Special Edition 2016

By Thomas B. Judge, President

Welcome to this special edition of the PARSE newsletter. In this edition we are featuring reports from some of the Regional Vice Presidents. We wanted to use this as a means to inform our members of some of the activities at the local chapter level. We look forward to expanding this in the future or perhaps featuring one or two regions in the regular newsletters.

Some other information of interest to all members is our membership. At present we have over 19,700 dues paying members for 2016. We are actually ahead of our membership numbers from a year ago. If you have friends or family members who have retired from the Commonwealth and are not members of PARSE take them to a chapter meeting or send us their contact information and we will mail them a packet of information.

I also wanted to take this opportunity to thank PISI (Professional Insurance Services Inc.) our insurance administrator. PISI is celebrating their 50th year in business and PARSE has had a relationship with them for almost 25 years. As part of their celebration and as a thank you to PARSE they have increased the maximum annual benefit for the dental program from $1,500 to $1,600 for this year. This is at no increase in cost to our members.

Finally I wanted you to know that I have announced my intention to activate the Government Relations Committee. This committee is identified in our bylaws as a “Standing Committee” but has not been active for some time. The defined purpose of this committee is to “1) Promote legislative action that shall be beneficial to PARSE and 2) Provide a progress report to the Governing Board at the Governing Board Meeting.” This committee will begin to meet soon and with the assistance of our Government Relations Consultant (John Baughman) will develop a strategy of action for both the state office and chapters. The area Vice Presidents will be working with their chapters to establish local Government Relations Committees. The idea will be to have a framework to approach Legislators at both the state and local level for matters of importance to retirees. The local committee level is another way for you to participate in PASRE so please respond when your chapters ask for volunteers for this committee.

I hope that you all have a safe and enjoyable summer!
Using URGENT CARE

Can’t See a Doctor?
An Urgent Care Center may be an Alternative.

We have all woken up in the morning with a fever, sore throat or other illness and had to call our primary care physician for a same day sick appointment. It’s simple, easy and convenient. But what do you do when your physician’s office is closed or the doctor can’t see you for a few days? Do you go to the emergency room, an urgent care center or do you simply wait until the doctor’s office is open? Or what if you have a fall and hurt your ankle?

Most of us have grown up going to the hospital emergency room for any injury or if our doctor’s office is closed. But today, all over the country, there are alternatives known as urgent care centers. If you are not familiar with urgent care centers here are a few of the benefits:

- Trained doctors and nurses
- Many facilities are open 24/7 or have extended hours
- Less wait time than an emergency room
- Copayment is most often $25 (varies by plan) compared to the $50 Emergency room copayment

Here are some general guidelines on when you should visit an urgent care center versus an emergency room...

<table>
<thead>
<tr>
<th>URGENT CARE CENTER</th>
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<tbody>
<tr>
<td>• Sprains</td>
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<tr>
<td>• Sore Throat</td>
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<tr>
<td>• Urinary Tract Infections</td>
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<tr>
<td>• Rash Without Fever</td>
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<td>• Mild Asthma</td>
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<tr>
<th>EMERGENCY ROOM</th>
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<tr>
<td>• Broken Bone or Dislocated Joints</td>
</tr>
<tr>
<td>• Head or Eye Injuries</td>
</tr>
<tr>
<td>• Large, Open Wounds or Deep Cuts</td>
</tr>
<tr>
<td>• Rash With A Fever</td>
</tr>
<tr>
<td>• Chest Pain</td>
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<td>• Sudden Change in Mental State</td>
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By making an informed choice, you can be sure your medical needs are met in the most cost effective manner.
News on Parse Central Region Chapters: 
Central Penn, Lancaster-Lebanon, Muns, Blair-Bedford-Huntingdon 
Franklin, Fulton, Mt. Nittany
By Carol Moyer | Central Regional Vice President

This is my third term as Regional Vice President for PARSE's Central Region, which includes largest and the smallest chapters in our statewide organization. As Regional VP, I am a member of the PARSE Executive Board and serve as liaison between the PARSE State Office and the chapters in the Central Region.

Some chapters meet monthly, some bi-monthly, some quarterly. I visit all of our Central Region chapters annually. All share the same challenge of trying to increase interest and involvement of the part of their members. I have gotten to know the officers, most of whom have held office for a number of years. They all put a great deal of thought and effort into scheduling interesting speakers and activities. As with many organizations, it is like pulling teeth to get new people to volunteer and even to attend meetings.

In many cases, the perks the chapters offer in the form of reduced luncheon and event prices more than cover the cost of your $20 annual membership fee.

Central Penn, our largest state chapter, is very active. They publish a monthly newsletter and hold monthly luncheon meetings at the Radisson in Camp Hill. In addition to supporting Toys for Tots each holiday season, members regularly contribute to the Central PA Food Bank and to a local homeless student charity. Central Penn runs a travel program that offers interesting short and longer trips. Their website - www.parsecentralpenn.com - offers a lot of good information, including trip flyers.

