PASRTimes

Pennsylvania Association of School Retirees Newsletter

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LEGISLATIVE UPDATE

WE ARE BEING HEARD IN HARRISBURG! | 4 2022 Awards and Recognition **NEW PASR AWARD**

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President's Message William D. Neugebauer, PASR President

The days are now getting longer, many of us are

awaiting the time we can get out in our yards and clean up after a cold and windy winter. Some of us are also ready to do some planting as well. I guess everyone is angry with Punxsutawney Phil! Oh well, there's always next year.

At the January Board of Directors' meeting, I was pleased to welcome the following members to the Board as new Region Directors:

June Blair - Region 2 Jean Young - Region 4 Kathleen O'Rourke - Region 6 Polly Shaw - Region 8 Judith Yorks - Region 10 Robert Marko - Region 12

I would like to remind you to continue to look at the PASR website, which contains important information for you as a member. Once you're logged into the website, you can find how to utilize your membership. You will find PASR's Online Store, your current dental/vision plans and when you renew, Staff directory, PASR Leadership directory, and previous PASR Times. The 2023 State meeting calendar can also be found on the website, as well as many award forms.

At every Board of Directors meeting, Region Directors present names for Board commendations. In 1992, the Board of Directors helped establish a new form of recognition for outstanding individuals within PASR. The Region Director and/or the Region Executive Committee has full discretion as to who receives the Commendations and for what purpose. This is something that we can do to recognize members of our chapters for their hard work within the chapter and community. The Board Citation form can be found on the PASR site to use for nominating a member. Please consider making these nominations to recognize members you think deserve this award.

Our House of Delegates meeting will be held on October 15-17, 2023, at the DoubleTree Hotel in Cranberry Township, PA, north of Pittsburgh. The House of Delegates Committee has some exciting activities planned for your enjoyment. More information will be forthcoming. Many Chapters are getting back on a schedule for face-toface meetings and continuing to be active in their respective communities. PASR turned 85 years old in December 2022, and many of our Chapters and Regions have planned celebrations to honor this birthday. If your Chapter or Region celebrated this birthday, please send Headquarters your activities by a written report (and photo). We would like to share them with other Regions and Chapters.

Local elections are important to all of us, and we need to continue to support our local candidates. It is your right and responsibility to cast your vote for your chosen candidate. Please take this job seriously and vote on May 16, 2023, in PA. Perhaps you could also provide a ride to the polls for a friend who is in need.

Linda and I did not get to Florida this past year and the reason is Hurricane Ian. Where we stay took a direct hit from the storm and still is recovering. We are hoping to maybe visit in the fall. In the meantime, we are traveling to Myrtle Beach in June with our dear friends from the Washington County Chapter. I have my books already packed.

One more personal note, I recently had a minor fender bender, which was not my fault. I took my 2012 car to the garage and was given a brand-new car for a week. WOW! I had to learn to drive all over again! I had to quickly learn the radio system, the lighting system, but most importantly, how to start the car with a push button and no key. It was a very long week indeed.

Last but certainly not least, once again, I want to give a BIG shout-out to our wonderful staff at Headquarters. These dedicated folks are always ready to answer your questions and help you through any difficulties that you may have. They are all aware of each other's job responsibilities, so they can meet your needs. They are kind and professional and care about every member.

Thank you, PASR staff!!

I would like to encourage all of you to remember how important it is that we continue to check on fellow PASR members. A visit, phone call, or a card would mean a great deal to someone who is unable to attend meetings.

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Executive Director Report

Recognizing Service

By Kristen Holjes, Executive Director

Over the past twenty five years I have worked at PASR, one of the things that has always impressed me is the

number of volunteer hours and service that school retirees provide to their communities. After numerous years of preparing our youth to venture out into the world, our school retirees continue to give of their time, help others and share their talents with those in need. This issue of our PASR Times is special to me because it gives us an opportunity to recognize some of those who have touched countless lives. Thank you!

In retirement you can enjoy the best of both worlds—maintain the freedom you earned to do what you want, when you want and continue to perform valuable services in your community—through volunteerism. Service is one of the key elements that bring our members together and inspire them to join. A sense of community working for a common goal is very important and instrumental to ensuring our success. Our goal is to serve you. Whether it be through our dental or vision insurance, our legislative advocacy, or community service, we are constantly looking for ways to make your retirement better!

