



The HUB

As the month of May expeditiously approaches us, the Benefits Office would like to remind you that Open Enrollment for full-time faculty, staff, and retirees will be May 1– May 31, 2019. During this time employees who wish to make changes to their current benefits may do so, with changes effective July 1, 2019.

The Benefits Office will also be holding its next Benefits Fair Wednesday May 8th, and Thursday May 9, 2019. To better serve our employees, we will be visiting each campus (Laney faculty and staff will need to come to the District Office). We encourage employees with benefits-related questions to come have your questions answered by our vendors, who will **all** be onsite. Also, attendees will have opportunities to win raffle prizes at each site, but you must be present when your number is called. We look forward to seeing you all!!



2019-2020
Benefits Open Enrollment
May 1 - 31, 2019

All plan changes are effective
July 1, 2019

Events Proudly Sponsored by the PCCD Benefits Office





The HUB

Benefit Fairs

Date and Time	Campus	Location
May 8 (10am – 12pm)	College of Alameda	F Building (The Pit)
May 8 (2pm - 4pm)	Berkeley City College	The Basement Atrium
May 9 (11am – 1pm)	Merritt College	Room S-449
May 9 (2pm-4pm)	Laney College & District	District Atrium

Peralta Benefits Office
333 East 8th Street
Oakland, CA 94606

How to reach us:

Website: web.peralta.edu/benefits

Email: benefits@peralta.edu

Telephone: (510) 466-7229

Employee

Benefits Orientation

Held every Tuesday at 2 pm in the District Benefits Office

During Open Enrollment (May 1 through May 31, 2019) the benefits orientation is open to all benefits eligible employees.

Stop by for a comprehensive benefit information overview.

Space is limited, so please RSVP Email: benefits@peralta.edu

MAY IS NATIONAL MENTAL HEALTH MONTH

Since 1949, the month of May has been observed as Mental Health Month in the United States and many national organizations such as NAMI, Mental Health America, and other affiliates spotlight Mental Health Month to raise awareness about the importance of mental health and to stop the stigma associated with mental health disorders.

Because 1 in 5 Americans are affected by mental health disorders at some time in their lives, take the time to show you care about mental health.

Also, as a full-time Peralta employee, if you or a dependent are experiencing mental health issues, please contact MHN at (800) 535-4985, or members.mhn.com.



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All About Gum Disease

Gum disease, also known as periodontal disease is a bacterial infection that causes gum inflammation. It's the major cause of adult tooth loss, which affects almost 80% of adults. The early stage of gum disease is called gingivitis, while the more advanced stage is periodontitis.

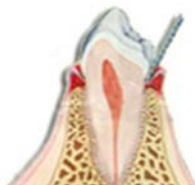
While you should always look for the warning signs of gum disease when you are brushing and flossing, be aware that there might not be any discomfort until the disease has reached an advanced stage. That's why it's important to visit the dentist regularly to have your teeth cleaned. Your dentist can monitor your oral health, and help prevent any problems before they become serious.

Warning Signs of Gum Disease

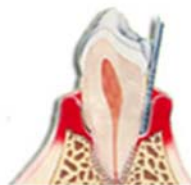
- ◆ Red, swollen, or tender gums
- ◆ Bleeding gums while brushing or flossing
- ◆ Gums that seem to be pulling away from your teeth
- ◆ Teeth that are loose or separating from each other
- ◆ Persistent bad breath, or a bad taste in your mouth
- ◆ A change in the way dentures fit



Healthy Teeth
and Gums



Stage 1
Gingivitis



Stage 2
Gum Recession &
Moderate Periodontitis



Stage 3
Advanced Periodontal
Disease & Bone Loss



Important Dates

- May 1– May 31, 2019 Open Enrollment for full-time faculty and staff
- May 8, 2019 Benefits Fair (College of Alameda, Berkeley City College)
- May 9, 2019 Benefits Fair (Merritt College, District Office (Laney & District))
- May 12, 2019 Mother’s Day
- May 17, 2019 Malcolm X observed
- May 22, 2019 Risk Management Training– Heat Illness
- May 27, 2019 Memorial Day

Peralta Community College District is now contracted with TSA Consulting Group to provide 403(b) and 457(b) plan administrative services. For more information visit:

www.tsacg.com

