



PESU NEWSLETTER

May 2022

What's the Buzz?

Congratulations to our members below on their retirements! We extend our gratitude for your dedication and years of service helping our community. Your knowledge and presence will be missed:



- ◇ John Sciara
- ◇ Ida Williams
- ◇ Heather D'Angelo

- ◇ Luz Rodriguez
- ◇ Annette Brown Bennett



We also congratulate all our newly promoted members and celebrate them on their accomplishments and achievements!



*"Hoping your dreams take you...
To the corners of your smiles, to the highest of your hopes, to the windows of your opportunities, and to the most special places your heart has ever known."
- Anonymous*

Heartfelt congratulations to all our graduates on your well-deserved success! We wish you all the best on your next adventures and future endeavors.



10 Practical Ways to Take Care of Your Mental Health



socialize



eat well



stay in touch



maintain your hygiene



take a break



talk about your feelings



smile



stay active



drink responsibly



get enough sleep

it's okay

- * to make mistakes
- * to have bad days
- * to be imperfect
- * to do what's best for you
- * to be yourself

@sk/moreff usco

Recipe Corner

Lemony Asparagus Risotto

Ingredients:

- 1 bunch asparagus
- 1 large leek (or white onion diced)
- 4 tablespoons olive oil, divided
- 4 garlic cloves, rough chopped
- 1 cup arborio rice
- 3.5 - 4 cups hot vegetable broth
- 1/2 cup basil leaves
- 1 lemon, zest and some juice to taste
- 1/2 teaspoon salt, more to taste
- 1/4 teaspoon pepper
- 1/4 cup white wine (optional)



- Garnish: lemon zest, basil ribbons, pecorino cheese, optional pine nuts or chili flakes.

Directions:

Bring small pot of water to boil on the stove to blanch asparagus.

Prep the asparagus: Cut the fibrous ends off the asparagus and discard. Cut the pretty tips off (about 1 1/2 inches) and set them aside. Cut the "middles" into 1-inch pieces. Take 1 1/2 cups of the "middles" and set aside (to blanch and blend into a creamy asparagus sauce) which we will stir into the risotto at the end to give it its beautiful vibrant color and creamy texture. Add any remaining "middles" to the tips and keep these set aside. So you'll have **two** piles of asparagus, 1 1/2 cups of the "middles" and one with the tips and leftover middles.

BLANCH AND BLEND: In the small pot of boiling water, blanch the 1 1/2 cups of asparagus "middles" (without the tips), until tender and vibrant, about 5 minutes. Drain, but reserve 1 cup of the cooking liquid. Blend the blanched asparagus with the 1 cup cooking liquid, 2 tablespoons oil and the basil leaves until silky smooth, either in a blender or using an immersion blender. Set this aside to add to the risotto at the end.

Start Risotto: Thinly slice leeks into half-moons, and rinsing away any dirt, strain. (Rinsing will also help soften them.) Heat 2 tablespoons olive oil in a pot or Dutch oven over medium heat. Add leeks and sauté until softened, 5-6 minutes. Add garlic, cook 2 minutes, until fragrant. Add arborio rice and stir to coat, one minute. Deglaze with white wine (if using) and cook the wine off. Add 1 cup hot veggie broth, scraping up any browned bits, bring to a gentle simmer, over med-low heat stirring occasionally, letting the rice absorb the all the broth. Continue adding the hot broth 1 cup at a time, letting the rice absorb it slowly, each time, stirring often. ****At the same time that you add the last cup of broth*, add the pile of asparagus with the tips, letting them cook in the risotto 3 minutes or so. At this point, rice should be creamy yet slightly al dente.

Combine: Stir in blended asparagus-basil "sauce", add the salt, pepper, a squeeze of lemon juice and taste. Adjust salt, pepper and lemon to taste. (Pecorino will add more depth and flavor here.) Heat gently over low heat letting it thicken a bit if you like, but taking care not to cook too long here, or you'll lose the vibrant color.

Divide among bowls, garnish with pecorino cheese, lemon zest and chili flakes or a drizzle of the optional leek oil.

Top with a piece of roasted fish, sauteed shrimp, grilled chicken or sauteed mushrooms if you like.

Prepare for Summer: 10 Ways to Prepare Your Mind, Body, and Soul

Posted in Wellness, Lifestyle, and tagged Active Lifestyle, Happiness, Lifestyle, Summer Body, Workout

#1 - A Mantra - The first and only rule for having a 'beach body' is to have a body and head to the beach. Let's make this our mantra. Being beautiful is all about feeling beautiful, and we do not need to stick to unrealistic stereotypes.

#2 - Begin to Unwind - The days are longer, happier and a little lazier. This laziness can be a good thing and at certain points, in the day we can indulge in it. A sense of tranquility, balanced control and peacefulness can allow the mind to stop racing and calm down.

#3 - Keep Up Your Exercise Routine - When it comes to preparing the body for summer, there are two alternatives. One is simply maintaining your year-round exercise routine. The other is to use this routine as your basis and add something new for a bit of added variety.

#4 - Something New - Good weather makes us feel more inspired, creative and daring. It's a good idea to track your progress when starting a new activity or challenge, so you are encouraged as you start to reach your goals.

#5 - Tackle Insecurities - It's the perfect time to include exercises and activities that can help us feel good about ourselves and a little less self-conscious when the time comes to put on a bathing suit. Focusing on what we consider 'trouble areas' can increase our sense of accomplishment and calm feelings of anxiety stemming from not addressing our problems head-on.

#6 - Get the Tan - For some, the best thing about summer is the natural golden glow of skin and hair.

#7 - Summer Beauty - Skin and hair get a lot of abuse during the summer months. Indulge in your own DIY Spa for hair and skin and have fun creating amazing products from the natural products in your pantry.

#8 - Summer Diet - During warmer days, our need to stay hydrated naturally increases. Drinking plenty of water is important and there are also plenty of foods with a high water content that can be included in our diet.

#9 - Make Changes - When seasons change so should we. It's the perfect time to adapt not only what we wear, but also our surroundings and the areas we spend most of our time in.

#10 - Live in the Present - and Relive It - Summertime usually means vacations. Get a box for all your memories and save the amazing moments you'll want to remember later. You can bring home a shell you got at the beach, a movie ticket stump or even the cork from a great bottle of wine you shared with friends. It can all go right into your box of memories and precious moments.

