



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

Inside PARSE

Fall 2015

Message from the President

Dear Fellow State Retiree,

Autumn has arrived. The leaves are turning red-dish brown and The PARSE Fall Luncheon is scheduled for **Noon** on October 21st at Romano's Catering, 1523-63 East Wingohocking Street.

Our featured speaker will be Katrina Boyer, Consumer Outreach Liaison for the Pennsylvania Department of Banking. She will be speaking on Reverse Mortgages, its pros and cons, a topic of interest to many retirees. Ms. Boyer received raved responses on her fraud and identity theft presentation at our Spring 2014 luncheon.

Our casino trip to the Horseshoe Casino in Baltimore was another success as we travelled with two busloads. Another trip to a casino is being planned for 2016.

Our statewide annual PARSE meeting was delayed until September 29th and 30th. Updates will be provided at our luncheon and in our next newsletter. In the meantime, our new government relations consultant is John E. Baughman, PhD. He will assume the duties previously handled by Lynn Herman.

By mid-September, our chapter membership was nearly 1,400 or about 97% of last year's total. By year's end, we should top the 2014 level of 1,445. As always, enlarging our membership remains paramount.

The website remains up and running. It is available to you 24 hours a day.

This is your notice for your 2016 dues. Please complete the enclosed membership application/renewal form and return it with your dues no later than January 1, 2016. Whether you plan to attend the luncheon or not, you can submit your dues now.

***Spread the Word.
Show 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

Mattie Berry	Sandi MacLaren
Ernestine Blackston-Brandon	John Marcus
Fred Bostwick	Faye Matter
Mike Gart	David Rosner
Maurice Gold	Barbara Taylor
Gloria Hamilton	Tom Wombough
Connie Johnson	Carol Roberts (<i>Acting</i>)

President Emeritus

Leo J. Burke, Jr.

Member Emeritus

Myrna Brown

Dues Reminder!!! \$20.00

If your dues are unpaid, please complete the enclosed membership application and include a check for your ***2015 & 2016 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 October 21, 2015
INFORMATION LUNCHEON reservation at
\$20.00 per person***



Brain Health: What Helps, What Hurts Per: Elizabeth Agnvail (AARP bulletin)

What Helps

Exercise: aerobic and strength training, 30 or more minutes at a time. Those 65 and older showed more benefits than those 55 to 65.

Staying socially and Intellectually active: reading books, writing letters and learning a new language; volunteering, playing cards and talking with friends

Eating a healthy diet: consuming more nuts, beans, whole grains, vegetables and olive oil; omega-3 fatty acids

Getting good sleep: decreases the risk for memory problems and dementia. Studies found, treating sleep apnea helps delay memory problems.

Keeping your heart healthy: What's good for your heart is good for your brain (lower blood pressure, controlling or eliminating diabetes).

What Hurts

Depression: increases the risk for cognitive decline and dementia

Hearing and vision loss: Problems hearing and seeing are both linked to trouble with thinking, memory and socialization and should be corrected. One John Hopkins study found that older adults with hearing problems appear to have a greater rate of brain shrinkage as they age.

Certain medications: Anticholinergic drugs (e.g. antihistamines, sleep meds, and some antidepressants) increase the risk of dementia. You need to be aware of the drug side effects.

Stress: Daily stress can cause memory problems; long term stress is connected with faster rates of decline in brain health. Meditation may help.

Air pollution: Study has found that long term exposure to air pollution is linked with brain shrinkage, brain damage and impaired function.

Buyer Beware

Brain games and other cognitive training Brain training can improve attention and memory as they relate to the games. Few studies show that those skills transfer to real life. Carefully evaluate claims of companies selling brain games.

Supplements A report found "There is no good consistent evidence that vitamins provide value in improving brain health. In particular, Vitamins E, B6, and B12 provide no clear benefit. While Vitamin D deficiency has been linked to a decline in brain health, taking vitamin D supplements has not been shown to improve memory. Similarly, ginkgo biloba is not considered effective in preventing cognitive decline."

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