



Inside PARSE

December 2025

Message from the President

Dear PARSE member,
As 2025 is ending, our PARSE Holiday Party is right around the corner. We will gather on **Monday, December 29, 2025, 12:30 PM** at the Waterfall Room of Swan Caterers, 2015 Water Street in South Philadelphia. Our previous holiday parties have been unabashed successes with a vast array with our usual epicurean delights. Once again, beer and wine are included. All other alcoholic beverages will be available at the cash bar. Come one, come all, but respond early because seating is limited to the first 250 reservations.

Besides the food, the festivities will include music, dancing and a photo booth. The cost will remain just \$30.00 for members and \$40.00 for non-PARSE members. Your chapter will continue to absorb part of the rising cost. This is a benefit of membership.

During our Fall Luncheon, Tom Judge, our outgoing State President, spoke on our medical benefits. He mentioned that the state has extended the AETNA contract through 2027 with virtually no changes.

As of November 1st, Lee Horne has been appointed as our acting treasurer. Elections for all board members and officers will be held at our 2026 Fall Business Luncheon.

Our chapter had 2,083 members by mid-November. At the end of last year, we totaled 2,086. By the end of 2025 we will undoubtedly top 2,100. On the average, our chapter has been increasing about 2% yearly. Statewide, under the leadership of Tom Judge, PARSE has been growing about 8 to 10 % annually. Currently we are approaching 39,000 members. As we always say,

“There is Strength in Numbers”

We will be updating you on social events for 2026. In the meantime, let’s enjoy our holiday party.

Sincerely,

Daniel Loftus
PARSE Philadelphia-Bucks Chapter President

Executive Board:

President	Daniel Loftus
Vice President	Luticia Gary
Secretary	Evelyn Y. Trent
Treasurer (<i>acting</i>)	Lee Horne

Members

Fred Bostwick	Sonia Mendez
Eugenia Bradley	John Molinari
Kathleen Carroll	Frances Powell
Leon Cerullo	Linda M. Rapp
Edward Finfer	David Rosner
Mike Gart	Barbara Taylor
Raymond Martinez	Ozie Washington-Ivey
Deborah A. McKnight	

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)

11 Anti-Aging Secrets That Turn Back the Clock

1. Regular Exercise

2. Drinking Plenty of Water

- △ The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is: About 15.5 cups (3.7 liters) of fluids a day for men; about 11.5 cups (2.7 liters) of fluids a day for women.
- △ Your overall fluid intake per day, includes anything you eat or drink that contains water, like fruits and vegetables.
- △ Most people need to drink roughly half of their weight (in pounds) in ounces. Physical activity will increase your water need.

3. Quitting & Reducing Bad Habits

4. Take Supplements

- △ Be sure to get vitamins B, C, E, D
- △ Vitamin B is important for energy and brain function. Vitamin C and vitamin E are known to enhance the immune system, keeping you from getting sick. Vitamin D helps to support bone health, something that becomes even more important as we age.

5. Eating a Healthy Diet

- △ Focus on eating fruit, vegetables, whole grain, and lean protein.
- △ Avoid processed food.
- △ Eat organic.
- △ Get rid of empty calories, such as potato chips and fries; there is no nutrient in them.
- △ Only indulge now and then; make it a rare occurrence and eat junk food in smaller portions.

6. Religious Skincare Routine (moisturize)

7. Protecting Yourself from the Sun

8. Pay attention to Dental Hygiene

9. Social Stimulation

- △ As you age you will have fewer friends, so go out once a month and talk to people throughout the week. You will feel much younger and it will show in your face.

10. Mental Stimulation can defy the aging process more than anything else.

- △ Read and play games that stimulate the mind on a weekly basis. Intelligence will help you to have interesting conversations and also you will be more likely to remember things.

11. Care for your Mental Health

All of the above information was collected from various sources.

Directions to: *Swan Caterers' Waterfall Room, 2015 Water Street, Philadelphia, PA 19148, 215-389-2045*

There is plenty of parking available under I-95, in addition to street parking.

SEPTA: Broad Street Subway or C Bus to Snyder Ave., Route 79 Bus East to Front St., cross street to Water St. and walk one half block north.

From I-95 North: Take exit 20 for Columbus Blvd toward Washington Ave, keep right at the fork, follow signs for Snyder Ave/Oregon Ave, turn right onto S Columbus Blvd, turn right onto E Snyder Ave, take the third right onto S Water St.

From I 95 South: Take exit 20 on the left for Columbus Blvd toward Washington Ave, turn right onto S Columbus Blvd, turn right onto E Snyder Ave, take the third right onto S Water St.

From I 76 East: Head towards Central Phila, take exit 344 on the left for I-676 E, merge onto I-676 S, continue onto Vine St Expy, keep right at the fork, follow signs for I-95 S/Chester/Phila Intnat'l Airport and merge onto I-95 S, then follow I-95 South directions above.

From I 76 West: Head towards I-95N, keep left a fork, follow sign for I-95N/Trenton and merge onto I-95N, then follow I-95 North directions above.