



Inside PARSE

Spring 2026

Message from the President

Dear PARSE Member,

Spring is here again and that means the PARSE Spring Business Luncheon is on the horizon. This year's luncheon will be held on Wednesday, May 20, 2026, 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.

We will have two guest speakers this year, our new state president Kristen L. Hand and Steve Brown from the Commonwealth Office of Administration. Steve 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.

Currently, the following events have been planned: A magic show on Saturday, June 6, 2026. A flyer is included with this newsletter. A casino trip is scheduled for Tuesday, August 4, 2026. Other trips are still being discussed.

Our chapter's membership, for the first time, topped 2,100, reaching 2,139 at the end of 2025. Through the first quarter of 2026, new and renewed members totaled 1,904, about 90% of last year's total. By the end of this year, our chapter should undoubtedly exceed the 2025 level.

Statewide, PARSE ended 2025 with 39,215 members, up by nearly 2,000 from 2024. This represents about one quarter of all state retirees. Let's continue to recruit new members, as there is ***Strength in Numbers***.

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

Sincerely,

Daniel Loftus
PARSE Philadelphia-Bucks Chapter President

Executive Board:

President	Daniel Loftus
Vice President	Lucicia 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)

Can I strengthen my brain later in life?"

Dr. Adams (A top internist and cardiologist)

Five things to focus on

EXERCISE Even light exercise counts. Walking, dancing, swimming, gardening tai chi – whatever keeps you moving – improves blood flow, lowers inflammation and strengthens the same vascular network that keeps your kidneys and brain alive. Just 150 minutes a week of moderate activity can measurably improve your brain's performance. Moderate activity just over 20 minutes a day can improve the brain performance.

FOOD What should you be eating? Leafy greens, berries, nuts, lean proteins and whole grains. Cut down on processed foods and sugars, which drive inflammation. Inflammation ages your brain most rapidly. Omega-3 fatty acids, found in salmon, walnuts, and flaxseed, are particularly powerful. They support neuron structure and communication, which helps your brain stay nimble as you age.

SLEEP This is essential for memory and the removal of metabolic waste from your brain. Ideally, you should be getting between seven and nine hours of shut-eye every night. Without it, you won't be giving your brain enough time to clean and organize itself.

CURIOSITY Research shows that lifelong learning protects cognition. So take a class. Learn a new language. Try painting or playing music. These challenges engage neuroplasticity, the brain's ability to rewire and strengthen itself.

CONNECTION Staying engaged with friends and your community buffers against loneliness, depression and the brain decline that can follow.

"Is sleep apnea serious?"

There are two types, *Obstructive sleep apnea*, the more common and *Central sleep apnea*. *Obstructive sleep apnea* occurs when the muscles in your throat relax during sleep, narrowing or blocking your airway, repeating itself during the night. *Central sleep apnea* is less common and involves your brain failing to send proper signals to the muscles that control breathing. Some people have a mix of both. Overtime, this nightly stress can injure blood vessels and brain cells, contributing to long-term health complications.

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