Club Calendar
-- Nov. 11: Talk on the Olympics by John Lucas, 2 p.m., Nittany Lion Inn
-- Remember the Retiree and Student Emergency Funds as you plan your holiday giving
-- Jan. 13: Winter meeting, 2 p.m. Penn Stater
-- March 10: Spring meeting, 2 p.m. Penn Stater
-- May 12: Annual banquet at noon
-- June: Benefits Fair

Reminders
-- Now: Remember to get your flu shots.
-- November: Look for medical plan choice materials – Time to Choose – and return your materials promptly if you are making a change.
-- January: Look for information about the new PSU ID cards. For more information, go to http://www.idcard.psu.edu

Campus Picks …..
What’s happening on campus? Go to http://www.events.psu.edu

Your Penn State Health Benefits

HEALTH PLAN CHANGES
The University is proposing to restructure its health benefit plans for active employees in 2005, and, over the next several months, you are likely to see some coverage of it in the local media. There will be NO changes in benefits for retirees until after plan providers have acted on the Medicare Prescription Drug Law. However, the cost of these plans may change in 2005.

NEW ID CARDS
In recognition of the mounting concerns about identity theft, the University is issuing new identification numbers to all students, faculty and staff members and retirees. Retirees should receive mail this winter about how to get their new PSU ID card. Students and active faculty and staff will begin using the new cards in January 2005.

While your new number will be the University’s primary identifier (your ID card will no longer have your social security number on it), hospitals and physician offices will continue to use Social Security numbers for billing purpose.

If you don’t have a current PSU ID card, you may be surprised at how helpful it can be in giving you easy access to University resources. In addition to being a valid form of photo identification, the card is useful for library services, admittance to University events, Faculty/Staff Club lunches and even local banking as well as discounts at some local restaurants. To find out more, go to http://www.idcard.psu.edu/

WELLNESS PROGRAMS
Penn State and the Office of Human Resources (OHR) have created some excellent wellness programs for active and retired employees. You can look over their offerings and register by going to the OHR website at www.oehr.psu.edu and clicking on “Health Matters” under OHR Services (or call 865-3085 for a free brochure.)

Some of the offerings have a small fee and some are free - all are available to retirees (except the free flu shot.) You will find such programs as:

- Weight Management
- Yoga
- Park & Walk, Walk, Walk
- Coping with Stress
- Building Self Esteem
- Depression Awareness
- Bone Density Screening
- Screening for Stroke Risk
- Arthritis & Joint Care
- CPR and First Aid.

Information about health benefits, health cards and identification cards will be described on the OHR web page and our retiree web page, www.psu.edu/orf/retfsclub. "Bookmark" these pages on your computer. Web pages are fast becoming indispensable information sources. A painless way to become conversant with web pages is simply to ask a knowledgeable friend to help you. It is really quite easy.
President’s Message

In August I had the pleasure of attending the 2004 Big 10 Retirees Association Conference at the University of Minnesota. The 2004 conference is described on page 4 of this issue.

During the past year, we have formulated a Club web site which is accessible to both members and non-members. Earl Elliott serves as webmaster, keeping the information current. Check it out at: http://www.psu.edu/org/retfsclub

Our Program Committee, Ralph Mumma and Jim Rodgers, are working on next year’s program. They welcome your inputs.

We appreciate your attendance at our meetings and your efforts to make new members feel welcome. Consider bringing a retired friend as a guest to a future meeting.

As issues and areas of interest change, we will include these matters in the PostScript, as topics for meeting presentations and as new items on our web site. We are making special efforts to keep our web site current to give you the latest available information. We invite you to send Earl Elliott items to post. The web site also contains many valuable LINKS to other web sites.

Through our official ties with the Office of Human Resources, Office of Development & Alumni Relations and the Faculty Senate, our Club is an important voice in the Penn State community. Our regular meetings are scheduled for the Second Thursday of every other month - and you are welcome to attend and participate.

Giff

September Picnic A Success

More than 160 people attended this year’s picnic at Rock Springs on September 9. They enjoyed the Galla & Dan musical show, chicken barbeque, meeting friends and an opportunity to visit the Pasto Museum, which is open for special events and by request. Next year’s picnic will again be held at Rock Springs in September. Watch the newsletter and website for the date and details.

Club Website:
www.psu.edu/org/retfsclub

2004-2005 Officers
President - Gifford Albright  gha1@psu.edu
1st Vice President - Ralph Mumma  rom1@psu.edu
2nd Vice President - Jim Rodgers  jdr@psu.edu
Past President - Earl Elliott  exe1@psu.edu
Treasurer - Cordell Hatch  jch5@psu.edu
Asst. Treasurer - David Maneval  
Secretary - E. Alan Cameron  Eajabaka@adelphia.net
Membership Ch. - Phyllis McGarvey  pqm6@psu.edu
Asst. Membership Ch. - Val Martin

