

Butler County Chapter Newsletter
Website: www.pasrbutler.org

December 2021



Congratulations to Mary K Davis, PASR State Vice-President, who takes office January 1, 2022 for a two-year term! Mary K is a member of PASR Butler and is retiring PASR District 8 Director.

President's Message



Advocate is my word for today. As a noun, synonyms could be believer, activist, and supporter. As a verb, encourage, promote, and sponsor. Embrace it! Value it!

Back in the day when we were working, we would tirelessly advocate for our students and family relatives who needed special services or help. We felt obligated to help others. I always found it easier to clean someone else's house than my own.

In retirement, and therefore with increasing age, the need for an advocate can shift focus from others to self, and we can be our own worst client. It can be frustrating and discouraging when we have to fight for *ourselves*. Who will advocate for *me*? Got a mirror?

The first issue would be, "Why do I have to fight for this? Why doesn't the help fall into place?" And that would be the point at which the frustration starts and intensifies. It would be easiest just to give a few specifics as a point of illustration (so that you don't imagine something worse!)

Two months ago my blood test showed that I am allergic to wheat, egg whites, cow's milk, peanuts, shrimp,

Butler Chapter Officers

President ... 724-584-0371... Polly Shaw
pollyshaw@zoominternet.net
President-elect **OPEN**
Recording Secretary..... Fran Geisel
Corresponding Sec'y **OPEN**
Immediate Past Pres. Peg Harding
harding.margaret@gmail.com
724-502-4065
Region VIII Director... **OPEN in 2022**
Treasurer James Huemme
khuemme@zoominternet.net
Asst. Treasurer..... Joanne Nolsheim
Website www.pasrbutler.org
State website www.pasr.org

Committee Chairs

Legislative and L/PEC Peg Harding
Retirement Planning..... **OPEN**
RECREO M. Hoffman, J. Nolsheim
Social Services/Memorial Honor Fund
..... Ruth Scott
By-Laws Joanne Meredith
Educational Support.... Diana Bowman
Community Service..... Peg Harding
Member Benefits & Services **OPEN**

Nomination **OPEN**
Reservations Donna Vogel
Resolutions **OPEN**
Public Relations Polly Shaw
Luncheon..... Donna Vogel

PASR School Entity Area Chairs

Butler Area Sharon Kline
BC3 Ruth Scott
Karns City.... Pat Hauman, Enid Wilson
Mars Priscilla Beblo
Moniteau Carol Ball
Seneca Valley..... Ruth Kirk
Slippery Rock..... Ellen McIntyre
South Butler Virginia Shirey,
..... Doris Herceg
(continued from page 1)

and sesame seeds. The asthma office nurse read me the list on the phone but could not explain anything. The printout sent by the office via US Mail gave test results but not how to deal with it. Now mix that with a PCP diet previously prescribed to lower cholesterol. Aside from plain fruits, vegetables and some grilled chicken, my meals are now a rather drab affair. *Anything* with dairy and wheat is out. Yes, there are lots of gluten-free products. But check the box directions for mixing: add eggs and milk. Yes, there are substitutes for eggs. I've tried ground flax seed (diluted as per instructions) as well as applesauce. Just threw out the results from this morning's baking, once again. Yes, I have found special items at Aldi's, Whole Foods, Giant Eagle, and Sorgels. But other than raw foods, I have yet to find frozen or boxed food that is gluten-free, dairy-free, egg free, and peanut-free – *all at the same time!* It's all cooking from scratch.

I was told that the hospital dietician could help; two month wait for the appointment!!! Met her this week. She had never dealt with my particular problem and had never previously seen an allergy report of any kind. She listened and did give me some internet print-outs that she searched during my appointment but it is up to me to wade through it all and figure it out. It feels like a mountain to be climbed.

But my point here is *not about me*. **More importantly, it's about all of us.** This is just my particular flavor-of-the-month problem used for illustration; we **all** have challenges.

It is far more tiresome to advocate for ourselves as these new problems emerge with age. Seems far easier to just go back to the old ways – even if they make us sick. Seems far easier to just ignore it all – after all, “I don’t want to be a problem; I’ll manage.” Seems far easier to just pretend it isn’t there – maybe it will go away, but it doesn’t.