As I venture on this journey, as your Executive Director, I reflect on what has meant the most to me as I have worked at PASR – YOU! Our members are family to our staff. We have and will continue to work tirelessly to serve you. We will be reaching out to our members in the weeks ahead to give you legislative updates as well as our efforts to secure a COLA for you. If you have not shared your email address with us, now is the time. We use your email to communicate and keep you up to date.



PASR Times, the official publication of the Pennsylvania Association of School Retirees, is published four times annually (March, June, Sept., and Dec.). Subscriptions are only by membership. Postage paid at Harrisburg, PA.

Legislative Update

WE ARE BEING HEARD IN HARRISBURG!

By Mark Krempa, Administrative Officer

Efforts by many PASR members to contact their legislators are producing results! At the present moment, Representative Dan Deasy and Senator Katie Muth (with support from Senator Kane) have agreed to sponsor legislation that would provide a cost of living adjustment (COLA) for PSERS annuitants this legislative term in their respective chambers. Moreover, fourteen Representatives have officially signed on as cosponsors of the proposed bill in the House of Representatives, with many more expressing unofficial support. Likewise, we are also hearing of support from various other Senators. The communications from our members to their elected officials in Harrisburg is making a COLA an issue that can no longer be ignored in the General Assembly! If you are a constituent of Representative Deasy or Senators Muth and Kane, please take a moment to contact their offices to thank them for their efforts.

While progress is being made and momentum is growing, giving reason for cautious optimism that a COLA may become a reality, we need to build upon this momentum and continue to let our voices be heard by our elected officials. PASR will be sending emails asking for your continued support, and the support of anyone that you can get to aid our efforts, so please keep an eye on your email and consider the requests that we make of you. Some of the "asks" that we will be making will be broad and sent to all of our members, but others will be designed to attempt to influence particular legislators that are in crucial positions in terms of getting legislation considered and passed and, as such, will be asks for members only in particular legislative districts. Again, please act upon these requests if you are able to do so as a COLA is desperately needed and it will take your efforts to secure a victory on this issue. The most common reason given by legislators for not acting on a COLA is that the PSERS system has an unfunded liability and passing a COLA would worsen the unfunded liability of the pension system. The state failed to make contributions to the retirement systems for ten years while those working in education paid their fair share into the system. Now, we are being told by many legislators that the system is underfunded and that a COLA is not possible. So, legislators created the problem through its decisions that led PSERS to go from fully funded to underfunded, but it is the retired educators who have and will suffer. Additionally, the state is sitting on a \$5 billion "rainy day fund" and legislators received 13.5% in COLAs the past two years combined in their salaries (which will boost their pensions!)! So much for preaching fiscal responsibility! Moreover, one proposal to give Pre ACT 9 annuitants a COLA would add less than one half of one percent to the unfunded liability of PSERS; yet, we are told by many legislators that this is too much to ask for. The hypocrisy is disgraceful.

PASR is stepping up its efforts, and is the only entity making a strong push, to meet with legislators and to keep a COLA on the agenda in Harrisburg with the hope of securing a COLA alongside the budget process this spring and summer. PASR alone, however, will not be able to accomplish this goal. We need your help to communicate the dire need for the first COLA in over twenty years, so please start to or continue to support our efforts on your behalf!

We thank you for your service to the state and your communities, to PASR, and for your support in this important effort!

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.

L/PEC Mail Donations: PASR L/PEC, 878 Century Drive, Mechanicsburg, PA 17055

Name: _____

Make Contribution Payable to L/PEC

Amount: \$ _____

Phone: (_____) _____ Address:

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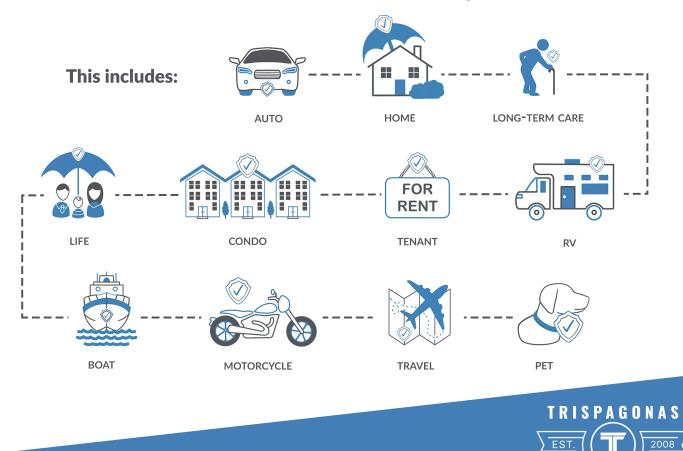
Let Us Help You Build a Custom Solution



