CURBSIDE CREATIVITY
BY FOOD AND NUTRITION SERVICES  pg. 18

ONE UNFORGETTABLE YEAR FOR TEACHERS  pg. 12

BENEFITS BULLETIN  pg. 24
# Table of Contents

4  You're The Best  
6  District Dispatches  
9  A Funny Thing Happened  
10  Around OCPS  
12  One Unforgettable Year  
18  Curbside Creativity  
23  Retirement Corner  
24  Benefits Bulletin

Some photos used in this publication were taken prior to the COVID-19 pandemic and do not reflect the current face mask mandate or social distancing guidelines required by Orange County Public Schools.
Congratulations

John Ho A Yun, a Career Education teacher, was selected as the Air Force Association 2020-21 Teacher of the Year. Ho A Yun serves as the Project Lead The Way teacher at Corner Lake Middle.

Dr. Phillips Boys Basketball Coach Ben Witherspoon was named District 7A State Coach of the Year by the Florida Dairy Farmers.

The Multilingual Services department hosted its annual Spirit of Excellence Awards April 21 virtually, recognizing English Language Learners for their academic achievement and educators for helping students reach their potential.

The following were honored with 2021 awards:

**Principals:**

- Martha Chang, Lake Nona High
- Betzabeth Reussow, Roberto Clemente Middle
- Kristy Logue, Wethersbee Elementary
- Betzabeth Reussow, Roberto Clemente Middle
- Kristy Logue, Wethersbee Elementary

**Staff winners:**

- Millie Torres, ESOL Paraprofessional, Boone High
- Suath Penagos, Teacher, Clay Springs Elementary
- Salomon Hernandez, Teacher (Posthumous), Colonial High
- Maria Batista, Teacher, Deerwood Elementary
- Byrne Michael, Guidance Counselor, Eagle’s Nest Elementary
- Norma Cortes, ESOL Paraprofessional, East Lake Elementary
- Marie Guillaume, ESOL Paraprofessional, Evans High
- Charlene Xu, Teacher, Independence Elementary
- Pamela Zapata, ESOL Paraprofessional, Lake Sybelia Elementary
- Cathia Santiago, School Clerk, Lockhart Middle
- Gisela Reyes, ESOL Paraprofessional, Meadow Woods Elementary
- Angeles Silva-Johnson, Teacher, Orange County Virtual School
- Isabel Mercado, School Clerk, Pershing School
- Marilyn Galindo, Parent Engagement Liaison, Pinar Elementary
- Josephine Anderson, Parent Engagement Liaison, Rolling Hills Elementary
- Kristy Kirkbride, Teacher, Sunset Park Elementary
- Katherine Capatosto, Teacher, Wedgefield School
- Aniqua Donadelle, Teacher, West Oaks Elementary
- Patricia Montijo, Teacher, Westridge Middle
- Juan Orengo, ESOL Paraprofessional, Wheatley Elementary
- Christine Muchow, Parent Engagement Liaison, Winegard Elementary
Sports Champions

Congratulations to the following sports teams for winning Florida High School Athletic Association state, region and district, or conference titles:

**Bowling**

» Winter Park High Girls Bowling (Metro Conference) coached by Cynthia Allison

**Soccer**

» Lake Nona High Boys Soccer (Class 7A, District 4) coached by Andres Jaramillo
» Ocoee High Boys Soccer (Class 7A, District 3) coached by Peter Moore
» Edgewater High Girls Soccer (Class 6A, District 4) coached by Chris Vlaming
» Winter Park High Girls Soccer (Class 7A, District 4) coached by Troy Dennis

**Water Polo**

» Dr. Phillips High Mens Water Polo (Class 1A, Region 2) coached by Leo Ramirez
» Winter Park High Boys Water Polo (Class 1A, District 4) coached by Barry Creighton
» Lake Nona High Girls Water Polo (Class 7A, State) coached by Alex Bennett
» Winter Park High Girls Water Polo (Class 1A, District 4) coached by Barry Creighton
**Impactful Funds**

This school year, 137 Teacher Impact Grants totalling over $218,000 were distributed throughout Orange County Public Schools. Classrooms received Arts; Bond Foundation; Duke Energy (Math, Science, Energy Education & STEM); Non-Fiction Classroom Libraries; and Middle School Book club grants impacting more than 25,000 students. To view the full list of the 2020-21 grant recipients and for more information on how you can apply, visit the Foundation for OCPS website at [http://www.foundationforocps.org](http://www.foundationforocps.org).  

**Outstanding Support**

The ADDitions Volunteer and Partners in Education programs celebrated their 50th and 40th anniversaries, respectively in April with a rebranded Crystal Awards virtual event. Included as part of the anniversaries were “prize patrols,” surprising and celebrating honorees at their schools or businesses. All honorees also received SeaWorld park tickets through May.

