normally makes a job offer on PS Form 2499. Section I of the form contains employee information, Section II contains the hours and duties of the job, and Section III is where the employee can accept or refuse the job offer. Just above the place to accept or refuse the job offer, Section III of the 2499 states: Supervisor/manager should discuss this Offer of Modified Assignment (Limited Duty) and the duties of the assignment with the employee. If the employee has concerns (e.g. task, work location, or medical limitations) not addressed with this offer of Modified Assignment (Limited Duty), the supervisor/manager should discuss the concerns with the employee and, if possible, suggest alternatives. If the employee raises additional medical issues such as disability or seeks a reasonable accommodation, the supervisor/manager, must engage in an interactive discussion with the employee (see Handbook EL-307, Reasonable accommodation, An Interactive Process" for specific guidance). These discussions must be documented on page 2, Section IV of this form. This language is important for injured workers as it provides an interactive process for going over each facet of the job offer in detail. If you can perform some of the duties of the job offer, let management know you are ready and willing to do so. However, if there are portions of the job offer that you think exceed your medical restrictions, you should write them on the 2499 under Section IV: Documentation. Postal and federal regulations allow the injured worker to take the job offer to their attending physician. Injured workers who get a job offer where some of the duties may exceed their medical limitations should accept the job offer, do what work they feel is within their medical limitations and take the job offer to their physician for review. Accepting a job offer that may exceed an injured worker's medical restrictions does not waive the opportunity to contest the propriety of the job offer through the grievance procedure. Refusing a job offer puts the injured worker at risk. Section 8106 of the Federal Employees Compensation Act (FECA) imposes severe penalties for partially disabled employees who either refuse to seek suitable work or refuse or neglect to work after suitable work is offered. Receiving an 8106 sanction for not accepting a job offer can lead to termination of benefits, including schedule awards. OWCP will not make a suitability determination on a job offer unless the injured worker refuses the job offer. If OWCP finds the job suitable, the claimant will be given a 30-day notice to either accept the job offer or provide medical evidence that the job is unsuitable. While this affords an opportunity to have a physician review the job offer, the physician's report does not guarantee the job offer will be subsequently found unsuitable. If OWCP continues to find the job suitable, the injured worker will receive a 15-day letter advising them that they must accept the job or benefits will be terminated. Once OWCP gives an injured worker an 8106(c) sanction, it is difficult, if not impossible, to reverse. When in doubt, accept any job offer and write "under protest" next to your signature. Then schedule an appointment with your treating physician as soon as possible and file a grievance if necessary.

# Health Benefit Report

by  
**LARRY DOLABSON, HB Representative**

**Open Season will end December 12th . Sign up for the NALC HBP before it's too late.**

The NALC High Option Plan—Aetna Medicare Advantage—

is designed to provide you with extra savings and enhanced benefits and programs, while allowing you to continue to be an important part of the NALC Health Benefit Plan and remain in the Federal Employees Health Benefits (FEHB) Program. Eligible High Option members who choose to opt into the program will have no additional premium costs. You will continue to pay only your High Option Plan premiums. Highlights of the program include:

- A \$75 monthly Part B premium reduction (up to \$900 a year) for each eligible member
- A Prescription drug coverage as low as \$0
- A Dental coverage
- A Vision coverage
- A Silver Sneakers® fitness program (a registered trademark of Tivity Health Inc.)
- A Non-emergency transportation program
- A Meal benefit program

Type of Enrollment	Enrollment Code	Premium Rate			
		Biweekly		Monthly	
		Gov't Share	Your Share	Gov't Share	Your Share
High Option Self Only	321	\$259.72	\$102.98	\$562.73	\$223.12
High Option Self Plus One	323	\$560.52	\$241.73	\$1,214.46	\$523.75
High Option Self and Family	322	\$611.42	\$211.30	\$1,324.74	\$457.82
CDHP Option Self Only	324	\$167.18	\$55.73	\$362.23	\$120.74
CDHP Option Self Plus One	326	\$368.86	\$122.95	\$799.19	\$266.40
CDHP Option Self and Family	325	\$396.08	\$132.03	\$858.18	\$286.06
Value Option Self Only	KM1	\$137.22	\$45.74	\$297.31	\$99.10
Value Option Self Plus One	KM3	\$302.71	\$100.90	\$655.87	\$218.62
Value Option Self and Family	KM2	\$325.22	\$108.40	\$704.63	\$234.88

# "THE MAIL CALL"

## BRANCH 2462, NALC

Francisco Valenzuela, Editor  
6910 Hayvenhurst Ave., # 104  
Van Nuys, CA 91406

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
VAN NUYS, CA  
PERMIT No. 314

Address Service Requested

### Branch Meeting Minutes

November 1, 2022

By

Steve Seyfried, Secretary

The Meeting was held at the Branch 2462 Union Hall 6910 Hayvenhurst Ave, #104 Van Nuys California. It was called to order by PRESIDENT J. DOLABSON at 7:07 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS POWERS