No matter what personal challenges you are now facing, join with me in promising to be an advocate for yourself. Work to understand your new situation and find ways to cope. Incorporate new ideas, new foods, new treatments, and whatever it takes to best move forward! That’s how we’ll all see 2022, 2023, 2024, and beyond!

Please be sure to check out the info from the PA Attorney General, pages 8-8 for other available support to stay safe, “Quick Tips for Seniors.” Be your own advocate!

Butler County Council PASR
General Membership
Luncheon Meeting
September 22, 2021
Alameda Park

Polly welcomed us.
Boxed lunches were served.
Pledged the flag.

FYI-Polly will be interviewed on WISR on Thursday, September 23 @ Noon about McConnells Mill. On October 15, she will be at the Oil Well in Moraine State Park. The event is scheduled 11 to 4. She will present programs at 1, 2, and 3. Acknowledged two new

members- **Susan Pizer and Karen Yost.**

Meeting called to order 12:50.

House of Delegates (HOD)- Polly is our delegate. She will be presenting her Pennsylvania Turnpike program. She will be compensated for her participation.

Mary K Davis has been nominated for state Vice President. We will need a new Region 8 director. Along those lines, we need others to increase service to PASR. Please contact Polly or Mary K if you are interested.

A basket raffle to benefit the SSMF fund will be held at the HOD. Our chapter is donating a \$50 basket to the raffle. Region 8 is accepting a \$15 donation from each chapter.

Fundraiser- Since our fundraiser, sponsoring tours, has been cancelled due to COVID and the health of our organizer, Margaret, we need to consider other options. Polly will discuss this with other delegates at HOD. If you have any suggestions, please contact Polly.

PSERS is under investigation. Our pensions are safe. Concerns include expenses and junkets. PSERS Elections are coming up.

State and local memberships are down due to weeding out inactive members. Local membership is 157.

The December meeting will hopefully be inside.

Region 8- Raffle tickets for the lottery in February are for sale for \$20 and benefitting the SSMF.

Community Service- Peg is assembling a list of volunteer jobs held by our members. We are collecting prizes for the Life Skills bingo and Target and Walmart gift cards for Center Avenue Community School. See *Journey* for list of items collected for Life Skills.

Pricilla Beblo won the raffle.

Program- Jeff Double from *All About Reclaimed* discussed repurposing household and everyday items to make decorations.

Adjourned 1:45

Respectfully Submitted,
Frances Geisel
Recording Secretary

COMMUNITY SERVICE REPORT by Peg Harding

Things are still not back to normal, but we're getting there! At our September luncheon, I asked everyone to write down the volunteer activities our members were still able to do during the pandemic. Many of you were able to continue doing your "Meals on Wheels" distributions to our neighbors in need. Because this "needed" service is so necessary to those who can't get out or don't have anyone to shop or cook for them, "Meals on Wheels" was never cancelled! Other volunteer services included: sewing face masks for those in need, cutting plastic bags for the homeless mats, knitting/crocheting Linus and other types of blankets, making quilts and

quilt toys, stuffing stockings for cancer patients, working with the Yarn Spinners and donating crocheted items to the V.A. and senior centers, helping with a camp for quilt making, and volunteering at the Humane Society, the Butler Memorial Hospital, being a "Friends of the Library" office worker at the Butler Library and the used book store, and volunteering for local school activity boards, the "Shadetree" commission, the ARC of Butler County, and the Butler Surgical Center.

The volunteerism at our local churches included: participating in the bell choir, church councils, weeding the church grounds, serving funeral dinners, Rosary Guild members who pray before funerals, Ladies of Charity, Stephen Ministers, money counters, wedding organizers for the Butler Catholic Churches, extraordinary ministers of the Eucharist, West Virginia mission trips with youth, and Church World Service kits. These volunteer activities are only a few of the "time, talent, and treasures" our members do to service those in need. *Thank you for helping those in our communities!*

Our 2021 Volunteer of the Year presentation will be awarded to a very deserving member of our Butler Chapter at the upcoming luncheon. Since the State PASR awards the pin and certificate, our recipient must be a state member of our organization. At our recent executive board meeting, we approved a motion to award one of our local members with a Volunteer Certificate, too, to honor a local-only member who volunteers.

