



LIVONIA
Paraprofessionals'
Association

www.iammea.org/lpa

Newsletter

January 2020
Issue #4



LPA... Providing support in education

With the new year here, it is time to set new goals. I am asking all of you to reflect on what it was that drew you to LPS. Was it the flexible hours, love of children, insurance benefits, paid holidays, summers off? A lot has changed in my tenure, but one thing has remained a constant; I belong and support my union. Without them none of the above mentioned would be possible. My predecessors have worked very hard to provide you and me with a contract and benefits that are pretty fantastic.

Please do not think for one minute that we would have what we have if our union disbanded. If you have been a continuous member I thank you for your support. If for some reason you have opted out, you can rejoin. If you felt you could not afford the dues please know there are payment plans available. I hope whatever your reason may have been for leaving you will reconsider coming back. We work in a world where perception is 9/10 of the law, where we are judged without merit. I hope this will not happen to any of you, but know it could and has.

Here are a few examples of what your Bargaining Team negotiated for us. A substantial pay increase for all, two more paid holidays, as well as the reinstatement of the Wednesday before Thanksgiving. None of these would have been possible without union representation. Each building has a representative should you have questions or want to join. Happy New Year! May it be your best ever.

Sue Gonyou,
President
Livonia Paraprofessionals' Assoc.



Here is your chance to become on the Board for the Livonia Paraprofessionals!

The positions that will be open are:
Vice President
Secretary
Treasurer



The full descriptions of duties can be found on pages 4-6 of the LPA By-Laws which you can find on our website: iammea.org/lpa

Contact one of your nomination committee members listed below if you have any questions regarding duties involved or you would like to nominate yourself or even nominate someone else! For this you do have to be a member in good standing to make a nomination, vote or hold office in the LPA.

Christy Trepkowski christytrepkowski@gmail.com



January 24th paycheck:

For those of you who have cash in lieu or who do not have insurance, your check will reflect the added \$750

For those of you who have insurance it will show as a premium reduction.

Duty SPOTLIGHT

Curious what our Treasurer

Does: The Treasurer holds the funds of the Association and disburse them according to decisions of the Executive Board; keep accurate accounts of receipts and expenditures; submit a written report at every regularly scheduled meeting to the Association and Executive Board; prepare a written annual financial statement for the membership; keep the President, Association staff, and Executive Board informed of the financial condition of the Association; and assist in drafting the Annual Budget.



UPCOMING EVENTS

- Thursday, January 30, 2020
 - General Membership Meeting
 - 5:15pm @ Holmes
 - THANK you paras for informing us this date was wrong in our last newsletter!
 - All paras are invited! If you haven't had a chance to get your copy of the current contract you will have the chance to get them here!
- Thursday, March 12, 2020
 - Building Rep Meeting
 - @MEA Office
- Wednesday, March 18, 2020
 - General Membership Meeting
 - 5:15pm @Holmes

Your Executive Board

President

Sue Gonyou

gonyousue@gmail.com

Vice President

Cyndi Kaptanowsky

ckaptanowski@gmail.com

Secretary

Lisa Durand

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Treasurer

Beth McCann

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Public Relations

Christy Trepkowski

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Cluster Reps

#1 Georgia Tzelepis
georgiatzeleois@gmail.com

Buchanan, Career Center,
Churchill, Coolidge, Holmes,
Hoover, LTP, Niji Iro, Randolph,
Riley, Roosevelt, Rosedale,
Stevenson, Skill Center, Webster

#2 Chele Dolan

mdolan7@earthlink.net

Cleveland, Cooper, Emerson,
Franklin, Frost, Grant, Hayes,
Jackson, Johnson, Kennedy,
Randolph, Transportation

CHECK THIS OUT



You can order posters for your classroom or school!
MESSA will print and ship them to you for free!

Visit: www.messa.org/health-resources

Or search the web: MESSA Free Health Posters



VAPING

The vice of choice for many teens and tweens are e-cigarettes — deceptively disguised devices that deliver a kick of nicotine.

How to spot a device

- Vaping devices come in many shapes and sizes, such as pens, USB drives and ePuffs, which make them difficult to detect.
- A popular vaping device is a USB — so keep your eyes open for references to “USBing,” “penning,” or “puffing.”

