

# ABA News Digest

Vol. 37, No. 2

*Postal Workers Serving Postal Workers Since 1891*

Fall, 2022

National Director

Wayne Maurer

## Benefit Increase On The Way



this increase would raise the amount of benefits paid to our members for accident claims by roughly \$95,000 per year. The association had already decided to raise benefit amounts for covered hernias and increase the time allowed for injuries to the spine and or discs beginning next year. During the discussion on the resolution, an amendment was offered by Keith Richardson, President of the Chicago Area Local and also the APWABA Vice President and Central Region Director. The amendment was to raise premiums for our daily disability plans by twelve cents per

pay period. This money would satisfy the additional strain on our revenue should the resolution pass.

In conclusion, after a short discussion on the matter, the resolution as amended passed unanimously. This will be the first premiums increase since August 2016 and with this resolution as amended passing, we will be able to meet the needs of the membership without any need for a premium increase for years to come. With the benefit increases noted above we will probably be paying out an additional \$115,000 each year in benefits to our members for injuries suffered by way

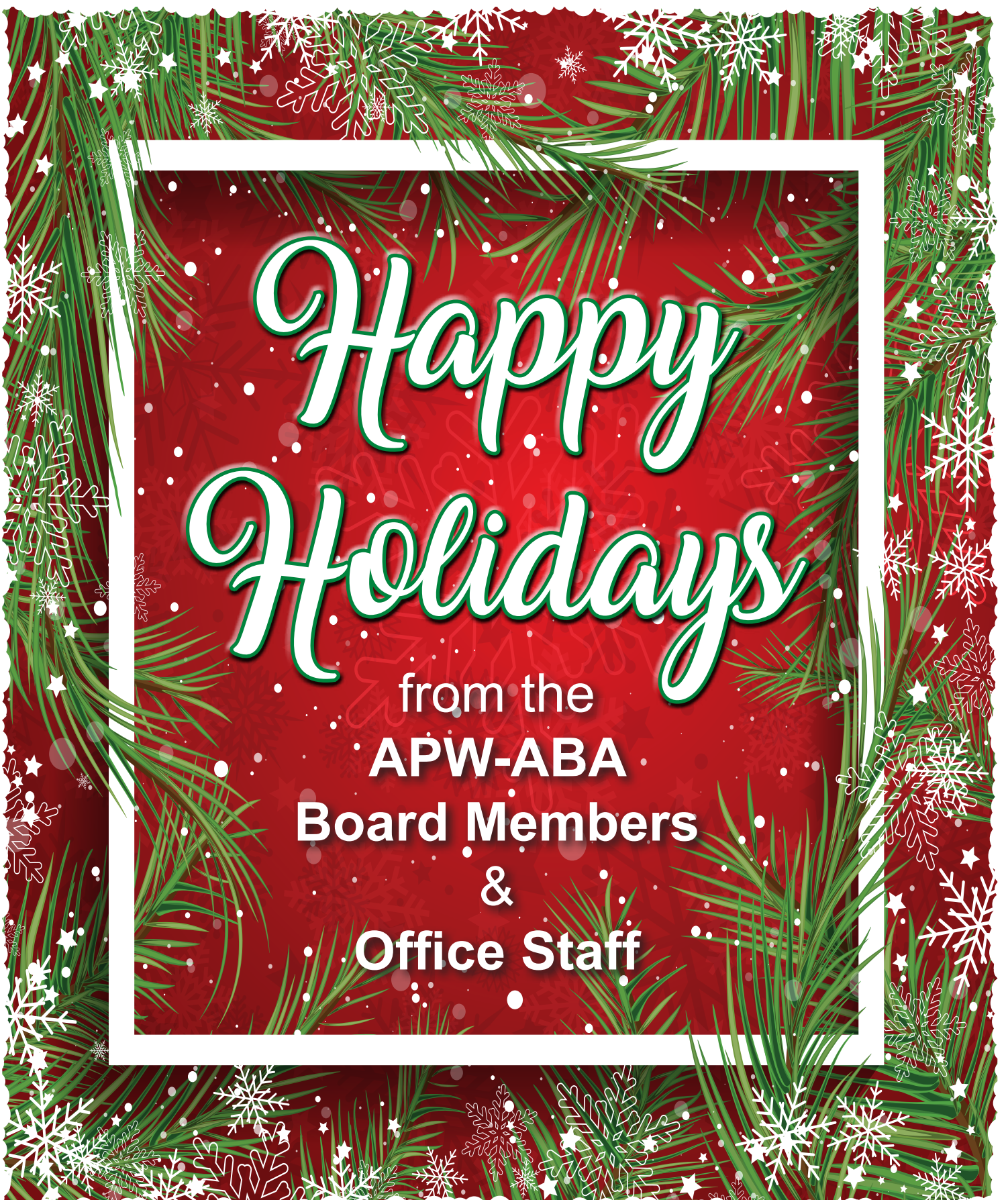
of an accident. The increase in Benefits and premiums will become effective January 1, 2023 (please see pages 4 & 5). Your board of directors, my staff and I have worked very hard to keep expenses to a minimum and I truly appreciate all the kind words I receive about our performance as I travel to the various events within APWU. I will continue to work as hard for the membership as I have these past six years.