MUNS (Montour-Union-Northumberland-Snyder) is deservedly proud of their association with Toys For Tots as well. MUNS enjoys good attendance at their bi-monthly meetings at the Country Cupboard Restaurant in Lewisburg. Each year they invite local lawmakers to participate in a panel discussion where much good information is exchanged.

Franklin County has a fairly recent slate of new officers who are doing a great job getting new people involved. Lancaster-Lebanon meets quarterly and sponsors a really nice summer picnic and also a Christmas event. Mt. Nittany is near and dear to my heart because I bleed blue and white. I've enjoyed getting to know their officers and attending a number of their picnics and holiday meetings. Blair-Bedford-Huntingdon alternates meeting locations and gets a nice turnout at their meetings (go for the donuts!). Fulton County, our smallest chapter, also meets regularly and hosts an annual holiday luncheon.

Most of you joined PARSE to take advantage of the opportunity to purchase dental and/or vision insurance at group rates. But just as importantly, PARSE works through personal contacts of State Officers, Legislative Committees at Chapter levels, and PARSE's lobbyist to support State retirees - specifically, fighting for concerns like cost of living increases and continuation of medical benefits. Our pensions are guaranteed, but medical benefits are determined at the discretion of the Governor's Office. A main PARSE objective is working to assure our medical benefits are maintained.

Becoming more active in your PARSE chapter may just be the perfect addition to your schedule! Start by attending your chapter's next meeting. Enjoy the camaraderie of reacquainting with fellow state retirees who have a lot in common.

My 34 years of State service included working for several agencies and the Senate Appropriations Committee. Most of my service was with the Office of the Budget, having worked for three Budget Secretaries under four different Governors. After retiring early in 2011, I applied for the position of Central Regional Vice President for PARSE as a way to keep in touch with issues affecting state employees. I've made new friendships with so many interesting people from across the state.

I appreciate the opportunity to serve and encourage you all to think about becoming more active. Have a great summer!

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**State Office Recognizes These Officers For Their Past Service**

**DAVID B MUNSCHE**
State Past President Of Parse. For His Serving More Than 4 And ½ Years As President.

**STANLEY RUSHINSKI**
Past President, Luzerne-Columbia Chapter, Northeast, Region, For His More Than 15 Years As Their President.

**MARY ANN KETCHUR**
Past President, Lackawanna-Wyoming Chapter, Northeast Region, For Her Serving 8 Years As Their President.
Southwest Region News

Thomas Buerkle
Southwest Regional Vice President

We have seen steady growth in membership across the 5 chapters represented in this region. The chapters include Cambria-Somerset, INDICO, West SI Co, West Penn, and Laurel Highlands and each has their own personality. Across the region, chapters see 10-15% of their members attend the General Membership Meetings, and at times the Laurel Highlands chapter exceeds 20%. I want to thank all Chapters for getting their 2016 Budget and 2015 Financial Reports in to the State Office on time ("Well done"). Leading the way was West Penn Chapter, which submitted their reports in early January.

Our Regional Meeting was held on April 28, 2016 at Denunzio’s Restaurant in the Arnold Regional Airport in Latrobe PA. Those attending were the State Officers and 3 to 5 officers from each of the 5 chapters. This was a good opportunity for chapter officers to hear first hand of activities and plans of the State Office. Maureen Flynn was introduced as the new State Secretary, who was hired this year and the first meeting with SW Chapter Officers. Subjects covered included Governing Board Plans, Benefits, Member Enrollment, Introduction of IT Plans to be introduced, and Finance. Melvin Fees was introduced as the Government Relations Committee Member for the SW and Villa Lesley was nominated as the SW Parliamentary Committee Representative. The chapter selected for audit from this region for the year was 5-50 (Laurel Highlands), which was completed with no issues.

The SW Chapters have been active in having John Baughman Ph.D, (Government Relations Advisor) present at their chapter meetings. He has spoken at Chapters 5-20 (INDICO) and 5-30 (West SI Co) and is scheduled to speak at 5-10 (Cambria/Somerset) on June 15 and at 5-50 (Laurel Highlands) on September 7.

Chapter 5-10 from Cambria County has representative groups of former employees of DPW, State Schools, and Johnstown State Offices and others. The members that attend chapter meetings are not always the same individuals so they get a good cross-section of membership representation. Special thanks to Melvin Fees, VP, who has volunteered as the SW Government Relations Committee Member.

