

PASR Times

Pennsylvania Association of
School Retirees Newsletter

WINTER 2023

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RECREO 2024

SAVE THE DATE

Help PASR Feed PA | 14



President's Message

William D. Neugebauer, PASR President

It is hard to believe that my two years as your State President is almost over! It has been a very busy two

years, I have most certainly enjoyed. I traveled all over the state, visiting and learning all about the great things our many Chapters and their members are doing. Recently Linda, PASR Immediate Past President Judy Schaffer, and I traveled to Erie Chapter to present the "Shot of J&B" program. They welcomed us with open arms and fed us great food. After our visit to Erie, we traveled to visit the Alle-Kiski and Snyder Chapters. Being able to visit all our Chapters and talking with PASR members has been the highlight of my Presidency.

The Meeting of the House of Delegates was held on October 15th through the 17th. Kudos to the folks who made this State meeting the great success that it was! Headquarters' staff and especially the team from Region 7, including the hard work of Lori Greene and Myleen McCollum who pulled off a great House of Delegates meeting; one we will not soon forget.

Congratulations to Thomas Curry of Region 6, who received the Fred McKillop award this year. Lori Busdecker who is Mark McKillop's cousin, Fred McKillop's daughter, presented the award to Thomas. Also, congratulations to Kathleen O'Rourke, who received the first Mark A. McKillop Leadership Award. Both members are certainly deserving of their awards. Mark McKillop was posthumously recognized with a Fred McKillop award; this was presented to Lori during our Monday night banquet.

After the awards, we were entertained by a musical group from Region 7 with which Lori Greene is a member. She served as vocalist for the group who played music from the 1940's through the 1980's. They were a wonderful group of talented musicians and were warmly accepted by our group. I even remembered some of the lyrics to some of the "older classics".

The SSMHF Basket Raffle offered 42 baskets for members to bid on this year. This raffle raised more than \$2,000 to help members in need. Thank you to all of those who made this possible, from donating baskets to purchasing tickets, it's because of you that we can continue helping those in need. Also, in the third plenary session, Jean Young, SSMHF State Committee chair, presented a very moving tribute to our members who passed since our last

House of Delegates in 2021.

I want to extend my heartfelt appreciation to the Region Directors who are terming out in 2023. You will be missed; however, I know that you will remain active in your Regions as well as your Chapters. Kathleen O'Rourke as Leadership Development Chair, Mamie Bryan as Membership Chair, Robert McNamara as Region 3 Director, Mary Jane Hammers as Region 5 Director, and Yvonne Jones as Region 11 Director. Everyone on the Board of Directors as well as the State Committee Chairpersons were so very helpful to me during my Presidency, your kindness hasn't gone unnoticed; I'm truly thankful.

I want to take this opportunity to thank Judy Schaffer for her devotion to PASR and wish her well as she leaves office as Immediate Past President. Knowing Judy as well as I do, I'm sure that she will continue to stay active in her Region as well as her local Chapter. She has been a strong force in helping to move PASR forward and will be missed.

We are, once again, calling upon members throughout the state to take part in this statewide event; Feeding PA. Feeding Pennsylvania is a non-profit organization that works with food banks across PA to help meet their nutritional needs. They work with nine member food banks to provide food assistance to nearly 2 million people annually. The last time PASR participated in this project, we raised \$43,490 for food for Pennsylvania residents. This was a huge accomplishment for us, and we are proud to be able to help those in need.

As I leave the office, I know that I leave the group in good hands. The officers you've chosen are a dedicated group of individuals who possess a deep commitment to both our organization and its members. They are strong in our desire to get a COLA for our members who have been retired for many years and are living from paycheck to paycheck. Your newly elected officers will continue the work of PASR, and I will be there cheering them on.

Please continue to stay active in PASR and remember your neighbor or chapter members who may be in need. Extend a helping hand by ensuring their well-being.

Remember: Act as if what you do makes a difference.
It does!

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Executive Director Report

Challenges

By Kristen Holjes, Executive Director

The holiday season is my favorite time of the year! I enjoy spending time with my family and friends, decorating for the season,

sitting by the fireplace, and eating all of the wonderful holiday treats. I take some time to remember the things that are important to me and try to re-center before the New Year.