I hope you enjoy this issue of the News Digest and from us here at the APWABA home office we send our wishes that all of you enjoy a safe and very happy holiday season.

Welcome everyone to the yearend issue of the News Digest. I want to thank every APWU local and state entity that provides our accident benefits to their members. Along with the individual members, our membership level is in excess of 59,000 members.

Our national convention was held on August 15, 2022, and I appreciate all the members who came out to participate in this event. Similar to our past three conventions, this year we were able to conduct all the business at hand in just over one hour.

The most significant activity was the discussion and vote on a resolution offered by the Michigan Postal Workers Union. The resolution would increase our daily disability benefits four dollars per calendar day in both the Value Plan and the Advantage Plan. During an average year



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President

# Congratulations, ABA Delegates, F



COVID19 the 2020 convention was cancelled. And, after a four-year lapse since the 2018 convention that was held in Pittsburgh, the ABA and the APWU were finally able to schedule our conventions at the Gaylord National Resort and Conference Center in National Harbor, MD.

Before I go any further with this report, I would like to extend my personal thanks to those delegates who attended our convention following a busy day at the APWU National Convention and foregoing other distractions that were going on simulta-

neously with our meeting. As such, the attendance by these delegates allowed us to achieve a quorum, which in turn made it possible for us to call the convention to order and address the important business at hand.

### Recognition of Staff Members

As reported during the convention, when I mentioned our "well-managed operation", I would be remiss if I did not acknowledge the hard work and dedication of the office staff at our headquarters office in Rochester, New Hampshire in this article as well. It is important to note that over the past two years, during the height of negative impacts across the country caused by COVID19, the staff stepped up and continued to provide timely and professional services to our members.

These staff members are:

Melissa "Missy" Potter, Executive Assistant

Kelly O'Neil, Accounting Tech

Lisa Bado, Accounts Receivable

Jennifer Coelho, Claims Administrator

... and they deserve our thanks and recognition for all they do.

### Convention Committee and Credentials Committee

Prior to the convention I had appointed the following staff and members to organize the convention, which included but was not limited to announcing the Convention Call to all of our members, notifying members of the requirements to be a delegate, soliciting and registering delegate credentials, hiring stenographers to

Resolutions that will update and increase offered benefits and services to our members were passed by the delegates at the 2022 APW-ABA Convention. As we all recall, due to

**AMERICAN  
POSTAL  
WORKERS**



**ACCIDENT  
BENEFIT  
ASSOCIATION**

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The editors of the ABA News Digest reserve the exclusive right to edit, amend or delete any article considered to be destructive to its goals of unity and union spirit.



## Home Office Staff\*

- Executive Assistant/Business Coordinator** . . . . . **Melissa Potter**
- Accounts Receivable/Customer Service Coordinator (Associate Editor, ABA News Digest)** . . . . . **Lisa Bado**
- Accounting Technician** . . . . . **Kelly O'Neil**
- Claims Administrator/System Development Coordinator** . . . . . **Jennifer Coelho**

\*Proud members of OPEIU Local 6

## Honorariums

**Hank Greenberg**  
National Director Emeritus (2004)

**Michael B. Ganino, Jr.**  
National Director Emeritus (2012)

**David E. Daniel**  
National Director Emeritus (2016)

Richard Phillips

# For Another Productive Convention

record the proceedings of the convention, securing a room at the hotel to conduct the convention, making sure the room was set up prior to the convention, as well as certifying and reporting that a quorum had been met before the convention was called to order:

Wayne Maurer  
Marty Schneider  
Melissa Potter  
Lisa Bado  
Jennifer Coelho  
Kelly O'Neil

In addition, Reggie Maddox, a delegate from the Tampa Area Local volunteered to serve as Sergeant at Arms.

