



Harmon wins Governor's Service Award



The Governor's Service Awards, West Virginia's most prestigious volunteer award, honors individuals and organizations who are volunteer superstars in West Virginia communities.

Jo Ann Harmon couldn't be more active in her county and state.

She encourages others in her community to join and volunteer in the multiple groups she shares her time with, including the Community Educational Outreach Service, which sponsors multiple community events, and 4-H, where she serves as the president of the Grant County 4-H All-Stars, and as a leader of the Step Ahead 4-H club, and much more.

Jo Ann Harman, from Lahmansville, is described as



Jo Ann Harmon

a "true lady" – classy, uplifting and encouraging. A retired teacher, Jo Ann couldn't be more active in her county and state.

She encourages others in her community to join and volunteer in the multiple groups she shares her time with, including the Community Educational Outreach Service, which sponsors multiple community events, and 4-H. In 2018, Jo Ann also served on the AARP West Virginia Capitol Advocacy team. Jo Ann is quick to hop in a car to Charleston to advocate and schedule some volunteering in-between meetings.

Jo Ann makes sure everyone she encounters feels loved and appreciated.

This year during her church's Vacation Bible School, Jo Ann took photographs and took the extra time to make sure every child had at least one photograph in the slideshow. A true hero in her community, Jo Ann doesn't want anyone to feel left out. We are proud that our immediate past president Jo Ann Harman is a recipient of this distinguished award. Congratulations, Jo Ann.

From Your President

As fall has finally arrived, I hope all of you have enjoyed a relaxing summer and that you're now enjoying our beautiful West Virginia scenery as the leaves turn.

As I begin my term as your president, I want to thank many people prominent in the WVARSE organization who work tirelessly for all of us. First, I want to thank all of you WVARSE members for the confidence you have placed in me by allowing me to serve as your president. I promise to do my very best to



Mary Ann Ferris
WVARSE President

represent you well for the next two years.

I look forward to visiting many of your counties

See President, Page 3

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From the Executive Director

We had a successful Annual Council this year. Our keynote speaker, Dr. Mirta M. Martin, President of Fairmont University was well received. She spoke of her experience working with the university students. She has received numerous awards for her achievements.

As always, the Memorial service rated high. Due to an oversight and time, the memorial program had errors on page 14. This affected three counties. The pages involved were reprinted and sent to the presidents of those units. At the end of the Council, we had a change of positions.

Jo Ann Harman completed her two-year tenure as President and began her two-year tenure as immediate past president. Thanks Jo Ann, for your service.

President-elect Mary



William G. 'Bill' Milam
Executive Director

Ann Ferris moved into her role as WVARSE President. Irvin Scarberry (Cabell) was elected to serve as President-Elect. Pam Schimmel (Marshall) was elected to serve as WVARSE recording secretary.

I appreciate Norma Taylor's service as recording secretary. She was appointed to serve as I & P chair and will remain on the board.

Bill Hammond, an as-

sociate member, served as the State Legislative Chair since 2010. Prior to that, he served as Region II legislative chair. Bill chose to step down this year and the Board appointed John Taylor to replace him. I wish to thank John Taylor for his short tenure as Region II director.

Rick White served WVARSE well as Region IV Director and Patty Adkins also served WVARSE well as Region VI Director. They will be missed.

Congratulations to Martha Dean (Webster), Denis Chapman (Cabell), and John Moyers (Grant) for their being elected by Annual Council to serve as Regional directors in Regions II, IV and VI respectfully.

The WVARSE board confirmed the appointment of Chuck Hammond as membership Clerk as a support to Rita. As we

approach the 2018 Legislative session, we must concentrate on promoting our goals.

Our main goal is to seek a 1 percent severance tax on all deep sand gases. Proceeds from this tax will be devoted to public retirees. We added a goal of increasing the minimum pension benefit from \$500 to \$750.

This will affect only a small percentage of our retirees who well deserve the long-needed increase. As we go into the legislative session, we will need the support of the membership in getting these goals through. We hope you will be available to make calls, visits, etc. at a short notice.

Unit Officers and Honor Points forms can be completed online and sent directly to me.

Watch for an email from me when they are available online.