INSURANCE

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Mark A. McKillop Award

In honor of Mark A. McKillop, who faithfully served PASR and provided invaluable leadership to the Association, the Mark A. McKillop Leadership Award will be bestowed upon one individual within PASR who has demonstrated those leadership qualities that Mark A. McKillop exemplified and that are listed below. The award shall be bestowed once every other year at the PASR House of Delegates.

Qualities to be demonstrated by the recipient:

- History of exceptional leadership that has facilitated, encouraged, or motivated others to deliver a better experience to PASR members
- Demonstrates the ability to work collaboratively and creatively, including adopting innovative models of operation
- Capacity to form harmonious and influential relationships with others throughout the organization with which they interact and beyond
- Distinguished record of service, dedication and caring; an outstanding role model of leadership
- A mentor known to share knowledge and experience generously for the purpose of motivating others to higher levels of performance

• Willingness to go "above and beyond" the conventional parameters of an established role for the sake of helping and inspiring others

The first recipent of this award will be annouced at the House of Delegates in October 2023.



* Not available in all areas

My PASR Story

By Sherry O. Morris, State MB&S Chair & Past Region 11 Director

I started at Penn State in the fall of 1969. One of the first people I met on campus was Vivian Hansbury, my college counselor. Little did I know then that in 45 years she would start me on my leader-ship journey with PASR.

I also met two wonderful women, Theresa Jackson and Diane Roberts who became my educational colleagues and lifelong friends. After graduation, my friends and I began our careers as educators in the School District of Philadelphia.

For 39 years I worked in various positions in special education as a classroom teacher, resource room leader, and special education liaison. After a wonderful career, I retired from the school district and decided to follow my passion for health, wellness, and gardening; I became a certified health coach and Master Gardener. During the next few years, I traveled with my husband and taught classes about healthy living and gardening.

In 2015, my friends reached out and told me that Mrs. Hansbury had become the president of the Philadelphia Public School Retired Employees Association (PPSREA), the Philadelphia Chapter of PASR. We were members of PPSREA and PASR, however, we were not active. I specifically remember joining PASR to support the organization that was fighting for our pensions. Mrs. Hansbury told us the organizations needed new "young members" and she thought we would be a great fit. Curious and not wanting to say no, we volunteered for the scholarship committee and later for the membership committee; there we met a warm and welcoming group of people. Next, Mrs. Hansbury said she needed someone to fill the vacancy of President-Elect for the organization. My friends convinced me, as the outgoing one, to volunteer as the President-Elect. They said they would be there to support me as we took this journey together.

In 2016, I became the President-Elect for PPSREA. In the seven years since I began this journey, I have also served as the Chapter President and the Region XI Director. Currently, I serve as the PASR

State Member Benefits Chairperson and a member of the Leadership Development Committee while remaining active with PPSREA.

Throughout these years I've volunteered to participate in all kinds of events from chairing meetings, getting

out newsletters, hosting luncheons and workshops to dressing up as a fisherman (hooks, poles, and boots) for a membership recruitment workshop. I've traveled hundreds of miles to meetings, conferences, and events. Did I mention I live in New Jersey?

A common question at PASR is why you joined. I want to talk about why I stay with PASR. Throughout this experience, I have encountered many fellow PASR members wanting the same thing - to give back to their respective communities and enjoy retirement at the same time. I've collaborated with members across the state on projects that would bring positive experiences to our school retirees. From behind the scenes, I've watched everyone from the administrative staff at headquarters to Board Officials, Board members, Chapter Presidents, and committee members all work to "serve others and help members enjoy retirement."

As a school retiree, I have not only volunteered to serve others, I have taken advantage of the programs and services offered through PASR. I can honestly say that I have saved money through the PASR member benefits program partnerships and discounts. I learned valuable information through the zoom workshops and conferences. And lastly, I continue to build relationships with some great people.