Standing Committees
Programs - Ralph Mumma / Jim Rodgers
Friendship - Betty Blazer  Carter Ackerman / Christy Rambeau
Publicity & Communications -  
Retirees Assistance Fund - Marcia Beppler / Don Adam / Ann Cornell
Student Emergency Fund - Milton Hallberg / David Beppler
Volunteerism - John Ziegler  
Constitution & Bylaws - John Ziegler / Ernie Bergman
Reorganization - Ernie Bergman  
Benefits - B. Wayne Kelly / Roberts Martin / Don Daum  
Chaplain - Don Crider  
University Relations - Robert Heinsohn  
University Liaison to Office of Human Resources - Robert Heinsohn with contact Mary Jo Livergood  
University Liaison to Office of Development & Alumni Relations - Carter Ackerman with contact Raymond Marsh  
Webmaster - Earl Elliott

How to Contact Us
Penn State Retired Faculty/Staff Club  
Office of Human Resources  
120 S. Burrowes Street  
The Pennsylvania State University  
University Park, PA 16801  
Phone: (814) 863-4602  
E-mail: PSURetiresClub@psu.edu  
Website: www.psu.edu/org/retfsclub
Count Me In!

_________  3 Years Dues (individual or couple) $15.00 [If your address label says 2004, your dues are due.]
_________  Donation to Retiree’s Assistance Fund
_________  Donation to Student Emergency Fund
_________  Total enclosed (Make checks payable to “The Penn State Retired Faculty/Staff Club”)

☐ Send an application form for a Retiree’s Assistance Fund award

Name(s)  _________________________________________________________________________
Address  _________________________________________________________________________

Phone  ____________________  E-mail  ____________________
Today’s Date  ____________________  Retirement Year  ____________________

Mail to:  Penn State Retired Faculty/Staff Club
          Office of Human Resources
          120 S. Burrowes Street
          The Pennsylvania State University
          University Park, PA 16801-3857

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Club Emergency Funds Need Your Holiday Spirit

The Retired Faculty/Staff Club has two critical emergency funds – one to help our own members through difficult times, and the other, to help students who face immediate personal or family difficulties that threaten their ability to remain enrolled. These grants, typically around $500, make a huge difference to the recipients and we ask your help. As the holidays approach and you select your charitable gifts, please remember our commitments to keep these funds strong. To make a donation, send a check to: Penn State Retired Faculty/Staff Club: Contributions; Office of Human Resources; 120 South Burrowes Street; The Pennsylvania State University; University Park, PA 16801 and please specify whether your donation is to go to the Student Fund or the Retiree Fund. You can use the “Count Me In” form above.

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Stay in Touch through Penn State WebMail

WebMail is the way to go if you want to stay in touch by e-mail when you leave town. Retirees who are in the University’s sponsored benefits plan can use their Penn State Access Account to connect to WebMail through the Internet, which is increasingly available free at hotels, public libraries and cyber cafes around the world.

Penn State WebMail is a Web-based e-mail client, similar to Yahoo! Mail, that provides you with anytime, anywhere access to your Penn State e-mail via a Web browser. Authentication to and e-mail storage in WebMail are made possible via your Access Account userid and password. Your e-mail is stored in your home directory. The easy-to-use interface lets you check and send mail via a secure connection, create and organize mailboxes, access directory services, create and add personalized signatures, and change settings. New features continue to be developed and added. Go to http://aset.its.psu.edu/ait/webmailfaq/ for an overview of frequently asked questions about WebMail and information on how to get started.

To use WebMail, go to https://webmail.psu.edu and click on the “Click To Enter” link. Authenticate with your Access Account userid and password. Instructions for use are available on-line via the WebMail interface. Inquiries can be directed by e-mail to webmail@psu.edu.
The Big Ten Retirees Association Meeting

More than 20 delegates from retiree associations at Big Ten campuses -- including your club president, Gifford H. Albright -- met at the University of Minnesota for the annual meeting of the association in August. Former University of Minnesota president Ken Keller opened the program with a sobering talk about the state of public higher education in Minnesota and across the country. The group heard presentations about the Elder Learning Institute, the Volunteer Center and the Vital Aging Network at Minnesota and discussed similar programs at other Big 10 Schools.

Other meeting highlights included an address by Minneapolis attorney Kris Maser on the rapidly expanding field of elder law, and a discussion on current and pending federal, state, and university issues relating to health care for seniors led by Professor Les Block of the School of Public Health at Minnesota.

The annual meetings give delegates a chance to exchange ideas and develop closer ties to sister organizations. The next meeting will be held at Michigan State University in August and at Penn State in August 2007. For more information about the Big Ten Retirees Assoc., go to http://www.umich.edu/~hraa/umra/big10/

Retiree Benefits Fair

The annual Retiree Benefits Fair is a great one-stop shop for information on the University’s new and continuing programs for retirees. Held in June, the Office of Human Resources brings together professionals and volunteers in nearly every aspect of retiree life to offer information and answer questions from both retirees and those thinking about retiring.

Prescription drug plans and the Advantra HMO and HealthAmerica health plans were hot topics last year for the more than 300 seniors and near seniors who attended.

In addition to the more than 20 sessions and many informational booths on such topics as financial services, local services for seniors, and educational programs at the University and in the community, many took advantage of free services that day, -- blood pressure tests, bone density tests, and backrubs, among others. Many also learned about the Retired Faculty/Staff Club at an information table staffed by your officers.

Be sure to put the Fair on your calendar for next year and take your questions with you. It’s a great way to stay on top of your benefits.