## Constitution Committee Report

The Constitution Committee was comprised of the following:

Scott Hoffman, Chairman, (Director, NE Region)

Larry Sorrells, (Director, Southern Region)

Dana Coletti, (Director, NE Region)

Scott Parkin, Rank & File Member (Pocatello, ID Area Local)

As previously reported, changes to our Constitution & Bylaws in 2014, 2016, and 2018 had helped us address the overall decrease in numbers of ABA members, which had resulted from the general decrease in the numbers of APWU members over the past decade. Also, consideration had been reported that along with our normal monthly and yearly operating expenses, there are federally mandated expenses that must be met. As such, previous changes included:

- the scheduled elimination of the

ABA's elected position of Vice President,

- providing the National Director with discretion to fill vacant Board positions,

- providing the National Director discretion to determine which Regional Directors to assign when attending APWU functions.

- Reducing the number of times each year the ABA News Digest Publications are required to be published.

- Expanding the coverage that a member could enroll his/her spouse to include either the Value Plan, Advantage Plan, Plus Plan, Value Plan with additional Plus Plan coverage, or the Advantage Plan with additional Plus Plan coverage.

Although initially there were no *bona fide* Resolutions submitted to change the ABA Constitution, one Resolution was submitted to increase the daily benefits of both the Value Plan and the Advantage Plan by \$4.00 per calendar day. Since the benefits of these plans are not in the ABA Constitution, I accepted this Resolution as one of general application. At Convention, an amendment was offered to cover the added expenses of the increase in benefits by raising premiums by \$0.12 per member, pay period.

This resolution as amended would now involve constitutional language and request a 2/3 majority to pass. After a brief discussion, the resolution as amended, passed unanimously.

## Special Recognition Award

During the convention, National Director Wayne Maurer made a presentation of a Special Achievement

Award to longtime Central Region Director Ed Brennan for his exceptional and continued support of the ABA.

## Election of National Officers for the 2022-2024 Term of Office

There was no need for an election to be conducted at the 2022 ABA National Convention as all positions were uncontested. Therefore, the following members will comprise the Board of Directors for the 2022-2024 term:

- National Director  
Wayne Maurer
- President  
Richard Phillips
- Director, NE Region  
Scott Hoffman
- Director, NE Region  
Dana Coletti
- Director, Eastern Region  
David Dunkle
- Director, Eastern Region  
Sherry McKnight
- Director, Southern Region  
Larry Sorrells
- Director, Southern Region  
Kenyon Beasley
- Director, Central Region  
Keith Richardson
- Director, Central Region  
Edward Brennan
- Director, Western Region  
Marty Schneider
- Director, Western Region  
Vacant, as of the Convention

## Some Post-Convention Housekeeping

1. Filling of a Vacant Position – At the convention it was announced that the Board of Directors had unani-

mously approved the filling of the vacant position of Director, Western Region with Scott Parkin, Pocatello, ID Area Local. Brother Parkin was sworn in along with the rest of the attending members of the Board of Directors following adjournment of the convention by retiring Southern Region Coordinator (and former ABA Southern Region Director), Kenneth Beasley.

2. Selection of a Vice President – In accordance with Article 5, Section 1, the members of the Board of Directors communicated with each other following the ABA Convention and decided among themselves that Keith Richardson (Director, Central Region) would continue to serve as the Vice President for the 2022-2024 term. Congratulations to Keith on his election, and I look forward to working with him as we continue to progress over the course of the next two years.

## Some Final Thoughts

• **Fall Audit Committee** – In accordance with Article 20, Section 3, I have appointed Keith Richardson (Vice President, and Director, Central Region) and Dave Dunkle (Director, Eastern Region) to perform the 2022 Fall Audit. This audit will be conducted telephonically on a date in October, to be determined by the participants. Their report and recommendations will be forwarded to the National Director and the other Board members.

With best wishes to all during the upcoming holidays, and for a safe, healthy, and prosperous New Year, I remain,

In solidarity.