It's been a pleasure participating in PASR both at the chapter and state levels. I look forward to continuing on this journey.

2023 Meeting of the House of Delegates

By Lori Greene and Myleen McCollum Co-Chairs 2023 House of Delegates

Have you ever considered attending the PASR Meeting of the House of Delegates? It's a great opportunity to network with other members from across Pennsylvania and beyond to help improve the future of PASR. There are PASR ByLaws changes that will be voted on.

If you'd like to attend, contact your local chapter. Each chapter has an assigned number of delegates based on the state PASR membership.

This year's event is scheduled for October 15 - 17, 2023, at the Doubletree Hotel by Hilton in Cranberry Township, PA. It will be hosted by PASR's Region 7 (Fayette, Greene, Washington, and Westmoreland counties in Southwestern PA).

Our theme is "Stronger together...It starts with us." Our keynote speaker will be Mary Bach, a long-time Consumer Advocate who now Chairs the AARP Pennsylvania Consumer Issues Task Force.

Plans are currently being made to offer seminars on topics of interest such as: fraud, yoga, Hospice care, The Whiskey Rebellion, line dancing, and other interesting and useful topics.

More information will be forthcoming on how to register along with a more detailed account of planned events. We are looking forward to seeing you all in October.



2022 John Dillon Award Recipients

The John J. Dillon Service Award provides the opportunity for Chapters to recognize individuals that have given service to PASR. Dr. John J. Dillon was a Past President of the Association and was a consummate PASR volunteer. He was greatly involved at the Chapter and Region levels but most specifically at the State level where he was an instrumental figure in helping our association become what it is today.

PASR wanted to develop a way to recognize the outstanding service provided to the Association by individual volunteers at the Chapter, Region, and/or State levels. Since Dr. Dillon was such a valued member, the PASR Board of Directors decided to name this recognition award in his honor.

Each Chapter may grant the John J. Dillon PASR Service Award annually to the member of its choice. Eligible candidates include any volunteer serving PASR at any level, except a current Chapter President, Region Director, Region Representative, or State Officer.

An annual listing of the John J. Dillon Service Award recipients is hung on display at PASR Headquarters in the John J. Dillon Hall of Fame and certificates are provided to honorees.

2022 John J. Dillon Award Recipients were:

REGION 1

BUCKS - KENNETH J. GRIFFIN DELAWARE - ANNE T. MOSAKOWSKI

REGION 2

BERKS - ELIZABETH A. SCHMOYER CARBON - GLORIA J. BOWMAN LEHIGH - MARIA MCNABB

REGION 3

BRADFORD/SULLIVAN - PATRICIA A. BRINK LUZERNE/WYOMING- PATRICIA D. JACHIMOWICZ LUZERNE/WYOMING - LEONILDA M. SIKORA WAYNE/PIKE – ELOISE L. FASSHAUER **REGION 4**

ADAMS - KATHY S. HARRIGAN CUMBERLAND – LARRY L. STONER DAUPHIN – DONNA M. PLUMMER FRANKLIN – PATRICIA HECKMAN LANCASTER – SUE L. HOXWORTH LEBANON – LORRAINE ROYER YORK – JOY SHOFFNER

REGION 5

BLAIR – MARY JANE HAMMERS CLEARFIELD – WANETA LINGENFELTER HUNTINGDON - WILLARD E. STEWART MIFFLIN – JOAN D. LOEWEN SNYDER – JANET E. LATCHFORD

REGION 6

ALLE-KISKI – KAREN A. DERDA CAMBRIA – MARY ELLEN KLAMAR

REGION 7

GREENE – LORI E. GREENE WASHINGTON - BETTY ELLEN CLUTTER WESTMORELAND - RICHARD P. DAVIS

REGION 8

MERCER - HELEN T. JAEGER

REGION 9

ERIE – ELIZABETH S. TROCKI VENANGO – ELEANOR HRINYA

REGION 10

MCKEAN – MARGARET "PEG" KALLENBORN

REGION 11

PHILADELPHIA - STANLEY G. FIELD

REGION 12 PITTSBURGH – GLORY A. GETTY

WHO TO 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

How about?... * 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

2022 Lauretta Woodson Award Recipients

PASR's Lauretta Woodson Awards are named in honor of Dr. Lauretta Woodson, a retired English teacher from Eddystone School District who was highly instrumental in helping PASR become what it is today. Upon her passing, she bequeathed a generous sum of money to PASR to be used for the support of public education. Due to this donation, PASR was able to establish the Lauretta Woodson Recognition Program in her honor.

