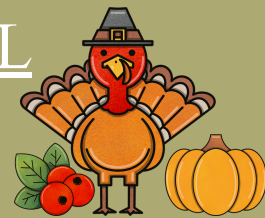




# THE OFFICIAL NEWSLETTER OF THE POUGHKEEPSIE PUBLIC SCHOOL TEACHERS' ASSOCIATION

NOVEMBER 2024



We are grateful for PPSTA members' dedication and commitment to all of our students and to each other. We hope that you all have a wonderful Thanksgiving weekend and restful break. Thank you for all that you do everyday!



*President Popken*

President Popken attended the NYSUT Social Justice Conference as part of her work as a member of NYSUT's Women's Committee. She is proud to represent PPSTA in this important work.

## FINISH

Congratulations to  
PPSTA member,  
**Jennifer Frisenda**,  
on completing the  
2024 NYC Marathon  
on November 3!  
PPSTA Proud!



**\*\*PPSTA Bulletin Deadline  
for submissions is the  
1st of each month.\*\***

***Do you want to highlight your  
classroom or school event?***

***Do you have awesome  
pictures of union members  
doing great things?***

**If you have:**

- \*Articles**
- \*items of interest**
- \*Congratulations**
- \*Pictures**
- \*Condolences**

**Please submit them to  
*bulletin@PPSTA.org*\*\***



**Office Secretary:**  
**Olga Mirabilio**  
**officesecretary@ppsta.org**  
**Hours: M-F 8am-12pm**



**PPSTA is located at:**  
**40 Garden Street, Suite 207**  
**Poughkeepsie, NY 12601**  
**845.471.3376**  
**FAX 845.471.6783**

**Benefit Trust Coordinator:**



**Debbie Kardas**  
**Office hours:**

**Tues, Wed, Thurs: 10:30-1:30**  
**Questions?**

**Call PPSTA office**  
**845-471-3376**

**Or email at**  
**benefittrust@ppsta.org**



**THE PPSTA BULLETIN IS THE  
OFFICIAL NOTIFICATION  
FOR OUR MEMBERSHIP  
REGARDING ALL MEDICAL  
AND DENTAL INSURANCE  
INFORMATION.**





# The Importance of Record Keeping.

**IT IS VERY IMPORTANT THAT YOU MAKE AND KEEP A DIGITAL OR HARD COPY OF THE FOLLOWING:**

- Personal business reports
- Time cards for payment
- In-service credit requests or course approval
- APPR Evaluation & Timeline
- Communications with the District or Administration



*Often problems arise and if these forms are lost or misplaced, it makes it much more difficult to retrace steps and for the PPSTA leadership to argue on your behalf.*



- Without copies of all documents, it becomes more complicated to make sure that you are afforded all the rights to which you are entitled.



- Any confrontation/conversations with administration or parents should be documented for yourself in writing. It's easier to recall conversations right after they occur. Put direct quotes in documents.



- Documenting such encounters and making copies of all documents, allows your union to represent you more effectively.



- If you have a points position, be sure to document the hours that you are spending on it. Remember points positions are for work that is done outside of the contractual work day.



FREE FOR  
PPSTA  
MEMBERS!  
CASH BAR

PLEASE JOIN US FOR A

# WINTER PARTY

DECEMBER

12

4:00-7:00 PM



*Music - Food - Friends*  
**LA VICKYNA LATIN FUSION**

60 RAYMOND AVENUE, ARLINGTON, NY 12603

*Let's celebrate together!*

**GIVE  
SUPPORT**

**Toy Drive Collection~**  
Please help support our students  
through the PCSD Community  
Schools Department's  
*Holiday Celebration* scheduled for  
Dec. 20th.

PPSTA is participating by  
collecting toy donations for the  
event at the PPSTA Winter Party!  
Please consider donating a gift.







# PPSTA BENEFIT TRUST



## Calendar Year Information:

Medical: January 1-December 1

Dental: July 1-June 30

Vision: July 1-June 30

Legal: April 1-March 1

Opt-out: September 1-August 31

## Notice to all PPSTA/UMR Plan members:

Members can locate providers by logging onto **UMR** or through 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!!

## GYM REIMBURSEMENT:

Find this form on the

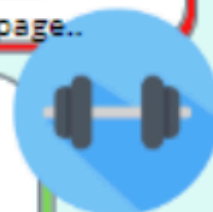
**PPSTA website** under

Benefits page..

## 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](http://www.ppsta.org)**

**Please visit [www.ppsta.org](http://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/>**





# *Member Benefits can help you save during the holidays*

Another holiday season full of anticipation and joy is upon us, and NYSUT Member Benefits is ready to help with gift giving. Before purchasing any items on your list, make sure to check out all that Member Benefits has to offer.



Whether you're looking for savings on gift baskets, flowers or chocolates, Bose products, clothing or shoes, movie tickets, sporting events and concerts, theme parks and attractions, restaurants, or thousands of other deals, you'll want to check out MB Discounts & Deals.

While you're on our website, take some time to explore the Buyer's Edge, Inc., ODP Business Solutions, and Purchasing Power programs for new and used vehicles; appliances, televisions, furniture, and mattresses; school and office supplies; electronics; and more.

Don't forget about making sure your family is protected during the holidays and beyond. Going back over 40 years, NYSUT members have historically counted on Member Benefits for crucial

insurance, legal, and financial offerings. Member Benefits endorses quality life, disability, auto/home/renter's, dental and vision, and pet insurance offerings – along with unbiased legal services and financial counseling options.

**Learn more by scanning the QR code, visiting [memberbenefits.nysut.org](https://memberbenefits.nysut.org), or calling 800-626-8101.**



**MEMBER  
BENEFITS**  
**nysut**  
Working to Benefit You  
November/December 2024