PASR House of Delegates



The election for the new state officers was held on Tuesday, Oct. 5 at the Final Plenary Session. The Installation took place at the 2021 PASR House of Delegates in Lancaster, PA at Eden Resorts. The officers were then sworn in and will take office on January 1, 2022. The new officers are, from left to right in the photo: Bill Neugebauer, President; Gary Parker who is a past president and conducted the installation; Russell Diesinger, President-elect (pronounced with long e); Mary K Davis, Vice-President; and Judy Schaffer, Immediate Past President.

REGION 8 DIRECTOR UPDATE

By Mary K Davis

It is hard to believe that another year has flown by. During this past year the four chapters in Region 8 have been active. All of the chapters have had at least one face-to-face meeting. We were even able to have a face-to-face region meeting.

Two of our chapters had representatives at the House of Delegates meeting in Lancaster on October 3-5. At the House of Delegates Polly Shaw presented her

program, *From Vanderbilt's Folly to the America's Super Highway*. She provided a lot of historical information about what led to the creation of the PA Turnpike. She then presented her program at the Mercer County meeting on October 13th.



Memorial Service at HOD

Also at the House of Delegates I was elected to the position of state Vice President. When I assume this position on January 1, 2022, I will no longer be able to serve as Region 8 Director. I will be able to keep the four chapters informed since I will be an ex officio member of all of the committees, but our region will not have a vote on the Board of Directors unless somebody steps up to fill the Director position.

The Director is responsible for attending four Board of Directors' meetings and the committee meetings for the committees to which you are assigned. That is usually two committees. ZOOM is an option for attendance at these meetings. Please give heartfelt consideration to filling the Director position for Region 8. I have greatly enjoyed being your director for the past several years. Your support and cooperation has given me the confidence to move on to a state officer position. Thank you for everything that you do for Region 8.

House of Delegates Summary

House of Delegates (HOD) change in by-laws-the nominating committee may put up to 3 names on the ballot. Also, nominations from the floor will be accepted. The proposal to eliminate the positions of treasurer and assistant treasurer died for lack of interest. A leadership training session will be held November 9-10 via ZOOM. Social Services/Memorial Honor Fund has a cap of \$800 per chapter beginning 2022. Discounts for BJ's, which is opening in South Fayette and possibly Ross are available. State RECREO trips include the Virginia International Tattoo and the Taste of Scotland and Ireland. Propane and heating oil discounts are available through Tank Farm and Heat USA. PSERS is being investigated by the FBI and SEC is now involved. Pensions are not in danger. The investigation is into questionable trips and the actions of the investment advisors.

Who Knew #18

Think Color

Judith Schaffer
PASR President

Autumn is definitely here! I love the leaves changing colors from greens to reds and golds. Homes are once again decorated with bright seasonal lighting and colorful themed items. "See how the earth comes alive as all her leaves dance joyful goodbyes."

Many years ago, the fashion trend was to go and have your colors done by a consultant. I always had my favorite ones, but several teachers scheduled consultations and I went along. It was

quite expensive! I should have saved my money, but it was fun. I was diagnosed with a vivid winter palette, exactly the same ones as my favorites – bright red, purple, blue, and black.

In the words of Coco Chanel--"The best color in the whole world is the one that looks good on you." What is your favorite color?

By the way is it spelled color or colour? Color is the correct American English spelling, while colour is the British English version. Who Knew!

One of my pet shopping peeves today is why the names of colors in clothing are so mind-boggling. What is lake, feldspar, bright capri, or loden? Please just keep it simple!

Color is a powerful communication tool today and can be used to signal action, influence mood, and influence physiological reactions. Color psychology is a field prevalent in marketing, art, design, and other areas.

The Ancient Egyptians and Chinese practiced chromotherapy, the use of colors to heal. Who Knew!

One of my favorite colors is RED. Red provokes the strongest emotions of any color. It is linked to passion and love, as well as power and anger. It has the ability to instantly grab people's attention- Stop signs – Fire engines – Red Traffic Lights.

It can increase your appetite by increasing your metabolism, which is why red is such a popular color in restaurants. Combine it with yellow and

we have many fast-food facilities – McDonalds – KFC – Wendy’s – Burger King – and even Sheetz.

