introducing

issue no.1

THE BEACON

NAHPL Eastern Seaboard Region Newsletter

Welcome

Greetings to our NAHPL Eastern Seaboard Region members. I am Colleen Wegimont, the current ESR President. This is the first edition of The Beacon, a newsletter to keep our members informed and connected with the people and happenings in the Eastern Seaboard Region.

My theme for the upcoming year is Stronger Together and my tagline is "Growing our ESR Community. Advancing Health and Physical Literacy"

My goal this year is to reach out to our members - past, current and future ones. I would like to focus on membership services, connections, and involvement. I will be reaching out to all of you through this bi-monthly newsletter.

In this first newsletter we will highlight our 2026 ESR award recipients and newly elected officers. We will also list our upcoming Professional Learning Opportunities.

The next few issues will introduce you to the officers and cabinet members and let you know of specific opportunities to serve in the Eastern Seaboard. We hope to grow our membership as well as our committees and councils. Please reach out to ESR Executive Director Carol Ciotto at ciottocaj@yahoo.com or to me at cwegimonpe@gmail.com with any questions or concerns. **Together we are Stronger!**

Award Recipients

EASTERN SEABOARD REGION

Health Literacy Champion Award: Jayanthi Kandiah
Health Literacy Champion Award: Dawn Francavilla
Physical Literacy Champion Award: Lauren J. Lieberman
Service Citation: Sally Nazelrod
Service Citation: Dan Swartz

NAHPL

Healthy Literacy Advocate Award: Lori Reichel
NAHPL Citation of Excellence: Kelly Thomas O'Dowd & Maria Melchionda

INAUGURAL Class of Fellows

Carol Ciotto,
Curt Martin,
Maria Melchionda
Karen Thomas-O'Dowd

NEWLY ELECTED Officials

Ellen Benham,
President Elect
Melissa Longo,
VP-Elect Health Literacy Educator Division
Linda Woods Huber,
VP- Elect Health Literacy Practitioner Division
John Battista,
VP-Elect Physical Literacy Educator Division
Tina Boccuzzi,
VP-Elect Physical Literacy Practitioner Division

Zoom
6:30-8:00pm

UPCOMING PLO SPRING DATES

March 25 Autism Level Up - Jacqueline Fede and Amy Laurent
Early Spring TBD Mental Health Series - Session #3 Adults
April 28 Mental Health Series #4 - Seniors -Lynn Macarin-Mara
April 30 Never Stop Moving - Christina Collins

STRONGER TOGETHER | GROWING ESR COMMUNITY | ADVANCING HEALTH & PHYSICAL LITERACY