

## YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS &  
ANNOUNCEMENTS**

March 11, 2022

### RETIREMENT NEWS

#### **Mark Your Calendar! In-Person Retirement Information Event**

Thursday, March 31st, 5:30 p.m. - 6:50 p.m.

Pinellas Park High School

Do you have questions about retirement?

- Can I continue insurance when I retire?
- How to terminate from DROP?
- When will I have access to the special payout of sick or vacation days?

These are all questions we can help you with. Representatives from the Risk Management Retirement Team will provide presentations and be available for questions and answers.

#### **Appointments with a Retirement Specialist**

After the presentation, Risk Management is providing in-person appointments to submit retirement applications and retirement insurance forms with a Risk Management Representative. The appointments will be from 7:00 p.m. until 8:00 p.m. on March 31st at Pinellas Park High School.

Please [visit our new Retirement scheduling page](#) to reserve your space for the Retirement Information Event or schedule 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](mailto:risk-retirement@pcsb.org) for assistance with registration. Just gathering information? Visit [the PCSB Retirement page](#) for more information on FRS retirement Programs, voluntary retirement programs, retiree insurance benefits and more.

## WELLNESS NEWS

### March is Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cause of death for both men and women in the US. Although it is more common in older adults, the rate of colon cancer is growing by 2% annually in adults 20-49 years old. It is predicted that colon cancer will be the number one cause of death in adults 20-49 by 2030. Current screening recommendations advocate for adults 45 years and older should receive routine screening like a colonoscopy. However, if you experience any symptoms at any age, talk to your doctor right away. Learn more about your risk factors and ways to prevent colon cancer through the [American Cancer Society Colon Cancer Site](#).

### Learn More About Limeade Through the Live Limeade 101 Webinar

Join the PCS Wellness Coordinator to dive into the Limeade program and learn more about how to get started, how to earn points, understand how to track preventative screenings and much more! Registration is required. Visit [PCS Wellness District Campaign](#) page to register and see a complete list of other webinars this spring.

March 22, 2022 at 5:00pm - [Registration](#)

### Employee Assistance Program – Inner Strength During Distressing Times

There is a lot going on in the world today. These days, we need coping skills and resilience. We all want inner strength to deal with the stressful times confronting us. Spending time and energy nurturing your inner strength can lead to feeling better and making positive changes in your life. [Attached is a flyer](#) from Resources for Living (RFL) with some tips to help you boost your inner strength.

And 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
- [Tickets at Work](#): exclusive discounts, special offers and much more. Company code: PCS
- [Amalie Arena & Yuengling Center Events](#)