



PESU NEWSLETTER

May 2025

PESUONLINE.COM

MENTAL HEALTH AWARENESS MONTH



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

Suicide Prevention Hotline:
1-855-NJ-HOPELINE
1-855-654-6735

A space for wellness has been successfully
negotiated during our contract
negotiations.
Coming Soon to our Newark Office

RETIREMENT

We congratulate Ms. Cynthia Bell Woods, PESU Shop Steward of the
New Jersey FamilyCare Office, on her recent retirement.



Our committees need you!!!
Email pesuprez@pesuonline.com



CONTRACT NEGOTIATIONS

The contract was successfully negotiated and approved by the general membership vote on April 9, 2025.

- A five-year term of agreement effective January 1, 2024 (retroactive) through December 31, 2028.
- Wage increases, effective and retroactive to:
 - January 1, 2024, 2.00%
 - January 1, 2025, 2.00%
 - January 1, 2026, 3.00%
 - January 1, 2027, 3.00 %
 - January 1, 2028, 3.00 %

SCHOLARSHIP COMMITTEE

The Scholarship Committee will soon begin accepting applications for the Eze Brooks and Brooks for Books scholarships.

TRUSTEES BENEFIT COMMITTEE

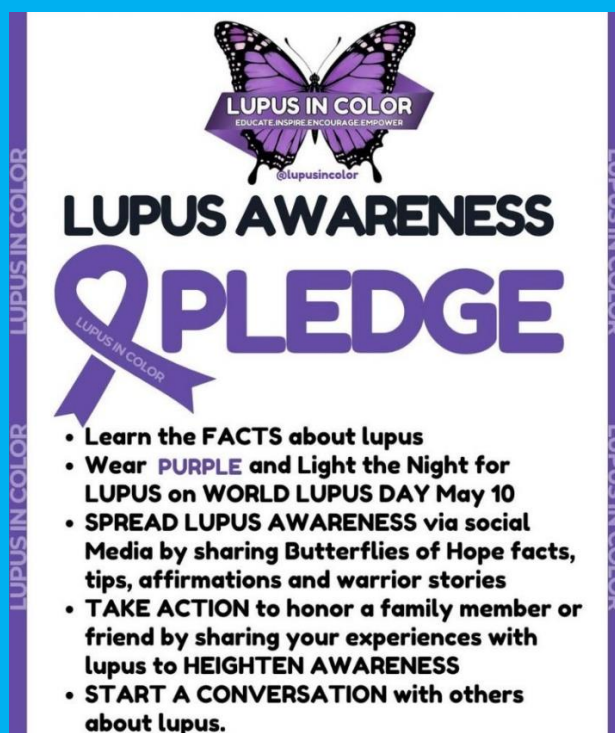
The Trustees Benefit Committee will meet in June. An announcement for reimbursement requests will follow on July 1. Requests and original receipts must be hand-delivered to Ms. Abibat Hall or Ms. Janine Jones. The Committee asks for your patience as it may take up to 15 days to process requests.

MAY DAY

May Day, also known as International Workers' Day, is observed internationally on May 1st.

This date was chosen by the American Federation of Labor to commemorate a general strike in the US that began on May 1st and culminated in the Haymarket Affair of May 4th, 1886.

This event, among others nationally and internationally, led to establishing the eight-hour workday we currently practice.



The poster features a purple butterfly at the top with the text "LUPUS IN COLOR" and "EDUCATE INSPIRE ENCOURAGE EMPOWER" below it. The main title "LUPUS AWARENESS PLEDGE" is in large, bold, purple letters, with a purple ribbon forming a heart shape around the word "PLEDGE". The ribbon also has "LUPUS IN COLOR" written on it. The poster is framed by a purple border with "LUPUS IN COLOR" repeated vertically on the sides. Below the title, there is a list of five bullet points.

- Learn the **FACTS** about lupus
- Wear **PURPLE** and Light the Night for LUPUS on **WORLD LUPUS DAY** May 10
- **SPREAD LUPUS AWARENESS** via social Media by sharing Butterflies of Hope facts, tips, affirmations and warrior stories
- **TAKE ACTION** to honor a family member or friend by sharing your experiences with lupus to **HEIGHTEN AWARENESS**
- **START A CONVERSATION** with others about lupus.



Our committees need you!!!
Email pesuprez@pesuonline.com for more



APRIL IS NATIONAL STRESS AWARENESS MONTH

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. According to [The American Institute of Stress](https://www.theamericaninstituteofstress.org/), 77% of people regularly experience physical symptoms caused by stress, including headaches, dizziness, gut issues, and fatigue. If left unchecked, stress can lead to more serious complications. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can enhance mental and physical well-being as well as minimize the exacerbation of health-related issues.

<https://www.stress.org/>

MAY IS GLOBAL EMPLOYEE HEALTH AND FITNESS MONTH

Every year in May, Global Employee Health and Fitness Month aims to improve the health of the global workforce. Through initiatives and helpful programs, the campaign encourages employers to engage their employees in healthful activities. It also provides a variety of wellness and fitness programs to complement already existing programs. Employers with wellness programs have healthier employees who are more productive. Wellness programs reduce overall healthcare costs and reduce illness and injury.

<https://www.gehfm.org/>

JUNE IS NATIONAL SAFETY MONTH

Join the National Safety Council in June for National Safety Month – the annual observance to help keep each other safe from the workplace to anyplace. Since 1996, NSM has provided free safety resources to highlight leading causes of preventable injury and death. Let's make people safer this June and all year long!

<https://www.nsc.org/>

IN MEMORIAM

It is with great sadness and heavy hearts that we announce the passing of our friend and colleague, Ms. Maria Leon, Family Service Supervisor, in the NJ Family Care Office.

Beloved Mother, Grandmother, Sister, Aunt, Social Worker, and Compassionate Counselor

<https://www.legacyfuneralservices.org/obituaries/Maria-Lourdes-Leon?obId=37257357>



BETTY CROCKER'S AMBROSIA SALAD RECIPE

Ingredients:

1 container (4 oz) refrigerated vanilla pudding
1/2 cup Cool Whip frozen whipped topping, thawed
1 cup fresh strawberries, sliced
1 cup of seedless green grapes, halved
1 cup miniature marshmallows
1 can (11 oz) mandarin orange segments, drained
1 can (8 oz) pineapple tidbits in juice, drained

Instructions:

STEP 1:
In a medium bowl, mix the pudding and whipped topping.
STEP 2:
Gently stir in grapes, marshmallows, oranges and pineapple.
STEP 3:
Add strawberries; toss gently to coat.
STEP 4:
Serve immediately or store in the refrigerator up to 8 hours.

<https://www.bettycrocker.com/recipes/ambrosia-salad/54d1ccea-5f1d-433d-acb4-8b2c34689ce0>