The New Year will be quite a challenge in my household. I have one daughter earning her college degree and another daughter earning her high school diploma. Each will be starting a new adventure in 2024. As the second semesters start, the anxiety and excitement of what is to come will be a topic in our daily discussions. While change can be positive, it can also be challenging. The future can be scary. It will take a lot of encouragement and reassurance to get us all through.

Just as the end of high school and college are milestones in our lives, preparing for and enjoying retirement can present similar feelings to those that previous life changes have brought. PASR offers a one-stop source of information, benefits, community service, travel opportunities, and legislative communications that are pertinent to your retirement. PASR is

here to serve you and to help make retirement as enjoyable as possible.

One way we hope to bring some joy to your lives is offering fantastic travel opportunities. In 2024, we are offering two new discounted travel opportunities for our members. One to the Canadian Rockies and Glacier National Park and the other is the Adirondack Rail and Sail.

Of course, PASR and its members always look to improve lives and our communities. PASR recognizes that food insecurity is an issue that many struggle with now more than ever. In February 2024, we will be holding a statewide fundraiser for Feeding PA to help alleviate food insecurity in our communities. If you can afford to donate, please consider doing so as our goal is to raise \$50,000. If any of our members are struggling to pay their bills, we have a Social Service Memorial Honor fund that is available for those in need. Please contact our office if you have any questions.

As the season draws near, I reflect on the accomplishments that have been achieved and look to how I can do better in the new year. In 2023, we saw an increase in membership! We were able to improve and increase our

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www.youtube.com/channel

President | William D. Neugebauer

Acting President-Elect | Mary K. Davis

Acting Vice President | John N. Werner

Treasurer | Diane E. Motter

Assistant Treasurer | VACANT

Past President | Judith L. Schaffer

Executive Director | Kristen M. Holjes

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Legislative Update

WE ARE BEING HEARD IN HARRISBURG!

By Mark Krempa, Administrative Officer

According to Winston Churchill, "Americans will always do the right thing, only after they have tried everything else." At PASR we hope that this sentiment holds true for the Pennsylvania General Assembly in regards to a Cost Of Living Adjustment (COLA) for PSERS annuitants because we know that they have done everything except grant a COLA for over 20 years!

PASR's ideal COLA legislation would be to provide a 25% increase to all pre Act 9 retirees to erase the 25% deficit that Act 9 created in their pensions compared to those who retired after Act 9 went into effect, AND an annual COLA for everyone every year that is tied to a measure of inflation. At the moment, this goal is purely aspirational because the PA General Assembly has refused to act to provide any type of COLA and has shown reluctance to pass a smaller COLA for pre Act 9 retirees only. Alas, we endeavor onwards and act to secure as much of this goal as possible as the political realities of the day will allow.

PASR, through the communications of its members with their legislators, has achieved two victories in the fight for a COLA. First, The PA House of Representatives passed House Bill (HB) 1416...further than any other COLA legislation in the past 20+ years! We owe Representative Deasy and Malagari our thanks for championing these bills. This bill would grant pre Act 9 retirees between 15-24.5%, depending on the retirement date of the annuitant. A companion bill has been introduced in the Senate by Senator Muth (Senator Kane introduced a similar bill as well) in the form of Senate bills (SB) 952. **We now need the Sente to pass either HB 1416 or SB 952! Please visit our website to utilize a form letter to communicate with your Senator about your desire for them to pass a COLA this year!**

The second victory has come in the form of SB 864. Senator Katie Muth was the prime sponsor of this bill, which would grant pre Act

9 retirees a COLA of between 15 and 24.5%, just like HB 1416, AND provide an automatic COLA to every PSERS annuitant every three years. Such a bill would eliminate the need to beg legislators every year for a COLA, as a COLA would be awarded automatically and be pegged to a measure of inflation. Moreover, this bill would provide a COLA to post Act 9 retirees as well as pre Act 9 retirees. It would provide limits such as a maximum increase of 7%, but, if adopted, it would be the first ever automatic COLA for PSERS annuitants! Sadly, the General Assembly seems to have little appetite for such a bill. As such, PASR is strongly urging the passage of HB 1416 and then PASR will work to secure a COLA for all annuitants, as some post Act 9 annuitants have gone over 20 years without a COLA while inflation has diminished their pension significantly.

