



**STATE REP.**  
**JENNIFER**  
**O'MARA**  
**WINTER 2025**  
**165<sup>TH</sup> LEGISLATIVE DISTRICT**



**Constituent Services Office:** 26 East Fourth Street • Media, PA 19063 • P: (610) 544-9878  
**Capitol Office:** 217 Irvis Office Building • P.O. Box 202165 • Harrisburg, PA 17120 • P: (717) 783-4090

## Dear Neighbor,

Welcome to my first newsletter of the 2025-2026 legislative session! In this edition, we are focused on recapping the significant achievements accomplished by the legislature in the 2023-2024 session, including a recap on bills I passed and grants I brought home to invest in our community. I also have included a snapshot of new laws that may impact you as they go into effect this year, and a full recap of the state services my staff and I can provide to assist you

and your family. Be sure to visit us in our new(ish) office in Media Borough or stop by our weekly mobile office hours at the Springfield Township Library!

As we kick off this new year, I also want to take a second to thank you for entrusting me to serve as your state representative in Harrisburg for another term. My commitment to my community remains the same as it has been since I first took office. Now more than ever,

please know that my staff and I are here for you, and we do not take that privilege lightly. I will do all that I can to be the voice of all my constituents in our state Capitol and work hard for you from Delco to Harrisburg.

Warm regards,

### SPRINGFIELD MOBILE OFFICE HOURS

Every Tuesday  
 9:30 am to 4:30 pm

Springfield Library  
 Top Floor  
 Adult Section Quiet Room  
 70 Powell Road

A staff member will be onsite to help with state related services. Appointments are highly encouraged.

610-544-9878  
 repomara@pahouse.net



## Office Update

Last year, my office moved to Media. The new office is located at 26 E. Fourth St. and is a larger office with off-street, dedicated parking that is ADA accessible. My staff continues to be available to serve you from 9 a.m. to 5 p.m. Monday through Friday.

While my Springfield office is now closed, the Springfield Library hosts a member of my staff every Tuesday from 9:30 a.m. to 4:30 p.m. on the top floor in the adult section quiet room, where they can assist you with state services and other issues. As always, you can reach my office at (610) 544-9878.



### Sign Up For My E-Newsletter

Scan the QR code to sign up for my e-newsletter. Stay up-to-date on how I am working for YOU in Harrisburg!



# New Year, New Laws

Learn about new laws that have recently taken effect or will soon take effect, and how they will impact your life.

## Mental Health Coverage for First Responders

If a police officer, firefighter or EMT is diagnosed by a licensed psychiatrist or psychologist with a PTSD diagnosis related to their employment – they are eligible to file for workers’ compensation under Act 121 of 2024. Learn more about this new law and my work getting this to the governor’s desk in the “Expanding Workers’ Comp to cover PTSD for first responders” section of this newsletter.

*Goes into effect October 2025.*

## Insurance Coverage for Children’s Speech Therapy

Insurance companies must now cover the costs of essential speech therapy services for young people who need it. This change will remove financial barriers for families seeking help for their children, ensuring that more young people can receive the therapy they need without the worry of out-of-pocket expenses.

*Went into effect December 2024.*

## Solar for Schools

The Solar for Schools grant program will help school districts install solar panels on their roofs or grounds. The goal of this program is to remove financial barriers to solar energy and save school districts money on energy costs so they can better invest in students, faculty and staff.

*Submitted applications under review*

## Discounted Vehicle Registration Fee for Seniors

The income-eligibility limit for the Retired Status Vehicle Registration has been raised from \$19,200 to \$29,906, allowing more seniors to qualify. This type of registration is now \$11 for 1 year for Pennsylvanians who are retired and meet these income guidelines.

*Went into effect December 16, 2024.*

# Traveling? Be Prepared!

## Real ID & Birth Certificates

Starting May 7, 2025, you’ll need a Real ID or U.S. Passport to board domestic flights, enter federal facilities, or access military bases. A regular PA driver’s license or photo ID will no longer be sufficient. If you received your first PA driver’s license or photo ID after September 2003, you can apply for pre-verification for a Real ID online. Otherwise, you’ll need to provide original documents to PennDOT in person.

