

Retirement News

Annual Retirement Guides

Employees may log in to the Employee Self-Service website at <https://ess.pcsb.org/empss/> to view their full personalized 2021 Benefits & Compensation Guide (Retiree Guide). These personalized guides are only produced for full time employees. The guide contains an Annual Benefits and Compensation statement for calendar year 2020 that highlights the total compensation (salary & benefits) provided by the Board.

If you have concerns regarding the accuracy of the information presented in the Benefits & Compensation Guide (Retirement Guide), please contact Sheri Phillips in the Risk Management and Insurance Department at (727) 588-6141 or at phillipssh@pcsb.org. If you have a question regarding your Voluntary Retirement account (403(B)/457), contact your Investment Provider representative.

Wellness News

May is Stroke Awareness Month – Crossword Puzzle

About 800,000 Americans have a stroke each year. 80% of them can be prevented! Learn more about strokes using the fact sheet below. Once you review the fact sheet, complete the crossword puzzle and send to Dawn Handley (handleyd@pcsb.org or pony: Admin/Risk Management) by May 27, 2021 to be entered into a random gift drawing.

- [Stroke Fact Sheet](#)
- [Stroke Awareness Crossword Puzzle](#)

2021 Spring Wellness Webinars

The final webinars for the school year are coming soon! Employees must register for these webinars. Full list of webinars and details can be found on [Wellness District Campaigns](#).

Upcoming webinars

- 5/11 @ 5:00pm – *Mindful Eating vs. Mindless Eating* | Nutrition – [Register](#)
- 5/19 @ 5:00pm – *Speak Positives: Words Matter* | EAP - [Register](#)

Employee Assistance Program – Wellness for Busy People

Many of us want to eat better, to exercise, to be healthier, but can't seem to find the time to make this happen. Today, we are sharing quick tips and techniques that you can incorporate into your daily life activities. Please click [HERE](#) for a handout that encourages you to eat better on the go, get more active, think healthy thoughts and reduce your stress. Remember, the EAP is available 24/7 at **800-848-9392** to assist you with life coping skills.

Employee Discounts

[Pinellas County Schools Main Discount Page](#)

- [PerkSpot](#): travel discounts, tickets & entertainment, local offers and so much more. Company code: PCSB
New! [PerkSpot Browser Extension](#) – Never miss a deal!
- [Tickets at Work](#): exclusive discounts, special offers and access to preferred seating and tickets to top attractions, theme parks, shows, sporting events, movie tickets, hotels and much more.
Company code: PCS
- [Esporta](#): First month free!