



# STATE REPRESENTATIVE MIKE ZABEL

## 163<sup>RD</sup> LEGISLATIVE DISTRICT

Winter  
2020

Dear Neighbor,

My first year as your state representative is officially in the books. So, I want to start this newsletter by THANKING YOU for trusting me with the responsibility of serving and being your voice in Harrisburg. It's been an exhilarating, humbling, occasionally frustrating, but ultimately rewarding experience traversing the political arena. And I look forward to spending the rest of 2020 working hard to make lives better for all of us in the 163rd Legislative District.

In 2019, I introduced four bills and co-sponsored 162 more. I cast 1,178 votes (perfect voting attendance), helped bring in \$7.9 million in state grants to the district, hosted 24 community events and found over \$285K in unclaimed property.

I plan to keep it going in 2020. If you sign up for my regular emails (find out HOW to sign up for my eblasts on the back page of this newsletter) you'll read about more funding coming into our district, all of my upcoming events, details on the legislation I'm most passionate about, and, of course, pictures of me and my family spending time out and about and meeting so many of you.

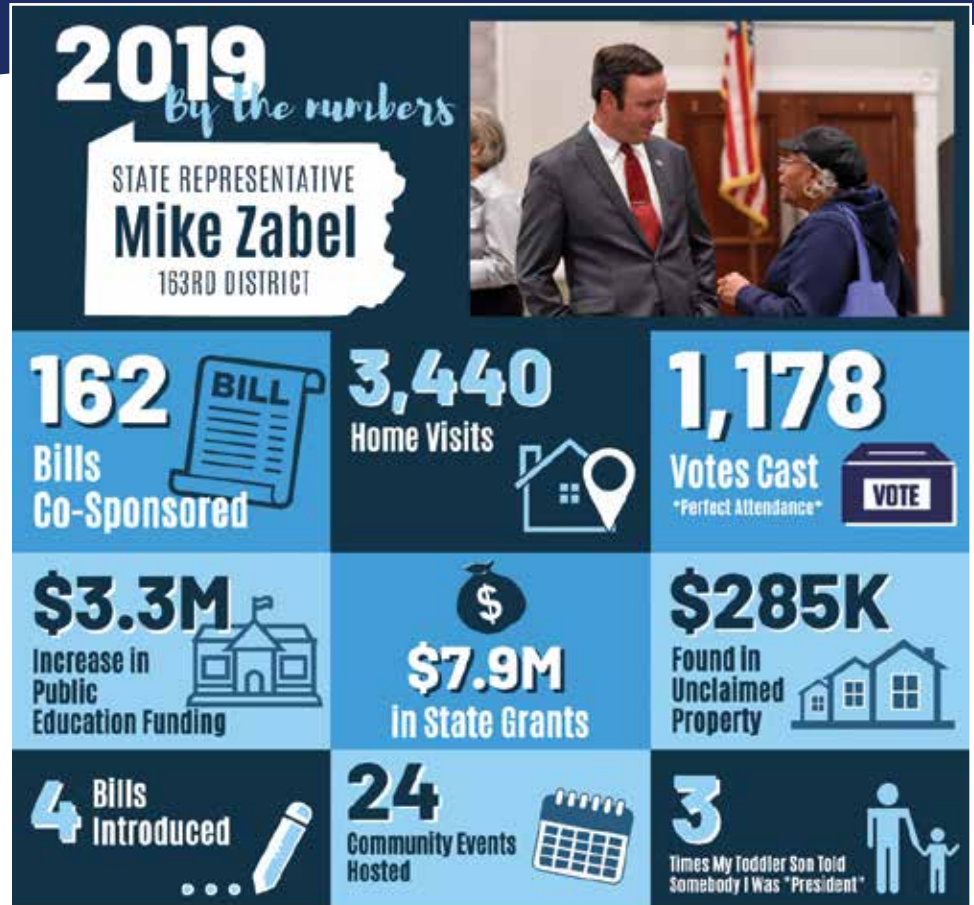
We also opened a second full-time district office at the end of 2019. Our new Clifton Heights office better serves the folks of the 163rd by giving them another option in addition to our office in Drexel Hill. And don't forget we have weekly mobile office hours in Aldan!

Ultimately, I do what I do to improve the lives of the women, men and children in the 163rd and beyond. That is why I am so excited about three bills I've recently introduced, which you can read about on Page 5 of this newsletter. My legislation would protect citizens, specifically those who've been laid off, are battling health issues or seeking protection from abuse.

Because, at the end of the day, I am judged on what I can accomplish to help make our sliver of the world a better place, so can each of us *hopefully* get through a day with less stress and more smiles on our faces.

Again, I thank you for the opportunity to serve, and I look forward to a productive and successful 2020!