## 2022 APW-ABA Scholarship Recipients

### Honoring Thomas Hartos, Michael Tosches & Eugene Johnson

Hi, I'm Aubree. I was born and raised in Fargo, ND and graduated from West Fargo High School this year. I enjoy bowling on my youth league that I have been on since I was 6. I also, have been dancing for 12 years including my last 3 years dancing for my high school dance team, the packatahnas, while earning state championships all 3 years and getting second in the nation at a national dance competition based in Florida. As well as bowling and dance, I also enjoy traveling with my family and friends, which include going on multiple Disney cruises, traveling to Alaska, California, Florida, Texas, New York and going on a 15 day bus tour of 7 countries in Europe. I am excited to continue my education at North Dakota State University and major in radiology sciences. Thank you to the American Postal Workers Accident Benefit Association for honoring me with one of their memorial scholarships for 2022.



Hello, I'm Koree. I'm from Northern Michigan. I will be attending Kendall College of Art and Design in Grand Rapids starting in the Fall of 2022. I plan to complete my BFA in Graphic Design and then I will attend grad school. My life's passion is Graphic Design. I hope to one day teach Graphic Design in either a vocational center or at the college level.

I always go above and beyond when I'm designing and sharing my love of art with others, and I can't wait to encourage other creative minds to influence the world in a positive way.



# IMPROVED APWABA BENEFITS

- ★ VALUE PLAN DAILY DISABILITY BENEFIT INCREASE FROM \$12 TO \$16 PER CA
- ★ ADVANTAGE PLAN DAILY DISABILITY BENEFIT INCREASE FROM \$24 TO \$
- ★ VALUE PLAN HERNIA DISABILITY BENEFIT INCREASE FROM \$400 TO \$500
- ★ ADVANTAGE PLAN HERNIA DISABILITY BENEFIT INCREASE FROM \$600 TO \$800
- ★ SPINAL INJURIES FROM ACCIDENT OR WORK-RELATED UP TO 365 DAYS FROM PREVIOUSLY 180 DAYS
- ★ DISC INJURIES FROM ACCIDENT OR WORK-RELATED UP TO 365 DAYS FROM PREVIOUSLY 180 DAYS

The American Postal Workers Accident Benefit Plan (APWABA) benefit increases will take effect beginning in 2023. We are pleased to announce that we are increasing our Death and Dismemberment benefits back in line with industry standards. We are also increasing our Disability benefits as well as increasing hernia disability benefits. We are also increasing the benefit compensability period for injuries to 365 days from 180 days. These increases will result in our membership receiving more in benefits each year. Premiums will increase as well to help offset the cost of the benefits increases. Our last premium increase in 2016. Prior to our benefits being increased to the membership was in 1998. I've been your National Director to reduce expenses for APWABA members with outstanding service. I am a proud member of our association for their support and dedication forward to serving you, our membership in the future.

# BENEFITS COMING IN 2023!

**ABILITY BENEFIT INCREASE  
CALENDAR DAY**

**DISABILITY BENEFIT  
\$28 PER CALENDAR DAY**

**ABILITY INCREASE FROM**

**A DISABILITY INCREASE**

**ACCIDENTS COMPENSABLE  
PREVIOUS LIMIT OF 90 DAYS**

**ACCIDENTS COMPENSATED UP  
PREVIOUS LIMIT OF 180 DAYS**

Benefit Association is pleased to announce these changes for 2023. After increasing portions of our Accidental Disability benefits in 2019 we are now able to increase our Daily Disability benefit via compensation and dramatically increasing the limit for accidents to the spine or discs resulting from an accident. We are now able to receive an additional \$100,000 to \$125,000 in benefits and 12 cents per pay period beginning in 2023 as a result of the increase and the gradual rise in expenses since our last benefits increase in 2019, the last time benefits were increased. We have worked very hard over the six years to increase our benefits while continuing to provide APWU and individual members with the best benefits possible. We want to thank every Local, State and individual member for their support and participation in our program and I look forward to the future.

## Northeastern Region Director

Scott Hoffman

# Be Extra Vigilant This Holiday Season

Dear Sisters and Brothers.

I hope you all the best of times coming into the Holiday Season. These are the most trying times of the year as a worker, with the constant flow of seasonal work, the inevitable mismanagement at every level, and the fatigue that sets in due to the aforementioned. We, as postal workers, have trained ourselves to not let those factors take away from our friends and families times and enjoyment during the Holidays. It isn't easy, but we do it.

Let us still be vigilant in regards to Covid. Postal management, who never truly appeared to take it seriously, is now in full scale amnesia mode, if you want to stay safe, you need to do it yourself the Service talks a decent game, but as soon as it costs them a dime, you see their real reaction. They did not, and will not spend the money for extra cleaning. They will not pay unsubsidized administrative leave for quarantine or recovery from a positive testing. They continue to try to have employees prove they contracted at work, despite the Department of Labor's stance on the topic.

