



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

Inside PARSE

Spring 2019

Message from the President

Dear Fellow State Retiree,

Our beautiful Spring weather has arrived and a hopeful baseball season is underway. That means the traditional PARSE spring luncheon is on the horizon. We will meet at noon on Thursday, May 23rd at Romano's Catering, Castor Ave. and Wingohocking St.

This year our featured speaker will be the ever popular Katrina Boyer from the Pennsylvania Department of Banking. She will discuss various investments for retirees. She has previously discussed general banking, reversed mortgages and identity fraud and scams.

Good News! Our PARSE membership during 2018 reached an all time high of 1,543, up about 3% from the previous year. Statewide, membership topped 23,100, also a record high and up by 5% from 2017. As our State President, Tom Judge, says, "Our voice is stronger the more members we represent!"

Keep July 31, 2019 open for our summer casino and shopping trip. We will be going to the Tropicana Casino in Atlantic City. Details will follow.

Let's all have a safe and joyous spring and summer and hopefully see October baseball in our city!

.... Remember

"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
Mike Gart	John Molinari
Gloria Hamilton	Patricia Ann Philson
Connie Johnson	Carol Roberts
Sandi MacLaren	David Rosner
Raymond Martinez	Barbara Taylor

President Emeritus

Member Emeritus

Leo J. Burke, Jr.
Myrna Brown

Dues Reminder!!! \$20.00
If your dues are unpaid, please complete the enclosed membership application and include a check for your **2019 dues** of **\$20.00** per person, per year, 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, 2019
INFORMATION LUNCHEON reservation at
\$25.00 per member, \$30 per non-member***



(over)

KEEP 'EM CLEAN

To get your hands clean and help prevent illness, follow these steps from the *Centers for Disease Control and Prevention*.

- Step 1:** Use clean water to wet your hands.
- Step 2:** Work soap and water into a lather all over your hands – the palm, back of hand, around fingernails and between fingers.
- Step 3:** Wash for 20 seconds (long enough to sing Happy Birthday twice).
- Step 4:** Rinse off soap under clean, running, warm water.
- Step 5:** Air dry or use a clean surface to dry your hands.
- 5%** Only 5 percent of people wash their hands correctly, according to a Michigan State University study.

Also Remember!!!

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

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