Sincerely,



**District Offices:** 5248 Township Line Rd. • Drexel Hill, PA 19026 • P: (484) 200-8262 • Mon. – Fri. 9 a.m. to 5 p.m.  
236 W. Baltimore Ave. • Clifton Heights, PA 19018 • P: (484) 200-1563 • Mon. – Fri. 9 a.m. to 5 p.m.  
**Mobile Office:** Aldan American Legion Memorial Post 1000 • 106 Bonsall Ave. • Aldan, PA 19018  
Every Wednesday 9 a.m. to 12 p.m. (No Appointment Necessary)  
**Capitol Office:** 117 B East Wing • P.O. Box 202163 • Harrisburg, PA 17120-2163 • P: (717) 783-8099  
RepZabel@pahouse.net • www.pahouse.com/Zabel • www.facebook.com/RepZabel • @RepZabel



# OUT & ABOUT IN OUR BEAUTIFUL DISTRICT



*Thanks to all who donated for our Thanksgiving food drive. Such wonderful residents in the 163rd!*

*Right: Our first Holiday Home Heating Event at Garrettford-Drexel Hill Fire Co. was a great success!*



*How lucky was I to judge the brilliant costumes at Sonshine Academy's Halloween Costume Parade?*

*State Rep. Leanne Krueger, State Sen. Tim Kearney and I took home these awesome flag paintings from Josh, the student council president, during our recent tour of the remarkable HMS School for Children with Cerebral Palsy.*



*The annual Oktoberfest at St. Dorothy Church is one of my favorite fall events.*



*Above: Upper Darby Community Day is an annual favorite of mine. The Zabel children loved their fire helmets and flashlights!*



*Hanging out with Police Chief Tim Rockenbach at our Clifton Heights District Office Open House.*



*I traveled throughout the 163rd to honor Dr. King on MLK Day, including a stop at Saint Andrew School, where students worked on multiple service projects.*





*This beautiful new statue at the Kelly Center commemorates the children in our area whom we have lost to the opioid crisis.*

*Nothing warms up a gloomy Saturday morning like a pancake breakfast at Aldan Memorial Post 1000.*



*Hanging out with some of our great vets from Aldan Memorial Post 1000 during the Camp Out for Hunger food drive with Philabundance.*



*Ran into my neighbor, Delco Councilwoman Monica Taylor, at the St. Bernadette School Turkey Trot.*



*Thank you, Saint Andrew School, for inviting me to speak at Career Day.*

## THE 2020 CENSUS

Every 10 years, the United States conducts a census. This count of U.S. residents helps determine how \$675 billion is spent by the federal government and how Pennsylvania will be represented in Congress for the next decade.

This year, it will be even easier to make sure you and your family are counted. You can respond online, by paper or over the phone. The Census will be printed in English and Spanish; accommodations are made for those with visual or hearing impairments; and telephone assistance will be available in 13 languages.

An accurate count is incredibly important for all of us in the state. Many things depend on the results of the Census, including the number of representatives that Pennsylvania will have in Congress and the amount of money the commonwealth will receive from the federal government for support services for seniors, children and lower-income residents.

It's important to know that it is completely anonymous. Your information isn't shared, and no one will be able to follow up with you about anything on any basis.

So, please, be on the lookout for invitations to complete the 2020 Census starting in mid-March. Once you receive your invitation, respond either online, by phone or through the mail. April 1 is officially Census Day, a key reference date. When completing the Census, you will include everyone living in your home on April 1, 2020.

# Get Counted 2020 Census

The Census starts in April  
More info | [www.2020census.gov](http://www.2020census.gov) | Job opportunities

### How to take the 2020 Census



Online



Phone



Mail

### Why it matters

#### Federal funding

For local programs and organizations

#### Better planning

For roads, schools, healthcare and emergency services

#### Determines representation

In Congress and the state legislature

#### Helps businesses

Locate factories and stores, recruit employees and conduct market research

**Shape your future  
Your community, your voice**



# Rep. Zabel's District Offices



## Clifton Heights

236 W. Baltimore Ave.  
Clifton Heights, PA 19018  
Hours: M-F, 9 a.m. – 5 p.m.  
Phone: (484) 200-1563



## Mobile Office

Aldan American Legion Memorial  
Post 1000  
106 Bonsall Ave.  
Aldan, PA 19018  
Hours: Wed., 9 a.m. – 12 p.m.



## Drexel Hill

5248 Township Line Rd.  
Drexel Hill, PA 19026  
Hours: M-F, 9 a.m. – 5 p.m.  
Phone: (484) 200-8262  
Fax: (484) 200-8273



JOIN REP. MIKE ZABEL FOR OFFICE HOURS  
with Congresswoman Mary Gay Scanlon's staff:

GET FEDERAL AGENCY HELP EVERY 3RD WEDNESDAY  
9AM - 12PM



Social Security



Federal student aid



Veterans Affairs



Passport services

## Services We Offer

- PennDOT, Car Registrations, Special Tags, Titles, & License Applications
- Birth Certificate / Death Certificate Applications
- Handicap Plates & Placards
- Unemployment Compensation Issues
- Pennsylvania Income Tax Problems
- SEPTA Senior ID
- Help with Department of Human Services (Food Stamps, Welfare, LIHEAP)
- Information about REAL ID
- Free Notary for State-Related Documents
- Complaints or Questions about Utilities & the PUC
- Information about State Grants
- Property Tax / Rent Rebate Form Assistance
- Pace Cards & Prescription Assistance for Senior Citizens
- Citations from the PA House of Representatives for outstanding local accomplishments & family milestones
- Free Medicare Counseling (Call for appointment)



# LEGISLATION I'VE RECENTLY INTRODUCED

## CAPS ON EXECUTIVE BONUSES IN

**BANKRUPTCY:** By paying out bonuses to executives while their companies are going through bankruptcy, the company is rewarding mismanagement while their workers look for new jobs. This practice is especially problematic when such corporations have previously received some public benefit to help them stay in business as employers.