My point is, you can never rely on the Postal Service in regards to "safety". The only way to stay safe at work is to document, grieve, and keep the issue in the forefront. The squeaky wheel gets the grease, and you have to keep squeaking until it can be ignored no longer. Everything with the Postal Service is a battle of wills. Safety is no different.

Volume and short-staffing are real problems, especially in the upcoming season. Management will attempt to overcome these conditions by asking its employees to ignore the contract,

bypass safeguards and methodologies required in the handbooks and manuals. They will put your safety and your financial responsibilities at risk. Don't let them. Don't forget, they spend all their efforts - all year long trying to shave seconds off everything we do, grossly under-estimating each and every task, in an attempt to justify the wanton destruction of staff in each location and the service itself

But now they want your buy-in. Buy-in to forgo checks and balances that are there to protect you. Buy-in to doing as they ask, because all the problems their superiors caused, can now only be fixed on your back, buy-in to cut your own throat, your co-worker's throat, and the customer's service. DON'T. Don't be lulled to sleep with their now all of a sudden teamwork rhetoric.

If the contract says it, require it be done that way. Or grieve it. If the policies, handbooks and manuals require it, then insist it be done that way. Or grieve it. Almost all handbooks and manuals' provisions are there to protect these entities: 1.) the Postal Service; 2.) the employees, 3.) the public's service.

Don't let some dunce, that has less time in the business than you have in the bathroom, convince you otherwise. These clowns are mere parrots, who are parroting because they don't know how it really is supposed to be. They will now be left with two options. Option one is bully and intimidate. They resent any questioning or pointing out that they are acting and

dictating actions contrary to the contract.

Stand together and grieve. We fail against bullies when only some, or a few, or one stands up. That one is



segregated from the herd and slaughtered. Now, who's next? Don't fall for it. Stick together. I have never been in a schoolyard where the bully succeeds against the rest of the kids in the yard. The bully only succeeds if a few flunkies join him, and the others are ambivalent to the one(s) being bullied. Otherwise, it's an ass-whooping for the bully. Simple! Or endure the bullying, hoping it will all just pass. Just make sure you remove the mirrors in your house because the loss of self-respect is ugly to look at.

Option two is the false friend act. The supervisor plays "poor me". It's not me, it's my boss. Please just do this so I don't get yelled at. Do that so we can "stay off the radar". They prey on your work ethic and the fact you are a decent human being. Don't fall for it

Most of them are just doing whatever they think they have to do to cover their ass, cover the degraded service, and stay in higher level management's graces.

But they are not your friend. You won't be going over their house for a close family dinner. You will get that abolishment letter if they are told to. They will cheat you out of overtime if they can. They will tell you a made-up policy hoping you will buy it. They are not your friend; friends don't do that to other friends. Face the reality. They are the other team and, when push comes to shove, they will do what's necessary for their team, and you are nothing but a pawn.

Our national elections are over. Congratulations to the winners, and now it's time to become a cohesive team and concentrate on the issues we pool our dues together for; protection of our members and contract on the workroom floor. There is a place and need for everyone in this Union. Paying dues is one part of being a member. Getting involved is just as important. Money sits in a bank; people get things done.

In closing, Happy Holidays and enjoy the times with those you love. After all, this is why we keep grinding day after day. In work, keep your head high, stick together, make management treat you right, keep to the rules and regulations. You will make more money, and protect yourself, your co-workers and the public's service all at the same time.

In Union Unity.

## Northeastern Region Director

Dana Coletti

# Recognizing And Preparing For The Dangers Of Winter

Living in New England and the Northeast, the obstacles, challenges, and dangers that winter presents are a yearly reality. The importance of remaining vigilant and aware of your surroundings is essential to keeping you and your family safe. It is important to know the proper terminology when it comes to winter weather.

- **Winter Weather Advisory** – This notification is issued when inclement weather is forecasted. This could include but is not limited to snow, sleet, freezing rain and icy conditions.

- **Winter Storm Watch** – This notification is an upgraded alert. Heavy snow accumulations, blizzard and windy conditions can cause this notification to be issued. Typically, it is done a day or two in advance of the anticipated storm.

- **Winter Storm Warning** – This notification occurs at the onset of dangerous and inclement weather. Typically, 12 hours in advance. These

accumulations can make travel difficult and pose great risks to the safety of anyone on the roads. Heavy snow and strong winds can limit visibility



and make the roads treacherous and impassable.

