



Public Employees Federation
Region 5 Retirees
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President: Bob Reynolds
Vice President: Debbie Crawford
Treasurer: Sandy Shierly
Secretary: Carol Pothier

Chapter 5 Meeting Minutes
Hickories Park
September 7, 2023

Presidents Report: Allan Hochberg welcomed all to the picnic meeting of chapter 5 held on September 7th at Hickories Park in Owego, New York. He was glad to see all come early to check in, have some snacks, and get ready for the meeting. He introduced Bob Reynolds, former PEF Region 5 retirees President, to continue.

Bob stated that this meeting would include the election of officers. Currently the President Allan Hochberg, Vice President Adam Regenbogen, Treasurer Joseph Kost would not be running again and there is still a vacancy for secretary. He stressed it was important to participate and needed members to step up and fill these position for the new term. He introduced Karen Danish- Retiree Services Coordinator from Albany to address the members.

Karen stated she too was a retiree and also a chapter president for Chapter 8, the largest chapter in the retiree organization. She stated she held many positions for PEF and stressed the importance of having a slate of officers run to make the chapter whole and to keep funding to the chapter to continue to have meetings and events like this. She asked all to think about stepping up to fill the positions. She stated that they had one candidate for president- Bob Reynolds and asked again for additional members to nominate to fill the rest. Debbie Crawford said she would accept the vice presidency, Sandy Shierly said she would accept the treasure position and Carol Pothier said she would accept the position of secretary to complete the slate. No other members were interested so there was only one slate of candidates running and no opposition. Allan Hochberg as outgoing president cast one vote for the slate. A vote was taken of the membership, all voted unanimously to accept the new slate of officers. Karen thanked those who stepped up and urged others to work with the new leadership. She said she was there to help Bob and the new officers with their new tasks.

Karen then went over some retiree benefits dental, vision, and medical and answered question from members. She also gave an update on both COLA legislation and NO diminishment of health and bills that we would be submitting to the legislature that we would be looking for help on when the legislative session starts in January.

Guest Speaker- Dr. Ben Luce - He is a D.O., Doctor of Osteopathy rather than an M.D. He explained that his training as a D.O. is similar to an M.D. but he was also trained in manipulation techniques. A Doctor of Osteopathic Medicine graduates from a U.S. osteopathic medical school. A Doctor of Medicine known as an M.D., graduates from a traditional medical school. He described his approach to primary care medicine which emphasizes lifestyle and a personalized approach to treatment. The talk generated a good deal of discussion. He also discussed payment arrangements from his services as he does not take insurance but relies on a set fee per month.

All enjoyed a great meal at noon and the picnic meeting adjourned at 2:00 PM. Respectfully Submitted for new secretary, Carol Pothier by Karen Danish.