PASR regrets the that HB 1416 would provide a COLA only to Pre Act 9 annuitants, but PASR was faced with the decision to either accept a COLA for some of those most in need or accept nothing for everyone since legislators have made it clear that any COLA for all annuitants is very unlikely to occur at this time. Consequently, PASR has reluctantly accepted that something is better than nothing and that PASR will use this potential victory as a stepping stone to securing a COLA for everyone in the future. PASR simply could not refuse to support HB 1416 and risk not securing some financial help for Pre Act 9 annuitants that are an average age of 83 and receive an average of \$18,500 per year from PSERS.

PASR knows everyone could use a COLA and we are actively working to achieve this goal. The most helpful efforts to secure any COLA are constituents relaying their desires for a COLA to their elected officials. So far, PASR members have made their voices heard! We hope that you, our members, will continue to advocate for a COLA with veraciousness! As you do so, you may wish to note that there

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L/PEC Internet Donations Direct:

<https://www.pasr.org/member-donate-lpec/>
Or, you can donate by signing into the PASR Members' Only section at <https://www.pasr.org>. Then, click the Donate tab, and select Legislative/Political Education Committee Fund. This will open a Contributions page where you can enter your payment information. Then click the red "Send my Donation" button to complete your donation.

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2024 RECREO Calendar

FEBRUARY

Region 7 | Greene Chapter
February 3, 2024
My Fair Lady at the Benedum Center in Pittsburgh

MARCH

Region 11 | Philadelphia Chapter
March 2 - 10, 2024
Flower Show

Region 4 | Lancaster Chapter
March 5, 2024
Philadelphia Flower Show "United by Flowers"

Region 4 | York Chapter
March 7, 2024
Philadelphia Flower Show with Positano Coast

Region 12 | Pittsburgh Chapter
March 12, 2024
Lunch and Learn - Crate Cooking School

Region 2 | Lehigh Chapter
March 14, 2024
"9 to 5", Fulton Theatre, Lancaster

Region 4 | York Chapter
March 21, 2024
Sight & Sound - Daniel with Bird-in-Hand

APRIL

Region 2 | Lehigh Chapter
April 2 - 9, 2024
Florida Gulf Coast Getaway - Simply Travel

Region 4 | Lebanon Chapter
April 11, 2024
Gettysburg, Civilian Life During and After the Battle

Region 4 | York Chapter
April 15, 2024
Dutch Apple Theater - Piano Men

Region 4 | Lancaster Chapter
April 16 - 19, 2024
Springtime in Colonial Williamsburg, VA

Region 12 | Pittsburgh Chapter
April 21, 2024
CAPA HS Musical - Sweeney Todd

Region 1 | Bucks/Montgomery Chapter
April 24, 2024
Bristol Riverside Theater-"Piano Men Generations" concert

Region 11 | Philadelphia Chapter
April 26, 2024
Senior's Day at the Phillies

MAY

Region 4 | York Chapter
May 2 - 11, 2024
Collette: Mackinac Island, Grand Hotel & Tulip Time Festival

Region 5 | Mifflin Chapter
May 15, 2024
Stone Gables Estate Star Barn, Harrisburg, Lincoln & Lancaster Railroad Train Ride, National Christmas Center

Region 2 | Lehigh Chapter
May 15, 2024
"Tina Turner show", Resorts World, N. Y.

Region 4 | Lebanon Chapter
May 16, 2024
Spruce Forest Artisan Village & more

Region 2 | Berks Chapter
May 19 - 26, 2024
Bermuda Cruise on Norwegian (NCL)

Region 4 | Cumberland Chapter
May 20, 2024
Salute America Trip

Region 7 | Greene Chapter
May 21 - 23, 2024
Ohio Amish Country

Region 2 | Lehigh Chapter
May 31 - June 11, 2024
Spain's Classics - Collette

JUNE

Region 4 | Lancaster Chapter
June - To be determined
Tour St. Elizabeth Ann Seton area, Shrine of Grotto Lourdes & Gettysburg for Heritage Center And Museum

Region 4 | York Chapter
June 10 - 12, 2024
Historic Rights & Splendid Sights of NY

Region 2 | Lehigh Chapter
June 12, 2024
"Carol King show", Resorts World, N. Y.