Preparing your home is also an essential aspect of winter preparedness. Upgraded insulation, window sealants, weather stripping and caulk are all good ways to keep the cold at bay in your home. Wrapping exposed pipes to keep them from freezing and draining your sill cocks will keep your

pipes in good condition over the winter months. Keeping an adequate supply of canned/dry goods and bottled water is an important part of home preparedness. Extra batteries and properly working flashlights are essential home items especially in bad weather. It is also advisable to fill your tanks with fuel prior to winter to have enough for the winter months.

If you are spending time outside in the winter months, there are potential dangers that you should be aware of. Being outside for extended periods of time can be cause for multiple issues, such as frostbite and hypothermia, which are the most dangerous.

- **Frostbite** – is a loss of feeling and color around your extremities, like, fingers, toes, and face. The signs of frostbite are numbness and loss of color to your skin. The best action if you are experiencing the symptoms of frostbite is to gently warm yourself inside or in warm water. Never rub

the affected parts you suspect of being frostbitten.

- **Hypothermia** – is a sudden drop in body temperature due to exposure to extreme cold. The signs of hypothermia are shivering, drowsiness, slurred speech, and loss of movement. The best action for hypothermia is to warm the bodies core by wrapping in blankets and keeping dry.

Finally, proper attire is critical in preparing for the winter months. The right clothing can make all the difference in keeping you safe from the elements. First and foremost, dressing in layers is the best way to prepare for weather. Multiple shirts, socks, and undergarments will keep the elements from affecting you. Hats, gloves, and scarves round out the appropriate gear to combat the cold winter weather. Finally, a fully charged cell phone is an important item to have on you when you are out in cold weather.

Taking the time to understand winter terminology, preparing your home and dressing appropriately can help keep yourself safe in the coming winter months.

Eastern Region Director

Sherry C. McKnight

# Your Health: Monkeypox Signs And Symptoms



Greeting Brothers and Sisters.

Hope this article finds you all in good health and spirit. The launching of autumn will soon fade so swift into winter. My warmest wishes for a happy holiday season and the best to you in the years to come.

### Monkeypox Symptoms

Monkeypox symptoms usually start within 3 weeks exposure to the virus. The illness typically lasts for 2-4 weeks. If someone has flu-like symptoms, they will usually develop a rash 1-4 days later. Know the symptoms of monkeypox and when to contact a healthcare professional.

People with monkeypox get a rash that may be located on or near the genitals (penis, testicles, labia, and vagina) or anus, and could be on other

areas like the hands, feet, chest, face, or mouth.

- The rash will go through several stages, including scabs, before healing.

- The rash can initially look like pimples or blisters and may be painful or itchy.

Other symptoms of monkeypox can include:

- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches and backache
- Headache
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)

You may experience all or only a few symptoms

- Sometimes, people have flu-like symptoms before the rash.
- Some people get a rash first, followed by other symptoms.
- Others only experience a rash.

— Source: CDC

### 2022 Monkeypox Outbreak

An ongoing outbreak of monkeypox, a viral disease, was confirmed in May 2022. The initial cluster of cases was found in the United Kingdom, where the first case was detected in London on 6 May 2022 in a patient with a recent travel history from Nigeria.