Barbour County



Barbour County Association of Retired School Employees

(Editor's Note: this article was mistakenly omitted from the Summer issue.)

Barbour County Association of Retired School Employees members Bertha Allman and Betty Daugherty show off two of the more than a dozen trays of homemade cookies baked and assembled by BCARSE members. The cookie trays were delivered to the seven public schools, maintenance and bus garage sites, and the school board office for the enjoyment of all Barbour County Schools staff in recognition of the local School Employee appreciation week and National Teacher Appreciation week on May 10, 2018. COOKIE DAY is one of several community service activities sponsored annually by more than 100 retirees who are members of BCARSE.

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Charleston, WV 25311

304-610-0192
www.wvvarse.org

President's letter

President

From Page 1

throughout my term of office. Next, I want to extend my sincere thanks to our past-president Jo Ann Harman for the shining example she has provided me and for the excellent advice she has given me. She leaves me big shoes to fill even if her feet are smaller than mine. Our Executive Director Bill Milam represents WVARSE well at all times; he has already begun to help me through the first weeks of my presidency. With his wife Darlene serving as Newsletter Editor and Nominating Committee chair, we get “two for the price of one” as she travels with him and helps in many other ways. I also want to thank all of my officers, board members, regional directors and committee chairs--both the outgoing

and the newly installed. I also want to welcome our new President-elect Irvin Scarberry; I look forward to working with him in the upcoming two years. My sincere thanks also go to the outgoing officers, regional directors and committee chairs for all the hard work they have given WVARSE. Your work is greatly appreciated, and we will value your continued support and advice as we move forward. As I’m sure you are aware, we are in very troubling times with our PEIA insurance. Those of us who are covered by Medicare are fortunate because the PEIA director Ted Cheatham has announced that they have renewed the PEIA contract with Humana to administer PEIA/Medicare for the next two years without an increase in deductibles or co-pays. I feel that this is very

good news for all the Medicare retirees. I also believe that this is due to those of you who took your valuable time to read the WVARSE talking points on this matter and used these points to testify at ALL of the PEIA Outreach Committee hearings this summer. Your comments were heard, recorded, and incorporated into the final report. One of our main points was the excellent service provided by Humana. My heartfelt gratitude to those of you who testified; you made the difference! Having said that, we must be aware that our work is not yet done. Our members not yet old enough for Medicare are still in limbo since they are still basically covered by the same PEIA plan as the active employees. Governor Justice’s Task Force has not yet completed its work;

therefore, we must continue to be present and vigilant at all the committee meetings. The Design and Cost Subcommittees must finalize their proposals to present to the entire Task Force who will then formulate their proposal to fix PEIA. Once this is completed, the final report will be presented to the Governor and the Legislature for action. Meanwhile, Governor Justice has announced that the actives will receive a 5% pay increase next year and that he will put \$100 million into PEIA. I caution all of you to remember that this proposal requires legislative action for it to become reality. I strongly suggest that you “Remember in November”. Our new Legislative chair John Taylor has attended all of the sub-committee meetings but one that I attended; he has graciously served as my chauffeur for

all the meetings so that the WVARSE presence was there to remind the committee members that we are very concerned about this matter. We both plan to continue to attend these meetings in the future. As proposals evolve, we may need to call on you to contact legislators about the Task Force’s proposals. Besides my focus on protecting our insurance, I plan to continue to emphasize Membership--just as my predecessors did. Membership is the life-blood of our organization. Remember that your spouse, significant other, children and even your friends and neighbors can be Associate members. With their membership, they become eligible for all the benefits that AMBA offers us. If we are to be effective lobbyists, we MUST increase our membership.

Legislators know that there are over 30,000 education retirees; when we say that we represent approximately 7,000 members, we lose credibility. Therefore, I have chosen as my theme for the next two years **SMILE — Seek Members In Locations Everywhere.** The comedienne Tina Fey once addressed a graduating class. In her remarks she asked the graduates to not be among those who say, “Yes, I see we need to do something, but I can’t help out.” Instead she urged them to be among those who say, “Yes, I see we need to do something, and I will help out.” I’m asking each of you to be the member who says, “Yes, I see the need for WVARSE to increase membership, and I will do my best to recruit at least one new member.” When we do this, we will all be able to SMILE.

