



PPSTA BULLETIN

The Official newsletter of
The Poughkeepsie Public School Teachers' Union

MAY 2022 • ISSUE 10 • VOLUME 24



Dear PPSTA Colleagues,

May is Mental Health Awareness Month. While everything that PPSTA members have done to serve the Poughkeepsie school community throughout the pandemic is nothing short of remarkable, we continue to have to fight for the respect and support we ALL deserve.

Your union continues to advocate for increased funding and staffing in our schools to support the mental health needs of our students and staff. PPSTA has been an active participant, throughout the 2021-22 year, in direct conversations with our elected leaders in Albany, Dutchess County and here at home, in Poughkeepsie. PPSTA fully supports the 2022 NYSUT Representative Assembly's resolution calling for federal funding to help schools curb the unprecedented rise in violence. We have shared member's personal stories to promote the immediate need for this federal funding to be earmarked for to hire social workers, school counselors, school psychologists, resource officers, instructional staff, support staff AND for reasonable caseload assignments to allow for meaningful outcomes for students.

However, none of this will benefit anyone unless WE are healthy. Please take time for your own physical and emotional needs. You have gone above and beyond for your school community. We hope you find mental health resources that may benefit you in this edition of the PPSTA newsletter. Stay connected with each other and with your union. You are important. You are needed. You are enough.

*MENTAL
health
MATTERS*



President Popken

**Respect our commitment.
Acknowledge our value.
Support our service.**

Office Secretary:
Olga Mirabilio
officesecretary@ppsta.org
Hours: M-F 8AM - 12 PM

PPSTA is located at: 40 Garden Street, Suite 207
Poughkeepsie, NY 12601
845.471.3376

Stay
Connected!



Poughkeepsie @ppstapride
Public School
Teachers'
Association

click
here!



NYSUT joins legislators and education advocates to call for funding to increase mental health staffing in public schools



What Can Social Services Do for You?



Find Help. Find Hope.

The PPSTA Newsletter is the official notification for our membership regarding all medical and dental insurance information through UMR.

BENEFIT TRUST COORDINATOR:

Debbie Kardas

Office hours: 10:30-1:30

Tuesday, Wednesday & Thursday

Any Questions?

**Call the PPSTA office @ 845-471-3376
or email To benefittrust@ppsta.org**



NEWS

**Open
Enrollment
May 20-
June 24**



Finding In-Network Medical & Dental Providers?

NEWS

Did you know that you have 2 provider networks for Medical?

- ✓ When speaking to a provider to find out if they take our insurance:
Ask the following.....

*** Do you take United HealthCare Choice Plus?**

*** Do you take POMCO Select Medical?**



Did you know that you have 2 provider networks for Dental?

- ✓ When speaking to a provider to find out if they take our insurance:
Ask the following.....

*** Do you take Dentemax?**

*** Do you take POMCO Select Dental?**



PPSTA BENEFIT TRUST

Calendar year information:

Medical: January 1 - December 31

Dental: July 1 - June 30

Vision: September 1 - August 31

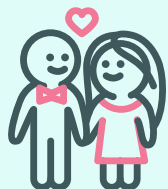
Legal: April 1 - March 31

Opt-out: September 1 - August 31

Notice to all PPSTA/UMR Plan members:

Members can locate providers on the [PPSTA website](#) under Benefits page, just scroll down to:

Health Benefit Summary Plan Description



GETTING MARRIED:

Call Olga at the PPSTA office for a change of status form. After you receive the marriage license, please send a copy to Olga.

New family members must be enrolled within 30 days!!

MOVING?

Call Olga: 845-471-3376 at the PPSTA office, with your change of address and phone information. You will also need to notify the PCSD Business Office.



Are you expecting a new family member?

Newborns are automatically covered during the first 30 days following birth. Enrollment is required during the first 30 days to continue coverage! From date of adoption, provided family or dependent coverage is applied for within 30 days of adoption or legal custody. You MUST contact the PPSTA office in the first 30 days. Please send a copy of the birth certificate and Social Security Card to the PPSTA office.