— Source: Detroit Free Press

### 2022 Outbreak Cases and Data

U.S. Cases - Total Cases 25,509

U.S. Deaths - Total Deaths 1

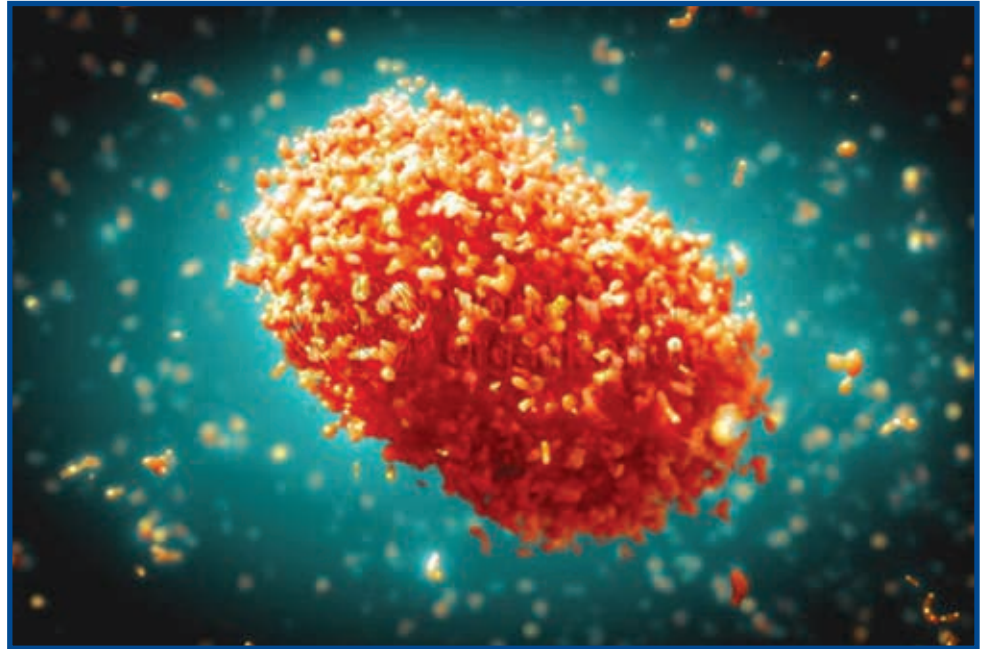
Global Cases - Total Cases 67,602

At this time, data suggests that gay, bisexual, and other men who

keypox, talk to a healthcare provider.

### If You Have a New or Unexplained Rash or Other Symptoms . . .

Avoid close contact, including sex



have sex with men make up the majority of cases in the current monkeypox outbreak.

However, anyone, regardless of sexual orientation or gender identity, who has been in close, personal contact with someone who has monkeypox, is at risk. Take steps to prevent getting monkeypox. If you have any symptoms of mon-

or being intimate with anyone, until you have been checked out by a healthcare provider.

If you don't have a provider or health insurance, visit a public health clinic near you.

When you see a healthcare provider, wear a mask, and remind them that this virus is circulating in the area.

— Source: CDC

Southern Region Director

Kenyon Beasley

# Become A 100% ABA Local



Greetings Sisters and Brothers.

2023 is fast approaching and with it comes a great opportunity for all non-100% locals to join and participate in not only providing their members with accidental injury coverage, but also increasing their membership outreach and current local organization rates. As a member of a 100% local, I've seen firsthand the advantages

afforded by being an ABA member organization. The mere fact that you can approach a member on the work room floor and explain to them benefits that they didn't know were included in their dues, does wonders for the member, their families, and co-workers. In addition to the basic benefits that are being offered with your local becoming 100% ABA, the local ABA

drives can be considered organizational drives as well. In addition to the snacks and general conversation that goes on between members who hardly ever get a chance to interact with one another, because of work times and locations, these drives generate a sense of camaraderie and solidarity. With the new influx of newly converted PSE's, 2023 will be the perfect time to reach out to these new members and remind some veteran members of who the ABA is and what we offer. With just a little cooperation from the local leadership, the ABA can coordinate the entire drive for your local or we can just assist where local leadership sees fit. In either case, the goals of the local leadership and the ABA are the same . . . Taking care of the membership. To all the local lead-

ers who are sincere in making positive progress for your local, we encourage you to call (603) 330-0282 and get more information on scheduling an ABA drive and becoming a 100% ABA local. Additionally, depending on which region your local is located, you're able to find contact information, within this newsletter, for the regional representatives corresponding with your region.

Lastly, before I sign off, please allow me to make mention of the holiday season now being upon us. I would like to wish everyone a happy and safe holiday season. This is the time of year when we all will enjoy the company of our families and old friends and reenergize ourselves for the upcoming year.

In Solidarity.

Find out all we have to offer . . .  
**APW ABA**  
Contact us today!  
Call 1-800-526-2890  
or visit our website [apw-aba.org](http://apw-aba.org)

## Southern Region Director

Larry Sorrells

## Exercising And Healthy Eating Can Prevent Accidents

First off, I am nothing close to being an expert on dieting or an expert on the subject of exercising. However, I am currently involved in programs dealing with both subjects due to some health issues. I am sure some of you are asking, "how can proper dieting and proper exercise help a person avoid accidents"? Healthy diets and proper exercise can help your physical and mental health. Both dieting and exercise can help improve our balance, prevent dizziness, and strengthen your bodies. This can help you avoid slips, trips, and falls which are accidents. To eat healthy, you should avoid salt and sugar as much as you



can and eat plenty of fresh fruits and vegetables. You should also avoid red meat, processed meat, salty snacks,

too many eggs, and you should read the labels on packages and cans to know what is in your food. You will probably find high amounts of fat,

sodium, sugar, and cholesterol in a lot of them. Avoid those products. The aforementioned items can cause

high blood pressure, affect your balance, body strength, and health in general. Both high blood pressure and low blood pressure have these effects. Avoid using tobacco and do not use alcohol in excess.

