

NAREOP

President’s Message



Sarah Tierce, CEO
NAREOP President, 2022-2023

Happy New Year and welcome to 2023!

The demand for excellence in education is all around us; it’s in our country, our state, throughout our school districts and within our schools.

While many will be setting new goals for self-improvement, I’d

like to take a moment and show you what I see in each of you:

- Endless problems solved
- Countless projects completed
- Lots of meetings and phone calls
- Many life-changing experiences
- Everlasting friendships made
- So many people’s lives touched and changed forever
- A leader, a mentor, a friend

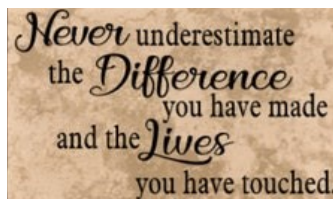
As we set goals to improve ourselves, I hope you’ll look at where you’ve been and consider your lifetime of excellence. Think about serving on one of several committees NAREOP has to offer. Many committees recruit members at the Annual Meeting held at the NAEOP Conference every year, but don’t wait until conference to offer to serve!

Members are invited to consider running for a position on the Executive Board. We are looking for members who will strive to work for NAREOP’s

success. Do you know someone who possesses the qualities to be fair, forward-thinking and team oriented? Is that person you? Please consider joining the NAREOP Executive Board as we continue to be “dedicated to the achievement of professionalism and continued learning of retired educational office professionals to support and encourage attendance and participation in all retired professional activities.” (NAREOP Procedures Manual).

For many years, I didn’t make resolutions for the new year, but this year, I did. Here is my list for 2023:

- Keep a Positive Mindset.
- Commit to 10 Minutes of Exercise Daily.
- Make Better Dietary Choices.
- Play With Your Grandkids!
- Stimulate Your Mind.
- Reach Out to Old Friends, and Make New Ones.



Sarah Tierce, CEOE
NAREOP President,
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“Just Keep Swimming”

Since it is that time of year where everyone is making new goals and doing away with the old, I remember way back when I first joined Kern AEOP and was asked to fill the position of Inspiration Chairman. I searched the internet for stories and quotes that would inspire and motivate our board and members. Here's one I kept through the years that I'd like to share with you. I don't remember where I found it and therefore can't give credit to it's author, but I hope you enjoy it.

“Any Catfish in Your Life?”

The cod fishermen of Maine have found a unique solution to a serious problem. The difficulty is that after the cod are caught and placed in the holding tanks aboard ship, they just lie in the bottom and don't move. Consequently, their flesh becomes soft and flabby and they are of little value to the buyer.

The fisherman, however, have an ingenious way to keep them swimming and strong. They keep a large catfish in the holding tank. Catfish and cod are natural enemies. Therefore, its presence keeps the cod swimming to stay away from its stings and jabs. As a result, the cod remain active and strong, and are suitable for the marketplace.

All too often we are like the cod. We're content to take it easy and do as little as we can. We accept what is, we are content with ourselves as we are. We do not feel the urgent need to change and become our best.

To keep us active and strong, we have “catfish” in our lives. It may be a peer, someone we work with, a family member, or a neighbor. They don't agree with our opinions. Their words and actions are a constant irritation. They try our patience and test our self-control. But it's all for our good,

if we take it in the right way. It makes us strong, mature.

If you have a “catfish” in your life, thank them. Without them you wouldn't be as strong as you are. And you would have missed many valuable lessons. Perhaps you even need another “catfish”. If so count on one appearing! Every experience in life isn't pleasant, but when the growing days are done, we shall be more than grateful for “help” that brought us to be the people we are.

Author Unknown



Scholarships

With students returning to school following the holiday break, many students will start their search for scholarships to help fund their college education. NAREOP is extremely happy to be able to help grandchildren and great-grandchildren of our members achieve this goal.

A successful fundraiser for scholarships was held in the fall, and I'm very pleased to say NAREOP will be able to award 3 scholarships this year!

Linda Rush, CEOE Scholarship Co-Chairman is ready to accept scholarship applications for the 2023-2024 educational year.