West Virginia Association of Retired School Employees Enrollment form Dues for fiscal year July 1, 2018—June 30, 2019

State Life Member Paying	
County Dues only	\$ 5.00
Supplemental Dues	\$ _____
Total Life/County Dues	\$ _____

State Life Member membership	\$100.00
Plus Annual County Dues	\$ 5.00
Supplemental Dues	\$ _____
Total Life/County Dues	\$ _____

Annual State Dues	\$ 15.00
Annual County Dues	\$ 5.00
Supplemental Dues	\$ _____
Total Annual	\$ _____

PLEASE PRINT NAME AS IT APPEARS ON RETIREMENT CHECK

Name _____
Last First Middle Date

Address _____

City _____ State _____ Zip _____

Retired From _____ Phone _____ Email _____

“Dues are not Tax Deductible”

Members receive newsletter, Insurance info/ Travel Opportunities & representation at the Legislature

Associate	()	Life	()
Renewal	()	New	()

Old Address _____
If Changed _____

A Salute to Our Veterans



Ret. WVANG Col. Pauline Shaver

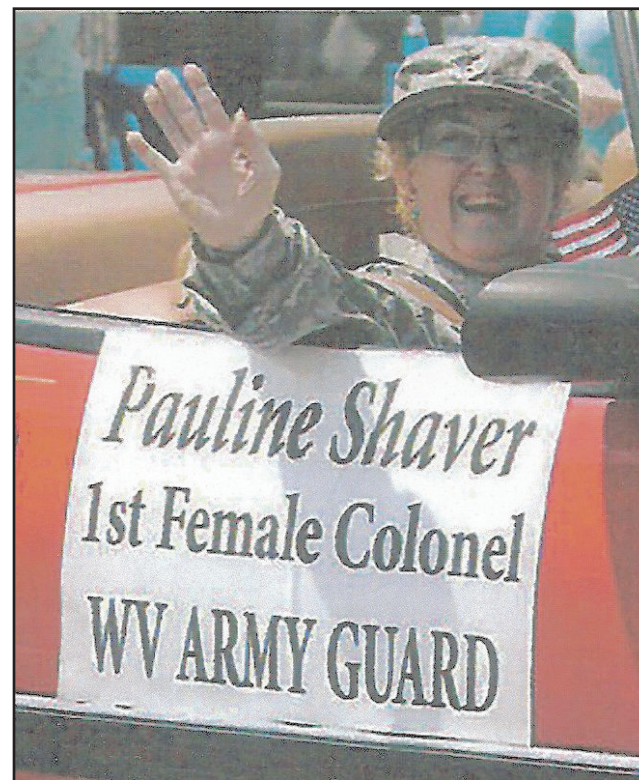
WVARSE/KCARSE member Pauline Shaver, a Kanawha County Schools Health Service retiree, served her country, but not in common fashion.

A Morgantown native, Pauline was asked to go into practice in Preston County because of the shortage of physicians. As a nurse practitioner, she was then encouraged to join the West Virginia Air National Guard to fill a need.

While in the Guard Pauline was promoted to full Colonel, becoming the first woman in the state to achieve the rank within the Guard. She was also WVANG's first certified OSHA military officer.

She and her daughter Joy were the first mother-daughter members of any National Guard service in the country and the first mother-daughter charter members of the Women's Memorial in Arlington VA. Joy earned a Bronze Star in Desert Storm.

In addition to the Guard, Pauline has contributed greatly to the Kanawha Valley, earning her the 2014 Jefferson Award for Public Service, known as the "Unsung Hero" medal. She was involved in the establishment of Hospice services in Charleston, helped establish a community health ministry through St. Mark's United Methodist Church, was the first Red Cross certified disaster nurse, and volunteered for medical missions in South America with Medical Ministry International for over 11 years. She continues to administer vaccinations on a volunteer basis.



