



*BE PROUD*  
*BE PROFESSIONAL*  
*BE PROFICIENT*  
*BE PRODUCTIVE*



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check out our Website , join  
the Blog and we are now on



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**Medicaid Expansion testing is complete, training is available and we are ready for 2019 Medicaid Expansion !! Way to go**

**Remember training tools and other information is available to you on the FUSION page.**





## Calendar of Events

- ◆ December 19, PD 14 Quarterly meeting
- ◆ December 25, Christmas , offices are closed
- ◆ January 1, New Years, offices are closed
- ◆ January 16, Energy Assistance Committee
- ◆ January 25, PD 8 meeting
- ◆ February 5-6, BPRO Board meeting
- ◆ February 21, PD 14 Quarterly meeting

As a reminder, please update the calendar on the website so members can attend meetings and trainings by planning ahead.

Communication is the key to success !



Our Membership drive is on, I challenge you to bring a member on board this year. Lets keep our membership growing. There is strength in numbers. Together we can make a difference.

JOIN BPRO—now more than ever, it helps to be connected to your fellow benefit specialists.

Our membership is climbing, jump on board and become involved. You will be glad you did.

Our Membership in BPRO is over 1,000 members strong in 2018. Together we can make a difference. **CONGRATULATIONS BPRO MEMBERS, we have done it again, two years in a row,**



## Are you Connected?

As a BPRO member, you have many benefit opportunities.

Some are for members only

Are you taking advantage of these benefits?



Check out our website

<http://www.mybpro.org>

Not sure what all the benefits are? Contact your PD President and make sure you attend your local PD Meetings, to get all of the information available.

Happy Hanukkah



BPRO Committees

Have you attended a BPRO committee meeting ?

If not you are missing out on a lot of available information.

Not sure of what committees are out there?

We have them listed for you and the current committee chairs.

Sometimes taking the time to attend a committee meeting will provide you the information to excel at your caseload management and processing

Why attend ?

Meet your Committee Chairs

Meet your State Program Managers

Meet fellow members

Members who attend BPRO committees usually get more from their membership.

Additional training on state programs and systems

Improving and enhancing your skill set

Committee Chairs, have you sent in a picture yet?

We want to see you on our webpage so the members can put a face to the name.

Please send us your pics, to

quinn.hughley@dss.virginia.gov

Committee Chairpersons

- Stephanie Wood, Foster Care & Adoption Assistance (IV-E) - Fairfax DSS
Elaine Thweatt, Ambassador -Retired
Jo Linton, Archives-Bedford
Mignon Jones, Bylaws/Policies and Procedures -Albemarle
Phoebe Wright, Energy Assistance-Powhatan
Vacant, Awards & Fundraising
Samantha Arney, Hospitality-Bedford
Minnie Pender, Legislative-Henrico
Bellamy Monger, Medicaid & Auxiliary Grant-Harrisonburg/Rockingham
Donna Montgomery, Professional Development-Roanoke Cty
Trerina Richardson, SNAP- Chesapeake
Christie Bruce, TANF/VIEW- Amelia
Rick Waugh, VaCMS/Technology- Henrico
Quinn Hughley, Communications- Chesapeake



Committees that make a difference



*We are dedicated to promoting understanding, fellowship, and cooperation among Benefit Programs Professionals in Virginia; to improving the quality of eligibility practices and the advancement of eligibility work as a profession; to developing effective methods of interpreting our work to the public; to helping provide skilled, family-based assistance to those who need the services we have to offer.*

Elaine Burgess, President

Deana Bennett, First Vice President

Tina Caldwell-Eheart, Second Vice President

Tonia Alexander, Third Vice President

Stacy Bowman, Secretary

Beckie Carter-Nutter, Treasurer

Carolyn Harlow, Past President

Kay Lewis, Parliamentarian



Check out our webpage:

<http://www.mybpro.org/>

## Spring Conference 2019

New Location—do you know where we are?





Members, with the holidays upon us, please remember to take time for yourself. I read an article that was very interesting regarding the holidays and stress. Our jobs as a Benefit Program Specialist is already challenging enough, but let's add in family and now the holidays and it can get overwhelming. Please take a minute to look at the tips from this article. It is very easy to be depressed, excited and overwhelmed at this time of year. As we get older the happy stress free holidays of years past fade because of life changes that happen to us all.

The holidays bring together a host of common stressors – family, financial obligations, and time limitations. For most people, it's not one single stressor that makes the holidays challenging, but a host of difficulties. Some common reasons for holiday-related [stress](#) include:

- The challenge of sticking to a healthy diet or weight-loss plan when holiday snacks are readily available
- The difficulty of interacting with a dysfunctional family
- Pressure to spend time with multiple families or family members. Many people find that their in-laws and parents perpetually fight over which family gets to host.
- Pressure to create a “perfect” or “magical” holiday season with endless holiday-related activities
- The time constraints of getting everything – holiday cards, decorations, gift shopping – done in time
- The financial limitations of present shopping
- Memories of holidays past that did not go well
- Longing for family members who have moved away or died
- Idealization of a mythical past when the holidays were “perfect”
- Fears about growing old; for some people, the holidays are little more than a reminder of the youth they've lost.

There are ways of coping, such as :

Set clear boundaries

Establish reasonable expectations

Don't over-spend

Honor your own traditions

Forgive yourself

Reach out for support if you need to



Don't let the holidays become “one more task or job” BREATHE, do what you can, accept that and enjoy the holiday.

For those of us missing special people in our lives find a new tradition to honor them during this time of year.

Try to stay in touch with your loved ones—friend and family, this is a very busy time of the year and sometimes we miss the signs of those that just need to know we are there for them.



From the BPRO Executive Board, our family to your family, we wish everyone a safe and joyous holiday and a Happy New Year. Here is to 2019—look out world here we come.