The purpose of the Lauretta Woodson Recognition Program is to honor one teacher and one support professional for doing an outstanding job within a district or school. Chapters select the award recipients and then present them with a certificate and a PASR pin. Chapters are encouraged to utilize this opportunity to secure positive publicity for both the school and the Association. Each Chapter is eligible to present the Lauretta Woodson Awards to one support professional and one teacher per fiscal year.

This year, Chapters from around the state participated in honoring support personnel and educators, including: **REGION 1 DELAWARE REGION 4 DAUPHIN REGION 8 BEAVER**

- **TEACHER NOELLE HOKANSON**
- SUPPORT PROFESSIONAL NANCY SMITH

REGION 2 BERKS

- **TEACHER LAURA BITLER**
- SUPPORT PROFESSIONAL ROBIN DERR •

REGION 2 CARBON

- **TEACHER TIFFANY HUFF**
- SUPPORT PROFESSIONAL TERESA BARNA

REGION 2 LEHIGH

- **TEACHER ADAM GLASSIC**
- SUPPORT PROFESSIONAL -AMAL ESKANDER

REGION 3 BRADFORD/SULLIVAN

- **TEACHER DENISE LATHROP**
- SUPPORT PROFESSIONAL -**RICHARD SATTERLY**

REGION 3 LUZERNE/WYOMING

- **TEACHER JENNIFER PACZEWSKI**
- SUPPORT PROFESSIONAL -TINA MACIEJCZAK

REGION 3 SUSQUEHANNA

TEACHER – CHRISTINE CASEY SUPPORT PROFESSIONAL - SARAH SPRINGTEEN

REGION 3 WAYNE/PIKE

- **TEACHER DOROTHY RICKARD**
- SUPPORT PROFESSIONAL JAMES FARRFII

REGION 4 CUMBERLAND

- **TEACHER JUSTIN WEAVER**
- SUPPORT PROFESSIONAL KELLI GROUP

- **TEACHER – HEIDI EBERSOLE**
- SUPPORT PROFESSIONAL ANGELA BRANNEN

REGION 4 FRANKLIN

- **TEACHER AMY VORHEES**
- SUPPORT PROFESSIONAL MICHELLE DAYWALT

REGION 4 YORK

- **TEACHER LAURA MEDICE**
- SUPPORT PROFESSIONAL KAREN ROELKE

REGION 5 BLAIR

- **TEACHER LISA SURKOVICH**
- SUPPORT PROFESSIONAL JILL FURRY

REGION 5 CENTRE

- **TEACHER EDWARD FRINNEFROCK**
- SUPPORT PROFESSIONAL THERESA BRICKLEY

REGION 5 CLEARFIELD

TEACHER – PAUL KESER SUPPORT PROFESSIONAL - JOANNE • COLESAR

REGION 5 MIFFLIN

TEACHER – EAST DERRY ELEMENTARY FACULTY & STAFF

REGION 5 SNYDER

- **TEACHER WENDY SNYDER**
- SUPPORT PROFESSIONAL SHARI • CONRAD

REGION 6 ALLE-KISKI

- **TEACHER LAURA PRONANO**
- SUPPORT PROFESSIONAL - ROBIN DAVIS

- **TEACHER HEATHER MACON**
- SUPPORT PROFESSIONAL JOYCE BEIGHEY

REGION 8 CLARION

- TEACHER LORNA ONDRASIK
- SUPPORT PROFESSIONAL KATHLEEN WISE

REGION 9 ERIE

- **TEACHER MARY DUDENHOEFFER**
- SUPPORT PROFESSIONAL LAUREN BRADY

REGION 9 VENANGO

- TEACHER JOANNA MCELHATTAN
- SUPPORT PROFESSIONAL TRISH STAAB

REGION 9 WARREN/FOREST

- **TEACHER JENNIFER CHECK**
- SUPPORT PROFESSIONAL AIMEE CARBAUGH

REGION 10 LYCOMING

- **TEACHER AMY WALLIS**
- SUPPORT PROFESSIONAL JULIE RITTER

REGION 11 PHILADELPHIA

TEACHER – SHEREE D. ELLISON

2022 Educational Support Grant Recipients

Region 1

Delaware Chapter awarded a grant to Ridley Education Foundation and the Ridley School District to utilize the funds for the High School Photography Studio.