Think Valentine’s Day! The red and pink advertisements urge us to buy and eat chocolates. Who Knew!

The “power tie” worn by businessmen across the globe is traditionally, red. Did Bill and Russ wear power ties at the House of Delegates?

The hallowed “red carpet” that is only rolled out for celebrities and dignitaries is another example. I always watch the Academy Awards pre-shows featuring the red-carpet interviews.

BLUE as a color calls to mind feelings of calmness and serenity. It is the color most preferred by men. It is often used to decorate offices because research has shown people are more productive in blue rooms. How many schools use the blue color?

It is also the first color to disappear from a child’s crayon box. Who Knew!

Because it is linked to freshness and cleanliness, most medical, health-focused products are packaged using blue.

Are you familiar with the Pantone Color Institute Color of the Year? This global color authority has been picking the top color since 2000. It began in the 1950s as a commercial printing company. They select the color that best represents the year ahead. The 2021 choice was ultimate gray and illuminating bright yellow, a combination color choice.

Colors can be found in many book titles. Have you read any of the following?

COLOR PURPLE by Alice Walker - Celie and Nettie’s lives are described growing up in rural Georgia. A movie featuring Oprah Winfrey is available for viewing.

THE GREEN MILE by Stephen King - Cold Mountain Penitentiary guard, Paul deals with convicted killers on death row. A movie featuring Tom Hanks is available for viewing.

A SPOOL OF BLUE THREAD by Anne Tyler - Story of Abby and Red Whitshank’s family over generations living in Baltimore, MD.

THE RED QUEEN by Victoria Aveyard - Story of conflicts in a future world nuseen through the eyes of Mare Barrow.

Consider your PASR meeting locations and how the interior colors could affect the mood of your members. The choice of your own personal clothing colors as a leader could set the tone of the meeting. Think about your choice of program color, agendas, or paid advertisements.

Leaders want a calm, friendly atmosphere to begin any meeting so that the chapter business can be handled efficiently without conflict.

We want PASR to be considered a strong, productive organization for retirees to consider joining.

In conclusion - “Your life is a canvas, make sure you paint yourself a whole lot of colorful days.” – quote by List Bark

BUTLER COUNTY CHAPTER

NAME _____ e-mail address _____

ADDRESS _____

TELEPHONE NO. _____ SCHOOL DISTRICT _____

SPOUSE'S NAME _____

DUES: _____ Local - \$10.00 _____ State - \$60.00

_____ Local Life - \$150.00 _____ State Life - \$700.00

(State Life can be paid in two years at \$350.00 per year)

Please make check payable to Butler County PASR and mail to: Jim Huemme
119 Shanor Heights Butler, PA 16001

QUICK TIPS FOR SENIORS

From Josh Shapiro
PA Attorney General

WE CAN HELP:

SENIOR PROTECTION UNIT

Elder Mistreatment
Phone and Email scams
Deceptive Business Practices
Home contractors, car dealerships
Banks, sweepstakes

seniors@attorneygeneral.gov

1-866-623-2137

HEALTH CARE SECTION

Deceptive Medical Practices
Medical Records Access
Denial of Coverage
Billing Disputes

Facebook: PAAAttorney Gen

Website: www.attorneygeneral.gov

Email:

healthcare@attorneygeneral.gov

1-877-888-4877



Josh Shapiro
Pennsylvania Attorney General

Pennsylvania has one of the highest senior populations in the country and our seniors are more active than ever. The Office of Attorney General is here to help protect and educate seniors on what to watch out for when they are out socially, traveling or simply enjoying their home life.

- If you don't know the number, DO NOT ANSWER- Let your machine pick up.
- Examine your mail. If the postmark is from outside the US it is most likely mail fraud.
- Beware of anyone demanding payments in gift cards or prepaid credit cards.

BE ALERT

- Talk with family members and friends about your travel plans and daily activities.
- Be aware of your surroundings, walk in groups of two or more.
- Never post your travel plans on social media sites.
- When driving, never pull off or park in a secluded area. Drive to a well-lit public place.