Vaping facts

- More than 3.6 million teens reported vaping, according to the 2016 National Youth Tobacco Survey — an increase from 1.6 million in 2014.
- In addition to nicotine, many e-cigarettes contain volatile organic compounds, chemical additives, heavy metals and cancer-causing chemicals.
- One vaping device can contain the same amount of nicotine as 20 cigarettes.
- Some e-cigarettes contain volatile organic compounds, chemical additives, heavy metals and cancer-causing chemicals.
- Use of e-cigarettes is linked to respiratory problems, including coughing, wheezing, and shortness of breath.
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MESSA www.messa.org

MESSA Wellness

mindfulness • movement • nutrition

The three keys to workable wellness are mindfulness, movement and nutrition. MESSA's workable wellness program can help set you up for success in creating a healthier lifestyle at work and at home.

For more information, contact MESSA's health promotion consultant at health@messa.org or 800.297.4710.

MESSA www.messa.org

Get your (free!) annual physical

5 questions to ask at your exam:

- #1** What can I do to improve my overall health?
- #2** Am I up to date on my immunizations and preventive screenings?
- #3** Regarding my prescription medications, are there any drug interactions I should watch for?
- #4** Is there a less-expensive generic available?
- #5** What can I do to reduce my risk for heart disease and diabetes?

MESSA www.messa.org

5 Tips to a Better Back

- Walk every day**
Walking and exercise does a body good. Work with your doctor to customize a back-strengthening walking or exercise regimen.
- Stand up and sit up straight**
Your teacher was right! Good posture not only looks better, it aligns your spine which protects your back too!
- Strengthen back and abdominal muscles**
Strong core muscles help protect the spine. Your doctor can recommend exercises to stretch and strengthen your core.
- Maintain a healthy weight**
Supporting extra weight adds more strain on back muscles.
- Be careful when lifting**
Bend your knees, don't reach or twist, and get help when lifting heavy objects.

MESSA www.messa.org

STOP GERMS!

STUDENTS: LET'S STAY HEALTHY!

- Wash your hands with soap and water often
- Cover your mouth with a tissue or your sleeve when you cough or sneeze
- Don't put your hands in your mouth, nose or eyes—germs spread this way

Good health. Good business. Great schools. MESSA www.messa.org

STOP THE FLU!

WASH YOUR HANDS! COVER YOUR MOUTH!

Students: Let's Stay Healthy!

- Wash your hands with soap and water often
- Cover your mouth with a tissue or your sleeve when you cough or sneeze
- Don't put your fingers in your mouth, nose or eyes — germs spread this way

Good health. Good business. Great schools. MESSA www.messa.org

We're Here FOR YOU 24/7

Ask a registered nurse

Ease your mind. Call MESSA NurseLine—a free 24/7 information line when you have non-emergency medical questions and concerns.

MESSA www.messa.org

MESSA NurseLine 800.414.2014

There's a lot of 24/7 service. It's not intended to replace qualified medical care given by your doctor or other medical professional. If you have an illness or injury, for serious or chronic conditions, please go directly to the emergency room.

GENERIC SAVES YOU MONEY—

SOMETIMES **LOTS** OF MONEY!

Generic equivalent medications contain the same active ingredients as their brand-name counterparts. They are also subject to the same rigorous FDA standards of quality, strength, and purity, and are required to produce the same effects on the body.

Understand your Rx plan! For details go to www.messa.org.

CALL 800.336.0013
Award-winning Member Service

MESSA www.messa.org

<https://mea.org/join/>

Join Us and Apply for Membership Today!



We have created a new online membership application. Click on the apply now button to start a new member application. Once you submit your application, you will receive an email with a copy of your application and our membership department will contact you. If you would prefer, fillable PDF versions of the application form are also available below.

For more information about the value of MEA membership and why you should join today, [visit our Member Benefits section](#).

[Apply Now](#)

MEMBER BENEFITS

[Home](#) / [Member Benefits](#)

The MEA provides its members with benefits, services and resources unavailable to non-members, including:

- 1 Professional support and training opportunities at the local level and at MEA conferences.
- 2 Access to professional labor relations consultants and contract bargaining consultants.
- 3 Experienced legal assistance to protect your rights and privileges.
- 4 Discounts offered through [MEA Financial Services](#) for products including car, home, and life insurance, credit cards, help with financial planning and assistance in retirement.
- 5 Legislative and political advocacy help through our vast network of engaged members across the state.
- 6 Effective collective bargaining for better contracts and better schools.
- 7 Savings on oil changes, household supplies, vacations, and more with your MEA Membership card