

Join PPSREA to Make a Difference



PPSREA FALL 2024 NEWSLETTER

Philadelphia Public School Retired Employees Association

PASR/Region XI

5398 Wynnefield, Avenue Suite LL3 Philadelphia, PA 19131

www.ppsrea.org

Greetings PPSREA Members,



Thank you for your loyalty. We appreciate your membership and support. It has been five years since I became your President, and it has been a privilege to serve. Each year, with the commitment of our officers, committee chairs and members, and you, we have been successful in promoting the mission of serving others in need and helping each other enjoy retirement. The Philadelphia Public School Retired Employees Association (PPSREA) exists for school retirees.

Our Association is quite active! This year, PPSREA members attended a wider variety of scheduled events, and your helpful feedback has generated great ideas for

future programs. The 2025 Calendar, on page 2, includes more of the requested theater trips. Services to our members and the Philadelphia Community at large have expanded; supports to schools through educational support grants, staff recognition, and student awards and scholarships have increased, and more members have donated funds to enable new awards and scholarships for students. The Fall General Membership Luncheon, in October, presents awards that recognize the contributions of classroom teachers, students, and school support staff. We hope that you are planning to attend. Inside this edition, you will read reports that show that PPSREA is thriving.

New members and leaders bring fresh ideas. During Administrative Professionals Day, we launched a special project to increase preretirement awareness of our organization among school staff. Our “Who We Are” effort will culminate during school opening in September and American Education Week. Membership growth is important. All members can help by reaching out to former colleagues and friends who are retiring/ retired and spreading the word about PPSREA. Membership applications for our local (PPSREA) and state (PASR) chapters are in this edition.

The report from the Fitness Committee reflects the 2024 focus on Fitness and Wellness. Additional opportunities for on healthy aging are scheduled. Our well attended Spring General Membership Luncheon Meeting highlighted the 2024 Older Americans Month Theme-Empowering Connections. To reinforce the significance of keeping meaningful relationships and social connections, the Townsend, Membership, Sunshine, and Social Services Memorial Honor Fund Committees coordinated a Special September Luncheon and meeting for PPSREA members living at Ann's Choice. We want all members to feel connected.

We need your help to reduce the costs of postage for mailing 3100 copies of the newsletter twice a year. The costs of publishing and mailing 6200 newsletters and subsidizing approximately 400 meals (@\$17.00 each) at two annual luncheon meetings, exceeds the amount of the membership dues collected annually. Whenever possible, emailing copies of newsletters, calendars and other mass mailings is being considered. Currently, our membership files include the email addresses for approximately 1500 of 3000 members. Please share your email address by returning the updated contact form inside.

COLA UPDATE

The fight is not over! The recently approved Pennsylvania Budget does not include a COLA. Updated information is available on the PASR website-PASR.org.

Thank you for your loyalty,
Mamie E. Bryan
President

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FALL 2024 ISSUE

ALERT
FALL LUNCHEON
OCTOBER 17, 2024, 1:30PM
PENN'S LANDING CATERERS

PPSREA 2024 Calendar of Events

BOARD OFFICERS

President.....Mamie E. Bryan
Vice President.....Stephanie Mitchell
Treasurer.....Stanley Field
Assistant Treasurer.....Donna Young
Recording Secretary.....Donna Malkowski
Corresponding Secretary...Claudine Colmon

DIRECTORS

Marie Bonner – Dr. Stephanie Childs - Joan Flores -
Ann Gardiner – Yvonne Jones – Karin Kull
Jennifer Plumer-Davis - Carol Ray – Iris Rothstein –
Dr. Cora Turpin – Celestine Welcome - Stuart Wohl
PASR Regional XI Director Mamie E. Bryan

COMMITTEES

AWARDS

Educational Support..... Stanley Field
Nonagenarian..... Theresa Jackson
PRIDE of PPSREA..... Mamie Bryan
Hazel Ranieri..... Bonnie Uditsky
PPSREA Scholarship..... Ann Gardiner
Dr. Wm. Ross Scholarship..... Ann Gardiner
Lauretta Woodson (PASR)..... Bonnie Uditsky
Stanley Field
Communication/Newsletter..... Iris Rothstein
Mamie Bryan
Celestine Welcome
Donna Malkowski
Historian..... Sherry Morris
Photography..... Jacquelyn Scott
Program..... Mamie Bryan
Finance..... Stanley Field
Membership/Retirement Planning.. Celestine Welcome
Jennifer Plumer-Davis
Marie Bonner
Leonard Kaltz
Service/Townsend..... Joan Flores
Donna Malkowski
Mamie Bryan
Community Service..... Claudine Colmon
Cultural..... Bettyann & Jack Creighton
Fitness..... Stuart Wohl
Member Benefit Services..... John Ferrier
Seminars..... Stephanie Mitchell
Social..... Mamie E. Bryan
Sunshine/Memorial..... Donna Malkowski
Other Administrative (Ad Hoc)..... Mamie Bryan
Action..... John Ferrier
By--Laws..... Jennifer Plumer-Davis
Leadership..... Sherry Morris
Legislative/LPEC (PASR)..... John Ferrier
Nominations..... Carol Ray