Region 4 | Lebanon Chapter
June 20, 2024
Faith and Food Dine Around, MD

2024 RECREO Calendar

Region 9 | Venango Chapter

June 29, 2024

Cleveland Broadway Musical "Back to the Future"

JULY

Region 2 | Lehigh Chapter

July 10, 2024

Under the Rock and Roll Boardwalk, LiGreci, Staten Island

Region 7 | Greene Chapter

July 13, 2024

The Music Man at the Benedum Center in Pittsburgh

Region 4 | Lancaster Chapter

July 16, 2024

Lewes, DE Ferry to Cape May, NJ

Region 4 | York Chapter

July 16, 2024

Mystery Trip

AUGUST

Region 2 | Lehigh Chapter

August 7, 2024

Elvis show, Resorts World, N. Y.

Region 9 | Venango Chapter

August 13 - 14, 2024

Ark Encounter & Creation Museum

Region 4 | Lebanon County

August 15 - 16, 2024

Johnstown, PA

Region 4 | York Chapter

August 15 - 22, 2024

Wisconsin Dells

SEPTEMBER

Region 4 | York Chapter

September 17, 2024

Mystery Trip

Region 4 | Lebanon County

September 19, 2024

Mystery Trip

Region 2 | Lehigh Chapter

September 29 - October 7, 2024

Painted Canyons of the West - Collette

OCTOBER

Region 4 | Cumberland Chapter

October 1 - 3, 2024

1000 Islands Highlights Trip

Region 4 | Lancaster Chapter

October 10 - 14, 2024

Canada & New England Cruise (Royal Caribbean Liberty of the Seas) from Cape Liberty, NJ

Region 4 | York Chapter

October 13 - 24, 2024

Collette: Memorials of WWII, 80th Anniversary of the D-Day Landing

Region 4 | Lebanon County

October 14 - 17, 2024

Long Island, New York

Region 1 | Bucks/Montgomery

October 23, 2024

Make and Take Flower Arranging

Region 2 | Lehigh Chapter

October 29, 2024

The Boss - Springsteen show, LiGreci, Staten Island

Region 4 | York Chapter

October 13 - 24, 2024

Fangs & Farm

NOVEMBER

Region 4 | Lebanon County

November 14, 2024

Byer's Choice, Pearl Buck's House & more

Region 4 | York Chapter

November 20, 2024

Toby's Dinner Theatre - Sound of Music

DECEMBER

Region 4 | Lancaster Chapter

December - To be determined

Brandywine Christmas DuPont Family

Region 2 | Lehigh Chapter

December 6, 2024

Christmas show, American Music Theatre

Region 4 | York Chapter

December 8 - 11, 2024

Trapp Family Lodge Christmas

Region 4 | Cumberland Chapter

December 9 - 11, 2024

Norman Rockwell Christmas Trip

Region 5 | Mifflin

December 13, 2024

American Music Theatre Christmas Show
The First Noel

Region 1 | Bucks/Montgomery

December 14, 2024

Glencairn Museum "Christmas in the Castle" tour

Chapter RECRESO Committee Chair Directory

Region 1

Bucks/Montgomery	Linda	Majewski	majrl@msn.com	(215) 968-9629	
Chester	David	Seegers	dmseegers45@gmail.com	(610) 384-7137	(610) 952-0756
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Carbon	Sandra	Kokinda	slkok@ptd.net	(570) 386-5970	(484) 553-2004
Carbon	Lucinda	Sabol	zubartch@ptd.net	(570) 386-2017	(570) 249-4140
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Region 3

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Region 4

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Dauphin	Sandra	Novotni	smnovotni@aol.com	(717) 766-5139	
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Juniata	Bonnie	Cvejkus	Bcvejkus@hotmail.com	(717) 444-0137	
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Lebanon	D. Lorraine	Royer	ronlorroy@verizon.net	(717) 867-1021	
York	Joy	Shoffner	ycpasrjoy@gmail.com	(717) 244-0428	

Region 5

Blair/Centre	Nancy	DeNicola	nld307@atlanticbb.net	(814) 946-4086	
Blair/Centre	Elizabeth	Happeney	efhappeney@yahoo.com	(814) 946-4487	
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Mifflin	Cynthia	Freed	shodan6@yahoo.com	(717) 248-5037	
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Union	Dolores	Komlos	dakkom@yahoo.com	(570) 523-6990	(570) 490-0276