Ret. WVANG Col. Pauline Shaver



The Mercer County Association for Retired School Employees was more than overjoyed to learn that the Fall 2018 WVARSE Newsletter would be featuring active members who once served our proud nation as a member of the armed forces. No other member stood out in their mind than did Michael W. Kessinger. Mike graduated from Princeton Senior High School in 1964 and enlisted in the United States Air Force on May 12, 1966. He was stationed at the Chanule Air Force Base in Rantoul, Illinois. He attended Concord University and later earned his administration certification. Mike served as a principal before accepting a position with the WV Office of Education Performance Audits. Shortly after retiring, Mike began volunteering at the Mercer County Those Who Served War Memorial Museum in Princeton. In 2014, he was named Museum President and Curator. Countless hours were spent at the museum as he guided individuals and groups through the museum, shared interesting facts, and oversaw the incorporation of modern technology. Many hours were also spent making presentations about the war museum during various local organization and civic meetings.

Mike is married to former Mercer County guidance counselor and MCARSE member, Rose Kessinger. Together they have been and continue to be an integral part of MCARSE, Concord University, and the Mercer County community. Our hats off to you, Michael W. Kessinger and all the other veterans out there!



Michael W. Kessinger

Continue to submit articles of WVARSE members who are veterans.

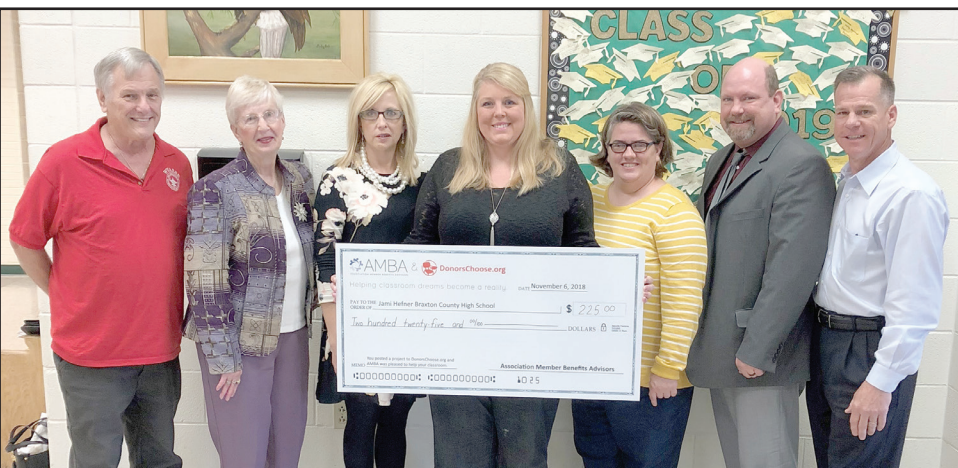
Michael W. Kessinger

Braxton County



Braxton County ARSE

Braxton County ARSE President Mary “Boody” Talbott attended the PEIA Rally on September 16, 2018 at the capital with two of her former students.



AMBA representative, Amy Crockett and Rick Billeaud presented a \$125 check to Braxton County High School special Education teacher, Jami Hefner for her Donorschoose.org project. Standing to her right is high school principal Jessica Pierson, Braxton County Superintendent David Dilly and Rick Billeaud. Standing to her left is Amy Crockett, WVARSE President, Mary Ann Ferris and WVARSE Executive Director Bill Milam.

Thanksgiving Trivia

In 1953, a Swanson employee accidentally ordered a large shipment of Thanksgiving turkeys. To get rid of them, salesman Gerry Thomas came up with the idea of filling 5,000 aluminum trays with the turkey - along with cornbread dressing, gravy, peas and sweet potatoes and sold them for 98 cents. This was the first TV dinner.

Fayette County



FCARSE supports Read Aloud WV

FCARSE member and Read Aloud WV of Fayette County Co-President Linda Cole gave an overview of the literacy volunteer work involved in the Snuggle and Read program. Cole highlighted how volunteers make the hand tied fleece blankets for children to use for the “snuggle and read” with parents. FCARSE gave a monetary donation to Read Aloud WV.

Grant County

Grant County Bragging Rights

The 82nd Mountain State Forest Festival is proud to announce the appointment of Princess Allison Nicole Harman. She was appointed by West Virginia State Senator Ryan Ferns.