PAST PRESIDENTS

*Louis R. Nuebaum (1947-1960)
*Sydney A. Farbish (1961-1963)
*John Guthri (1967-1969)
*John F. Thomas (1972-1973)
*Mary E. Summerfield (1977-1979)
*Helen H. Dutcher (1995-1995)
*Hazel Ranieri (1983-1985)
Frank W. Houser, Jr. (1989-1981)
Dr. Florence H. Scott (1998-1999)
Sara L. Dean (2002-2003)
*Martin A. Labb (2006-2007)
Henry Blasczyk (2011-2013)
Vivien H. Hansbury (2016-2017)

*Edmund A. Thompson (1955-1960)
*Phillip A. Boyer (1964-1966)
*Serena F. Davis (1970-1971)
*Benjamin L. Stackowski (1974-1976)
*Anna P. Simpson-Pullar (1980-1982)
*Doris W. Wilson (1986-1988)
Henry J. Balsczyk (1992-1990)
*Walter H. Collins (1996-1997)
Dolores R. Seiberlich (2000-2001)
*Carole A. Robbins (2004-2005)
*Barbara W. Barnett (2008-2010)
Bonnie Uditsky (2014-2015)
Sherry O. Morris (2018-2019)

Mission: To help others in need and to help one another enjoy retirement!

Message from our President, Mamie Bryan:

The 2024 PPSREA Calendar lists the events that have been planned. We hope that you will join us and enjoy those that are of interest to you. Information, reservation forms and updates will be in the newsletters, on the website (ppsrea.org), and in periodic email blasts.

Please email info@ppsrea.org or call 215.921.5056 for more information.

CALENDAR Celebrate Health

9/5/2024 Board of Director's Meeting, 10:30am, Tiffanys
9/20-24/2024 School Opening "Who We Are"
9/25/2024 Special Luncheon for School District Retirees,
11:30am, Ann's Choice, Warminster, PA
10/10/2024 Board of Director's Meeting, 10:30am, Tiffanys
10/17/2024 Fall Luncheon, 11:30am. Sheetmetal Worker's Hall
11/7/2024 Board of Director's Meeting, 10:30am, Tiffanys
11/11/2024 Veteran's Day Celebration, 11:30am, Mission BarBQ,
Roosevelt Boulevard
11/18-22/2024 American Education Week – School Opening, "Who We Are"
11/20/2024 PPSREA Hamilton Show, 1:30pm, Academy of Music
12/5/2024 Board of Director's Meeting, 10:30am, Tiffanys
12/19/2024 End of Year Celebration, 4:30pm, Chart House

2025 Calendar

1/9/2025 MJ Musical Show, 1:30pm, Academy of Music
2/6/2025 Board of Director's Meeting, 10:30am, Tiffanys
2/28-3/9,2025 Phila. Flower Show, Phila. Convention Center
3/6/2025 Board of Director's Meeting, 10:30am, Tiffanys
4/3/2025 Board of Director's Meeting, 10:30am, Tiffanys
TBD Phillies Game, Seniors Stroll the Bases
5/1/2025 Board of Director's Meeting, 10:30am, Tiffanys
5/15/2025 Spring Luncheon
6/5/2025 Board of Director's Meeting, 10:30am, Tiffanys
6/11/2025 New Member Breakfast, 10:30am, Tiffanys
6/11/2025 The WIZ, 1:30pm, Academy of Music
10/5-7/2025 PASR Convention – Penn State
10/23/2025 Fall Luncheon
11/11/2025 Veteran's Day Celebration, 11:30am, Mission BarBQ
Roosevelt Boulevard
12/2025 End of the Year Celebration TBD

IMPORTANT ADDRESSES & PHONE NUMBERS

PA. Association of School Retirees (PASR)
878 Century Drive, Mechanicsburg, PA 17055
717-697-7077

Public School Employees' Retirement System
(PSERS – Pension Office)
5 N. 5th St., Harrisburg PA 17101
717-787-8540

Phila. Public School Retired Employees Association
(PPSREA)
5398 Wynnefield Avenue
Philadelphia, PA 19131 215-921-5056

PASR Dental/Vision Plan – 717-697-7077

School District of Philadelphia Benefits Office
215-400-4630

School District of Philadelphia Retirement Office
215-400-4680

Membership Notes

PPSREA Fall Newsletter Membership Highlights

Hello PPSREA Members! We hope you are enjoying this Autumn Weather! PPSREA continues to express our sincere gratitude for joining and attending our events this year! During our Spring Luncheon, Charlena Martin, Lewisene Jordan and Paul Jordan became Lifetime Members. We Thank You for your support as our mission statement is to help others in need and to help one another enjoy retirement.

Our Breakfast for New Members was held on Wednesday, June 12, 2024. Everyone enjoyed the delicious breakfast and the positive thoughts that color our lives. We had an opportunity with the warm-up activity to focus on the number 4 and what it symbolizes plus how it connects with us from our past, present and future. Members revealed during our sharing activity 4 things about themselves and how they were connected to that new member. The responses were awesome with their connections! I discussed our PPSREA Committees and volunteers were needed as well as becoming a Board Member. The end of our program was the raffle of 4 Wawa Gift Cards. A Special Thank You to Board Member Dr. Cora Turpin for handling the sign-in form, giving out candy, items in the goody bag and raffle tickets!

Remember to join **PASR** for updated information on their Dental Premiums (United Concordia), Vision Rates (Met Life), Zoom Meetings and COLA Updates. Please mail your \$60.00 for yearly dues with the form in the newsletter.