Region 2

Berks Chapter awarded a grant for Science Exploration in the Conrad Weiser Life Skills Class for grade levels 5 to 8. Two microscopes were purchased for a total of \$198. A second grant was awarded to the Middle School to establish a Mindfulness Space for students to use to revert to a calm emotional state, the amount awarded was \$392.73.

Lehigh Chapter awarded \$1,000 to the Northwestern Lehigh School District Foundation to be used for proposals from educators or support staff.

Northampton Chapter awarded a \$1,000 grant to Jordon Hocking, Innovative Technology middle school teacher at the Bangor Area School District. This year's honoree, Blanche Hinton was a library aide in the district elementary schools for 35 years. Jordon plans to use the grant to purchase a color printer that is capable of printing documents in a wide format. By using this printer, students will be able to learn graphic design to make physical products such as posters to display throughout the school. Also, with heat transfer paper the printer will allow students to make designs that can be applied to clothing.

Region 3

Bradford/Sullivan Chapter awarded \$125 to purchase a light stand for a plant/seed growth study.

Luzerne/Wyoming Chapter awarded a total of \$1,527.31 to 5 individuals; restoring an unused greenhouse; Spanish/English books for high school Spanish students; Micro: BltGo mini processors; hydroponic towers and supplies for gardening; weaving looms and art materials.

Susquehanna Chapter awarded \$750 to 3 individuals for the following: materials for art students to beautify a retaining wall; art supplies for hula hoop rugs; materials to help students find ways to manage stress.

Wayne/Pike Chapter awarded \$600 to 4 individuals: support a week long Words Hurt Campaign; purchase character strength surveys to help students with social and emotional insights; purchase indoor seed starting station; wipebook flipcharts to help students work.

Region 5

Blair Chapter awarded two teachers, Keri McFarland and Sandra Mitchell, \$500 grants to be used in their classrooms.

Centre Chapter awarded \$300 mini grant to the Early Childhood program at the Central Pa Institute for Science and Technology.

Clearfield Chapter awarded a \$550 grant to a high school senior.

Mifflin Chapter awarded two grants to high school seniors.

Snyder Chapter awarded four \$200 grants. From the eight that applied for the grants, the following were chosen:

- Lori Keister, 2nd grade teacher at Midd-West the grant will be used for purchasing headphones for students who are currently using ear buds that are too large and uncomfortable.
- Lydia Jackson, 5th grade at Selinsgrove Intermediate the grant will be used for purchasing 4D models of plant and animal cells, place value magnetic blocks and blokus games.
- Renee Parker, Library Media Specialist at Selinsgrove Intermediate - the grant will be used for creating a library science curriculum that incorporates quality literature with STEM topics and activities.
- Jenessa Richmond, Selinsgrove Elementary Life Skills the grant will be used for getting a coffee cart up and running which increases social skills, language sharing, basic number recognition, etc.

Region 6

Alle-Kiski Chapter awarded \$250 grants to the following:

- Katherine Kenzevich, Apollo-Ridge School District. Twenty classroom headphones were purchased to be used during Reading at the Elementary School. In addition, she purchased pencils and colored pencils to be used.
- Cathlynn D'Ambrosio, New Kensignton-Arnold School District. Various equipment for the H.D. Berkey Elementary School playground.
- Bobbi Rupp, Freeport Area School District. KEVA planks were ordered for South Buffalo Elementary School. These planks offer the opportunity for exploration, creativity, problem-solving, cooperation and other strategic skills.

Region 7

Region 7 awarded Peters Township High School for tools and supplies needed for a project. The project consisted of building an outdoor, freestanding blackboard and rustic bench seating to hold approximately 30 students. This outdoor learning area will be available to all students and teachers.

Region 8

Beaver Chapter awarded 3 mini grants of \$65 each: to an Am-

bridge teacher who purchased paperback books for students, a Rochester teacher who purchased desk dividers for students' COVID safety and an Aliquippa teacher who bought sensory materials for her autistic students.

