



PESU NEWSLETTER

November 2020



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:

- ◆ *Brenda Williamson*
- ◆ *Elisabeth Scott*



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



Successful Demonstration

PESU & CWA Local 1081 collaborated for a successful demonstration on Friday, October 23, 2020 for Health and Safety issues. We continue to stand in solidarity to demand such things as regularly scheduled decontamination of the entire agency, constant cleaning of shared surfaces, contact tracing for all exposed employees, and more. The health and safety is of critical importance for our membership and we continue to stand strong in unity.

WE ARE NOT SAFE & WE ARE FED UP!

WE DEMAND

- REGULARLY SCHEDULED DECONTAMINATION OF ENTIRE AGENCY
- CONSTANT CLEANING OF SHARED SURFACES
- COVID TESTING OF ALL DFAB EMPLOYEES
- CONTACT TRACING: INCLUDING ALL EXPOSED EMPLOYEES
- REARRANGING SEATING TO BE SOCIALLY DISTANCED
- TEMPERATURE TAKING ALL WORKDAY LONG
- ENFORCEMENT OF MASK WEARING
- DESIGNATED PARKING FOR DISABLE EMPLOYEES
- NEW FURNITURE TO REPLACE STOLEN FROM RECTOR STREET
- MONTHLY JOINT UNIONS/MANAGEMENT MEETINGS



Recipe Corner

Harvest Chicken Casserole

Ingredients:

- 2 tbsp. extra-virgin olive oil, divided, plus more for baking dish
- 2 lb. boneless skinless chicken breasts
- 1/2 onion, chopped
- 2 medium sweet potatoes, peeled and cut into small cubes
- 1 lb. brussels sprouts, trimmed and quartered
- 2 cloves garlic, minced
- 2 tsp. fresh thyme leaves
- 1 tsp. paprika
- 1/2 tsp. ground cumin
- 1/2 cup low-sodium chicken broth, divided
- 6 cups cooked wild rice
- 1/2 cup dried cranberries
- 1/2 cup sliced almonds
- Kosher salt and black pepper to taste

Directions:

- Preheat oven to 350 degrees and grease a 9"x13" baking dish with oil. In a large, deep skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper. Add chicken to skillet and cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then cut into 1" pieces.
- Heat another tablespoon oil over medium heat. Add onion, sweet potatoes, brussels sprouts, garlic, thyme, paprika, and cumin. Season with salt and pepper and cook until softened, 5 minutes. Add 1/4 cup broth, bring to a simmer, and cook, covered, 5 minutes.
- Place cooked rice in a large baking dish and season with salt and pepper. Stir in chicken, cranberries, cooked vegetables, and remaining 1/4 cup broth. Top with almonds and bake until dish is hot and almonds are toasted, 15 to 18 minutes.
- Serve and enjoy!



7 Tips for Eating Healthy During a Coronavirus Quarantine

By: Molly Kimball - Full article at www.ochsnerhealth.com

If you're quarantined at home, it's important to eat healthy foods. You can get creative if you're feeling well. Keep it simple if you're not. Stock up on easy ways to soak up the nutrients.

1. Gather your favorite fruits and veggies.— Fruits and vegetables get your immune system in fighting shape. Chop and store fresh vegetables now or buy pre-cut packages to save prep time. It's a good idea to buy frozen fruits and vegetables too.
2. Power up with protein.— Keep up your strength and fight fatigue by eating lean protein. It's not just for dinner, add protein to breakfast and snacks too.
3. Stock up on soup and beans.— You can make a pot of soothing soup or beans then freeze in several smaller containers.
4. Pack in the probiotics.— Probiotics are "good bacteria" that offer several health benefits. They are naturally occurring in fermented foods such as Greek yogurt.
5. Be ready for comfort food cravings.— Know your favorite go-tos and be ready with healthier swaps. Try sweet potato casserole for something starchy, creamy cauliflower soup for something creamy, or triscuit crisps for something crunchy.
6. Stay hydrated.— Fluids help thin mucus, flush out germs, and keep your digestion and immune system running smoothly.
7. Call for backup.— No matter how well you prepare, you're bound to forget or run out of something. Stay home. Instead, use grocery delivery or ask a friend for a favor.



14 Low-Stress Tips for Virtual Learning Routines

By Kayla Craig — Full article at www.pbs.org

Remote learning is new to all of us (kids, grown-ups, and even teachers!) and we're learning to improvise as we go. As we figure out what works for our family, I've been working to be patient with myself (and my kids) for the challenging days. Setting realistic expectations has definitely helped all of us. And while my kids miss their schools and being with their teachers and classmates in person, we're figuring out fun ways to thrive in this new method of learning. Here are 14 simple, low-stress ideas to make the most of a virtual learning routine:



1. **Designate workspaces.** Set up a virtual learning workplace for each child to work.
2. **Customize learning spots.** Use photos, drawings, and stickers to customize their desks areas. Include a printed classroom schedule to help empower students about their daily routine.
3. **Get colorful.** A simple way to stay organized is to have separate colored bins for each learner with their school supplies such as markers, books, and notebooks.