**If you need an original birth certificate for this process, my office can help! My staff can assist you with the application and send it to Harrisburg for processing, with a typical turnaround of about two weeks.**



**May 7, 2025** is the deadline to get a REAL ID.

**Pennsylvanians will need a REAL ID to:**

- Board a domestic flight.
- Enter a federal building.
- Enter a military base.

**Ready for a REAL ID? Get pre-verified.**

ONLINE	IN PERSON
If you got your first license <b>AFTER</b> September 2003	If you got your first license <b>BEFORE</b> September 2003



## Toll & Fare Increases

In September 2024, tolls on the four bridges between Pennsylvania and New Jersey were raised from \$5 to \$6, the first increase in 13 years. This increase, approved by the Delaware River Port Authority, will fund safety and infrastructure upgrades. On Jan. 5, the PA Turnpike raised tolls by 5% and introduced a new Open Road Tolling (ORT) system.

SEPTA also raised fares for the first time since the pandemic, increasing subway, bus, and trolley fares from \$2 to \$2.50 in December 2024. Daily, weekly, and monthly passes remain unchanged, and seniors with a valid Senior SEPTA Key Card still ride free. A larger fare hike planned for January of this year was delayed after Gov. Josh Shapiro secured federal funding for SEPTA. A long-term solution is still being pursued, and I look forward to supporting public transportation in the upcoming legislative session.

# Resources and Services for You



## Handicap Placards

Applying for a new placard or renewing your existing one? My office can assist by sending it to PennDOT for you! Processing time is around 2 weeks. If you need an application, my office can provide one.



## SEPTA Senior Cards

65 or older? You can ride SEPTA for free! My office can process new applications as well as renew existing SEPTA Senior fare cards. Photo ID is required for initial application and will take three to four weeks to be mailed to you.



## Tax Forms

Tax season is here! My office has ordered the most common state tax forms, including the PA-40 and Property Tax/Rent Rebate program applications. If you need a specific form, please call the office at (610) 544-9878 to see if it is available for pick up at the office.

## Election Day



This year's primary election will be held on Tuesday, May 20. All eligible voters must be registered by May 5. If you want to vote by mail, the last day to request a mail-in or absentee ballot is May 13. The county election office must receive your completed mail-in ballot by 8 p.m. on May 20. For people who choose to vote in person, polls will be open from 7 a.m. to 8 p.m. You can visit [vote.pa.gov](http://vote.pa.gov) for more information or call my office at (610) 544-9878.



## Veterans – access the benefits and programs you're entitled to

Once a month, my office hosts a Veterans Service Officer who can help connect veterans to the benefits they've earned and programs they may be eligible for. If you're interested in making an appointment with my office's VSO, call us at (610) 544-9878 to reserve a spot.

**Rep. O'Mara will have a Veteran Service Officer on hand once a month!**

**SECOND MONDAY OF EVERY MONTH  
10 A.M. – 2 P.M.**

**We can help with:**

- VA claims
- Reduced property taxes
- Educational benefits and more!

**CALL TO MAKE YOUR APPOINTMENT 610.544.9878**



STATE REPRESENTATIVE **JENNIFER O'MARA** 165<sup>TH</sup> LEGISLATIVE DISTRICT



# 2023-24 Legislative Session Wrap Up

## Expanding Workers' Comp to cover PTSD for first responders

I've been working for years in Harrisburg to erode the mental health stigma as well as ensure first responders have the tools they need to effectively do their jobs. I'm honored to share that last fall, my efforts finally paid off. Gov. Josh Shapiro signed my measure into law on Oct. 29 to change the Workers' Compensation law to cover Post-Traumatic Stress Injury for first responders.

While individuals in many other professions can already qualify for Workers' Compensation for a mental injury like PTSD, the Pennsylvania Supreme Court previously determined first responders do not qualify because witnessing tragedy after tragedy is part of their "normal working conditions." However, nothing about what first responders experience during an emergency is normal, and Act 121 of 2024 corrects this injustice, allowing them to get the mental health resources they need.

As many of you know, this is an issue that hits close to home for me. My father, a Philadelphia firefighter, died by suicide in 2003. Sadly, first responders are more likely to die by suicide than in the line of duty, and what's even more devastating is thinking about how each of these deaths could be prevented. My goal in passing this law has been to remove a barrier to care, so no family has to endure the tragedy that mine did. I truly believe that by making mental health care more accessible for first responders, we can save lives.

