



MEA NEWSLETTER



PRESIDENT'S CORNER

Welcome back from what I hope was a fabulous break! One of the greatest benefits of our job is the family calendar. I am so thankful to have chunks of time to spend with the people I love. Not to mention the chance to get refreshed throughout the year.

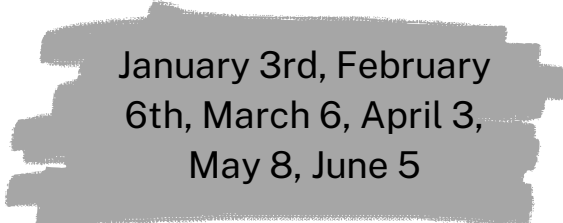
So, here we are hitting the ground running at the start of a new calendar. We have two holidays to look forward to prior to Spring Break, as well as the end of the quarter and a grading day. And for many, administering winter iReady diagnostics. Busy times. But, it helps the dreary months go by faster!

There is a lot of continuing work being done on your behalf by your leadership and committee members. Please keep informed on that by reading the emails we send out, watching any videos, and joining our Facebook page. Some of the committees are Health Insurance, ESS (trying to get that going), Grievance, Bargaining, Calendar, Labor Management, and participation in SOBC and SOUC. Not to mention we have two School Board Liaisons and two Communications Chairs. There is always a lot going on and a lot of people pitching in!

So, as you hit the midpoint of the school year and the start of a new calendar year, know that I wish you the richest blessings this year has to offer.

-TROY POMEROY, MEA PRESIDENT

REP COUNCIL MEETING DATES



January 3rd, February 6th, March 6, April 3, May 8, June 5



Your Bargaining Committee

- Lisa North, Jefferson
- Tim Karrick, NMHS
- Jessica Fitzsimmons, Wilson
- Paul Steckbauer, NMHS
- Troy Pomeroy, Hedrick

Join the MEA Official Facebook



A non-political and safe space to find member-related information

- New look - New members
- Same respect - same goal
- Request to Join
- Invite your current member friends



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FEATURED BENEFIT- CANOPY

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit that can assist you and your eligible family members with any personal problems, large or small.

Counseling with an EAP Professional

Five (5) counseling sessions face to face, over the phone, or virtually for concerns such as:

- Relationship conflict • Stress management • Alcohol or drug abuse
- Conflict at work • Family relationships • Grieving a loss
- Depression • Anxiety • Professional development

Resources for Life

Canopy will help locate resources and information related to childcare, eldercare, caregiving, and anything else you may need.

Legal Consultations / Mediation

Contact Canopy for a free thirty-minute office or telephone. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

Financial Coaching

Coaches will provide unlimited financial coaching to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

Identity Theft

Up to a 60-minute free consultation with a highly trained Fraud Resolution Specialist™ (FRS) who will conduct emergency response activities and assist with restoring their identity, good credit, and dispute fraudulent debts.

Home Ownership and Housing Support

Assistance and discounts for buying, selling, and refinancing. Resource retrieval for housing assistance.

Coaching

Access phone or video sessions with a Coach to support goal setting, healthy habits, and personal development.

Pet Parent Resources

Free pet information and support, including pet insurance discounts, new pet parent resources and bereavement support.

Wellbeing Tools

- Fertility health support • Will kit questionnaire
- Online legal tools • Gym membership discounts

Crisis Counselors are available by phone 24/7/365

call: 800-433-2320 text: 503-850-7721 email: info@canopywell.com

Canopy is committed to creating a safe, inclusive, and equitable society for all.

