

Did You Know?

NCRSP Monthly Newsletter | December 2018

"We are moving forward together. Our expectations exceed even our experience."
--Rev. Dr. Willie T. Ramey, III

December Calendar

21. Ugly Sweater Day,
Crossword Puzzle Day

24. NCRSP is closed
Dec. 24 – Jan. 2,
2019

25. CHRISTMAS DAY

Fun Tips & Suggestions

- [Host an Ugly Christmas Sweater Contest](#)
- [Large Print Crossword Puzzles](#)
- [75 Incredibly Easy 5-Ingredient Christmas Recipes](#)

Email us a picture of your ugly sweater, holiday recipe or local unit end-of-year pictures for a feature in next month's issue.

[See contact info below]

Unite, Organize, Empower

Life has a strange way of positioning our lives in three stages: we are getting ready to go through something, we are going through something or we are coming out of something. It seems to me that our organization is currently revolving in all three of those stages.

Members "we are coming out of something" and we are saving money. For several years NCRSP has and will continue to make use of various forms of communicating with state officers, state committee chairs and regional directors. This allows us to strategically and continuously work to reduce expenditures due to budget constraints while effectively communicating with our members.

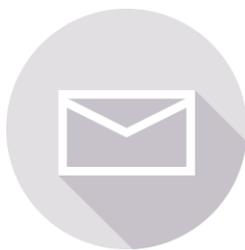
With that in mind, this year for the first time, the 2019 NEA-R Delegate voting will be done electronically. The state office will publish and distribute various communications regarding the upcoming election.

Now, it is understandably clear that our organization has members who do not have email addresses; however, we have diligently asked each local unit to be responsible for establishing an email address for each of their members. It is extremely important that ALL members receive communications from the state office on a regular monthly basis.

State-wide membership communication is the key to our organization being able to *UNITE, ORGANIZE* and *EMPOWER*. **EACH MEMBER IS A VALUED MEMBER.** As your President, I thank you for your support, encouragement, various communications and cooperation in all that we are conscientiously undertaking on behalf of the entire NCRSP membership.

Happy Holidays to all NCRSP members, their families and loved ones.

Rev. Dr. Willie T. Ramey, III
NCRSP President



This newsletter is emailed to all members who have an email address on their membership profile.

To ensure you receive your copy, contact the state office at 800-662-7924 Ext.243 or at email us current email address ncrsp@ncrsp.org.

Community Service Reminder

Individual Volunteer hours forms are due to your local unit Community Service Chair by Jan 9, 2019. Forms are on the website under the Member's Portal.

Physical Activity Guidelines

Physical activity helps manage more chronic health conditions. It can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, and improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease. [To learn more, click here.](#)



Winter Warmth and Safety Brochure

As temperatures around the country begin to drop, it's important to prepare properly for the colder weather. Some older adults may struggle to keep their home comfortably warm amidst rising energy costs. The Eldercare Locator has partnered with the U.S. Environmental Protection Agency (EPA) to create a brochure highlighting economical ways to stay warm and safe at home in the winter. The brochure refers older adults to financial energy assistance programs, offers tips for reducing energy use, and highlights important safety information. https://eldercare.acl.gov/Public/Resources/Brochures/docs/Winter_Tips.pdf

Plan to Peg State Employee Health Plan Prices to Medicare Rates May Face Legislative Opposition

Republican members of the state House of Representatives are floating a bill that would prevent the State Health Plan from making any changes to how it reimburses doctors and hospitals until 2022. [Read more...](#)

Don't Forget!

NCRSP is currently processing all membership dues received in the office. Cash Pay members who have not sent in their dues need to do so ASAP. If you have a new credit card or new bank account, please contact state office to update this information.

Show your support with a friendly competition

Similar to last year, the community service event for our upcoming convention, will feature a FRIENDLY competition between the ten regions to see which region can present the biggest check payable to the **North Carolina Foundation for Public School Children (NCFPSC)**.

The state office is accepting checks now through the start of the state convention on April, 2019. If you choose to bring it to convention, one director from each region is asked to bring their region's check to convention and present it—in an unopened envelope, marked for **NCFPSC**—to a member of the NCRSP staff (Teresa, Tera or Lena).

The winning region will be announced at the Representative Assembly (RA) on Thursday, April 4, 2018 — along with the total sum received from all regions.

NCRSP Awards

If your Region or Local Unit is participating in the Starlight Awards or Brag Board the deadlines are approaching fast.

March 1, 2019 – Starlight Awards

April 4, 2019 – Brag Board

Guidelines can be found on website under **Recognitions > NCRSP Awards**.

NEA-R Delegate Nominations

The NEA-R delegate nominations are closed as of Dec. 5. Voting instructions and the nomination booklet will be made available in January.

NCRSP

A Division of NCAE

Street Address:
700 S. Salisbury St.
Raleigh, NC 27601

Phone: 800-662-7924
Ext. 243

Fax: 919-829-1626

E-mail: ncrsp@ncrsp.org