

## Reichley, Katherine

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**From:** Northeast Director <northeast@naeopboard.org>  
**Sent:** Monday, March 11, 2024 10:13 AM  
**Cc:** Jill Averyhart; Dena Henricks; Taylor Moore; NAEOP Staff; Southeast Director; North Central Director; Northeast Director  
**Subject:** [External Email] March Northeast Area of NAEOP News

Northeast Area NAEOP Members,

My husband called me at work a couple of weeks ago. He was obviously distressed. Our dog, Sugar, was limping, not putting one paw down, and did not want to go for a walk. This in turn made me concerned and thinking all the worst possible conclusions including how hard it would be to sedate her to make a veterinarian visit. When my work day was done and I finally arrived at home, there was a clear reason for Sugar's discomfort. Her front leg was through the hole in her harness where her head is supposed to be... along with her head. Here are some observations related to this experience:

- **Sometimes we get stuck.** We do not know how or why. We are unable to fix the situation by ourselves. Sugar needed help. We totally took her out of the harness while she worked her way through some chicken nuggets. It is truly okay to ask for help. Maybe it will be a friend or family member who can get us headed in the right direction. Maybe we even need to consult a professional.
- Most of the time when we worry, **we focus on the worst possible outcome.** Sugar did not need sleeping pills or even a visit to the veterinarian, but my mind headed that direction almost immediately. When a challenge comes at you, take a breath or push pause. You may need to have a talk with yourself or a friend, but come up with other more reasonable options.
- **Consider how to handle things better the next time.** Yes, there will be a next time - or it will be similar enough. In fact, Sugar has gotten her foot stuck in the wrong part of her harness three or four more times. Give yourself some grace. Learn from the situations you go through and grow into a stronger person.

Start thinking now about ways you can grow this spring. The daffodils and tulips around my house are already starting to poke out of the ground. Get a head start on your professional development this spring by signing up for one of the opportunities listed below. You do not need to stay stuck. Be out there in the sunshine ready to grow.

Have a blessed day,  
Katherine

### NAEOP Opportunities

- NAEOP Elections and Voting: NAEOP members were notified on Friday, March 1 that voting is now open for elected board positions and updates to the Bylaws. Please remember to vote by **March 15**.
- Northeast Area of NAEOP Book Club: This spring we are reading two books. Join the discussions for one or both books. The first book talk is this week. [More information](#).
- Northeast Area of NAEOP Conference, May 1-3, 2024: We are joining with the New Hampshire affiliate to learn and fellowship together this year. [More information](#).
- Professional Development: Your affiliate can have their professional development events posted on the NAEOP website at <https://www.naeop.org/pd-opportunities>. Check out upcoming events and the [NAEOP Annual Conference July 14-17, 2024](#).
- Northeast Area Board Meeting: Our next board meeting is March 26, 2024, at 5:30 pm. Materials will be emailed out a few days in advance of the meeting.

**Katherine G. H. Reichley, CEOE**

[Northeast Area Director, 2022-2024](#)  
[Public Relations Committee Chairman](#)

Academic Assessment & Accreditation Specialist  
Otterbein University  
Academic Affairs, 1 S. Grove St.  
Westerville, OH 43081  
614-823-1173 Work



Quotes for when you feel lost or stuck: <https://www.inspiringquotes.com/11-quotes-for-when-you-feel-lost-or-stuck/ZGKiS5esQwAH6Gn3>

- “The first step toward transforming your life into art is to start paying more attention to it.” - Austin Kleon, author
- “You didn’t just find a self out there waiting - you had to make one. You had to create who you wanted to be.” - Brit Bennett, writer
- “Any action is often better than no action... If it is a mistake, at least you learn something, in which case it’s no longer a mistake. If you remain stuck, you learn nothing.” - Eckhart Tolle
- “When I feel lost and can’t make a decision, I just stop and get quiet. I take a time-out. I ask myself, ‘How does this feel? What do I want my life to be like?’” - Kim Catrall