



# YOUR PCS BENEFIT WEEKLY UPDATE

## April 4, 2024

### RETIREMENT NEWS

#### **Ready to Submit Retirement Paperwork?**

If you are retiring this school year, during the summer, or in August, the Risk Management Retirement Team is offering one-on-one appointments with a Retirement Specialist for the purpose of submitting completed Retirement forms and electing retirement insurance.



These meetings can be done virtually or in-person. In-person appointments will be held at the Administration Building in the Risk Management Office. Review the Retirement Team’s Office Hours below and reserve your appointment online.

Once you have reserved your appointment online, you will be emailed the appropriate retirement application and the retiree insurance packet for you to elect the benefits you would like to maintain during your retirement.

**Important Reminder:** The retirement application and insurance packet will need to be brought to the meeting, along with a check for Health, Life, and/or Vision Insurance, if you are electing Retirement Benefits.

### Risk Management Retirement Team Office Hours:

<p><b>Individual Appointments</b> Telephone, video or in-person meetings are available. <a href="#">Click here to schedule an appointment.</a></p>	<p><b>Tuesdays: 8:30 AM to 11:30 AM 2:00 PM to 4:00 PM</b></p> <p><b>Thursdays: 8:30 AM to 11:30 AM 2:00 PM to 4:00 PM</b></p>
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### **Walk-in Wednesdays**

Walk-in hours are available on Wednesday. Retirement Specialists will be available to employees on a first come, first serve basis.

**Wednesdays: 8:30 AM to 11:30 AM  
2:00 PM to 4:00 PM**

**Please note:** If you do not want to come into the office, most retirement processes can be handled by telephone, email or by video conference.

### **Retirement Team Contact Information:**

**Phone:** 727-588-6214

**Email:** [risk-retirement@pcsb.org](mailto:risk-retirement@pcsb.org)

**To submit FRS Retirement Applications email to Risk Management at:** [FRSApps@pcsb.org](mailto:FRSApps@pcsb.org)

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## **WELLNESS NEWS**

### **PCS Wellness Cornhole Tournament**

Sign up for the first PCS Wellness Cornhole Tournament on Saturday, April 27<sup>th</sup>, at Largo High School.

Grab a cornhole partner and make a team! Teams must consist of two PCS employees. Children and non-PCS employees will not be eligible to play. Winners will receive a trophy and a \$100 gift card each, as a prize! There will be DJ entertainment, a wellness wheel, snacks and more!

This is your chance to bond with colleagues and family in a fun and supportive atmosphere, unleash your inner cornhole champion, win epic prizes and bragging rights for ages, as well as creating lasting family memories!

Don't miss out! [Register your team today!](#)



### **Employee Assistance Program – Build Resilience with Mind Companion Self-care**

Looking for a way to make a positive impact on your mental well-being in just a few minutes a day?

On April 1, 2024, Resources for Living, launched **Mind Companion Self-care**, a new digital self-guided support tool that helps you with managing your mental health and overall well-being.



This program will guide you through sessions that includes informational videos, interactive questions, and relaxation exercises. You can track your mood and see your progress over time. These tools can help you build resilience and develop healthy behaviors to improve your overall well-being.

**Mind Companion Self-care** provides help with:

Anxiety	Stress	Work/life balance
Depression	Marriage/romantic	Conflicts at work
Anger	Relationships	Workplace productivity
Sleep	Substance misuse	And more

[Click here](#) to learn more and to watch a demo about the new Mind Companion Self-care Program. You can also visit [www.resourcesforliving.com](http://www.resourcesforliving.com), **Username: pcsb Password: eap.**

And remember, the EAP is available 24/7 at **800-848-9392** to assist you with life coping skills.



## **EMPLOYEE DISCOUNT NEWS**

### **Employee**

#### **Discounts**

Main employee discount page

### **Concerts & Events**

#### **Discounts**

Concerts and other event discounts through Amalie Arena and Yuengling Center

### **PerkSpot**

Travel, theme park tickets, entertainment & local offers

Company Code: PCSB

### **Tickets at Work**

Special offers like discounts on theme park tickets & more!

Company Code: PCS