Status Changes:

Members are responsible for updating the plan within 30 days of any changes in health or dental coverage. (for any covered member) or any changes in family status (divorce, separation, retirement, birth, death, adoption, change in full time student status, no longer an eligible dependent due to age, etc.) **If you need to make changes to your enrollment status, or the enrollment of any of your eligible dependents, please contact the PPSTA Benefit Trust office.**

Did your child graduate from college recently?

All children are covered under their parent's plan until the age of 26 as long as they are enrolled in the plan.



Do you have a child in College?

Dependents in colleges are enrolled in the plan regardless of how far they live from home. There is no Out of Area coverage needed.

Traveling to a foreign country this summer?

PPSTA Medical coverage is limited to Emergency Care and is subject to the Emergency Care Copay plus an additional \$250 Copay for foreign Travel. The bills need to be detailed in English or which are translated to English with the medical procedures clearly listed.

For a non-emergency situation, if you are out of the country less than 6 weeks, the \$250 Copay would apply to any service and the balance of the charges would be paid as an out of network benefit subject to the NPPO deductible (\$1,000) and coinsurance (30%).

When you travel in a foreign country, we recommend that you get some temporary travel insurance that is appropriate for the country you will be visiting.

***If you are returning from a leave of absence**, it is your responsibility to contact the PPSTA office to re-enroll for benefits.

Medicare Eligibility:

Once you and/or your spouse are no longer actively employed and Medicare Eligible, you need to update your enrollment status. Please provide the plan with an updated enrollment form along with a copy of your Medicare ID Card. You must enroll in both Medicare Part A & B once you are no longer covered under a plan of a member who is actively at work. You must contact the District for information on reimbursing your Medicare Part B premiums.

If you need to make changes to your enrollment status, or to enrollment of any of your eligible dependents, please contact the PPSTA Benefit Trust Office!

If you have other questions regarding your available benefits, including the preventive and routine services available to you and your dependents, contact:

UMR 800-826-9781 Monday-Friday from 8am - 5 pm

Questions about prescription drug, contact OptumRx 1-877-559-2955

If there is ever any problem with the adjudication of claims or with a provider, PLEASE call the PPSTA office!

NEWS

Benefit Trust Coordinator: **Debbie Kardas**
benefittrust@ppsta.org

Office hours: 10:30-1:30

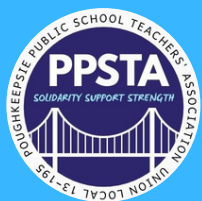
Tuesday, Wednesday & Thursday
845-471-3376

www.ppsta.org

Please visit www.ppsta.org to access your health care information & updates.

To comply with the federal Transparency in Coverage Rule, UnitedHealthcare, UMR and HealthSCOPE Benefits creates and publishes the Machine-Readable Files on behalf of the PPSTA Benefit Trust. This link will be active July 1, 2022.

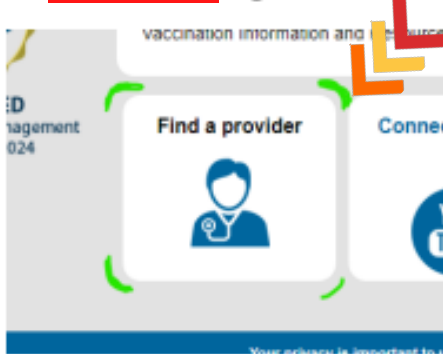
To link to the Machine-Readable Files, please click on the URL provided: <https://transparency-in-coverage.uhc.com/>



ATTENTION

Are you looking for a participating dentist in the POMCO Select Network?

1. Go to UMR.com
2. DO NOT log in. Click this button.



3. Click the Dental circle and start typing- POMCO. "POMCO Select Dental Network" will be the first option that will populate below. Choose that and hit Search.

A screenshot of the 'PROVIDER NETWORK SEARCH' form. It has a teal header. Below the header is a dropdown menu labeled 'Select a network for search' with two options: 'Medical' and 'Dental'. The 'Dental' option is selected, indicated by a green square. Below this is a text input field labeled 'Provider network' containing the text 'POMCO Select Dental Network'. To the right of the input field is a green 'Search' button with a magnifying glass icon. Arrows point from the 'Dental' option and the 'POMCO Select Dental Network' text to the 'Search' button.

4. You can search by specialty or name. If by specialty, Filter on Physician then select the specialty. Enter your zip code and hit Find Providers.