Deadline to submit applications is April 1, 2023.

The application can be found on the NAREOP website (naeop.org/about/nareop). Remember: the application must be complete and submitted on time to be considered for a scholarship. It would be beneficial to have someone review the application to insure every necessary part of the application has been completed or is enclosed. Good luck!

10 New Year Resolutions for the Modern Retiree

You may think that, because you are retired, you no longer need to make New Year's resolutions and plans for self-improvement. But, this is not your grandmother's retirement, and no longer are we expected to spend our "golden years" sitting in rockers on the porch.

Not that sitting on the porch is a bad thing to do, especially if you are engaging in conversation with friends or loved ones, practicing a new skill or reading, on either a paper book or a device.

The fact that people are living longer, and enjoying good health longer, means that retirement can be an exciting time, and New

Year's resolutions can help you make the most of that time. If you retire at 62, you may have another 30 years (or more) left to enjoy life.

Here are 10 New Year's resolutions for today's retirees:

1. **Learn something new.** The old adage "you're never too old to learn" has never been more true. Learning a new skill exercises your brain and it feeds your soul. You can study a new language, learn to play an instrument, begin to draw and paint, start making things with your hands, improve your cooking, learn to dance – this is the time to try something you've always wanted to learn.
2. **Keep in touch (or get in touch) with old friends.** It's easy to lose touch with friends during the years in which you're struggling to keep up with child-care and work obligations. Now that you're free of those chores, take advantage of your newfound time to reconnect with people you enjoyed spending time with in the past. Facebook makes it easy to find old friends, but it's not the only way to connect. Call, send greeting cards, set up lunches and even travel to catch up with your college roommates or your former co-workers.
3. **Give back.** There are many, many people who could use your time and your help. Those may be people in your own life who need help with daily chores, or support while recovering from an illness, or rides to chemotherapy. Or, they may be children in your community who need people to work with them on reading and math, orphaned kittens who need bottle feeding or homeless people who rely on free meals provided by volunteers. Evaluate your interests and your skills, and then look for a place where you can make a difference.
4. **Keep up with technology.** Too many people give up on learning new technology when they leave the workplace, and that can be a shame. Think of the joy you get from Facetime with your grandchildren or the usefulness of the GPS function on your phone. Most public libraries offer free classes on how to use computers and smartphones.
5. **Exercise every day.** We all know older people who run marathons, and older people who can barely get up from their chairs. While some maladies are unavoidable, staying fit pays enormous dividends for most people. Options for staying fit are limitless, from tennis to yoga



10 New Year Resolutions for the Modern Retiree - *continued*

to senior aerobics classes to dancing or walking, alone or with a friend. Strength training is also important to retain muscle mass. If you don't want to go to a gym or a senior center, check out workout videos on YouTube or design your own program at home.

6. **Keep an eye on your money.** Many people worry about running out of money in retirement. There are steps you can take to make your money last longer. One of those is to create a budget to make sure you are living within your means. For some people, working part-time is the answer. Be on guard against scams and other nefarious schemes to rob you of your money. If something sounds too good to be true, it probably is. Don't sign up for any investments or major expenditures without taking the time to research and consult friends and advisors.
7. **Make friends with younger people – or older people.** It's easy to spend all our time surrounded by our peers, people who are at the same time of life. But it's interesting and sometimes eye-opening to spend time with people who are not like us – people young enough to be our children or old enough to be our parents. You can make friends of all ages through work, volunteer activities, political activism or hobbies.
8. **Remember your children and grandchildren have their own lives.** It's great to have more time to spend with your children and grandchildren. But don't let their lives become all you have in your life.
9. **Be part of a community.** We all need to find our "tribe," the people who are there for us when we need help and the people who will share our joys and sorrows. You may find your tribe through a hobby, a church or synagogue, a political cause, a neighborhood or a volunteer project. If you aren't part of a tribe, create one.
10. **Reflect and analyze.** It's easy to get caught up in the minutia of daily life and spend way too much time washing dishes and weeding the garden, putting off until tomorrow the things we want to do. The beginning of a new year is a good time to evaluate how you are spending your time and see if it matches up with how you want to spend it. It's never too late to change course or head down another road not traveled.

