

WAYNE'S WORLD

WTA/NEA-NY

WTA Newsletter

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President's Message

Seasons Greetings

I sit here and stare at my piles of work, the budget book, and meeting notes and wonder what to do first. It is not my style to feel sorry for myself, so I immediately try to think of someone who has more to face than me. Yesterday, while on my way to visit my daughter in Rochester, I passed a woman who looked to be in her mid-twenties. She held a sign as she stood at the intersection of Culver and the expressway exit. It said, "Help me with some money to get my kids Christmas gifts." How sad. If she was in the community of Walworth and Ontario

she could have benefited from our generosity.

The Weisenreder fund that was established to assist families in need due to illness and the community outreach committee have assisted over 30 local families this season. Many of the individual school buildings have "adopted" a family and assisted in their holiday needs. Our students have gathered food, for the local pantries. Lee Stramonine and her group coordinated an effort to provide the community with a "Holiday Traditions" show that played to a full house. The proceeds went to the Pines of Peace and our Weisenreder Fund. Marty Hanley, Kevin Shoe-



maker and Kathy

Moldt with others from the WTA coordinated snacks for intermission and received over \$150.00 simply from donations. We rally together to send our best wishes and assistance to Susan VanAcker and her family in their recent tragic loss and rebuilding.

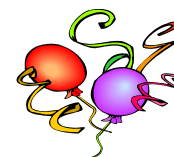
We are a community that cares. Again, I am proud to be associated with Wayne Central School District. Count your blessings and hug those you love. The work will always be there. (Thank goodness!)

Pat

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LET'S



Celebrate!

OP

OE

FW Congratulations to Kim Mietus on her engagement!

MS

HS

District Wide Congratulations to all those who donated goodies, service, talent, and support. In Lee Stramonine's, Holiday Tradition's Program. What a wonderful success again!



WTA Holiday Scholarship Raffle!

WE'VE GOT SPIRIT - YES WE DO!

WTA Social Committee is keeping with the raffle that was going to be held at the Holiday Party.

Each building has 2 (door) prizes that will be raffled off Tuesday, December 23rd.

Cost: \$1/per ticket or 6 tickets for \$5.

Proceeds go directly to the WTA Scholarship Fund.

Your generosity is greatly appreciated!

WTA Holiday Party has been

CANCELLED due to too many conflicts.



We plan to reorganize and offer a social gathering in the spring!

The 3 R's: Remarks, Reminders, and Relief!

3rd Thursday– 10 minute Meeting December 18th

Understanding your benefits—Flexible Spending Plans. And TRC Survey for Donna Stalker.



WTA Issues acted upon/discussed:

- * Special services make-up time requirement for mandated services.
- * Sick Bank use.
- * Psychologists' new CSE sub-committee role will be supported with ongoing training .

Issues currently being explored:

- * Copy machines problem at the HS.
- * Pay hours of in-service /college credit beyond the first 30 over 100 cases are being reviewed!
- * Mid term and end of year schedules.
- * Possibility of a grievance.

Rule of thumb #11

SMILE when you are gritting your teeth, that way you keep your professional face on no matter what!

Flexible Benefit Enrollment Forms

are due to Human Resource Office by Friday, December 19th. You can elect to have child care costs, dependent adult care costs, and qualified medical expenses covered by having this money set aside pretax. If you are in the 28% tax bracket—you are saving yourself 28%!

Coming in the New Year: NEA Endorsed Value's Builder Program opportunities for you to learn more through the Legend Group.



The Tractor Beam (by Garth the HR Guy)

Ever wonder what planet Ed Pola and George Wyle were visiting when they wrote that holiday classic, *It's the Most Wonderful Time of the Year*? Since when are the holidays the happiest season of all? Oh sure, it may be a time full of joy, cheer, parties and family gatherings, however, for many people, it's a time of self-evaluation, loneliness, reflection on past failures, and anxiety about an uncertain future. Of course that would make a bummer of a holiday song.

And if the holidays weren't depressing enough, "post-holiday blues" can result from disappointments during the preceding months compounded by excessive fatigue, stress and spending. Did I mention that seasonal affective disorder (aka sunlight deprivation) also contributes to depressive symptoms? I don't know about you, but I see a whole new line of greeting cards in our future.

When holiday songs and greeting cards don't provide the needed therapeutic value, the National Mental Health Association suggests the following:

- **Remember the holiday season does not banish reasons for**

feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.

- **Leave "yesteryear" in the past and look toward the future.** Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with the "good ole days."
- **Do something for someone else.** Try volunteering some time to help others.
- **Be aware that excessive drinking will only increase your feelings of depression.**
- **Try something new.** Celebrate the holidays in a new way.
- **Spend time with supportive and caring people.** Reach out and make new friends or contact someone you have not heard from for awhile.

- **Save time for yourself!** Recharge your batteries. Let others share responsibility of activities.

If depressive symptoms persist, contact your primary physician for a referral or the Mental Health Association of Rochester at 585-325-3145 or www.mharochester.org.

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Jack Handey may have never written a holiday classic, however, he continues to challenge the intellectualism of our great thinkers with his profound insight: "I hope life isn't a big joke, because I don't get it." Happy holidays! No... really, I mean it.

(This column was written in response to inquiries regarding mental health and counseling benefit options. Unfortunately, we no longer have the EAP program. Check with your insurance provider to see what type of coverage you have and feel free to check with your school counselor. They maintain a list of referral sources, one may be just right for you!)