Our website is www.ppsrea.org \$15 for annual dues and \$200.00 for Lifetime Membership.

Kudos to Jacquelyne E. Scott and Dr. Ann Gardiner our Photographers. They continue to take beautiful pictures for our events this year. Thank You for your continued service!

PPSREA Membership is growing and we value your ideas!
Enjoy Your Retirement!



From Left To Right
Paul S. Jordan, Elaine Welles, Lewisene Jordan,
and Charlena Martin (missing Donna Young)

Celestine F. Welcome

PPSREA Membership Chairperson

PPSREA Welcomes the following New Annual Members (1//2024 through 7/2024)

Rhonda Baker	Margaret Bergman	Victoria Genz
Gail Gothers	Camillus O'Neill	Peter Rasmussen
Margaret Ann Ramsey	Helen Schwartz	Richardean Smalls
Morton Stein	Rene Stein	Barbara Steiner
Kim Taylor	Sonja Tucker	Kathy Hagins
James Lewis	Elaine Gladden	Susan Leiber
Thomas Dougherty	Lurline Jones	Shelley Applegate

New Life Members (1/2024 through 7/2024)

Charlena Martin Donna Young Lewisene Jordan Paul Jordan

Member Condolences (1//2024 through 7/2024)

Judith Charles	Lorraine McRae Overton	Justine E. Hudson
Charles Jackson	Caren Wilder	Randy G. Bushnell
Dave Kaplan	Joyce Harrison	Genevive McCullough-Green
Walt Scrivens	Joseph Taylor	

PPSREA congratulates our Nonagenarians on reaching the awesome age of ninety and above in 2024
For many years with the School District of Philadelphia, you have made a huge impact on the students,
parents and community. Your influence has prepared many for the road ahead.

“Thank you for your service and we Salute you all”

Mrs. Cherrie F. Belcher is a proud graduate of Cheyney State College. Ms. Belcher devoted 33 years to the School District of Philadelphia as an Elementary Education teacher and retired from Martha Washington Elementary School. She is a member of Fellowship Christian Church and she's actively involved with the Adult Choir and the Prayer Ministry. Ms. Belcher is also a member of Firehouse Active Adult Center where she serves as the Advisory Council's Secretary.

Mr. Richard L. Brown is a proud graduate of Temple University. He served the School District of Philadelphia for 38 years as an Elementary School Physical Education Teacher. In 1988 he was a proud winner of the Stecher Award. The Stecher & Horowitz *Power of Innovation* Award is presented annually to a young professional artist/teacher who embodies an entrepreneurial spirit and innovative approach in their life and work. Congratulations! Mr. Brown is a Square and Round Dancer and he's on the Music Committee at Keneseth Israel Synagogue.

Mrs. Rosemary Houston is a proud graduate of Temple University and Antioch College. She served the School District of Philadelphia for 27 years as a Classroom Assistant, Head Start Teacher and a Head Start Head/Lead Teacher. She continues to keep herself active with family and friends.

Mrs. Netha Lee NeSmith proudly devoted 16 years to the School District of Philadelphia.

Mr. Stan Rothstein is a proud graduate of Lincoln High School (1952), Temple Tech (1952-1954) and Community College (1955). Mr. Rothstein has supported the School District of Philadelphia for many years with his wife, Iris. He is an Associate Member of PPSREA and attends Board Meetings when he's in town.

Mr. Rothstein is very active in his community. He is an Associate Member Hadassah, a member of PAP Corp Cancer Group, served as a Board Member and President of HOA in Florida, volunteered to teach after school photography program to elementary public school students as well as teaching photography at the JCC Jewish Community Center, both in Florida.

Mr. Joseph R. Soprani is a proud graduate of the Philadelphia Musical Academy where he earned a Bachelor of Music Degree in 1970 and 1971 (ED). He also earned a Master's Degree in Music from West Chester University in 1975. Mr. Soprani served 28 years in the School District of Philadelphia starting as an Instrumental Music Teacher in 1971 at Turner Middle School, and then District 1 Orchestra Director. From 1979-1996 he was Instrumental Director at Lambertson High School, taught Instrumental Music K-12 in District IV, and was the All City Orchestra Assistant for 3 years. He retired on November 27, 1998. After retirement, Mr. Soprani performed with the Lambertson High School Jazz Ensemble, Lambertson Folk Ensemble as well as for many School District Functions.

Mrs. Dorothy G. Willis is a proud graduate of Southern Connecticut State University receiving her undergraduate degree and the University of Bridgeport, CT with a Master's Degree. She devoted 29 years to the School District of Philadelphia from 1964-1993. Mrs. Willis held positions at Stoddart-Fleisher Middle School as School Counselor, District 1 & 3 Health Center Haverford Avenue as Counselor for Pregnant Young Ladies, Counselor at Beeber Junior High School, and Guidance Counselor at Overbrook High School. Mrs. Willis's community involvement includes Cub Scouts Leader, Brownie Leader, Wynnefield Residents Association, Philadelphia Tennis Club, Election Worker, and founding member of Friends & Neighbor Club, a neighborhood parents group which arranged activities for children.