Chapter 5-20 from Indiana and Armstrong County has members predominately from Indiana University of PA as well as DPW, Labor and Industry and others. The chapter is politically active and have notable members including Barbara Hafer and Senator Don White. They are the first SW chapter to have John Baughman Ph.D, speak at their General Membership Meeting which was March 17. A special note is for Sam Furgiuele who joined PARSE in 1981 as one of the longest term current members for the Southwest. I didn’t do a complete audit of all SW members, so if I missed any longer term members thanks to you also. Special recognition to Richard Roberts Ph.D, and Robert Curey Ph.D, for representing the SW on the Finance and By-Laws Committees respectively.

Chapter 5-30 from Westmoreland and Southern Indiana Counties has a diverse membership of former employees from a number of agen-
cies and school districts. West-SI- Co
pides itself on holding monthly
meetings, which are well attended, and
provides a variety of speakers on issues
of interest to retired employees as well
as senior needs and hobbies. Ester Wat-
kins recently stepped down as Chapter
Secretary and Mary Ann Taggart was
elected to take her place. We thank
Ester for her service and Mary Ann for
stepping up. Mary Ann was a Gov-
erning Board Delegate in 2015. The
chapter website was set up by PARSE
member Charlotte Long, 2-3 years ago,
has been well received by the chapter
members. Special recognition to Anita
Buerkle and Ginny Leczner for repres-
enting the SW Region on the Benefits
and Parliamentary Committees.

Chapter 5-40, West Penn Chap-
ter, represents a number of counties
surrounding and including Allegheny.
West Penn is one of the oldest chapters
of PARSE and a charter member. Be-
cause of its location in a large city, the
membership is made up of a diverse
group of former employees from many
departments and a large geographic
area. They also have a number of out of
state members. It is the second largest
chapter in PARSE in terms of member-
ship. Bill Weber, the chapter president
until June 2015, stepped down and was
succeeded with the election of Virginia
Ricci. Ginny was my predecessor as
Regional VP. In December 2015, Ginny
decided to step aside and the current
elected president is Rick Guriel, who
was a chapter board member. Thank
you to all for your current and past ser-
vice. This year the chapter has decided
to try two new social events requiring
ticket purchase in addition to their
membership meetings. Included are a
Pirate Baseball game on June 23 and
possibly a golf outing provided there is
enough interest.

Chapter 5-50, Laurel Highlands,
which covers Somerset and sur-
rrounding counties, has three General
Membership Meetings per year. The
meetings are well attended and proba-
bly the highest percentage for the SW
region. Danny Conner, President, has
had Representative Carl Metzger and
Senator Pat Stefano in recent meetings
as speakers. Carole Kolesko, Chap-
ter Treasurer, will serve out her term
through 2017 and has decided to step
down at that point. A board member,
John Matchik, has shown interest and
may seek election to that position.
Special thanks to Carole Kolesko for
her past service and representation on
the State Audit Committee.

Finally, for chapters to function
effectively, leadership is very impor-
tant and is dependent on volunteers
to step forward and give some time to
their chapters for the benefit of all. I
encourage every one to consider filling
chapter leadership positions as they
come open - the chapters depend on it.
All 5 chapters in the SW have com-
mandable officers and board members
and we are thankful for their service.
Considering the current chapter officer
positions, several have served for 5
terms (10 years) or more and they are
Richard Roberts Ph. D, 5-20 Treas-
urer; Georgia Manns, 5-40 Treasurer;
Cynthia Simoni, 5-40 Secretary; Hazel
Hillegas, 5-50 Secretary; and Carole
Kolesko, 5-50 Treasurer. We also have
two former SW Regional Vice Presi-
dents that have given time and talent
to the organization in Villa Leslie and
Virginia Ricci.

Northwest Region - No report.
Northeast Region - No report.

Southeast Region News

By Kathy Beitchman
Southeast Regional Vice President

The Montgomery County Chapter
works with other charitable organiza-
tions in their area to provide assistance
where needed. They are doing this
by partnering with the Norristown
Forest #31 through a flea market that
will help provide funds needed and is
planned for July of this year. This func-
tion is being headed by Jude Vetrano,
President of Montgomery Chapter,
4-50 with the assistance of various
chapter members.

The Philadelphia, Bucks Chapter
provides several activities for its mem-
bers and will be sponsoring a trip to
Maryland involving various activities
on that trip as indicated by President
Leon Cerullo.

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>June 7, 2016</td>
<td>Executive Board Meeting, State Office</td>
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<tr>
<td>June 14, 2016</td>
<td>Flag Day</td>
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<tr>
<td>July 4, 2016</td>
<td>Independence Day, State Office Closed</td>
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<tr>
<td>August 9, 2016</td>
<td>Executive Board Meeting, State Office</td>
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<tr>
<td>Sept. 5, 2016</td>
<td>Labor Day, State Office Closed</td>
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<tr>
<td>Sept. 13, 14, 2016</td>
<td>Governing Board Meeting</td>
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