



Inside PARSE

Spring 2023

Message from the President

Dear PARSE member,

Our beautiful Spring weather continues and another hopeful baseball season is on the way. Our PARSE spring luncheon is here again as we missed our last three spring gatherings. The luncheon will be held on Wednesday May 24, 2023, 12:00 PM at The Felt Factory, formerly known as Romano's Catering. Although costs have skyrocketed, members will be charged only \$30.00 per person; non members will pay the full cost of \$38.00 per person.

The meeting will highlight PARSE goals and activities. The executive board members will enumerate and discuss our forthcoming special events and activities. Also, we are expecting a representative from AARP to speak on technologies which affect retirees.

Meanwhile, our chapter encourages new and recently retired members to join our executive board. Your input and ideas will be greatly appreciated. A member can become an acting board member until regular elections are held.

During 2022, our membership remained relatively unchanged, ending the year at 2,001, down 5 from the previous year. Through mid-April our paid membership already totaled 1,795 or 90% of last year's level. By year's end, we will undoubtedly surpass the 2022 total.

Showing "*Strength in Numbers*" our state total more than doubled in the past five years ended 2022 at 33,834. This can only help in negotiating with the new Commonwealth administration.

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

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

Fred Bostwick	John Molinari
Kathleen Carroll	Patricia Ann Philson
Mike Gart	Carol Roberts
Daniel Loftus	David Rosner
Raymond Martinez	Barbara Taylor
Sonia Mendez	

President Emeritus

Leo J. Burke, Jr.
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2023 Membership Dues!!!

\$20.00

NOW DUE*

Please go to the PARSE website www.parseofpa.org and select the "Pay Dues Online!" tab at the top right of the home screen and follow the prompts
or

Write a check made out to "PARSE" and mail to:
Pennsylvania Association of Retired
State Employees

5000 Ritter Road, Suite 105
Mechanicsburg, PA 17055

*for unpaid members only



(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:

The Felt Factory, 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