Theresa Jackson - Chairperson
Joan Flores



Luncheon Head Table - from left to right - Carol Ray, Theresa Jackson, Sherry Morris, Mamie Bryan, Mary Bach (guest speaker), Kristen Holjes (PASR Executive Director), Marie Bonner



Cherrie Belcher



Stan Rothstein and wife



Rosemary Houston & Daughter



Stephanie Mitchell, Social/Luncheon Chairperson



Dorothy Willis & Theresa Jackson

PPSREA Spring General Meeting and Luncheon 2024: “Powered By Connections”

The Pennsylvania Public School Retirees Association (PPSREA) celebrated its Spring General Meeting and Luncheon with the theme “ Powered by Connection,” bringing together members and key partners in a memorable event.

Keynote Speakers and Honored Guest

Kristen Holjes, Executive Director of the Pennsylvania Association of School retirees (PASR) was a distinguished guest. Her presence underscored PPSREA’s ongoing commitment to building strong relationships with key partners.

Marie Bonner, Chairperson of the Service/Townsend Fund, delivered an insightful presentation on the status of the Townsend Fund. She encouraged members in need to apply for assistance, reinforcing the importance of the Fund in supporting our senior community.

Kristen Holjes highlighted the benefits and programs available to PASR members, bringing a packet of goodies for everyone in attendance, which further demonstrated the value of these connections.

Keynote Presentation by Mary Bach

The highlight of the luncheon was the keynote address by Ms. Mary Bach, a Volunteer AARP Consumer Advocate from Pittsburgh, Pennsylvania. Greeted warmly by attendees, Ms. Bach delivered a lively and informative presentation on avoiding scams targeting seniors. Despite the serious nature of her topic, her humorous approach kept the audience engaged. To help protect against fraud, PPSREA gifted each member a gel pen for check writing, as advised by Ms. Bach. In addition to her presentation, Ms. Bach distributed a packet of vital information to all attendees. As a token of appreciation, PPSREA presented her with a PPSREA throw and an honorarium to cover her expenses.

Acknowledgment of Volunteers

In keeping with the theme of connection, PPSREA President Mamie Bryan took the opportunity to acknowledge and thank all volunteers who contributed to the success of the meeting and luncheon. Their dedication and hard work were essential in making the event a resounding success.

The Spring General Meeting and Luncheon not only strengthened existing connections but also created new ones, emphasizing the power and importance of community within PPSREA.

Reported by Sherry Morris, Past PPSREA President/ Program Committee Co-Chair



Celestine welcome congratulates
50/50 raffle winner.



Sherry with speaker & Kristen



Schoolmen’s Club president and members

JOHN J. DILLON PASR SERVICE AWARD

The 2024 John J. Dillon Service Award recipient for Philadelphia (Region 11) of the Pennsylvania Association of Retired School Employees (PASR) is Sherry Morris.

This award is presented to members who have given outstanding service at the local chapter and state level. In recognition of the many years of volunteering, during which he held 38 positions in our Association, the John Dillon Award award was established in 2004.



Sherry has been a member of PASR since 2011. Initially, she joined in support of pension rights and a COLA. She has served on the Scholarship and Membership Committees and offered support to the Seminar, 75th Anniversary and General Membership Luncheon Committees.

Sherry was elected President Elect,(2016-17), President and Region 11 Director 2018-2019; appointed to the PASR Leadership Committee (2020-present) and serves as Chairperson of Member Benefits and Services Committee(2022-present). Sherry 's commitment to the Association is evident in her willingness to help promote the mission and help grow the Association.

Community Service/Helping others in need

Thank you to those who brought toiletries to our Spring luncheon for the shelters. We distributed 3 bags of items to Whosoever Gospel Mission and Life Turning Point for Women. They were most appreciative.

For our Fall Luncheon collection we are asking for gift cards to give to the shelters to buy items for their children/family for the holidays. Please purchase a gift card from Target, Walmart, Amazon, Wawa, etc. and bring it to our luncheon.

We thank you in advance for your support. We hope to brighten the holidays for all.

Donna Malkowski and Joan Flores
Co Chairs

PPSREA MEMBERSHIP FORM

PRESENT MEMBER: (Membership valid for) January 1, 2024 - December 31, 2024

PPSREA ANNUAL MEMBERSHIP RENEWAL – PAYABLE TO PPSREA

5398 Wynnefield Avenue – Suite LL3, Philadelphia, PA 19131

Please select member type / payment amount:

Life (\$200) Annual (\$15) Associate (\$15)

Please make any corrections / additions to your information!!

LAST NAME _____ FIRST NAME _____ MI: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____ @ _____

PHONE: (____) _____ - _____ DATE OF BIRTH: ____/____/____

Powered by Connection

Information from the Internet

Powered by Connection, which was our theme at the May 2024 luncheon, continues to be of utmost importance. Staying close to family and friends is often vital to aging well and living a long, meaningful life.

People who connect socially are generally healthier, happier and better able to confront whatever obstacles are thrown their way. Evidence suggests that social connection is just as important as diet and exercise in an older adult's life and remaining socially engaged can positively affect overall health and happiness.

Embracing community and staying connected as we age is important to living a long, fulfilled life. It's so important that the U.S. Surgeon General identified social connection as a public health priority. The effects of social connectedness are transformational because they contribute to a sense of belonging that can improve an individual's health and wellness. Social engagement can help prevent serious illnesses like stroke, heart disease, dementia and depression. Maintaining social interactions can help alleviate stress and anxiety, improve sleep and reduce the risk of suicide.

