



Inside PARSE

Fall 2025

Message from the President

Dear PARSE Member,

Autumn has arrived; daylight is waning, but our Phillies and Eagles are steaming forward. Meanwhile, our PARSE Fall Luncheon is right around the corner. We will meet at noon on Wednesday, October 22nd at The Felt Factory, 1523 E Wingohocking Street, Philadelphia, PA 19124. Members will be charged \$30.00 per person; non-members will pay the full cost of \$38.00 per person.

Our guest speaker will be Steven Brown from the Commonwealth's Office of Administration. He will discuss the Commonwealth's medical benefits for Medicare and Non-Medicare retirees and elaborate on the extension of current contracts. He will also answer any questions you may have.

In the social sphere, our casino trip was successful and was well attended. The trip to Kitchen Kettle Village and Shady Maple was also successful, but attendance was lower than expected. In the future, we anticipate more members being involved. Next year we are exploring a winery trip coupled with a dining experience, and of course, a casino trip.

Membership continues to be positive. By mid-September, we totaled 2,050 members. By year's end, we will likely top 2,100, surpassing the 2024 level of 2,073. Statewide, we reached 38,081, already topping the 2024 total. **Please note:** Our long-time excellent chapter treasurer, Edward Finfer, will be stepping down at the end of October and our President will appoint a member to act in this position until our regular election in 2026.

We should always look to recruit new members because there is ----- "**Strength in Numbers**"

Sincerely,

Dan Loftus
PARSE Philadelphia-Bucks Chapter President

Executive Board:

President
Vice President
Secretary
Treasurer

Daniel Loftus
Luticia Gary
Evelyn Y. Trent
Edward Finfer

Members

Fred Bostwick
Eugenia Bradley
Kathleen Carroll
Leon Cerullo
Mike Gart
Lee Horne
Raymond Martinez
Deborah A. McKnight

Sonia Mendez
John Molinari
Frances Powell
Linda M. Rapp
David Rosner
Barbara Taylor
Ozie Washington-Ivey

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2026 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 Pain-Fighting Diet

Our food choices effect ever aspect of our health, including our resistance or resilience to pain.

Here are some simple rules to keep in mind.

Pay attention to proteins. If most of your protein is from plants such as beans, whole grains and nuts, your levels of chronic inflammation (pain that can damage your body on an array of levels) will be lower.

Eat more fiber. A form of carbohydrate fiber may lower chronic inflammation. Try for the following - women over 50: 21 grams daily, men over 50: 30 grams daily. Good sources include whole grain, oatmeal, nuts, berries, beans, vegetables, brown rice and popcorn.

Eat your vegetables and fruit. Good options are berries and cherries. Strive for a minimum of 5 cups per day. If diabetic or prediabetic, emphasize non-starchy vegetables over fruit.

Use more anti-inflammatory herbs and spices. Paprika, rosemary, ginger, turmeric, sage and cumin; also cloves, ground Jamaican allspice, cinnamon, marjoram and tarragon

Avoid trans fats. Avoid food labels “partially hydrogenated” oils, often found in baked goods (cakes, pie crusts, frozen pizza) and fried foods (doughnuts, fries).

Limit saturated fats. Most promote inflammation and come from animal sources such as meats and dairy products like milk, cheese, cream and butter. Try eating white meats, fish and other seafood.

Balance omega-6s and omega-3s. Eating high amounts of 6 over 3 can increase inflammation. 6 comes from plant oils like corn, soybean, and sunflower oils. 3 is found in fatty fish like salmon, tuna and mackerel; also in walnuts, ground flaxseed, chia and hemp seeds and green leafy vegetables. Try to eat at least 2 servings of fish (3 to 4 ozs. each) weekly.

Eat monounsaturated fats. Olive oil is known to reduces inflammation, blood pressure, bad cholesterol and blood sugar levels. Other sources are canola, peanut, safflower and sesame oils. Avocados are another good source.

Enjoy some dark chocolate. To help with inflammation, dark chocolate should be at least 70% cocoa. 1½ ounces daily decreases inflammation and also lowers blood pressure.

Close the kitchen at night. Consider intermittent fasting in a 24-hour day with an 8-to-12-hour span for eating and the remaining hours, including sleep time, abstaining from food. Fasting is not for everyone. Those concerned about frailty should be cautious about possible effects.

Stay away from ultra-processed foods. “Sugars, (refined) grains, and extra salt in ultraprocessed foods can change the bacteria in your gut, damage the gut’s lining, and switch on inflammatory genes.”

All of this information and additional information has been provided by aarp.org/bulletin and other sources such as the U.S. Department of Veterans Affairs Whole Health Library.

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