Clarion Chapter gave the following grants:

- Michele Higgins, Certified School Nurse at North Clarion County, will provide a calming sensory modulation space/ room in the high school setting adjacent to the health room.
- Christin McNeal, K-6 STEAM Teacher at Clarion County, will encourage learners to develop skills such as communication, collabortaion, creativity, and critical thinking through digital media.

Mercer Chapter awarded five teachers to receive the minigrants of \$100 each. From the eighteen school employees who applied for the grants, the following were chosen:

- Anita Incerto, West Middlesex Custodian the grant will be used to purchase headphones for grades Kindergarten through third grade to replace broken ones used with their iPads.
- Jayne Kornbau, Sharpsville Middle School Health and Physical Education teacher – the grant will be used to purchase a magnetic set of the human skeleton and muscular system.
- Mellony Leonard, Hermitage High School Study Hall Teacher the grant will be used to purchase STEM seasonal craft activities for special needs students.
- Heather White, Greenville Elementary School Nurse the grant will be used to purchase basic clothing for needy students.
- Amanda Wilhelm, Grove City 5th grade teacher the grant will be used to purchase seeds, soil, plants, etc. for the new outdoor classroom.

Region 9

Erie Chapter awarded two grants to the Erie Area School system.

Crawford Chapter awarded a grant to the Meadville School System for classroom supplies.

Venango Chapter awarded three grants to Franklin teachers to upgrade their stress reduction rooms.

Warren/Forest Chapter awarded two grants.

Region 10

Clinton Chapter awarded Ronda Phillips, Educator, and Megan Hull, Building Assistant with grants.

McKean Chapter awarded \$200 to Mr. Tyler Smith, a Health and Phys. Ed. teacher at Kane Area High School. He used the money to purchase pedometers for his classes to increase their physical activitiy plus monitoring to see if students improve over time.

Region 12

Pittsburgh Chapter awarded to Emily Hough, a school counselor at Avonworth Elementary School. This allows for a monthly program to support the yearly theme, "Every Mind Matters." The essence of this program is to establish a voluntary club where students can meet weekly to discuss mental health awareness. All students in the school are eligible to participate as they choose. A mental health specialist will visit each month to offer information regarding mental health and coping skills. The monies from the grant will be used to purchase supplies and to offset the stipends, if needed, for speakers and possibly help with the celebration at the end of the school year for students who participated.



2022 Volunteer of the Year Award Recipients

"To serve, not to be served" is the motto for PASR's Community Service Committee. The motto was originally promoted by Dr. Ethel Percy Andrus, a retired educator from California, for both of the national organizations she founded: NRTA in 1947, and AARP in 1955.

Recognizing that individuals can significantly enhance the quality of their lives during retirement through volunteerism, PASR created the Community Service Committee in 1964. Through this Committee, PASR has helped members identify volunteer opportunities and promote community service projects.

PASR has Community Service Committees in nearly every County inREGION 6Pennsylvania that help members identify volunteer opportunitiesAand catalog the services that school retirees are providing to theirBcommunities on an individual and group basis.C

The individuals listed below were awarded the 2022 Volunteer of the Year Award by their Chapters for the generous work they performed throughout their communities.

REGION 1

DELAWARE - ELIZABETH S. GLADULICH

REGION 2

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Save the Date!

The 2023 Meeting of the House of Delegates will be held October 15 - 17, 2023 at the DoubleTree by Hilton in Cranberry Township, PA. FRANKLIN – CONCETTA A. MARYJANOWSKI FULTON – FAYE ELVEY LANCASTER – LAUREN BUCHMANN LANCASTER – JEAN YOUNG LEBANON – LARRY W. SHEAF

REGION 5

BLAIR – SUZANNE AUKER-SLEP MIFFLIN – SUSAN J. PRICE MIFFLIN – MARIANN K. SUTTON SNYDER – FREDRICA STRINGFELLOW

ALLE-KISKI – CINDY K. HOMBURG BEDFORD/SOMERSET – PRUDENCE D. HARCLERODE CAMBRIA – JAMES C. GETZ

REGION 7

GREENE – PEGGY WALTERS WESTMORELAND – CHERYL A. WOOD

REGION 8

BUTLER – JOANNE C. MEREDITH

REGION 9 WARREN/FOREST – MARK NELSON

REGION 10

LYCOMING – GAIL MAURER LYCOMING – JUDY RYDER POTTER/TIOGA – EARL K. BROWN POTTER/TIOGA – LISA BRETZ POTTER/TIOGA – WANDA SHIRK POTTER/TIOGA – ROBERT & MELANIE SMITH

REGION 11 PHILADELPHIA – THERESA L. JACKSON

REGION 12

PITTSBURGH – HELEN A. WILSON PITTSBURGH – DENYSE LITTLE-CULLENS



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How your dentist can help you sleep better.