As a member of PPSREA, you have many opportunities to connect. Attend our Spring and Fall Luncheons, where you will meet former colleagues, attend our many cultural trips, where you can enjoy theater productions and root for our home team. Stay healthy and get in shape with chair yoga, celebrate together at the End of Year celebration, VOLUNTEER to serve on a committee and submit the nominating petition to serve as a director.

PPSREA is here for you! Stay CONNECTED and age well!

Iris Rothstein
Newsletter Chairperson

Who We Are... PPSREA

PPSREA is committed to improving school staff's knowledge of Who We Are! A yearlong Campaign to improve school staff awareness of our association by providing information and gifts to schools began on the April 2024 Administrative Professional Day. Teams of PPSREA members delivered a custom made card of appreciation for secretaries, created by Mr. Charles Robinson, (102 years of age), an informational flyer and a PPSREA mug to fifty four High Schools for the office secretaries. This was quite a task!

During the summer, plans were finalized to complete the Who We Are deliveries to approximately 167 elementary, k-8 and middle schools office secretaries during school openings in September.

We rely on word of mouth, our partnership with the District's Retirement Office, mailings to newly retired school employees and our loyal members to sustain membership growth. Remember, all retired public school employees can become members. Associate membership is available to people interested in school, but not receiving a PSERS pension. Please spread the word. Additional activities to share information about the benefits of PPSREA membership will be scheduled. Remember Our mission: to help others in need and to help each other enjoy retirement.

Mamie E. Bryan
President

In Memory of David Kaplan.....

Dave Kaplan served as the Cochairman of the Region 11 L/Pec Committee for many years.

He was very active with the PPSREA Action Committee in our unsuccessful attempt to stop the Pennsylvania Legislature from changing the pension system from a defined pension to a defined contribution.

Dave believed that change was possible. He traveled to Harrisburg on many occasions to lobby state representatives in support of a COLA, attended our state association L/Pec meetings and conventions, and received recognition for his commitment to our local and state chapters with the John Dillon Award.

When Dave was unable to attend meetings, he continued his involvement via zoom.

During his tenure in the School District of Philadelphia, he served as a Physical Education Teacher and High School Assistant Principal.



ARE YOU A VETERAN? PLEASE LET US KNOW!

Make your reservation to join us on Veteran's Day, November 11, 2024.
Contact Mrs. Stephanie Mitchell at stacbre@aol.com or call 215-924-7764
by September 30, 2024. Please provide your name and contact information,
school district years & position at retirement, Years and Branch of Military Service,
and the name of any war that you were in.

Theresa Jackson
Stephanie Mitchell

CALLING ALL CENTENARIANS!

September 22nd has been declared "National Centenarian Day"

If you have reached the awesome age of 100 plus,
please contact Theresa Jackson at jacksontheresa99@gmail.com or
call 215-224-2635 by August 30, 2024 with your name, date of birth, and contact information.

"PPSREA wants to Honor You!"

Theresa Jackson - Chairperson

CONTINUING TO EMBRACE CONNECTIONS

PPSREA is hosting an "End of Year Celebration" on Thursday, December 19, 2024 at the Chart House located on Penn's Landing. The event will occur from 4:30pm to 6:30pm. We will continue to focus on the theme of Older American month that was previously announced at the May 2024 luncheon. The theme was "Powered by Connection" so we hope to expand our experiences by increasing connections with each other. We know that social interaction has a profound impact on our meaningful relationships, health and well-being. Members will have the opportunity to submit their names for a lottery for this event at the October luncheon. Members will be notified via email at the beginning of December regarding final selections. The name of all invitees will be listed for checking in at the event. We expect this to be a really special occasion.

Yvonne J. Jones



THE PHILADELPHIA PUBLIC SCHOOL RETIRED EMPLOYEES ASSOCIATION

General Membership Luncheon

Thursday, October 17, 2024, at 11:30 AM

Penn's Landing Caterers

1301 S. Columbus Blvd/Philadelphia, PA 19147

(AMPLE FREE PARKING)

SIT DOWN LUNCHEON MENU

Entrée #1

Stuffed Herb Chicken Breast

Entrée #2

*Baked Salmon
w/Orange Ginger Glaze*

Entrée #3

*Puff Pastry stuffed
w/grilled Vegetables*

All meals: *House Salad ~Roasted Herb Potatoes ~ Green Beans in Garlic & Oil ~ Dinner Rolls & Butter*

Dessert

Cheesecake

Coffee-Decaf & Regular - Hot or Iced Tea

RESERVATION FORM

NAME _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____@_____

Enclosed, please find **\$35 for each person**. If members/guests would like to sit at the same table, all money and names are to be sent together. Menu subject to change.

Make check payable to "PPSREA". The deadline for payment is **October 3, 2024**. Refunds will not be made. **Send to: Stephanie Mitchell ~ 703 West Chelton Avenue Philadelphia, PA 19126 ~ Questions? Call Stephanie Mitchell at 215.924.7764**

<u>Name(s)</u>	<u>Entrée Choice</u>
1. _____	#1 #2 #3
2. _____	#1 #2 #3
3. _____	#1 #2 #3
4. _____	#1 #2 #3
5. _____	#1 #2 #3
6. _____	#1 #2 #3
7. _____	#1 #2 #3
8. _____	#1 #2 #3
9. _____	#1 #2 #3
10. _____	#1 #2 #3

2024 Volunteer of the Year: Donna Malkowski



Congratulations to Donna Malkowski who will be recognized for her volunteer efforts in Philadelphia and the Feasterville Community during the Fall General Membership Luncheon. Donna graduated from Mastbaum High School and worked 38 years for the School District of Philadelphia as a School Secretary, Recruitment Office Secretary, and Confidential Secretary to the Northeast Region. In retirement, she is often requested to share her experience as a substitute.