Credit: The Storage Space

Call for Elections

It's now time to submit your name for consideration for the NAREOP Executive Board. Positions open for nominations are:

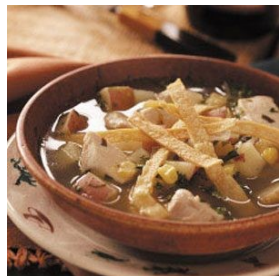
- President-Elect
- Vice President
- Secretary

Becky Shipley, CEOE is Chairman of the Nominations and Elections Committee and would love to hear from you! Please email her at beckyorr2013@gmail.com.



Recipe Corner - Chicken Tortilla Soup (Diabetic-friendly!)

Here's an easy, diabetic-friendly recipe for one of my favorite soups! So good on a cold, blustery day! Feel free to leave out any item you don't like.



Ingredients

3 corn tortillas (6 inches) cut into strips
 4 teaspoons olive oil, divided
 1/4 teaspoon salt
 3/4 lb. boneless skinless chicken breasts, cut into 1/2" chunks
 1 large onion, chopped
 5 cups reduced sodium chicken broth
 1 lb. red potatoes, cut into 1/2" cubes
 1 cup frozen corn
 1 can (4 oz.) chopped green chilies
 1/4 cup minced fresh cilantro
 1/3 teaspoon pepper
 3 tablespoons lime juice

Directions

1. In a large container with a lid, combine tortilla strips, 1 teaspoon oil and salt. Seal container and shake to coat. Arrange tortilla strips on an ungreased baking sheet. Bake at 400° for 8-10 minutes or until crisp, stirring once. Remove to paper towels to cool.
2. In a large saucepan, sauté chicken in remaining oil until no longer pink and lightly browned. Add onion; cook and stir until onion is tender. Add broth and potatoes.
3. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Add the corn, chilies, cilantro and pepper. Cook until heated through. Stir in lime juice. Garnish with tortilla strips.

Nutrition Facts

1-1/2 cups: 227 calories, 2g fat (1g saturated fat), 39mg cholesterol, 818mg sodium, 30g carbohydrate (6g sugars, 8g fiber), 23g protein. **Diabetic Exchanges:** 2 starch, 2 lean meat.

Inspiration



This year went by fast.
 Time is so valuable. Next year,
 I'm going to make the most of it.
 Here's to New Year being filled with:
 Less stress and more faith.
 Genuine friendships and less
 forced interactions. More
 laughter and less tears. Zero
 drama. Hard work, success, and
 time to do the things that
 matter most.

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Annual Conference



The Annual NAEOP Conference is quickly approaching! I will be attending the NAEOP Board meeting in Omaha, NE and hope to learn about the wonderful experiences National has in store for us!

The Executive Board will meet Monday evening, July 17th for our annual board meeting. Tuesday morning, July 18th will be our Annual meeting from 8:00-10:00 am. Light refreshments will be served, as our meeting is followed by Area Meeting brunches at 10:30 a.m.

The conference brochure and registration information should be released soon after the Board meeting. Please remember to register for the breakouts I mentioned in a previous newsletter. I've seen the draft brochure and there are many breakouts that will benefit retirees as well as those still in the workforce.

Also, please be sure to check the box stating you will attend the Annual Meeting. This is important so that 1. we know you are coming, and 2. we can get an accurate count for the breakfast snacks, coffee and hot tea.

Membership

As stated in the NAREOP Guidelines, "Active membership shall be open to any individual who was formerly employed in an educational system or organization related to education." Once you've paid your dues to NAEOP, you are eligible to vote, hold office, serve on committees and participate in any discussions and activities of the association. You will have an opportunity to renew your membership on the conference registration form.



Do you know of anyone who will be retiring this year? Please remind them to notify Taylor Moore at National Association of Educational Office Professionals, staff@naeop.org, (316) 942-4822 of their status change. This will ensure they are correctly identified and will receive the appropriate information like the monthly newsletter you're reading right now! Help us communicate better with our members and future members.