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# TAEOP Connection

Affiliated with the Washington Association of  
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Office Professionals

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## Presidents' Message

Happy New Year!

On December 2<sup>nd</sup> I had foot surgery and still have a cast, pins and screws holding it together. Hopefully the pins will be coming out soon. This is my first cast ever and I don't like it (puts an interesting spin on showers though)! Many thanks to all of you for your good thoughts and get well wishes.

TAEOP and TEA need your help. The levy campaign is gearing up and help is needed with the phone banks (at the TEA offices). Some of you will be asked to help at your scheduled school time. We have a **classified staff date on Tuesday, February 9 from 4:30 to 6 pm and 6 to 7:30 pm**. Please consider signing up for a time slot and volunteer your time. If the maintenance and operations levy fails, many classified staff will lose their job (along with many other TSD positions). **These are scary times, but we can make a difference.** The most effective campaigning is always a personal contact with neighbors and members of the



community. Time is short and this is a significant request, but we can't do this without you. If you have any questions, please call me at x7740 or TEA at 253-565-4411.

TAEOP will be hosting a general membership meeting in either February or March. If you have a topic you would like explored or an issue you would like to see discussed, please contact me or anyone of your TAEOP officers. Their contact information is listed on the left hand side of this newsletter.

Please give some thought to running for one of the offices that will be up for election in May: Second Vice President, Corresponding Secretary and Recording Secretary. More information will follow at later date.

This is the start of a new decade, make it a great one! (By the way - where's my flying car and robot to clean my house???)

*Carol*

## Go Red for Women

Friday, February 5th is "Go Red for Women" day when family, friends and co-workers wear red to help raise awareness of cardiovascular disease in women. Encourage the staff in your building to wear red to support heart health in women.

By wearing red, we can bring a voice to this silent killer. We can listen to what our hearts are telling us, talk to our doctors and spread the word to our family, friends and community about making the right choices and taking action.

How can you speak up for yourselves:

- ♥ Tell your family you will change your eating and exercise habits and need their support.
- ♥ Ask your favorite restaurant for heart healthy options for any meal you eat.

♥ Ask your doctor for a lipo-protein blood screen. This will give you all the right information you need to take the Go Red Heart CheckUp and know your real risks. Visit [GoRedForWomen.org/HCU](http://GoRedForWomen.org/HCU).

♥ Talk with your doctor or nurse to design a personal action plan that works for you and your lifestyle.

To learn more about heart disease in women and the choices you can make to live heart healthy, visit [GoRedForWomen.org](http://GoRedForWomen.org) and sign up for the movement. You'll receive a monthly newsletter to keep you motivated and a red dress pin, the symbol of the heart disease in women movement, to wear proudly as a supporter.

From the American Heart Association "Go Red for Women" Campaign

# 2010 NAEOP Conference

## 2010 in Kansas City!

The 2010 NAEOP Conference will be held in Kansas City, MO at the Westin Crown Center Hotel in the heart of downtown Kansas City during the week of July 5-9, 2010.

There is always so much to see and do at the conference. Many of us who have attended look forward to seeing old friends and making new ones as well. One of the great benefits of the conference is that you meet people from around the country in the same or similar position as you!

The registration information will be on the NAEOP website soon as well as in the winter edition of The NES Connector so check it over and hopefully you will make plans to attend.

TAEOP members are fortunate in that they have several financial options they can use to attend. You can use professional development money from TEA (up to \$400) to pay for the registration and you can use your district inservice money to pay for the hotel, airfare, shuttle and per diem meal costs.

All you need to do is some paperwork, send it in for approval and you'll be notified when it's been approved by the district. To access your TEA Professional Development dollars, you can go to the TEA website at: [www.teauniserv.org](http://www.teauniserv.org) for the form and then send it to Mitzie Green at the TEA office. It would be great to see many TAEOP members attend. If you have any questions on the conference or the paperwork needed, contact Machel Salado at First Creek Middle School—571-2725.