Chapter RECREO Committee Chair Directory

Region 6

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Bedford/Somerset	Anne	Lewis	hunka@embarqmail.com	(814) 652-2783	(814) 977-3775
Cambria	Mary Ellen	Klamar	metibbott@yahoo.com	(814) 948-8066	(814) 659-6565

Region 7

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Greene	Nancy	Fox	dandnfox@gmail.com	(724) 627-6878	
Greene	Lori	Greene	lorigreene130@gmail.com	(724) 984-2105	(724) 984-2105
Washington	John	Marano	jaymarano@comcast.net	(724) 228-2127	(724) 255-9950
Westmoreland	Cheryl	Walter	cheryl@norwinexpress.com	(724) 433-0087	(724) 433-0087

Region 8

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Butler	Margaret	Hoffman	mhoff80037@zoominternet.net	(724) 282-4454	
Clarion	Barbara	Speer	bspeer@verizon.net	(814) 229-7700	
Mercer	Sandra	Shuttleworth	shuttleworthsandra1@gmail.com	(724) 906-2172	

Region 9

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Warren/Forest	Janet	Peterson	jmp50@atlanticbb.net	(814) 779-9021	(814) 757-9480

Region 10

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Region 11

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Region 12

Pittsburgh	Glory	Getty	ggetty700w@aol.com	(412) 389-8211	(412) 389-8211
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Is your Chapter unlisted? Reach out to your Chapter President or Region Director to fill this vacant Committee Chair position!

2023 House of Delegates Recap

October was an exciting time for PASR as we held our 56th House of Delegates. From the installation of new officers, recognition of outgoing leaders, the banquet, and the incredible success of our SSMHF Basket Raffle, we have a lot to share with you!

New Officer Installation: First and foremost, we'd like to extend a warm welcome to our new officers. Their commitment to serving our community is truly commendable. It's a momentous occasion as they step into their respective roles, and we look forward to their leadership in the upcoming years.

President: Mary K. Davis
President-Elect: John (Jack) N. Werner
Vice President: Robert G. McNamara
Immediate Past President: William D. Neugebauer

We believe that these individuals will bring fresh perspectives and energy to our organization, helping us grow and serve our members even better.

Outgoing Leaders - A Tribute to Dedication: As we welcome new officers, we'd like to take a moment to pay tribute to our outgoing leaders. They have dedicated their time, energy, and expertise to our House of Delegates, leaving a lasting impact on our community. We extend our heartfelt gratitude to them for their tireless work and invaluable contributions. Their leadership has set a strong foundation for our organization's future, and we thank them for their unwavering commitment.

During our Second Plenary session, William D. Neugebauer, PASR President, bestowed certificates of recognition to:
State Committee Chairs:
Membership: Mamie Bryan
Retirement Planning: Diane Motter
Leadership Development: Kathleen O'Rourke

Immediate Past President: Judith Schaffer
Region 3 Director: Robert McNamara
Region 5 Director: Mary Jane Hammers
Region 11 Director: Yvonne Jones

Banquet - A Night to Remember: Monday night's banquet was truly a night to remember, thanks to the incredible entertainment provided by the V.F.W. Post 8543 Variety Big Band. Lori Greene, Region 7 Director, House of Delegates Co-Chair and the member of the band, sang swing music leaving everyone in awe of her remarkable performance. The performers wowed us with their talent, creating an atmosphere of joy and celebration. Their dedication to making our event special did not go unnoticed, and we express our gratitude for their outstanding performance.

During the banquet, we had the privilege of recognizing excellence within our community. Two awards were presented to deserving members who have made significant contributions to our organization. Lori Busdecker bestowed the Fred A. McKillop Award to S. Thomas Curry, Alle-Kiski Chapter for his dedication and service to advancing PASR Legislative priorities. William D. Neugebauer bestowed the Fred A. McKillop award to Lori Busdecker in honor of Mark A. McKillop (posthumously), and the first ever Mark A. McKillop Leadership Award to Kathleen O'Rourke for her service to PASR and in recognition of her exemplary leadership in a plethora of roles within PASR. Their hard work, dedication, and passion have not only enriched our community but also inspired others. We applaud their achievements and thank them for their commitment.

SSMHF Basket Raffle - A Resounding Success: The SSMHF (Social Service Memorial Honor Fund) Basket Raffle was an overwhelming success. Thanks to your contributions and participation, we raised an astounding \$2,200! These funds will directly support members in need and help us fulfill our mission.

