



The Newsletter of the Pennsylvania Association of Retired State Employees
Philadelphia-Bucks Chapter
www.parsephilabucks.org

Inside PARSE

Spring 2018

Message from the President

Dear Fellow State Retiree,

Ah Spring is here or is it? Regardless, our PARSE spring luncheon is scheduled for the 23rd day of the “Merry Month of May.” We will be gathering at noon on Wednesday, May 23rd at Romano’s Catering, Castor Ave. and Wingohocking St.

This year our featured speakers will be Tom Judge, PARSE State President and Steven Brown from the Commonwealth’s Office of Administration. Both speakers will be discussing matters pertinent to all PARSE members. Mr. Judge will highlight PARSE goals, objectives, and agenda. Mr. Brown will discuss retiree benefits, highlighting the medical and drug programs.

Good News! Our membership for 2017 once again topped 1,500 at 1,510. While stability may be a positive sign, our goal continues to be recruitment and increased membership. Through the first quarter of 2018, we have recorded dues from 1,241 members, over 82% of last year’s total. Statewide, membership rose in 2017 by nearly 1,000 to 21,966.

Our summer trip will be a return trip to the Maryland Live Casino and Arundel Mills Mall in Hanover, Maryland. Our tentative date is the end of July or the first week of August. Details will follow.

Let’s all have a safe and joyous spring and summer.

“THERE IS STRENGTH IN NUMBERS!”

Sincerely,

Leon Cerullo
PARSE Philadelphia-Bucks Chapter President

Executive Board:

President	Leon Cerullo
Vice President	Luticia Gary
Secretary	Evelyn Y. Trent
Treasurer	Edward Finfer

Members

Ernestine Blackston-Brandon	Faye Matter
Fred Bostwick	Sonia Mendez (A)*
Mike Gart	John Molinari (A)*
Gloria Hamilton	Patricia Ann Philson (A)*
Connie Johnson	Carol Roberts
Sandi MacLaren	David Rosner
Raymond Martinez (A)*	Barbara Taylor

**(A) denotes Acting*

President Emeritus

Leo J. Burke, Jr.

Member Emeritus

Myma Brown

Dues Reminder!!! \$20.00

If your dues are unpaid, please complete the enclosed membership application and include a check for your **2018 dues** of **\$20.00** per person, made out to:

“PARSE PHILA-BUCKS CHAPTER”

Mail to our chapter treasurer

Edward Finfer

189 Harmony Court

Bensalem, PA, 19020

(215) 244-1330

***Please also include your May 23, 2018
INFORMATION LUNCHEON reservation at
\$20.00 per person***



(over)

Benefits of Drinking Liquids

1. Reduces fatigue and the risk of heart disease
2. Removes impurities from the body
3. Helps prevent kidney disease
4. Improves mental alertness



Tips for Drinking Liquids

1. Start the day with 2 glasses of water
2. Drink 8-10 glasses daily
3. Avoid drinking with meals
4. Avoid soft drinks, coffee, and tea



According to research, a human could, if circumstances warranted, survive about a month without food but only about a week without liquids. Our adult bodies are about 70% water. Water is what makes our blood liquid. Our brains and muscles are about 75% water. When our bodies run low on water, they have difficulty performing their basic functions. Plain water is what our systems require. Only water can create the proper environment for you blood to flow smoothly, help regulate your blood pressure, and promote vascular health.

Water does many other things for our bodies as well. It helps control our internal temperature by insulating the body from cold and by shedding excess heat. Most of our cells are composed primarily of water and without water they could not perform their basic functions. It helps our kidneys rid the body of toxins and is the biggest part of our blood and lymph systems.

It is estimated that 75% to 90% of us do not drink enough water and many of us may suffer from dehydration every day without realizing it. Some of the initial symptoms of dehydration are dry mouth, sleepiness, muscle weakness, headaches, and dizziness. In a more severe form, it can include confusion, irritability, dry mouth, decreased urination, dry skin, rapid heartbeat and other unpleasant results. A low-level dehydration over a period of time is not good for our bodies.

How much water do we need? The commonly accepted amount for an adult is no less than eight 8-ounce glasses of water per day. Pay attention to your body; if you show symptoms of dehydration, drink more. If you're sweating a lot due to temperature or physical labor, or exercise, drink more. Some people schedule water drinking into their lives and carry bottled water with them and drink it regularly.

It has been noted that people who drank two 8-ounce glasses of water 20 to 30 minutes before meals, ate an average of 75 fewer calories at that meal. In another study, two 8-ounce glasses of water before meals resulted in a 44% greater weight loss over 12 weeks than in a non-water control group, thus drinking water is a proven way to curb appetite and lose weight.

Remember, water is of vital importance --- use it abundantly for good health and vitality!!!

Directions to:

Romano's Catering, 1523 E Wingohocking Street Philadelphia, PA 19124 215-289-2020

From I 76 East and West

Take exit 340B to merge onto Roosevelt Blvd/US-1 N, slight right at Adams Ave, turn right at E Wingohocking Street

From I 95 North and South

Take exit 26 for State Route 90/Betsy Ross Bridge/Aramingo Ave, keep left at the fork to continue toward Aramingo Ave,, turn right at Aramingo Ave, take the 2nd right onto E Butler St, turn right at Frankford Ave, turn left at E Hunting Park Ave, turn right at Castor Ave, take the 3rd right onto E Wingohocking Street

Roosevelt Blvd South/US-1 S Head south on Roosevelt Blvd toward Pratt St, turn left at Pratt St, turn right at Castor Ave, turn left at Adams Ave, turn right at E Wingohocking Street

Roosevelt Blvd North/US-1 N

Head north on Roosevelt Blvd toward Adams Ave, slight right at Adams Ave, turn right at E. Wingohocking Street