

PESU NEWSLETTER

SEPTEMBER 2019

What's the Buzz?



- ◆ *We truly thank Sherita Gilbert for her service as a PESU Shop Steward as she resigns her position. We welcome Janine Jones as Shop Steward for the 7th and 10th floors as Arletha Pierson is now the Shop Steward for the SNAP Office.*
- ◆ *We appreciate our members who represent the Negotiations Committee:*
 - *Cynthia Rasool *Kario Bullen *Frank Firavanti*
 - *Rosalyn Gilliard *Maleather Skipper*

All members are encouraged to submit their ideas for negotiations to the above representatives.



September is...

⇒ 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>.

October is...

⇒ National Domestic Violence Awareness Month

According to the Centers for Disease Control and Prevention (CDC), more than 1 in 3 women and more than 1 in 4 men in the U.S. report having experienced physical violence by a partner in their lifetime. Nearly 20 people per minute are physically abused by an intimate partner in the United States; adding up to more than 10 million people per year. The month aims to educate Americans about what is considered domestic violence, encourages those in abusive relationships to get help, and reinforces a zero-tolerance policy when it comes to abuse. For more information, please visit <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html>.

November is...

⇒ National Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. We can utilize this month to raise awareness about diabetes risk factors and encourage people to make health changes. For more information, please visit <https://www.diabetes.org>.

December is...

⇒ National Impaired Driving Prevention Month

Every day lives are needlessly lost and irreparably altered by collisions involving drugs or alcohol. Drunk or drugged drivers experience diminished judgment and decreased motor coordination and reaction time, putting at grave risk passengers, pedestrians, and other drivers. These horrible tragedies are avoidable, and each of us must make responsible decisions to prevent them and keep our communities safe. More information can be found at <https://www.nhtsa.gov/risky-driving>.

ANNUAL PESU HOLIDAY PARTY

We are excited to announce that the Annual PESU Holiday Party will be on Friday, December 13, 2019. The party will be held at The Hanover Manor in East Hanover, NJ. The venue boasts a multi-room banquet facility with gorgeous grounds for great pictures. The Hanover Manor also played a fascinating role in New Jersey's history as the main building was once home to an illicit brew house during the Prohibition era. In addition, a portion of the Hanover Manor was once a farm and sold produce until the 1980s.

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



Recipe Corner

Healthy Chicken Chili Mac

Ingredients:

- 1 lb. lean ground chicken (can substitute ground turkey or ground beef)
- 1 yellow onion diced
- 1 green bell pepper diced
- 1 14.5 oz. can diced tomatoes
- 1 14.5 oz. can kidney beans, drained
- 1 14.5 oz. can black beans, drained
- 1 8 oz. can tomato sauce
- 2 cups chicken broth
- 2 cups whole wheat macaroni
- 1/2 cup shredded sharp cheddar cheese (more to taste if desired)
- 1 tablespoon chili powder
- 1/2 tablespoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- Salt to taste
- Pepper to taste

Directions:

- Heat a large stockpot or straight edged sauté pan over medium heat.
- Once hot, add in chicken and veggies.
- Cook, breaking up the chicken as you go, until chicken is no longer pink and veggies are tender.
- Stir in spices, tomatoes, beans, tomato sauce, broth, and macaroni.
- Bring to a simmer, cover, and simmer for 7 minutes. Stir every few minutes.
- Uncover and cook an additional 7 minutes.
- Top with cheese. Cover with lid for another two minutes to melt cheese.
- Taste and re-season if necessary.
- Serve and enjoy!