We want to thank every member and Chapter who purchased raffle tickets, donated baskets, or volunteered their time to make this event possible. Your generosity has made a significant impact on the lives of those who require assistance within our community.

A Heartfelt Thank You: In the spirit of giving thanks, we extend our gratitude to all the volunteers who selflessly dedicated their time and effort to our recent events. Your hard work and passion are the driving force behind the success of our House of Delegates. Without your commitment, none of this would be possible.

Thank you, everyone, for being a part of our House of Delegates. Your involvement and support are what make our community special.

As we move forward, we encourage all members to continue to get involved, share your ideas, and contribute to our community. Your participation is essential to our growth and our ability to serve you better.

Stay tuned for more information regarding the 2025 House of Delegates.



**2023 Meeting of the
House of Delegates**



Calcium

More important now than ever



Keep your mouth - and body - healthy with a calcium-rich diet and United Concordia Dental insurance through Pennsylvania Association of School Retirees (PASR).

Calcium and strong enamel

Ninety-nine percent of calcium is stored in your teeth and bones. Tooth enamel is mostly made up of calcium phosphate and is the hardest tissue in the body—even harder than bone. It's this toughness that helps protect your teeth against acids in your mouth that cause decay.

How much calcium do you need?

Maintaining calcium levels throughout life can help prevent osteoporosis and bone loss around your teeth as you get older. The amount you need depends on your age:¹

Men 51-70 years	1,000 mg
Women 51-70 years	1,000 mg
Adults 71 years and older	1,200 mg

Eat calcium-rich foods

Milk, yogurt and cheese are great sources of calcium. But calcium is also found in non-dairy foods, such as sardines, salmon, oysters, dried beans and broccoli, as well as fortified foods like tofu, juice and certain cereals. Your doctor may also recommend taking calcium supplements.

Plan for a healthier mouth

The relationship between calcium and teeth is an important one. A calcium-rich diet and good oral wellness can help fight dental disease and ensure strong bones. But, good nutrition is only part of keeping your mouth healthy. Routine dental care also helps to spot issues early and treat before they become worse.

As a PASR member, you have access to dental plans at affordable, members-only rates. You can choose the plan that works best for you – both the Standard and Premium plans cover preventive care at 100% when you visit an in-network dentist. You also get coverage for basic and major services.

Dental insurance made easy



PASR's unique offering

Choose between two comprehensive dental plans



Find dentists online

Visit **UnitedConcordia.com** and click on **Find a Dentist** to search by city, state, ZIP or type of dentist



Easily access information

Create a **MyDentalBenefits** account to:

- Chat live with a customer service representative
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ByLaws Changes - 2024

PASR has changed quite a bit in the 86 years of operation. In 2023, the State Bylaws Committee gathered feedback from members and, with the help of the office staff, the State Bylaws Committee proposed eight changes to the state bylaws. The committee presented these changes at the 2023 Meeting of the House of Delegates, and they have been voted on.

The updated ByLaws can be reviewed by visiting <https://www.pasr.org/bylaws/>

In preparation for the 2025 Meeting of the House of Delegates, the incoming Bylaws Chair David Schell and PASR Administrative Officer Mark Krempa are working on additional proposed changes. If you have any suggested revisions, please send them to mkrempa@pasr.org or if you would like to discuss, call Mark Krempa at 717-697-7077 ext. 104.

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SAVE THE DATE! Help PASR Feed Pennsylvania

We at PASR would like to extend our heartfelt gratitude for your continuous support. Your generosity has helped us make a significant impact on our local communities.

Given the challenges presented by inflation and the drop in donations following the holiday season, we are reaching out to our valued members and friends once again to request your support in our mission to combat food insecurity across Pennsylvania. PASR proudly partnered with Feeding PA again for the 2024 year.

Two years ago, together, PASR members raised nearly \$44,000 to support hunger relief efforts in Pennsylvania. This year, we are aiming to surpass that remarkable achievement and make an even greater impact. We are excited to share that First Commonwealth Bank has kickstarted our fundraising efforts with a generous \$1,000 donation!

Feeding Pennsylvania is a statewide network of food banks, and they play a pivotal role in providing essential sustenance to those in need. They operate multiple food pantries across the state, ensuring that families and individuals have access to nutritious meals. What sets Feeding PA apart is its commitment to supporting local farmers by purchasing fresh produce, which in turn benefits our agricultural communities.

