

CHAPTER 5 Meeting Minutes
June 29,2023

Fifty-two members and six paid guests attended the June 29th Chapter 5 PEF Retiree Picnic at Hickories Park in Owego, New York.

Allan Hochberg, Chapter President, gave a brief Treasurer's report. Allan gave an update on the status of the COLA Pension bill and Health Care bills to improve coverage for PEF retirees. Over twenty people signed letters to Assembly and Senate legislators for bills relevant to these two issues.

Allan mentioned that our Chapter is working with other labor groups to help with bill passage. He also mentioned that the PEF Legislative Office has made these two issues two of the seven most important ones to pass bills.

Monica Christian, Health Coach, and Lyndsay Greenberg, Health Educator, gave an informative talk on healthy aging. They cited the importance of positive beliefs, a healthy lifestyle such as sufficient exercise and health nutrition as well as obtaining important preventive health care tests as key factors to promote healthy aging. They discussed their Lourdes Aces program which has numerous free programs such as walks and diverse groups. Four members signed up for additional information on the program. The talk elicited a number of questions.

Respectfully submitted,

Allan Hochberg
Chapter 5 President