Donna has served her church, the First Presbyterian Church in Kensington, in various capacities for over 50 years. She has been a Deacon, Elder, and Clerk of Sessions for 27 years.

The sick and shut in and senior members of Donna's Church can rely on her for transportation to appointments, monthly grocery shopping and regular opportunities for social outings. For some members, she is "on call." In her neighborhood, Donna is a volunteer and resourceful supporter of neighborhood projects and activities.

For 6 years, Donna has been the President of the Homeowners Association in Sea Isle City.

For 35 years, Donna has been a volunteer for the American Cancer Society, volunteering for Light the Night, Daffodil Days, and other Cancer Awareness and fundraising events. Donna promotes the American Cancer Society by encouraging others to get involved by participating in the organization's health focused events.

Donna is an active member of PPSREA and the Pennsylvania Association of School Retirees (PASR). She serves on several committees: Community Service, Membership, Newsletter, Townsend and Sunshine. Her commitment to our organization's mission is reflected in her willingness to always recruit new members and support events.

A SPOTLIGHT ON A SPECIAL VOLUNTEER

Mr Charles Robinson, centenarian, has been connected to PPSREA for many years. He became a Life Member after retirement from the School District of Philadelphia. We learned of his extraordinary ability to use the computer to design greeting cards, when he sent notes of thanks to Theresa Jackson, the chairperson of the Nonagenarian and Social Services Memorial Honor Fund.

For several years, Mr Robinson has sent custom designed, attractive cards to the organization during holidays. We have shared a sample in one of our newsletters. In April, Mr Robinson designed the special greeting card that was distributed to high school secretaries along with a mug during the Administrative Professionals Day/Week. At 103 years of age, Mr Robinson is maintaining connections to former colleagues and volunteers in ways that help to promote our mission: serving others in need and helping each other enjoy retirement.



THE ANNA PULLAR EXCELLENCE IN MATHEMATICS AWARD

The 2024 Anna Simpson Pullar Award for Academic Excellence in Mathematics/Algebra was presented to Kevin Zhuang, an eight grade student at the Castor Gardens (formerly Wilson) Middle School on Wednesday, June 15th. According to school staff, Kevin demonstrated remarkable consistency at the highest level of achievement during the three years he attended the Castor Gardens Middle School. He maintained a high level of excellence, focused on achievement, motivated his peers to value scholarship and earned the admiration of his teachers and fellow classmates. Kevin received a certificate and a gift of \$500.00 from a fund established by the late Mrs. Anna Pullar.

The late Mrs. Pullar retired from the School District in 1970 as a Principal. She served as the President of Philadelphia Public School Retired Employees Association (PPSREA) and the Pennsylvania Association of School Retirees (PASR). Mrs Pullar bequeathed funds for PPSREA to distribute annually to a graduating eighth grade student from the Wilson Middle School (now Castor Gardens) for excellence in mathematics.

This is the first year that the award has been presented. Dina Caplan, Castor Gardens Assistant Principal, facilitated the selection process.



PPSREA at the Phillies Game

PASR COMMENDATION

Donna Zimmerman Malkowski, a member of the Philadelphia Chapter, Region 11, recently received a PASR Commendation for her contributions to our association and the Philadelphia community. PPSREA recommended Donna for this recognition because of the phenomenal energy that she exerts in publicizing our organization and encouraging former colleagues and friends to join. Her commitment to chapter growth has resulted in several dozen new members and their immediate involvement in activities as event volunteers and committee leadership. Donna serves on several chapter committees: membership, community service, newsletter, sunshine, and cultural trips.

During her thirty eight year tenure in the School District of Philadelphia, Donna served as a Secretary in Elementary, Middle, and High Schools, Recruitment Office Secretary, and Regional/District Office Confidential Secretary. Her community involvement includes Church Leadership, President of Homeowners Association in Sea Isle City New Jersey, worker for elections in Feasterville, PA., American Cancer Society volunteer and social and shopping support for senior church members. Donna serves her community and church unselfishly. She has served many roles for several years to help her church remain vital in the absence of a minister. Donna is a “can do, let's do” member.

2024 ELECTION DEADLINES

REMEMBER TO VOTE

- October 21- Last day to register
- October 29- Last day to apply for mail in ballot
- November 5- Last day for county election office to receive completed mail in and civilian absentee ballots by 8:00 P.M
- November 5- General Election

PPSREA Awards \$30,000 in Scholarships to Philadelphia Graduates

Each year the PPSREA budget includes a line item for scholarships. The 2024 budget was particularly generous in this regard, having allocated an unprecedented \$30,000 in scholarships to be awarded to outstanding graduates of the Philadelphia public high schools. The work of the Scholarship Committee began shortly after the New Year, with a series of meetings that determined the number and amounts of the scholarships, the criteria, selection protocols, and timelines. Wishing to do the greatest good possible for the greatest number of students, the committee decided that the sum should be distributed among six (6) students in the amount of \$5,000 each. In late February all Philadelphia high school counselors received an email announcing the scholarship opportunity, whose deadline was April 10, 2024.