4. **Honor the breaks.** Sitting in front of a screen all day is tough, so when breaks are assigned, take them.
5. **Opt for snacks.** Put together a simple basket of healthy packaged snacks (granola bars, crackers, raisins) that kids can reach easily. Also include refillable water bottles for quick easy access.
6. **Use positive language.** Acknowledge the challenges they face and find creative solutions to work through them.
7. **Stay on schedule.** Getting into a weekday routine helps virtual learning be smooth. Keep printed copies of classrooms schedules around for easy access.

8. **Don't reinvent the wheel.** Many public schools offer weekly grab-and-go school lunch programs which helps take some of the load off parents.
9. **Play games.** Let kids play an educational game during breaks which keep them entertained and give you time to do some work.
10. **Give them space.** Create boundaries for when kids have interactions with teachers and classmates in the classroom.



11. **Be flexible.** Expect the unexpected and be more adaptable. Each child learns a bit differently and what helps one student succeed might not work for another.
12. **Connect with teachers.** Don't underestimate the power of emailing teachers for assistance and communicating about school work.
13. **Work with wiggles.** Expect pent-up energy at certain times, manage your expectations, and be more empathetic parent. Students need tiny breaks to help rest their minds and bodies.

14. **Celebrate hard work.** Kids and grownups alike are working hard to adapt to remote learning. Have a party to celebrate their accomplishments.



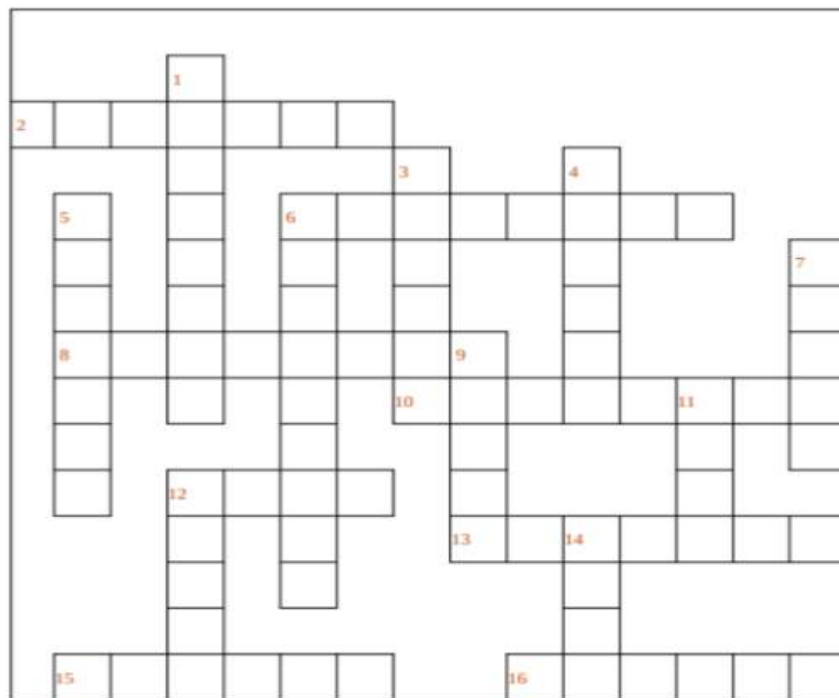
Fall Activity Ideas

There are many fun activities to do in the fall. Enjoy some of these ideas with your family and friends.

- Visit an apple orchard, farm, or pumpkin patch
- Roast marshmallows or make s'mores
- Make a wreath with preserved fall leaves, flowers, twigs, and berries
- Bake together—try apple or pumpkin pie
- Go camping
- Do some fall-themed puzzles like the crossword below



Fall



Across

- 2 Halloween month
- 6 Rodent that hordes nuts
- 8 People at the first Thanksgiving
- 10 Thanksgiving month
- 12 Yellow vegetable that grows on stalks
- 13 To gather farm crops
- 15 Thanksgiving main dish
- 16 Falls from trees

Down

- 1 Sport played with a brown ball
- 3 Another name for Fall
- 4 a color and a fruit
- 5 Great for pies or for carving
- 6 Keeps birds away from fields
- 7 Nut from an oak tree
- 9 Birds fly _____ for the winter
- 11 Bundles of hay
- 12 Drink made from apples
- 14 Tool to clean up leaves

