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!!
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.
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
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