

YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS &
ANNOUNCEMENTS**

April 8, 2022

RETIREMENT NEWS

Planning on Retiring this Year? Mark Your Calendar!

Join us on Thursday, April 14th at 6:00 p.m. for this important Service/Early Retirement Webinar hosted by the PCS Risk Management and Insurance Retirement Team. This webinar will be very helpful for employees who are considering retirement this year. [Register today!](#)

The following topics will be presented (this webinar is not for DROP participants):

- A step-by-step overview of the retirement process
- Continuing Insurance benefits into retirement
- The payout of sick and vacation pay upon retirement

Individual Retirement Appointments Available through New Scheduling Link

We encourage employees planning to retire this year who need face-to-face assistance to schedule a one-on-one appointment. The Risk Management Retirement Team is offering individual appointments, including evening hours, for employees who are considering retirement, submitting a Regular/Early Service Retirement application, entering DROP, retiring from DROP, submission of retirement Insurance forms, and retiring from the FRS Investment plan. Retirement Forms should be submitted through Risk Management approximately 60 days prior to your retirement date. Appointments are available in person or through Teams or Zoom. Notaries will be available, if necessary. Individual appointments are available on the following dates and times:

April (appointments and webinar)

5th - 3:00 p.m. - 5:30 p.m.

12th - 9:00 a.m. - 11:00 a.m., 3:00 p.m. - 4:30 p.m.

14th - webinar 6:00 p.m. - 7:00 p.m. Service/early retirement and Retirement Ins.

19th - 3:00 p.m. - 5:30 p.m.

26th - 9:00 a.m. - 11:00 a.m., 3:00 p.m. - 4:30 p.m.

May (appointments and webinar)

3rd - 3:00 p.m. – 5:30 p.m.

5th - webinar 6:00 p.m. - 7:00 p.m. DROP Termination and Retirement Ins.

10th - 9:00 a.m. – 11:00 a.m., 3:00 p.m. – 4:30 p.m.

17th - 3:00 p.m. – 5:30 p.m.

24th - 9:00 a.m. – 11:00 a.m., 3:00 p.m. – 4:30 p.m.

31st - 3:00 p.m. – 5:30 p.m.

Please visit our [new Retirement scheduling page](#) to create an individual appointment with a Retirement Specialist. Should you have any difficulties, you may also call the Retirement Team at 727- 588-6214 or email risk-retirement@pcsb.org for assistance with registration.

WELLNESS NEWS

April is National Stress Awareness Month

For 30 years, April has been designated as Stress Awareness Month. Stress can lead to not only emotional issues but physical conditions like headaches and stomach issues and can contribute to very serious events like a heart attack or stroke. We all experience stress in different ways so learning to cope with our stress and finding healthy ways to deal with these situations is important to keep ourselves healthy. Learn more about National Stress Awareness Month at Stress.org. Employees can access emotional well-being support in a variety of ways. To learn more about the resources available to you, [click here](#).

Wellness Webinars

Join us for various wellness webinars throughout the spring semester. Earn PLN and Limeade points for attending live webinars. Below are upcoming webinars. Please visit the [PCS Wellness District Campaign page](#) for a full list of webinars and recent recordings.

4/12 at 5:30pm – Overcoming Perfectionism and Procrastination – [Registration](#)

5/3 at 5:30pm – Prebiotics and Probiotics – [Registration](#)

5/11 at 5:30pm – Stay Positive: Release Stress - [Registration](#)

EMPLOYEE DISCOUNTS

[Pinellas County Schools Main Discount Page](#)

- [PerkSpot](#): travel discounts, tickets & entertainment, local offers and so much more. Company code: PCSB
- [Tickets at Work](#): exclusive discounts, special offers and much more. Company code: PCS
- [The James Museum](#): upcoming free admission for PCS employees on April 12th and September 6th