

June 2019



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:

- ◆ Caryn Lerman, Family Service Supervisor
- ◆ Jean Hobbs, Clerk 4



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

We sincerely thank Renee Williams for her service as PESU's 1st Vice President/Treasurer as she resigns her term on June 30, 2019. We welcome Norma Herman as our union's 1st Vice President/Treasurer and Sparkle Myrie as shop steward for the Office of Intake Services effective July 1, 2019.



July is...



⇒ *Juvenile Arthritis Awareness Month*

It is a common misconception that only older people are afflicted with arthritis. Nearly 300,000 children in America have been diagnosed with juvenile arthritis. These children suffer from various autoimmune forms of arthritis in which their bodies' immune system is attacking their joints, causing swelling, stiffness, and permanent damage. To learn more and help support these children in their fight, please visit www.curearthritis.org/juvenile-arthritis-awareness

⇒ *National Ice Cream Month*

As the summer reaches peak temperatures in July, Americans celebrate with a tasty ice cream treat to cool off and enjoy. The celebrations were originated by a joint resolution sponsored by a Kentucky Senator in 1984 and followed that same year with a Presidential Proclamation from President Reagan calling for all Americans to observe with ceremonies and activities. For ideas on fun ways to celebrate, visit www.ice-cream-freaks.com

⇒ *National Fireworks Safety Month*

Summer is synonymous with barbecues, parades, and firework displays, but along with all the festivities are plenty of visits to the emergency rooms. Each year, about 13,000 people were injured badly enough to require medical treatment after fireworks-related incidents. The National Safety Council advises ever one to stay away from all consumer fireworks and to only enjoy them in public displays conducted by professionals. For more information and safety tips, <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/fireworks>.

Recipe Corner



Delicious and Refreshing Summer Cocktails

Citrus Summer Breeze Cocktail

Ingredients:

- 1.5 ounces triple sec
- 2 ounces cranberry juice
- 2 ounces fresh grapefruit juice
- 1 slice lemon for garnish



Rum Punch Summer Cocktail

Ingredients:

- 3 cups pineapple orange juice
- 1 cup banana liqueur
- 1 cup coconut rum
- 1 cup fruit punch
- Splash lemon lime soda
- Garnish with orange slices, pineapple chunks, and strawberries



Tequila Blackberry Lemonade

Ingredients:

- 1/4 cup fresh blackberries muddled (more for garnish)
- 2 ounces silver tequila
- 6 ounces lemonade
- 1 slice lemon for garnish



5 Tips For Healthy Summer Eating

July 27, 2014 • By Dr. Nancy C. Lee, Former Deputy Assistant Secretary for Health – Women's Health and Director, Office on Women's Health

You know the healthy eating basics, but you also know it's not always easy to apply them to daily life. That's okay! Focus on making small changes. Here are five smart, simple tips for healthier eating this summer. Think one of these changes will work for you? Tell me in the comments!



Work more veggies into your diet. I like adding avocado to my sandwiches. Or the next time you're cooking fish, meat, or poultry, try this: sauté some peppers, onion, garlic, and tomatoes to serve as the topping. Not only will it be packed with flavor, but your portion size will be bigger without too many additional calories.

Get the most out of your salad. Not all salads are healthy, especially at a restaurant. Salads loaded with dressing, cheese, and fried chicken are also loaded with calories and fat. But healthy salads don't have to be boring. Pick the ones with a lot of different vegetables for more disease-fighting nutrients. Top it off with a lean protein like grilled chicken, fish, or beans.

Avoid overdoing it at summer BBQs. Beat the temptation to overeat by filling up on the healthy stuff first. Fill your plate with fruit and green salads and choose raw vegetables over chips. If you treat yourself to dessert, be aware of the portion size and keep it reasonable. The key is moderation and recognizing when you're full. Once you've finished, get moving! Play with the kids or get everyone together for a game of volleyball, Frisbee, basketball, or tag.



Cook at home. There are a lot of benefits to eating at home. Not only will you save money, but you'll know exactly what goes into your meal. Plus, cooking at home is generally healthier, especially if you use a heart-healthy recipes.

Don't forget the fruit! Summer is a great time for fresh fruit. Add your favorite berries to your morning cereal or oatmeal. Choose watermelon or cherries for dessert instead of cookies or ice cream.