Sleep apnea can cause nightmares in your mouth. Side effects include teeth grinding, dry mouth and snoring, which can wake you up and disturb your rest.

Treat your dry mouth

People with sleep apnea often sleep with their mouths open. Dry mouth can also be caused by air from CPAP machines. Your dentist may recommend a moisturizing mouth rinse or spray, or even medication to boost saliva production.

Prevent your teeth grinding

Tight clenching can put up to 250 pounds of pressure on your teeth, causing chips and cracks. Dentists have many ways to help reduce damage, including making dental splints or mouth guards that cover and protect teeth.*

Alleviate your snoring

Your dentist may suggest a treatment called oral appliance therapy. If so, you'd be fitted with a retainer-like device designed to hold your jaw forward to keep your airway open.

If you're tired of sleep issues affecting your mouth, talk to your dentist. United Concordia Dental plans help cover the care you need to keep your mouth healthy.*

Remember, as a PASR member, you have access to two United Concordia plans at affordable, members-only rates.

Don't have dental coverage yet? Call 717-697-7077 for more information.



MX2224562 My.clevelandclinic.org; Sleep Apnea; November 15, 2022.

* Not all dental plans contain coverage for certain treatments. Be sure to check your dental plan for coverage details.

2022 Media Recognition Award Recipients

Each year, PASR Chapters are encouraged to give Media Recognition Awards to local news outlets who provided thorough and impactful coverage of PASR initiatives or events.

Awards can be given for any type of media, including but not limited to newsprint, websites, social media, radio, television, and podcasts. Each Chapter is permitted to nominate one recipient per year for the Media Recognition Award honor.

We encourage PASR members to submit articles, photos, and/ or press releases to local news outlets about the good they are doing in their communities and schools to help raise awareness of PASR's impact in local communities and to help PASR's membership grow.

In 2022, the following Media Recognition Award were presented.

Region 3

Susquehanna Chapter awarded The Susquehanna County Independent Newspaper for printing any news release the Chapter sends to them; including photos of the six awards and grants they distribute to the six school districts in the Chapter.

Region 4

Dauphin Chapter awarded 50 Plus Life PA for continued support of the Dauphin Chapter activities over several years.

Region 7

Fayette Chapter awarded Connellsville Daily Courier Newspaper for coverage on an event Region 7 did for Veterans.

Pictured Left to Right: John Manchester, Chapter President, Staci Wilcon, Editor Susquehanna County Independent, and Bob McNamara Region 3 Director.

Region 7 awarded The Dogtag Club Radio Show by James "Whip" Shetler for coverage on the Veterans Outreach Project as well as PASR in general.

Region 9

Warren/Forest Chapter awarded the Warren Times Observer for coverage of the Chapter's Lauretta Woodson Award Presentation.



2023 PASR Board of Directors

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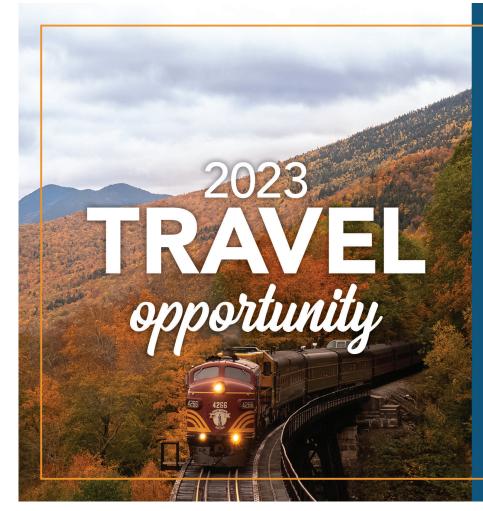
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