**MOMENT OF SILENCE--In Memory of ALL LETTER CARRIERS that have passed in 2022.**

#### ROLL CALL OF OFFICERS

**PRESENT**—J. DOLABSON, MACARAEG, SEYFRIED, WILSON, MULLINAX, POWERS, JEFFREY, L. DOLABSON, VALENZUELA

**ABSENT**—JOHNSON, BURTON, DUENEZ

**CORRECTION TO OCTOBER MINUTES**—Motion was unanimously passed to donate \$ 100.00 to the North Valley Caring Services for Halloween

**CORRECTED MINUTES ACCEPTED AS PRINTED IN MAIL CALL**

**CORRESPONDENCE READ—NONE**

**APPLICATION FOR MEMBERSHIP—**

**EVELYN AVELAR, MARCO CARRANZA MARTINEZ, CHANTRAJING CHEA, CHRIS COLEMAN, NATHAN DeGURZIAN, KEVIN HERNANDEZ, EVAN TAVARES, ALEXANDERA KEYES, PAULA SILVA, MANUEL TORRES, LEWIS PERRY, CLAUDIA VARONA, KIRILL PREDTETCHENSHLY,**

**BILLS READ—NONE**

#### COMMITTEE REPORTS

**AUDIT & BUDGET**—TRUSTEES Audit will be held in January, date to be announced.

**SAFETY & HEALTH** Same problems with Carriers not following Earbud policy, not fastening seat belts when in drivers' seat and delivering to mounted boxes and improper lifting procedures. Remember if you needed a "Buddy" to help you with a parcel in the office, you will need one out on your route also. Notify your supervisor that you will need someone to come out to your route when it is time to deliver this item.

**RETIREES** 8 Retiree's present tonight. Retiree Luncheon was a great success with 104 people attending. Full report will be forthcoming, but looks like we came in Under Budget. Thanks to all who attended.

**MDA FUND--POWERS** \$ 2008.00 in the fund

**HBR—L. DOLABSON** Open Season is from November 14<sup>th</sup> thru December 12<sup>th</sup>. New Medical Advantage Plan now being offered to Retiree's. Check out in December MailCall.

**MDA—MACARAEG** New Jamba Juice Cards are still available, contact your Shop Steward to purchase a

two for one card. They are \$ 10 and proceeds go to MDA; we will be looking at having a Bowl-a-Thon early next year.

**MBA—DUENEZ** No Report

**POLITICAL—BURTON** PAUL JEFFREY did a precinct walk with KRISTY SMITH, ALEX PADILLA & DELORES HUERTA

**EDITOR—VALENZUELA** All is Well

**FINANCE REPORT—MULLINAX** Thanks to all who attended the Frank Brash Retiree Luncheon. We had over 100 in attendance, and all had a great time. New Retirees EDDIE BERGARA & MARK GOLDSTEIN were congratulated on their recent retirement. New raises will be coming soon, CCA's will receive 2.3 % and Active Carriers 1.3 %.

**TREASURERS REPORT—WILSON** Financial Reports were read by the Financial Secretary.

**MOTION TO ACCEPT REPORTS AS READ** M/S/C

**VICE-PRESIDENT MACARAEG** Shop Steward class for new Steward applicants were a great success.

**PRESIDENT J. DOLABSON** Gave her report which will be published in the MailCall

**OLD BUSINESS—NONE**

#### NEW BUSINESS

**MOTION**—Branch cancel the DECEMBER REGULAR MEETING and hold a Christmas Party instead. The party will be on Saturday December 3<sup>rd</sup>.

M/S/C

**MOTION**—Branch donate \$ 100.00 to the North Valley Caring Services Outreach Program for Christmas

M/S/C

**MOTION**—Branch give the JESUS CRUZ family \$ 100.00 for Christmas

M/S/C

**MOTION**—The EXECUTIVE BOARD be empowered to conduct any and all business of the Branch from November 2, 2022, through January 3<sup>rd</sup> 2023

M/S/C

**UNDERLINED INDICATES UNANIMOUS VOTE**

#### GOOD OF ASSOCIATION

**The new graduating class of Shop Stewards were honored by the Branch and presented with their GRADUATION CERTIFICATE & SHOP STEWARD PIN All were promoted to either FULL SHOP STEWARD or ALTERNATE STEWARD POSITIONS AT THEIR STATIONS. CONGRATULATIONS ON A JOB WELL DONE AND FOR YOUR DEDEICATION. Also GUIERMO MARISCAL of Sherman Oaks Station was presented with the 2022 HARRY BRENNEMAN AWARD as OUTSTANDING SHOP STEWARD of 2022**

#### MDA DRAWING

\$ 3 LIZ BOCANEGRA —MAIN OFFICE—DONATED  
\$ 5 MIGUEL MALDONADO—MAIN OFFICE--DONATED  
\$ 7 TIA WILSON—RETIRED (SUN VALLEY)

Meeting Adjourned 8:58 PM