



PESU NEWSLETTER



Holiday Greetings On behalf of PESU President and Executive Board



May the Holiday season fill your home with joy, your heart with love, and your life with laughter.



May your holidays sparkle with moments of love, laughter, and goodwill, and may the year ahead be full of contentment and joy. Have a Happy Holidays.



Our heartfelt Congratulations to all our PESU members who retired this year! We extend our gratitude for your many years of dedication and service for our community. Your devotion, knowledge and presence will be missed. We wish you all the best for your retirement; may all your dreams come true!



25 End of Year Reflection Questions to Review Your 2022 Year

By Connie Mathers for www.developgoodhabits.com

1. If someone else were to write a book about your year, how would it go?
2. What surprised you about this year?
3. What worked?
4. What didn't work?
5. How did you engage in self-care?
6. What do you wish you had done this year?
7. What bad Habit did you drop?
8. What was your greatest accomplishment?
9. What disappointed you this year?
10. What transitions did you make this year?
11. When did you learn from a failure?
12. Did you do your best?
13. Name a time when you had to be brave and step outside your comfort zone.
14. What did you spend too much time or energy on?
15. What did you avoid?
16. Who were your major supporters this year?
17. What new habit or routine did you create this year to improve your efficiency?
18. What did you handle well?
19. What sticks out as being a meaningful moment?
20. What was the most significant thing you read this year?
21. What are you grateful for?
22. What did you change your mind about?
23. What's a cognitive bias you caught yourself thinking this year?
24. If you could rewind one year, what advice would you give yourself knowing what you know now?
25. What is a new skill that you learned this year?

RECIPE CORNER

Cheesy Mashed Potato Puffs

Ingredients:

- Cooking spray or butter
- 2 cups cooked mashed potatoes
- 3 large eggs, beaten
- 1 cup grated cheese, such as Parmesan or Gruyere, divided
- 1/4 cup minced fresh chives
- 1/4 cup diced cooked bacon or ham (optional)
- Salt and pepper
- Sour cream, for serving (optional)

Instructions:

- Arrange a rack in the middle of oven and heat oven to 400 degrees.
- Lightly coat the cups of a mini-muffin tin with cooking spray or butter.
- Place the mashed potatoes, eggs, 3/4 cup of the cheese, chives, and bacon, or ham in a large bowl and stir to combine.



- Season, if necessary, with salt and pepper. The seasoning will depend on how seasoned your mashed potatoes were to begin with.
- Fill each muffin cup with mashed potatoes. Sprinkle the tops with the remaining 1/4 cup cheese.
- Bake until the potato cups are set, browned on top, and heated through, about 20 minutes.
- Let cool for about 5 minutes in the pan, then use a spoon or knife to gently release them from the pan.
- Serve immediately with dollops of sour cream, if desired.

More Flavoring Ideas:

- Curried Potato Puffs: add 1 tspn curry powder (or to taste), chopped red onion, chopped jalapeno pepper, served with yogurt and cucumber.
- Goat Cheese and Spinach: add fine chopped spinach, minced garlic, crumbled goat cheese.
- Italian-Inspired: finely chopped sun dried tomatoes, chopped basil, finely chopped shallots, served with a smear of tomato sauce.



How to End This Year on a High!

By: Arvind Devalia for www.lifehack.org

1. Review the year that is about to end.
2. Share and celebrate your successes this year with your family and friends.
3. Send greetings of appreciation and thanks to those people who have helped make this year special for you.
4. Review your current to do list for work.
5. Finish off any unresolved matters.
6. Clear up some clutter.
7. Go through your important paperwork and bring up to date as much as possible.
8. Review how you have spent your time this year, and identify those things that have been draining your energy.
9. Be different and do something new.
10. Start walking every day.
11. Rest and relax!



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