



PESU NEWSLETTER

JUNE
2018

What's the Buzz?



We congratulate and wish our members below the best on their retirements. We thank them for their dedication and years of service. Their knowledge and presence will be missed:

- ◆ Anita Gordon
- ◆ Mahmoud Haery
- ◆ Celestine Davis Boatright
- ◆ Cassandra Smalls Nicholson
- ◆ Kimberly Shamberger



Our warmest congratulations to **Malcolm Douglas**, son of our PESU President, **Lisa Maddox Douglas**, on his graduation from high school with honors. He will be attending the University of Bridgeport in Connecticut this fall. We wish him the best of luck on his future studies and endeavors.



We are excited to share the accomplishments of two of our members.

Kareemah Lucas recently passed the State Boards and is now a Registered Nurse. **Lisa Upshaw** graduated from Medicaid Academy and is actively involved in assisting the County and State with improving innovations in the Medicaid program.

We are happy to announce that our member, **Luz Rodriguez**, is expecting her second grandbaby, **Cameron Jacob Cruz**, in December. We congratulate her and her family on their new bundle of joy.



We also congratulate all our newly promoted members and applaud them on their successes and achievements.

JUNE IS...

⇒ National Safety Month

Injuries are the leading cause of death for Americans ages 1 to 40, but there are many things that can be done to stay safe and prevent injuries. For more information, please visit the Autism Society at <http://www.nsc.org>

⇒ Alzheimer's and Brain Awareness Month

Alzheimer's disease is a progressive brain disorder that damages and eventually destroys brain cells, leading to memory loss and changes in thinking and other brain functions. It is the most common form of dementia that currently has no cure. Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. For more information and to go purple in support, please visit <https://www.alz.org>

⇒ Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. For more information and to go blue in support, please visit <https://menshealthmonth.org>

⇒ For more Monthly Awareness Information, please visit <http://www.pesuonline.com/monthly-awareness-information/>



With heavy hearts...

Our Executive Vice President, **Nwabueze Brooks**, was laid to rest on June 15, 2018. His dedication and formidable efforts will never be forgotten and he will be sorely missed.



"Those we love don't go away. They walk beside us every day. Unseen, unheard, but always near. Still loved, still missed and very dear." -Anonymous

Recipe Corner

Summer Sangria

Ingredients:

- 1 bottle red wine (Cabernet Sauvignon, Merlot, Rioja, Shiraz, Zinfandel)
- 1 lime (juice only)
- 1 oranges (cut into wedges)
- 1 1/2 tbsps. sugar
- 3 cups fresh fruit chopped
- 1 or 2 shots brandy
- 2 cups ginger ale or club soda
- 1 pitcher or punch bowl



Directions:

- Pour wine into the pitcher/punch bowl
- Squeeze the juice from the lime and orange into the wine and toss some wedges in if desired
- Add the fresh chopped fruit into the wine
- Add the sugar and brandy into the wine
- Mix and chill overnight to marry the flavors
- Mix in ginger ale or club soda just before serving
- If you'd like to serve it right away, use chilled red wine

Buffalo Chicken Pasta Salad

Ingredients:

- 12 oz. package bow tie pasta, prepared al dente
- 5.3 oz. container nonfat plain Greek yogurt
- 1/2 cup light Ranch dressing
- 2/3 cup buffalo sauce
- 2 1/2 cups cubed rotisserie chicken
- 1 cup celery, chopped
- 2 cups cherry tomatoes, halved
- 2/3 cup red onion, diced
- 4 oz. bleu cheese crumbles (optional)



Directions:

- In a large bowl, stir the yogurt, ranch, and buffalo sauce together.
- Toss in the pasta and toss until well coated.
- Add the remaining ingredients and stir until well combined.

Christel's Couponing Tips

by Christel Adams

What if there was a way you could stretch your dollars with minimal work? What would you say if you found out you were throwing money away every month? With couponing, you could be spending less money at the grocery stores and keeping more in your wallet. When people hear couponing, they think of clipping coupons for hours and obtaining overwhelmingly large stockpiles of unnecessary items. That's not what couponing is. The truth is there are different levels of couponing and it's really up to the couponer how involved it can be. Most people like to buy items when they are on sale. The goal with couponing is to buy the item at the sale price and put a coupon with it; spending little to nothing!

When it comes to couponing, most people wouldn't know where to start. It's actually quite easy if you know where to get the coupons. There are several different types of coupons. The **manufacturer's coupons** come from the company and can be found in the newspaper, online, or from the actual manufacturer. If you find an item that you like and send an e-mail to the manufacturer reviewing their item; they will send coupons to you through e-mail or to your home. **Digital coupons** can be found in the store apps. You can download apps from most grocery stores and pharmacies. Most stores put out a new set of digital coupons weekly, which automatically deducts from your total. **Catalinas** are coupons that are printed with your receipt when you go to the store. Hold on to these when you get them, they can be helpful!

For those who really want to dig deep and save the most money with couponing, you can get the coupon circulars and compare them with the weekly store ads. This can be time consuming in the beginning, but before you know it, you'll be a pro at finding deals. When looking through the weekly store ads, many pharmacies have a cash back incentive. You can earn money just by buying the same items you would usually buy. This money adds up, and can be used towards any purchase in the future. I've earned up to \$50 at Rite Aid, just by buying regular household items. If you don't want to do the research yourself, you can use social media to find good deals. There are several couponing pages on both Facebook and Instagram with couponers who are willing to share good deals and answer any questions!

I won't leave you without a starting point to jumpstart your couponing journey. Here's a list of must have apps and websites to help you save money.

Apps

Checkout 51- Save money by taking a picture of your receipt and they'll send you a check in the mail!

ibotta- Like Checkout51, you can save money by taking a picture of the receipt.

Savingstar- After purchasing the item take pictures of the receipt and get a check sent to your home!

Shoprite- Get digital coupons sent to your phone weekly, and they'll deduct from your balance!

Shop&Stop- Similar to Shoprite, digital coupons are downloaded, and they'll deduct from your balance.

CVS-Digital coupons can be added to your account.

Rite Aid- Digital coupons can be added to your account.

Walgreens- Digital coupons can be added to your account.

Websites

Living rich with coupons- This site is updated daily. She shares awesome deals based on the stores you already shop at.

Couponmom.com- She shares weekly deals, based on the stores you shop at.

Couponmom.com- Tom allows you to search for an item, and find out if there are any current coupons available. This allows you to only search for coupons that you need.

Coupons.com- This site offers free coupons! These manufacturer's coupons change weekly. Grab them while they last!

