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lwteachers

<https://www.lakewashingtonea.org/>



Update - Stay Connected

April 27, 2022

Nominations Are In for the 2022-23 Executive Committee Reps

Your Slate of Candidates Are:

Primary Rep:

Kristi Bergquist

Patti Cook

Intermediate Rep:

Mary Kay Weinmeister

Fareeha Nasir

Middle School Rep:

Hattie Midboe

Martha Daman

High School Rep:

Bethany Shoda

Sharon Curry

Special Services Rep:

Karyn Taggart

Specialist Rep:

Heather Jones

Nikole L alas

Ethnic Minority Rep:

Michael Finley

Kelsey Brown

Rojine Rudio

Cookie Grant-Suggs



Keep an Eye Out for:

- Elections ballots from BallotPoint: they will be sent to your home email on Monday, May 2
 - All voting is done by secret ballot
 - Vote for your designated representative
- Candidate Statements and/or Flyers
 - Sent by Special Election Update on Monday, May 2
 - Get to know your candidates

Our Teachers are the Best!



You Are so Appreciated

Honoring Retirees

Are you planning to retire this year? Later this year, LWSB will recognize our retirees in a slideshow that will be showcased on our district website and our social media pages. Please contact Collin Sullivan at csullivan@lwsd.org or 425-936-1300 if you are planning to retire so we can be sure to include you in this year's presentation.

Retiring or leaving the district at the end of the school year?

The district is holding informational meetings where payroll staff will answer question on topics such as sick leave cash out, VEBA, Cobra, medical and optional benefits.

- Thursday May 5, 2022, 4:00-5:00PM
- Tuesday May 17, 2022, 4:00-5:00PM

Please register for a session by emailing Linda Hannah at lhannah@lwsd.org to reserve your space and to receive a retirement packet.

KEY TOPICS

In this webinar, we will provide an overview of:

- Retirement benefits and eligibility requirements
- What early retirement does to your benefits
- How to qualify for disability, survivor, and spouse benefits
- How to use your Social Security online account and other online services
- What is the future of Social Security
- How to receive the most from your benefit

NOTE: To understand your own personal benefits, please open an online account before signing on to the webinar. The Social Security presentation will start with a review of the online statement. Please print and have your Benefit Statement with you for the webinar. You can view your work history and obtain estimates of your future benefits. Even if you are unable to attend, opening an account is the best option to understand your future benefits. Go to <https://www.ssa.gov/myaccount/> and create an account.

WEA Educators of Color Conference is on May 7

This year's conference will offer training and keynotes focused on sharing ways for educators of color to remember self care and to find joy and exhilaration from the education and inspiration of our youth. Keynote speakers Anita Garcia Morales, co-founder and lead facilitator of Racing to Equity, will speak on healing and liberation and creating space for growth and abundance, and Christian Paige, a local leader, advocate and artist, will share his vision of inspiring people to see themselves as agents of change.

The conference will be held from 9 a.m. to 3:30 p.m. [Registration is required for this online conference.](#)

Affinity group breakouts with facilitators and facilitated questions follow in the afternoon. We look forward to building community and healing together.

**LWEA Officers and
Executive Committee**

President:

[Howard Mawhinney](#)
LWEA Office / 425-822-
3388

Vice President:

[Katie Badger](#)
LWEA Office / 425-822-
3388

Primary Rep:

[Patti Cook](#)
Rush / 425-936-2690

Intermediate Rep:

[Fareeha Nasir](#)
Alcott / 425-936-2490

Middle School Rep:

[Hattie Midboe](#)
Stella / 425-936-2475

High School Rep:

[Sharon Curry](#)
RHS / 425-936-1800

Specialists Rep:

[Amy Waldroup](#)
Barton / 425-936-2480

Special Services Rep:

[Cookie Grant-Suggs](#)
Rush / 425-936-2690

Ethnic Minority Rep:

[Cathey Hettinger](#)
Barton / 425-936-2480

LWEA
WE are YOU
This is your union!



Money Minute



Did you know that April is Financial Literacy Month? The WA Department of Retirement has a list of 10 actions that you can take to meet your financial goals [here](#).

To submit a general question to be considered for this column, please send an email to:

moneyminute@washingtonea.org

BE THE BRIDGE

Lake Washington Schools Foundation
Invest in students. Invest in our future.
Spring Benefit, April 28, 2022

Join LWEA in supporting the LW Schools Foundation during their virtual Spring Benefit. If you can't make the live viewing, register to grab a free ticket anyway and watch anytime. Help us raise or surpass our goal by making a donation through our webpage:

[2022 Be the Bridge Spring Benefit \(salsalabs.org\)](https://salsalabs.org)

Thank you for your support!



Teacher Appreciation Day, May 3

A huge thank you to our educators who make a difference in the lives of all our students.

You Are Awesome!!

Marketplace

Ads are run in the Update on a first come, first served basis. All ads must include a home email and/or phone number. Send directly to [Terri Neely](#) in the LWEA office.



May 3

Exec Committee

May 5

Cinco de Mayo

May 8

Mother's Day

May 10

Rep Assembly

May 11

School Nurse Day

Thank you!



Did you know your Union membership Entitles you to NEA Benefits?

Check out all the benefits available to you as a member. See [NEA Member Benefits](#)

Something as simple as breathing can make you feel more relaxed! Try it



Have you ever noticed how you breathe when you feel relaxed? The next time you are relaxed, take a moment to notice how your body feels. Or think about how you breathe when you first wake up in the morning or just before you fall asleep. Breathing exercises can help you relax, because they make your body feel like it does when you are already relaxed.

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

- The way you breathe affects your whole body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.
- Breathing exercises are easy to learn. You can do them whenever you want, and you don't need any special tools or equipment to do them.
- You can do different exercises to see which work best for you.

How do you do breathing exercises? [Breathing Exercises](#)

And stop to smell the flowers!

