

Name _____ Guest _____

Chapter _____ Position held at Chapter, Region, or State level? _____

PASR Convention Attendees will have the opportunity to choose two (2) seminars on Monday afternoon, October 7th. Seminars will be held at **2:00 p.m.** and **3:15 p.m.** In order to avoid overcrowded seminar rooms, attendees are asked to pre-register for the seminars. Seating is limited in seminar rooms; and although we will attempt to assign you to your first and second choices, we would like you to designate your **first three choices in order of preference**. Attendees not pre-registering will have the opportunity to sign up at the convention, based on seating availability and on a first-come, first-served basis.

STATE COMMITTEE SEMINARS MONDAY, OCTOBER 7, 2019

In order of preference (1 through 3), please number your first three seminar choices.

_____ ***“THE FOUR PROPOSED BY-LAWS CHANGES” – By-Laws Seminar (ONE SESSION ONLY)***

This seminar will inform the members of and discuss changes to the By-Laws.

_____ ***“PASR FINANCES—WHAT YOU SHOULD KNOW!” – Finance Seminar (ONE SESSION ONLY)***

This seminar will be devoted to answering members' questions concerning the proposed 2019-2020 General Fund Budget and explaining the processes used by the PASR Board of Directors for establishing the budget.

_____ ***“LEGAL ISSUES ON YOUR MIND” – SeniorLAW Center's Wendy Bookler***

Wendy Bookler is the legal director for the SeniorLAW Center and she will be presenting on topics of import to seniors including concerns around housing and grandparents raising grandchildren.

_____ ***“FROM VANDERBILT'S FOLLY TO AMERICA'S SUPERHIGHWAY: THE PA TURNPIKE”***

Polly Shaw, a PASR member and published author, will provide attendees with a presentation on the original beginnings of America's first “super highway”. In the 1880s, there was fierce railroad competition to cross Pennsylvania's six mountain ranges with a more direct rail route to Pittsburgh. After several years, William Henry Vanderbilt finally called a halt to the expensive construction of nine tunnels and abandoned the project, regarded as Vanderbilt's Folly. In the 1920s there was renewed interest but this time for a limited access highway that would be based on the old railroad route, with a possible tenth tunnel. The PA Turnpike opened October 1, 1940. With many historic photos and souvenirs, explore the original 160 miles from Carlisle to Irwin, America's Superhighway.

_____ ***“PSERS HEALTH OPTIONS PROGRAM (HOP) UPDATE” – PSERS Seminar***

The Health Options Program Update presentation will review the benefits and premiums of the HOP plans for calendar year 2020.

_____ ***“PACE: All Inclusive Care For the Elderly” Janice Rodgers of Lutheran Senior Life***

Janice will present on a nursing home alternative. PACE programs offer comprehensive medical care, adult day services, and home care to help individuals live safely at home for as long as possible.

“YOGA After 60”- Christa Stebbing of Kindred Yoga

Join Christa Stebbing from Kindred Yoga in learning and experiencing how yoga can help you live a healthier, more vibrant life after 60. The session will begin with a brief talk about yoga for healthy aging, including scientifically-backed benefits of yoga, tips for keeping yoga safe and effective, and how to approach yoga if you have an injury or health issue. Christa will then guide you through a gentle practice that is accessible for all abilities - using a chair for balance will be optional. You'll leave with a short program you can do every day to improve balance, mobility, and reduce tension and stress.

“SSMHF Workshop” – Social Service Memorial Honor Fund Seminar by Diana Fesenmyer, State Chair

What PASR committee services confined members with phone calls, cards and gifts? What PASR committee helps local chapters pay for these services? What PASR committee helps confined members in financial difficulty? What PASR committee helps members pay their state dues if they are financially needy and want insurance? What PASR committee runs the Memorial Service at the chapter, region and state level? What PASR committee uses none of your dues monies to do this all? Come to The Social Service Memorial Honor Fund Workshop and learn more about SSMHF!

“Social Media 101: What Parents and Teachers Need to Know” – Anthony W. Luker, Pennsylvania Office of Attorney General

Provides a comprehensive overview of the following: (1) how to minimize one's vulnerabilities in the online community, (2) best practices in securing your device & the dangers of unsecure Wi-Fi network use, (3) the dangers of social media and the apps most popular among teens and young adults, (4) ICAC - Internet Crimes Against Children, (5) the dangers of online dating and dating apps marketed for teens, (6) real vs. hoax profiles on social media, (7) PA Crimes Code - Statute for online bullying and harassment, (8) how law enforcement can help protect you in the online community, (9) rights and responsibilities in the online community, (10) Online Fraud & Extortion- how to recognize and avoid, (11) digital footprint, digital permanence, and online background checks; (12) Robocalls, (13) Resources for parents and grandparents.