The committee met on May 8, 2024 to discuss the students' applications and choose the recipients. Using the protocol they had agreed upon prior to the meeting, the members reached consensus and identified the winners, who are named below along with the high schools from which they graduated and the colleges and universities which they will attend.

Sukurat Adetayo	West Philadelphia High School	Drexel University
Tybria Bowser	Science Leadership Academy	Lincoln University
Daniel Edmin	Northeast High School	Community College of Philadelphia
Charles Gaston	West Philadelphia High School	Rosemont College
Sarah-Julia Marion	Parkway Northwest High School	Hampton University
Alhasan Taha	Bodine High School	St. Joseph's University

The students' scholarships will be paid out in two installments toward their first and second semesters' tuition. All recipients have been invited to attend the Fall Luncheon as guests of PPSREA. PPSREA is proud of its program to reward academic performance and assist deserving Philadelphia students with their first-year costs. We congratulate this year's recipients and invite all our members to encourage the high school seniors in their families and neighborhoods to consult with their counselors about the PPSREA scholarships next spring.

Ann Gardiner
Scholarship Chairperson

Wellness, Fitness and Safety

The Wellness committee hosted a CPR 101 class on Feb. 6, 2024 at Tiffany's on the Boulevard. The session was led by Jack Creighton, retired HPE teacher, coach and AD, Lurline Jones, retired HPE teacher, coach and AD and Bettyann Creighton. Attendees practiced the skills and techniques needed to save lives threatened by cardiac arrest and choking.

The skills included hands-only CPR, which does not include mouth to mouth breathing and abdominal thrusts for choking (formerly called the Heimlich maneuver). First Aid for choking now includes back blows along with the abdominal thrusts.

Five steps to remember when helping someone in distress are:

1. Check the area for safety. Is it safe for you and the victim to proceed where you are?
2. Check for responsiveness. Is the person sleeping or unconscious? Tap and ask them if they can hear you. If the person can not respond or is having difficulty or not breathing, call 911 for help.
3. Place the person on their back on a firm surface.
4. Apply chest compressions, Put the heel of one hand in the center of the person's chest with the other hand on top.
5. Push hard and fast at 100-120 beats per minute. The song, 'Stayin' Alive' is the right beat.

Everyone participated and practiced using mannikins for CPR and partners and baby mannikins for choking techniques.

Chair Yoga

On March 14, a group of 18 members practiced an hour of chair Yoga, taught by Yoga guru and retired HPE teacher from Meredith Elem, Christopher "Theo" Theodore. Theo wrote the Yoga curriculum for the SDP PE program. Theo took us through 3-step breathing, basic stretches and relaxation exercises. Chair Yoga is low impact and increases flexibility and movement.



Christopher Theodore

Coming this Fall: Nutrition and Exercise

Fueling Your Brain

Your brain uses approximately 20% of the calories that we consume daily.

The calories help to improve concentration and memory.

The nutrients in the following foods help build and repair brain cells.

The 12 best brain foods include;

- Oily fish
- Berries
- Avocados
- Eggs
- Kale
- Coffee
- Dark Chocolate
- Whole grains
- Peanuts
- Broccoli
- Soy products
- Nuts and seeds



Exercises Good for the Bones (courtesy of AARP)

Beginning in our 30's, we lose about 1% of our bone density a year. But weight bearing exercise (see below) will help keep your bones healthy and strong.

Wall push ups; Stand an arms length away from the wall, feet apart and straighten and bend arms 3-5 times, rest and repeat.

Squats; Hold on to a chair or counter. Squat down, but don't let your butt go below your knees. Slight bend is ok! Repeat 8-10 times. Walk and stomp; Bones are stimulated when they're jolted! While walking, stomp like you are crushing a can 2 or 3 times every 10 steps. Stair climbing; *very beneficial*. Strengthens the leg and hip muscles. Add a stomp once in a while.

Hip leg lifts; Stand next to the counter top and lift your straight leg in front of you about 6 inches. Do a

set of 8 to 10 lifts then switch legs.

These 5 exercises will help keep you, and your bones, strong for life. Hope to see you at our Fall events,

Bettyann Creighton
Wellness Chairperson



PPSREA IS GOING TO THE THEATRE

MJ

January 9, 2025, 1:30PM, Academy of Music

Tickets Price \$100.

The Wiz

June 11, 2025, Academy of Music

Ticket Price \$85.