We understand that some of you may prefer to donate directly to your local food bank. If that's the case, please let us know which local food bank you choose to support, and the amount donated. This information will help us track the collective impact of PASR members on hunger relief efforts statewide.

Your support, whether big or small, will bring us one step closer to achieving our goal and making a positive change in the lives of those struggling with food insecurity in our communities. Thank you for your continued support and generosity. Together, we can make a difference and help ensure that no one in Pennsylvania goes to bed hungry.

Important Note: We kindly request that you refrain from making any donations directly to Feeding PA before February. Feeding PA will be providing us with a unique donation link, and your contributions through this link will be tracked to reflect PASR's collective impact. Your patience and cooperation are greatly appreciated. We will be sending the donation link to your emails in February. You may also send PASR Headquarters a check in February, please make it payable to "Feeding PA".

Pictured left to right: Evie Reese PASR Community Service Chair, Joe Culos First Commonwealth Bank, William Neugebauer PASR President, Kristen Holjes PASR Executive Director at the House of Delegates.



Winter Educational Zoom Schedule

We were blown away by the incredible turnout we had last year, and thanks to your enthusiastic response, we've decided to bring back even more winter Zoom sessions this year! Get ready for an encore of engaging, educational, and fun virtual events that will brighten up your winter days. We can't wait to see familiar faces and welcome new participants to our upcoming sessions.

Below is our current winter schedule, prepare for another season of learning and connection!

January:

- Jan 10th @ 10 am - Zooming Tips with Polly Shaw, Region 8 Director
- Jan 18th @ 10 am - When Enough is Enough: Setting Personal Boundaries as a Caregiver with Tina Smith
- Jan 25th @ 10 am - Power of Attorney and Guardianships with Jessica Fisher Greene

February

- Feb 1st @ 10 am - Opioids: What you need to know with Jerry Mitchell
- Feb 15th @ 2 pm - Top 10 Scams Against Seniors & ID Theft with Jerry Mitchell
- Feb 20th @ 1 pm - Basics of Dementia & Alzheimer's Disease with Lori Dierolf
- Feb 28th @ 10 am - Bringing Your Loved One Home from the Hospital or Rehab Center with Tina Smith

March

- Mar 6th @ 1 pm - Medicare vs Medicaid with Jessica Fisher Greene

Keep an eye out in your email for the link to register for these sessions! Have a topic you would like to see more on? Email suggestions to Nancy Mays at nmays@pasr.org.

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communication through our new legislative email software to help unify our members in communicating a need for the COLA (cost of living adjustment) to their perspective legislators. We have expanded our community service and social service opportunities. We were able to secure new benefits for our

membership and have had great success with our benefit and educational zooms. Consider joining us for our winter zooms in January, February and March (more information will be forthcoming)... we would love to have you! I hope that you too can take the time to reflect on your blessings and to identify new opportunities that lie ahead for you!

Who You Gonna Call?

Do you have a question about one of the following?...

- * Membership status with PASR
- * Questions about your Davis Vision by MetLife
- * Questions about United Concordia
- * Questions about PASR Discounts/Benefits

Call the Pennsylvania Association of School Retirees (PASR) at
717-697-7077

- * 1099-R or tax forms
- * Beneficiary Information
- * Late or missing pension checks
- * HOP questions

Call the Public School Employee Retirement System (PSERS) at
1-888-773-7748 or 717-787-8540

... Continued from page 4

is a \$14 billion surplus in the state coffers and that legislators will receive another COLA in their salaries which will have given them approximately a 20% pay increase over the past three years since their salary COLA is pegged to inflation. Additionally, Act 9 increased the pension multiplier for educators from 2 to 2.5, but legislators' multiplier increased from 2 to 3, giving them a 50% increase in their own pensions.

The PA government then saw fit to not contribute fully to the pension system for eight years, which contributed greatly to the PSERS fund

going from 125% funded to being 67% funded today, yet many legislators now say they can't vote for a COLA because the PSERS fund is not fully funded!

As Churchill also said, "I never worry about action, but only inaction". With this in mind, PASR will continue fighting to secure your retirement and we hope that you will join this fight with us; please visit our website <https://www.pasr.org/legislative-cola-information/> and use the available form to send a message to your state senator to urge him/her to pass COLA legislation NOW!

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