BE SECURE

- Close and lock windows when you leave the house. Keep your doors locked at all times, even while you are at home.
- Don't let strangers into your home. Ask all delivery people and utility workers for ID.
- Never deal with a contractor who shows up unsolicited or with "left over materials." Always use a contractor that is registered with the Pennsylvania Office of Attorney General. To check if a contractor is registered, visit www.attorneygeneral.gov.
- When you are gone for more than a day, make sure your home appears occupied —use automatic timers to turn on lights and a radio or television.
- Always place a hold request on mail and newspapers while away. If possible, park a second vehicle in the driveway.
- Do not hide your keys under the mat or in other conspicuous places.

BE SMART

- Banks, credit card companies and government offices never call you to verify your personal or account information.
- Never give your personal information to anyone who contacts you and asks

for it; only when you initiate the contact.

- Don't carry unneeded credit cards or your social security number with you.
- Law enforcement agencies will not contact you and demand that you make a payment of fines over the phone or internet.
- No one can win a lottery from a country they've never visited or a sweepstakes they didn't enter. "You have to play to win."
- No offer to share millions of dollars, recover wealth, or provide large sums of money for you to distribute to charity, will require you to provide "front money."
- Beware of health care scams. Never release information to any health service provider that you did not contact directly.
- Only use ATMs that are inside of a bank or business and shield your PIN from view of others. If the device appears to be altered, report it right away.



PASR TREASURER'S REPORT
 July 1, 2021-Sept. 30, 2021
 James A. Huemme, Treasurer
 119 Shanor Heights, Butler, PA 16001

RECEIPTS:

Luncheon	\$ 493.00
PASR Dues	120.00
Local Dues	180.00
	\$ 793.00

EXPENSES:

Volunteer Pin	\$ 5.00
PASR	60.00
Ed. Support	187.50
Lunch Expense	92.12
Minuteman	164.61
Postmaster	60.50
Conf. Expense	15.00
Office Expense	264.84
	\$ 849.57

June Checkbook Balance	\$ 1,693.24
Receipts	+ 793.00
	\$ 2,486.24

Expenses	- 849.57
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Checkbook Balance	\$ 1,636.67
Savings	+ 8,351.84

TOTAL FUNDS	\$ 9,988.51
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THINKING OF YOU

Please consider sending a cheerful card to say "thinking of you."

Paul Costo
 204 Hilltop Drive
 Butler, PA 16001

Margaret Hoffman
 140 Whippoorwill Road
 Butler, PA 16001



MARK YOUR 2022 CALENDAR

General Membership Meetings

March 23, *Slippery Rock*,
May 25, *South Butler*
September 28, *Butler*
December 7, *BC3*

Executive Board Meetings (Wednesdays)

February 2, April 6, August 3, Oct. 19

PASR Luncheon Meeting

12:00 Noon, Wednesday, December 8, 2021

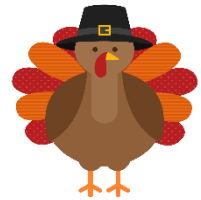
Christ Community Methodist Church Fellowship Hall, 205 N. Duffy Road, Butler, PA



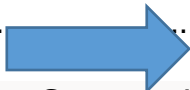
HOST: Seneca Valley

Parmesan Chicken
Red Skinned Potatoes
Carrots
Tossed Salad
Dessert
Iced tea, bottled water, coffee
\$15

alternative
chef salad
dessert
Iced tea, water,
coffee
\$13



*Send reservation now so you
don't forget over
Thanksgiving!*



Reservation Form Deadline **November 27, 2021**

Christ Community Methodist Church Fellowship Hall, 205 N. Duffy Road, Butler, PA

Member Name: _____

Guest Reservation: (name) _____

Number of reservations: parmesan chicken @\$15.00 _____

Chef salad @ 13.00 _____

First time retiree and nifty nineties are free total due: _____

Make checks payable to BUTLER COUNTY PASR Reservations should be mailed to:

Donna Vogel 148 Spithaler School Road Evans City, PA 16033

PASR, Butler Chapter

Mary K Davis

505 Kenlee Dr.

Renfrew, PA 16053

**Pre sort STD
Postage Pd.
Per #510
Butler, PA
16001**

ADDRESS SERVICE REQUESTED

DATED MATERIAL

PASR
Pennsylvania Association of School Retirees

December 2021