Princess Harman is the daughter of Brent and Becky Harman of Lahmansville. She is the granddaughter of Robert and JoAnn Harman of Lahmansville, Jimmy and Debbie Calhoun of Hurricane and the late Betty Jo Calhoun of Petersburg. She has one brother, Evan, and one sister Lauren.

She is 2018 graduate of Petersburg High School where she was a member of the National Honor Society. She was a four-year participant in soccer, basketball, and track. She was a member of the Marching Band, Color Guard, and Concert Band. She is a member of 4-H and the Grove Street United Methodist Church youth group.

She is a freshman at Marshall University where she is majoring in exercise science.





Teachers are our heroes!

For over 30 years, AMBA has been providing resources and benefits for active and retired educators. So, we understand the great struggle teachers face when it comes to getting the classroom supplies they need. AMBA has partnered with DonorsChoose.org to encourage our benefit advisors to actively support local classrooms and students.



DonorsChoose.org

Helping Teachers and Students Through DonorsChoose.org

Good news: Project fully funded!

AMBA sponsored a classroom on behalf of Rick Billeaud at AMBA, and Bill & Darlene of West Virginia Association of Retired School Employees.

**Thank you for all you do
for your students!
Have a wonderful year!**



Ms. W. responded:

Dear AMBA and WVARSE,
WOW! Thank you so much for your donation! I can't wait to go to school tomorrow and let my class know we are getting more flexible seating. My class is full of sweet, happy kids who love to learn. Because of your help, they will have fun while learning."
With gratitude,
Mrs. Wriston



I have been enrolling educators in their association's benefits for over 25 years with AMBA and it's truly rewarding to give back to the teachers in my community! The most important impact that I feel I make with DonorsChoose.org is not just funding individual projects, but teaching the teachers how to get their projects funded by the over \$400 million raised by DonorsChoose.org. In partnership with WVARSE, we are helping change the landscape of education one school at a time!"

Rick Billeaud, District Manager, AMBA



**To find out how AMBA can help teachers
in your community, contact Rick Billeaud.**

In Memorium

BOONE	Charles Kandis
Jimmie Smith Sr	Nancy Varlas
Harold Ray Ball	RALEIGH
Phyllis Turley	Carolyn Anderson
Indra Clendenen	Dewey Bone Jr.
BRAXTON	Mark Aaron Lilly
Rita Cogar	Richard Allen Mann
Betty Singleton	Wilma Gail Meadow:
Ruth Brady Six	Helen Louise Shupe
Delmas Wine	Jo Ann Simon
KANAWHA	Mariel Smith
Phyllis Totten	Eula Stephens
NICHOLAS	Elizabeth Wheeler
Clara Cunningham	Irene Wilkes
Dewey Berry	Vouly "Vaughn" Yorl
Mary Jane McClung	TUCKER
Susan Ann Bailey	Donna Kay Rosier
MARSHALL	Arthur D. Carr
Dorothy Henry	Maxine V. Morrison
Minnie Jones	Stanley Sedmock Sr.

PEIA Hearings

Mark your calendars for the PEIA Hearings to discuss benefits for FY 20. Plan to attend and make your thoughts be known. **Privatizing PEIA would be a disaster.**

The date and location are as follows:
 Teleconference Monday, Dec. 12
 Beckley, Dec. 13, 6 p.m. Beckley-Raleigh Convention Center.
 Morgantown, Dec. 17, 6 p.m. Alumni Center
 Charleston Dec. 18, 6 p.m. Little Theatre -Civic Center
 Martinsburg, Dec. 19, 6 p.m., Holiday Inn

Turkey Trivia

*President George H.W. Bush pardoned the first turkey in 1989.
 *Only male turkeys actually gobble.
 *Black Friday is the busiest day of the year for plumbers. Kitchen drains, garbage disposals and toilets require more attention the day after Thanksgiving than any other time.

