



Inside PARSE

Spring 2024

Message from the President

Dear PARSE Member,

Spring is here again and that means the PARSE Spring Business Luncheon is on the horizon. The 2024 luncheon will be held on Wednesday, May 22, 2024, 12:00 PM at The Felt Factory, formerly known as Romano's Catering. Although many costs have risen, members will be charged only \$30.00 per person; non-members will pay the full cost of \$38.00 per person.

Our guest speaker will be Carrie Nace from NOVAK Strategic Advisors, our government relations firm. They represent us in our relationship with the Governor's Office and the State Legislature. She will discuss any potential legislative or governmental actions that may affect PARSE members. Currently, interest centers on a possible cost-of-living adjustment (COLA) to our pensions.

During the past few years, our membership has been hovering around 2,000 members. At the end of the first quarter of 2024, we totaled 1,781 paid members, about 90% of last year's total. By year's end we should reach the 2,000 level or probably higher. Statewide, our membership has nearly reached 36,000. As we always say, there is "Strength in Numbers".

Your PARSE Board is in the process of planning social activities for 2024. At this time, a casino trip is tentatively scheduled for Tuesday, August 6, 2024. Other activities are up for discussion.

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

Sincerely,

Leon Cerullo
PARSE Philadelphia-Bucks Chapter President

Executive Board:

President
Vice President
Secretary
Treasurer

Leon Cerullo
Luticia Gary
Evelyn Y. Trent
Edward Finfer

Members

Fred Bostwick
Eugenia Bradley (A)
Kathleen Carroll
Mike Gart
Lee Horne (A)
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Deborah A. McKnight (A)

Sonia Mendez
John Molinari
Frances Powell (A)
Linda M. Rapp (A)
Carol Roberts
David Rosner
Barbara Taylor
Ozie Washington-Ivey (A)

(A)=Acting

President Emeritus

Leo J. Burke, Jr.

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2024 Membership Dues!!!

\$20.00

Notification will come from State Office

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



(over)

The Hidden Dangers of Using Q-tips to Clean Your Ears (Salus University, PA Ear Institute)

For many people, cleaning their ears with Q-tips is a routine part of their hygiene regiment. This can lead to a variety of medical harms. Earwax (cerumen) is nature's defense mechanism; containing substances in it that prevent infections from entering the body. It also helps to lubricate the skin of the ear canal, keeping it from getting dry and itchy.

Ear Canal Injuries: Q-tips can lead to accidental injuries to the ear canal or eardrum. Swab inserted too far can cause scratches, abrasions, or even puncture the eardrum. Even partial insertion of the swab can lead to injury if there is unexpected motion of the hand or arm that pushes the swab to close to the eardrum.

Pushing Earwax Further: Q-tips often push earwax deeper into the ear canal. Over time, this can lead to impaction, a condition where earwax accumulates and causes discomfort, muffled hearing, dizziness, and tinnitus (ringing in the ear).

Infection Risk: Q-tips can introduce bacteria or fungi into the ear canal, increasing the likelihood of painful ear infections, such as otitis externa.

Disruption of Earwax Balance: Consistent removal of earwax with Q-tips disrupts the natural self-cleaning mechanism of the ear. This can result in dryness, itching, and irritation of the ear canal, leaving it vulnerable to infection and inflammation.

Recognize Potential Harm: Refrain from inserting any objects into the ear canal, including Q-tips, bobby pins, etc. Let the earwax naturally migrate out of the ear and only clean the external parts of the ear with a cloth.

By understanding the benefits of earwax and adopting safer alternatives for keeping your ears clean and healthy, you can protect your ear health and prevent unnecessary complications.



A BIG NO! NO!

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