

PESU NEWSLETTER

SEPTEMBER 2018

What's the Buzz?



We congratulate and wish our member below the best on her retirement. We thank her for her dedication and years of service. Her knowledge and presence will be missed:

◆ *Shirley Rogers*

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

VOLUNTEERS NEEDED:

We are currently seeking volunteers for the Work Practice Meetings. Anyone interested in participating should contact PESU President Lisa Maddox-Douglas.



September is...

⇒ **National Pulmonary Fibrosis Awareness Month**

Pulmonary fibrosis (PF) is a group of devastating lung diseases that cause scarring in the lungs. The scarring limits the oxygen intake necessary for the brain, heart, and other organs to function. While there is currently no cure, research is underway that will lead to a better understanding of diagnosis and treatment. For more information, please visit <https://www.pulmonaryfibrosis.org/>

⇒ **National Baby Safety Month**

The Juvenile Products Manufacturers Association founded Baby Safety Month in 1983 as a way to increase consumer awareness of safety issues and the safe selection and use of baby products. There is an abundance of material available today for parents and caregivers looking for safety information regarding juvenile products. For more information and to keep your little ones safe, please visit <https://babysafetyzone.org>.



⇒ **National Suicide Prevention Month**

Everyone is affected by suicide, not just the victim. It impacts family and friends long after the loss of a loved one. Approximately, two-thirds of the people who commit suicide suffer from depression. The mental health of yourself or a loved one should never be taken for granted and there is no shame in seeking help. Learning about suicide prevention is a great way to educate yourself and others and more information can be found at <https://suicidepreventionlifeline.org>.

⇒ **National Preparedness Month**

We should all take time during this month to prepare ourselves and our families for disasters or emergent circumstances that may arise such as hurricanes, floods, fires, etc. We should take time to learn lifesaving skills such as CPR and first aid, check insurance policies and coverage for hazards, and know practical safety steps/tips. For more ideas and tips on preparedness, please visit <https://www.ready.gov/september>.



PESU HOLIDAY PARTY

We are excited to announce that the PESU Holiday Party will be on Friday, December 7, 2018 from 7pm to 11pm. The party will be held at the Galloping Hill Caterers in Union, NJ. The venue boasts eye catching décor with a newly renovated marble foyer, cathedral ceilings, and venetian plaster walls. We will be treated to an atmosphere of elegance while dining on world class cuisine and caring service.



Tickets for the PESU Holiday Party will be available in the near future. Make sure to get your ticket early and come out to celebrate!



Recipe Corner

Lemon Garlic Shrimp

Ingredients:

- 2 tbsp. butter, divided
- 1 tbsp. extra-virgin olive oil
- 1 lb. medium shrimp, peeled and deveined
- 3 cloves garlic, minced
- 1 tsp. crushed red pepper flakes
- Juice of 1 lemon
- 2 tbsp. dry white wine or water
- Freshly chopped parsley, for garnish



Directions:

- In a large skillet over medium heat, melt 1 tablespoon butter and olive oil.
- Add shrimp, garlic, and crushed red pepper flakes.
- Cook until shrimp is pink, about 3 minutes.
- Remove from heat and stir remaining tablespoon butter, lemon juice, white wine (or water), and parsley.
- Serve and enjoy!