Rather than giving executives bonuses, companies should be focused on securing the livelihoods of their workers while undergoing bankruptcy proceedings.

My legislation would prohibit companies entering bankruptcy from paying out bonuses to highly compensated employees (whose annual compensation exceeds \$250,000) and insiders when those companies have received a public benefit.

Wealthy corporate executives and insiders should not be permitted to cash out during a bankruptcy while workers are laid off and struggle to pay the bills.

## PROTECTION FROM ABUSE HEARINGS:

**UNPAID LEAVE:** In the U.S., one in four women and one in seven men have suffered severe physical violence by an intimate partner. In 2018 in Pennsylvania, nearly 48,000 new temporary protection from abuse (PFA) orders were filed, with Delaware County having the second-highest number of filings per capita compared to other PA counties. Despite our efforts, 123 Pennsylvanians lost their lives to domestic violence in 2018.

I firmly believe that one of the most important duties of government is to keep our people safe from harm. This legislation would support victims of domestic abuse in their attempts to receive a PFA order to protect them from further abuse. It would require employers to provide unpaid leave for employees who attend a PFA hearing if an employee is a victim or is providing testimony on behalf of a victim.

This would help to ensure that all victims of domestic abuse are able to make their case and receive the protection they deserve.



*I spoke at a Domestic Violence Awareness Rally this fall where we commemorated the 123 victims who lost their lives to domestic violence in PA in 2018. If you or someone you love needs help, call the national helpline at 1-800-799-SAFE.*

## PROHIBITING GIFTS FROM PHARMACEUTICAL

**COMPANIES:** A recent study by the University of Pittsburgh found that health care providers who receive gifts from opioid pharmaceutical companies were more likely to prescribe higher amounts of opioid prescriptions. The study showed that from 2014-2016, 18 pharmaceutical companies reported that they had promoted opioid products to doctors with gifts and other payments.

The opioid epidemic has reached every corner of our commonwealth, and we need to do everything we can to help solve this crisis. For this reason, I introduced legislation that would limit the amounts of gifts a pharmaceutical manufacturer may give to a health care provider to just \$50 in a calendar year. With this bill, we would limit the direct influence a company has over health care professionals.

By providing oversight, we would take pressure off of our health care providers and place the focus on the wellbeing of the patients.

## FUNDING TO HELP THE 163rd

My office helped bring in nearly \$8 million in funding for our region in 2019. Here's the breakdown:





STATE REPRESENTATIVE  
**MIKE ZABEL**  
163<sup>RD</sup> LEGISLATIVE DISTRICT

5248 Township Line Rd.  
Drexel Hill, PA 19026  
(484) 200-8262

lpo.ad.0220

## Upcoming Events in the District

### Shredding & Car Seat Safety Event

**Feb. 22, 9 a.m.-noon**

Upper Darby HS front parking lot  
601 N. Lansdowne Ave.,  
Drexel Hill 19026

### Renewable Energy & Environmental Expo

**March 7, 11 a.m.-1 p.m.**

Haverford Community Rec &  
Environmental Center  
9000 Parkview Dr., Haverford 19041

### Unclaimed Property Event

**March 10 & 11, 9 a.m.-5 p.m.**

Clifton Heights District Office  
236 W. Baltimore Ave.,  
Clifton Heights 19018

### Creek Cleanup at Gillespie Park

**April 18, 10 a.m.-noon**

Intersection of Palmer Mill Road &  
Sycamore Ave.  
Clifton Heights 19018

### Spotted Lanternfly Event

**May 2, 10 a.m.-noon**

Steel Field  
1387 Steel Rd., Havertown 19083

### Spotted Lanternfly Event

**May 14, 4-6 p.m.**

Glenwood Field Building (Clifton Heights PAL)  
300 N. Glenwood Ave., Clifton Heights  
19018

### Senior Breakfast

**June 12, 9-10:30 a.m.**

Glenwood Field Building (Clifton Heights PAL)  
300 N. Glenwood Ave.,  
Clifton Heights 19018



### STAY INFORMED

Want to learn more about what is happening in our district and in Harrisburg?

We have you covered.

Sign up for my emails, which provide periodic updates on what I've been doing here at home and at the State Capitol. My regular "eblasts" include video, pictures and links, all designed to keep you informed.

To sign up, visit  
[www.pahouse.com/Zabel](http://www.pahouse.com/Zabel) and  
scroll to the section that tells you  
to "Stay Informed."