Provider network

Find an in-network provider or doctor. Search by specialty (topic or area of expertise) or provider name (includes facilities).

Find a provider

A screenshot of the 'Find a provider' form. It has three main sections: 1. Search by: Radio buttons for 'Provider specialty' (selected) and 'Provider name'. A checkbox for 'Display only Primary Care Physicians (PCP)' is below. 2. Filter: Two dropdown menus. The first is labeled 'PHYSICIAN' and the second is labeled 'General Dentist'. Both have green checkmarks and red stars. 3. Location: A text input field for 'City or Zip' and a dropdown for 'Select State'. Below these is a 'Radius (in miles)' slider with values 1, 2, 5, 10, 15, 25, 50, 75, 100, 200. The slider is set to 10 miles. A green arrow points from the 'Find providers' button to the 'Find providers' button.

Find providers

CONGRATULATIONS PPSTA!



PPSTA is the proud recipient of NYSUT's "Dan Sander's Award" for VOTE-COPE member contributions during the 2021-22 school year!



What is the RA?

Members make their voices heard by electing local delegates who represent them at NYSUT's annual convention, the Representative Assembly.

The RA is the union's highest policy-making body, except for a membership referendum. All NYSUT members are welcome to attend the annual Representative Assembly, but only duly elected and reported delegates may debate and vote on proposed amendments to the Constitution and Bylaws, proposed resolutions and other business that might be brought before the Representative Assembly according to NYSUT Constitution and Bylaws provisions or policy.



NEW

UPDATE

APPR 2022

FACT SHEET

Changes to Annual Professional Performance Review (APPR)



Please continue to submit your APPR survey sheets to your advisor to utilize for negotiations discussions.

Fact Sheet 22-07 (Replaces 21-11)

MAY 2022

2022 APPR BILL

[CLICK HERE](#)

On May 13, the Governor signed Chapter 201 of the laws of 2022. This bill, which passed unanimously in both the senate and assembly, eliminates the requirement for school districts and BOCES to complete an annual professional performance review (APPR) for any classroom teacher or building principal for the 2021-22 school year. The bill also assures that state funding will not be withheld from any school district for not completing the APPR in these school years. This bill acts as an extension of Chapter 112 of the laws of 2021.

NYSUT.ORG

Union wins APPR reprieve

Gov. Kathy Hochul Friday signed a bill suspending, for an additional year, the Annual Professional Performance Review (APPR) for classroom teachers and building principals.

[CLICK HERE](#)

PPSTA Scholarship Committee

PPSTA Scholarship would love each building to once again create a basket to be raffled off at our PPSTA "End of the Year Social" to raise money for next year's scholarships.

Please donate any fun items you would like to include in your building's basket to your CBR ASAP. Have fun building your adult gift baskets to be raffled off on June 3rd at Shadows! Thank you for your donation and support for our students through the PPSTA Scholarship Committee.



PPSTA would like to extend their condolences to Sara Burlingame & her family on the passing of her mother.




If you would like PPSTA to include condolences please email bulletin@ppsta.org

STAND WITH UKRAINE



The NYSUT Representative Assembly voted to pass a special order of business in support of Ukraine. The order called on NYSUT to support the people of Ukraine. PPSTA stands in solidarity.

Explore all your union membership has to offer!




It's never too early
(or too late) to make
plans!

Find out how NYSUT
Member Benefits can
help you make the
most of your summer.

Check out the MB Discounts & Deals program in the
Shopping, Travel & Personal section of our website to start
planning (and saving) today.

Thinking of your next big adventure? A family trip or summer vacation? Member Benefits Discounts & Deals offers great savings of up to 50% on flights, hotels, car rentals, attractions and more when planning a trip.

Whether you want to explore other countries or the United States, Member Benefits Discounts & Deals has you covered. From London to Miami to Las Vegas to Paris, there are an abundance of other savings available as well! Restaurants, museums, theme parks, walking or bike tours, ziplining, sightseeing cruises, city exploration activities ... the list goes on. You can access these deals either online or through the MB Deals mobile app.



Learn more by scanning the QR code to the left,
visiting memberbenefits.nysut.org or
calling 800-626-8101.