After six years of hard work alongside first responders from across Pennsylvania, including Pittsburgh Firefighter Tim Leech (photographed above), we rejoiced as this bill passed the House last fall.

## Rep. O'Mara's 23-24 by the Numbers

Here's a quick summary of the previous legislative session. Make sure to follow me on social media for timely updates on my legislation!



**6** policies I sponsored enacted



**100%** attendance



**9** bills I introduced voted on

## Delivering for Delco

**\$11,806,034** TOTAL GRANTS 2023-24

\$3,364,031	Public Infrastructure Improvements
\$3,991,100	Parks & Green Space
\$679,886	First Responders
\$40,000	Veteran Organizations
\$2,174,587	School Facility Improvements
\$1,502,500	Public Health
\$53,930	Art Programs

# Out and About



I attended Gov. Josh Shapiro's announcement of additional funding for SEPTA, as we work toward a sustainable funding solution.



Katherine and I attended the 2025 Farm Show to see all the best of Pennsylvania's agricultural offerings



Thank you to everyone who attended my senior fair last October! Looking forward to the next one.



I joined members of the Philip Jaisohn Memorial Foundation, Congresswoman Mary Gay Scanlon, and Delaware County Council members as we welcomed officials from Boseong and signed a "Sister Cities" agreement between Media Borough and Boseong-gun, Korea.



I was honored to attend the Media Area Branch NAACP 100th Jubilee Anniversary celebration alongside elected officials at every level representing Delco. Congratulations to all the honorees and especially to the Media NAACP on 100 years. Here's to the next 100!



I worked with fellow Delco legislators and alongside the Delaware County Veterans Memorial Association to deliver a \$40,000 grant home that provided AEDs and training to every American Legion and VFW post in the county. We announced this initiative in September at the Veterans Memorial.



Thanks to everyone who came out to my last shred event of 2024! I'm always happy to host these events to help residents declutter their homes while safeguarding sensitive personal information.



Thank you to everyone at Media Borough and Visit Media PA for making the holidays so magical with all the great attractions on State Street in December.



A heartfelt thank you to everyone who joined us for my annual Veterans' Day breakfast – especially our special guest from the DCVMA, President Joe Daly!



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26 East Fourth Street  
 Media, PA 19063

lpo.kw.0225

# UPCOMING EVENTS

**\*Requires advanced registration. To sign up, call my office at (610) 544-9878.**

## St. Patrick's Day Open House

Thursday, March 20 | 4 p.m. to 7 p.m.  
 26 E. Fourth St., Media, PA

Stop by my district office for a St. Patrick's Day themed Open House!

## Blood Drive\*

With Senator Tim Kearney

Monday, March 31 | Noon to 5 p.m.  
 Swarthmore PAC

Sign up to at [redcross.org](http://redcross.org) to give blood and help save lives!

## Apprenticeship Fair

With Senator Tim Kearney and DCIU

Saturday, April 5 | 10 a.m. to Noon  
 DCIU Morton Campus

Meet with local unions and other apprenticeship programs to learn about options after high school!

## Shred Event

With Senator Tim Kearney

Saturday, April 12 | 9 a.m. to Noon  
 Springfield Mall

Bring up to four boxes of personal documents, electronics without freon, or expired prescriptions to be safely disposed of.

## Senior Breakfast\*

Friday, April 25 | 8 a.m. to 10 a.m.  
 Media VFW

Enjoy breakfast while learning more about Medicare and other programs available to seniors.

## Environmental Expo

With Senator Tim Kearney

Saturday, May 3 | 10 a.m. to Noon  
 Rose Tree Park

Talk with environmental organizations, advocacy groups, clean energy providers and more!

## License Plate Restoration Event\*

Monday, May 5 | 4 p.m. to 6 p.m.  
 Swarthmore Borough Municipal Parking Lot

Apply for a new license plate if yours is faded, peeling, or hard to read.

## Town Hall

Thursday, June 5 | 7 p.m. to 8 p.m.  
 Media Parlor Room

Get an update from Harrisburg and hear about how I've been working for you!