Send your check and this form by December 1st, 2024 to:

Linda Alten 142 Fairway Dr. Warminster, PA 18974

Name _____

Show MJ _____ Number of Tickets _____

The WIZ _____ Number of Tickets _____

Phone # _____ Amount Enclosed _____

PPSREA MEMBER DEMOGRAPHIC INFORMATION FORM

We need your help! In order to begin the process of sending our newsletter via email when possible. Please fill in this form and mail it to:

PPSREA 5398 Wynnefield Avenue Philadelphia, PA 19131

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Cell Phone _____

Email address (Please print clearly)

I DO NOT HAVE AN EMAIL ADDRESS _____ (place an x on this line)

Townsend Service

The Philadelphia Public School Retired Employees Association, (PPSREA) is pleased to make available to it's members and retired School District of Philadelphia employees support to maintain adequate housing facilities and home healthcare services. This support is provided through the Laura A. Townsend Trust and the PPSREA Service Committee. To request support from our organization, a Confidential Request for Services Form must be submitted for review. Once reviewed, the request will be assigned a case manager, who will contact the person making the request and follow up with concerns about providing the requested support. The Service/Townsend Committee will not provide the total cost of the support requested. They try to work with the client and provide supplemental support for the request. Each year, the Committee will review the supports provided to retirees and determine if continued supplementary support will be available. Funding for this committee is under strict review and adherence to policy is required to assure that funds are available on a continuous basis. If you are in need of support, please complete the Confidential Request for Services Form and return it to: Philadelphia Public School Retired Employees Association at 5398 Wynnefield Ave., Suite LL, Philadelphia, PA., 19131. Attention: Marie Bonner, Chair

THE PHILADELPHIA PUBLIC SCHOOL RETIRED EMPLOYEES ASSOCIATION



5398 Wynnefield Ave., Suite 201 ▪ Philadelphia, PA 19131-2344
(215) 921-5056 ▪ www.ppsrea.org ▪ info@ppsrea.org

CONFIDENTIAL REQUEST FOR SERVICE

Name _____ Date of Birth ____/____/____

Address _____ Apt _____

City _____ ST _____ Zip Code _____

Phone (____) _____ - _____ Email address _____

Year Retired _____ Years of Service _____ Last Position _____

Referred by _____ Date: ____/____/____

INCOME / FINANCIAL AID (Indicate monthly amount)

School District pension _____

Social Security _____

Other pension(s) _____

Describe:

Medicaid _____ Y _____ N

Other _____

Briefly describe the nature of service requested and the approximate cost. Continue to the other side of the page, if needed.

****3 estimates for contracted services must be obtained from licensed and insured contractors****

Please return this Request for Service to the office at the above address.

Any information provided will be held in the strictest confidence.



THE PHILADELPHIA PUBLIC SCHOOL RETIRED
 EMPLOYEES ASSOCIATION
 5398 Wynnefield Avenue, Suite LL3
 Philadelphia, Pa 19131
 (215) 921-5056



**PPSREA FITNESS PROGRAM APPLICATION
 FOR THE YEAR 2024– STIPEND \$60.00**

(Please Print and Complete All Information)

NAME: _____ LIFE MEMBER # _____
 (FIRST) (LAST)

ADDRESS: _____ TEL. #: _____
 (STREET ADDRESS)

 (CITY, STATE, ZIP)

FITNESS FACILITY WHERE YOU ARE
 ENROLLED: _____

TEL. #: _____ DO YOU ATTEND 3 TIMES PER WEEK: YES or NO

LIST THE MONTH YOU BEGAN IN 2024: _____

AMOUNT YOU PAY AND FOR WHAT LENGTH OF TIME: _____

PLEASE HAVE AN INSTRUCTOR OR ADMINISTRATOR FROM THE FITNESS FACILITY SIGN BELOW

I CERTIFY THAT _____ IS PARTICIPATING IN A FITNESS PROGRAM
 AT THIS FACILITY FOR AT LEAST THE LAST THREE MONTHS

 (FITNESS PROGRAM OFFICIAL) (TITLE) (DATE)

 (PARTICIPANT'S SIGNATURE) (DATE)

**YOU MUST BE A LIFE MEMBER AND GO TO THE FACILITY AT LEAST
 3 TIMES A WEEK TO QUALIFY FOR THIS STIPEND**

**PLEASE NOTE: AFTER PARTICIPATING IN THIS PROGRAM FOR AT LEAST THREE MONTHS, SEND
 THIS FORM TO: PPSREA 5398 Wynnefield Ave. Suite LL3, Philadelphia, PA 19131**

APPLICATIONS MUST BE RETURNED BY NOVEMBER 1, 2024 TO BE ELIGIBLE FOR THE 2024 STIPEND



THE PHILADELPHIA PUBLIC SCHOOL RETIRED EMPLOYEES ASSOCIATION

5398 WYNNEFIELD AVENUE - SUITE LL3 • PHILADELPHIA, PA 19131

(215) 921-5056 • www.ppsrea.org • info@ppsrea.org

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Thank You for Your Continued Support!!!

PASR Pennsylvania Association of School Retirees
878 Century Drive • Mechanicsburg, Pennsylvania 17055-4375

Pennsylvania Association of School Retirees

MEMBERSHIP APPLICATION

(Please Print)

Name: _____
(First) (MI) (Last)

Phone: () _____ Date of Birth: ___ / ___ / ___

Address: _____

Email Address: _____

Retirement Date: ___ / ___ / ___ Yrs. of Service: _____

Would you like to receive information about a local PASR chapter? (PLEASE SPECIFY):

Please select your membership option. Make check payable to: **PASR**

Annual Membership Dues - \$60.00 Associate Membership Dues - \$60.00

Lifetime Membership Dues - \$700.00

Phone: 717-697-7077 Fax: 717-697-8742 pasr@pasr.org www.pasr.org

Note: Membership dues payments are not deductible for federal income tax

PLEASE ALLOW 4-6 WEEKS FOR PROCESSING