Exercising can have the opposite effect on your body by lowering blood pressure, helping with your balance, and helping with your body strength. Do not overdo it on exercise especially if it is hot and be VERY careful to hydrate when exercising. Exercising, a proper diet, and enough sleep help keep you mentally

alert and aware of your surroundings. This is another way of avoiding accidents.

There are plenty of healthy recipes on the internet to help you plan meals and there is also plenty of information online dealing with exercise. Many restaurants offer healthy menus however this is an area that begs for improvement. Get off your keister and do not "camp out in front of the TV or computer". Go for a walk, go for a bike ride, go for a swim, or go to a gym. A lot of food we were told to eat when we were growing up is not that good for you. I grew up eating southern food and believe me, I still crave it. Exercise, eat healthy, and get good sleep. Your family, your friends, and YOU will be glad you did.

## Vice President &amp; Central Region Director

Keith M. Richardson

## Let's Talk About Accidents



Let's talk about accidents. First, what is an accident? An accident is

an unforeseen and unplanned event or circumstance. Did you slip & fall while walking on ice? Did your hand get slammed in a car door? Yes, I'm talking to you.

Since the late 1800's the ABA has been here to assist its members in their time of need and in times after having had an accident. Pre-existing medical conditions are not accidents. I've heard of members having to have surgery due to being afflicted with carpal tunnel syndrome. That condition probably wasn't caused due to having an accident. As stated previously, the Accident Benefit Association is here to serve those that have been involved

in an accident. Unfortunately, the plan doesn't cover pre-existing medical ailments.

When in doubt, file the claim. The staff of the ABA works diligently on your behalf to ensure that all valid claims are paid in a timely manner when timely filed.

Whether you belong to the ABA through a 100% Local or State or as an individual member, WE'RE HERE FOR YOU!

I want to congratulate brother Ed Brennan on receiving his lifetime recognition award at our most recent ABA national convention.

Lastly, I want to thank you all for

having confidence in me to remain as one of your Central Region Directors and also want to thank my



fellow Regional Directors for re-electing me to serve as the National APW-ABA Vice President.

## West Region Director

Scott Parkin

## I'm Honored To Be On Board

Greetings Brothers and Sisters.

I am honored to be the newest member of the ABA Board of Directors. I'll start with a little bit about myself. I was born and raised in East Idaho where I still reside with my wife, our two sons and our two Great Danes. Our oldest just got his learners permit and I am both elated and terrified. I am currently the Idaho APWU President and the VP of Local 703. I work as an Area Maintenance Technician covering 66 offices on the Eastern side of the state and it's safe to say that I spend a fare amount of my time on the road. Before that, I was a Building Equipment Mechanic and before that a Clerk with a variety of different jobs. My mother is a clerk here in Idaho as well as a local APWU president. My Brother is a city carrier, as well as the local and state NALC President. It runs in the family, I guess. My grandparents ran a contract route, and I spent many hours riding on that truck with them and working mail at a young age.

A few years ago, I had no idea what the ABA was or did, but as I am getting older and more concerned with my family being taken care of, I started to explore. I was shocked at what the ABA has to offer members, especially

for the cost of coverage. Even with my local being a 100% local since I began my career, I elected the Advantage Plan for myself and my wife, along with the ABA Plus plan for the maximum \$150k for each of us. I want my



wife and children to be protected just in case, and the coverage offered by the ABA is an excellent supplement to my existing life insurance policies. Also, the daily coverage for missing work due to an accidental injury helps to cover those extra little costs and can add up to a good amount of money for our members and their spouses in the unfortunate event that they are injured in an accident.

As I explored the ABA and the organization, I saw that there had been a vacant board seat for the Western Area and at the NW Regional Convention, I met National Director Wayne Maurer manning the ABA booth. I was excited to meet him and questioned him further about the ABA and how the ABA worked. I think it was apparent to both him and I that the ABA would be a good fit, so here I am. I am looking forward to serving our members in my new capacity as well as encouraging more members to explore the ABA and what we have to offer.