WVARSE Membership Report

Saturday, November 03,

Processed for Year Ending 6/30/2019

REGION I	Last Yr	Current	Potential
BROOKE	169	172	463
FAIRMONT	17	13	122
HANCOCK	224	85	559
MARION	239	206	884
MARSHALL	193	122	674
MONONGALLA	156	95	909
OHIO	314	274	594
PLEASANTS	86	74	172
TYLER	60	53	165
W. LIBERTY	1	1	42
WETZEL	65	39	346
WVU	27	25	556
TOTAL	1551	1159	5486

REGION II	Last Yr	Current	Potential
BARBOUR	105	101	289
BRAXTON	83	64	291
DODDRIDGE	20	7	141
GILMER	42	38	136
GLENVILLE	13	14	80
HARRISON	338	310	1145
LEWIS	107	76	294
PRESTON	161	125	510
RANDOLPH	181	160	470
TAYLOR	144	100	258
TUCKER	57	60	140
UPSHUR	262	239	435
WEBSTER	69	51	233
TOTAL	1582	1345	4422

REGION III	Last Yr	Current	Potential
BOONE	228	200	518
CALHOUN	21	6	157
CLAY	15	15	218
JACKSON	137	114	460
KANAWHA	388	319	3281
RITCHIE	30	30	173
ROANE	57	62	265
STATE DEPT	36	28	396
WIRT	61	58	111
WOOD	343	258	1530
WVS	5	5	72
TOTAL	1321	1095	7181

REGION IV	Last Yr	Current	Potential
CABELL	183	149	1456
LINCOLN	114	101	435
LOGAN	33	34	741
MASON	58	49	447
MINGO	28	25	664
MU	6	6	223
PUTNAM	151	125	786
WAYNE	150	103	808
TOTAL	723	592	5560

REGION V	Last Yr	Current	Potential
CONCORD	3	1	65
FAYETTE	159	145	836
GREENBRIER	132	117	643
MCDOWELL	153	138	697
MERCER	241	194	1201
MONROE	16	13	226
NICHOLAS	110	112	518
POCAHONTAS	100	62	168
RALEIGH	172	127	1351
SUMMERS	110	87	235
WVIT	3	3	5
WYOMING	95	79	580
TOTAL	1294	1078	6525

REGION VI	Last Yr	Current	Potential
BERKELEY	174	170	952
DEAF & BLIND	35	26	175
GRANT	63	107	214
HAMPSHIRE	69	65	281
HARDY	33	23	199
JEFFERSON	123	106	516
MINERAL	125	130	442
MORGAN	82	71	211
PENDLETON	54	47	162
POTOMAC	5	4	7
SHEPHERD	5	4	29
TOTAL	768	753	3188

	Last Yr	Current	Potential
Total Members	7239	6022	3236.

A	159
AN	32
D	21
L	3089
N	152
NL	147
R	2226
— RN	198
Total	6022

Life membership — \$100 ... Life members — Remember to update your address and pay county membership dues.

Did you know?

The first Thanksgiving in 1621 may not have included turkey. However, they did serve venison, lobster, swan and seal.



Full Medical Review

A licensed clinician will come to your home, take your vitals, and then review the results with you. They will also evaluate your prescriptions, over-the-counter medicines, and vitamins that you are taking.



Complete Assessment

Aside from looking at your medical status, your in-home clinician will check to see if there are other ways to help you on your health and well-being journey. This entails determining if you are taking your medications properly, if some other Humana programs or services could be useful for your well-being journey, and even evaluating your home for fall risks.



Current Providers

This program is not meant to replace the treatment(s) that your current providers are recommending, rather, serve as a partnership. We will communicate with your primary care provider, but you will still need to see them for your annual wellness visit.

Everything You Need To Know



About In-Home Health and Well-Being Assessments



Questions and Concerns

This is your time to get a better understanding of your health and well-being journey. We are here for you. Ask us any questions, for any details, and at your pace. Everything that is discussed is confidential. We will send the information to your primary care provider so that the two of you can work together on your well-being journey.



Someone In Your Home

The clinician that is coming to your home is a licensed medical professional with training on In-Home health and Well-Being Assessments. They will have a Humana/YHA ID. **It is safe to have them in your home. You are welcome to have a friend or family member join you.**



Schedule An Assssment

If you would like to schedule an assessment, **1-877-334-3871**. TTY (711). Visit us at [Humana.com/HomeVisit](https://www.humana.com/HomeVisit).

Please note: Your Humana health plan, and your benefits and membership stay the same.