## WAEOP Spring Conference

The WAEOP Spring Conference will be held the weekend of April 23-24, 2010 at the Renton Holiday Inn and will be hosted by the Bellevue AEOP.

The theme of the conference is: "Step Up—Take Action" focusing on the steps we can take to achieve our personal and professional goals as well as what we can do to take action in our communities.

Linda Tribble, NAEOP 2009-10 Immediate Past President, will be in attendance as well as giving a presentation at the Friday afternoon session.

There will also be a presentation by "Living Voices—Northwest Passage" on Friday as well as honoring those WAEOP members who have achieved their PSP. After that there will be BUNCO!

On Saturday there will be workshops, the Scholarship and Awards Luncheon and the Installation Banquet Saturday evening.

As it is here on the west side of the state it would wonderful to see many members attend what looks to be a wonderful and informative conference! The flyer will be sent out in February and will be on the WAEOP website as soon as possible.



## Sunshine News

Karen Guillot, our Corresponding Secretary and Sunshine Chairman, is in charge of sending out cards to the members for those of you who have been ill, have a death in the family, etc.

We also want to celebrate any good news that you have going on in your life such as a new baby, retirement, a special trip, wedding or anniver-

sary, going back to school and getting your degree. Anything that is special to you is something we would like to know about in order to celebrate and share with you.

Please contact Karen at McCarver Elementary for any special news that we need to know about so that we can celebrate with you!



## Health Risk Assessment

Starting in February, WEA Select and Medical Plan enrollees may take the [Health Quotient online health assessment](#) and receive personalized information about healthy lifestyle choices. This online program is designed to encourage you to learn about your health and what you can do to make choices that may help you avoid health problems in the future.

Also starting in February, Group Health members can take the [Health profile](#) online. The Health Profile is an online questionnaire and report to help you

take better control of your health. You can use it as a guide in discussing your overall care with your doctor.

Your privacy is always protected and if you have concerns regarding this matter please read the privacy laws regarding your rights at your respective Health plan websites.

In just 20 minutes you can be on the path to a healthier you!



## Mark Your Calendars

Mark your calendars for these upcoming holidays, events, deadlines, meetings and activities:

February 1: WAEOP Scholarship & Awards Deadline

February 12-15: Presidents' Weekend

March 14: Daylight Savings Time Starts—turn clocks ahead 1 hour

March 15: NAEOP Scholarship & Awards Deadline

March 20: Spring Begins!

March 29-April 2: Spring Break

April 23-24: WAEOP Spring Conference/Renton Holiday Inn: Step Up—Take Action!

May 15: NAEOP PSP Filing Deadline

July 5-9: NAEOP Annual Conference & Institute/Kansas City, MO

**Make a note to not miss any of these important dates**

## Show me the Money!

How would you like to have some extra money in your paycheck? There is a way you can do this with a little time and effort.

NAEOP offers the Professional Standards Program which provides the opportunity for members to enhance their professional competencies through academic programs, conferences, and institutes. These incentive activities enable the members to take progressive steps to their desired professional growth level. Successful completion of a NAEOP approved program qualifies the member for one or more of the following Professional Standards Program certificates:

- Basic
- Associate Professional
- Advanced I
- Advanced II
- Advanced III
- Associate Degree
- Bachelor Degree

- Master Degree
- Doctoral Degree

Each certificate is based on requirements in three areas: education, experience, and professional activity.

Members of NAEOP may apply for admission to the Professional Standards Program. NAEOP encourages membership in local and state associations for educational office professionals, but it cannot mandate such membership. Graduation from high school (or the equivalent) is required. In the TAEOP bargaining contract we can receive an hourly stipend for each certificate up to 24 cents/hour for the CEOE distinction. For more information or if you have any questions, please contact Machel Salado at First Creek Middle School or check out the NAEOP website at: [www.naeop.org](http://www.naeop.org) and click on the "Professional Standards Program" link on the left hand side of the page.