**Spanish Calm Rooms**

A group of seven bilingual school psychologists have collaborated to develop virtual calming rooms for Spanish-speaking students (PreK-12) and families can use to access resources on social-emotional learning, mental-health and self-care strategies. Featuring relaxation techniques and mindfulness activities in Spanish, ELL students are able to enter the rooms to explore, enjoy, and learn new techniques and copy strategies to decrease anxiety and negative thoughts. For more information, visit [http://orangepeal.pub/May21CalmRooms](http://orangepeal.pub/May21CalmRooms), or contact Joan Rivera via email at Joan.Rivera2@ocps.net.
New School Name

The School Board has approved Village Park Elementary as the name for the new school located at 12253 Lake Nona Gateway Rd. in Orlando. Relieving Eagle Creek and Laureate Park elementary schools, the building has been designed and built by Rhodes + Brito Architects and Pirtle Construction for $25.8 million.

Recognitions

Dream Lake, Eagle Creek, Endeavor and Lake George elementary schools were recognized by the Orlando Philharmonic Orchestra for their exemplary efforts to make this year’s fully virtual Young People’s Concert exciting and engaging for all OCPS third-, fourth- and fifth-grade students. There were virtual ticket booths, red carpets, teachers and school administrators dressed as ushers and concert staff, and students dressed for the occasion. Each school will receive a $250 donation toward their music program for tools and materials.

Summerlake, Sunshine, Vista Pointe and Water Spring elementary schools recently received Fun At Bat equipment. Fun At Bat is a bat and ball program with an emphasis on character development, functional movement, active play and fun. Major League Baseball, USA Baseball, and industry professionals support the program by providing free physical education equipment and curriculum. This partnership has been in existence with OCPS since 2017.

Congratulations to the following OCPS schools for taking top honors at the Florida Thespian Virtual 2020-2021 State Festival: Chain of Lakes, Glenridge and SunRidge middle schools and Dr. Phillips; East River; Timber Creek; Windermere; and Winter Park high schools.
In 1937, we were founded by educators. Today, we haven’t forgotten our roots. Our commitment to education runs deep. Whether we’re providing free financial education to our community or we are serving our partner school districts, our roots run deep.

Visit AdditionFi.com/OrangePeal to get started.

Show off your school district pride with our OCPS debit card. Every time you make a purchase with this card, we’ll make a donation to OCPS.

Contact Richard Barbari for additional information.
407-896-9411 ext. 2333
RBarbari@AdditionFi.com

Equal Housing Lender
AdditionFi.com
Federally Insured by NCUA
I was doing my morning duty at the front of the school/car riders. I normally have a handful of various types of face masks – disposable, black fabric and white fabric – for those students who forgot their masks that day. Every student has a different preference on face masks, so I like to offer a variety.

A student walks over to me and asks “Are you handing out masks for free?” And I responded with, “Well yes, I guess I am.” He lit up and asked “Can I take one for my mom? She would just love one of those white ones!”

This was his first day returning face to face, and he was elated to be around people again. It was so pure and innocent, made my day!

Tammy Rudolph
School Bookkeeper
Discovery Middle
School Board Chair Teresa Jacobs and Orange County Mayor Jerry Demings welcomed the Super Bowl Champions Tampa Bay Buccaneers on its Vince Lombardi Trophy Tour at a girls flag football game at Boone High in April. Courtesy: Frank Weber/Orange County Government

Even during Spring Break Camp, Shingle Creek Elementary Math Coach Joyce Reyes was helping small groups learn.

A new mural has been painted at Roberto Clemente Middle in honor of its namesake.

The local Circle K was kind enough to collect and donate masks and sanitizer to Spring Lake Elementary.
The Stallion staff show their support during Autism Awareness Month at Meadow Woods Middle.

Chickasaw Elementary celebrated Jacqueline Hamann during National Assistant Principals Week.

Arbor Ridge K-8 School recognized several staff members for Paraprofessional Appreciation Day.

Just in time for Library Appreciation Week, Media Specialist Kellee Moye and Support Services Clerk Abigail Armstrong were recognized as the Teacher of the Month and Support Person of the Month, respectively, at Hunter’s Creek Elementary.

Kelly Baloun of Dream Lake Elementary was selected as an SEL/PEL Showcase winner.
Arlene Webster
Frangus Elementary
Resource teacher

What is one thing you learned about yourself or your students during COVID?

“One thing that I’ve learned about myself during COVID is that I can do more than I gave myself credit for. COVID has shown me that I am more than capable of multitasking. It has also brought [out] many creative juices that I didn’t know were there.”
Denise Breen  
Hungerford Elementary  
Kindergarten teacher

**What is one thing you learned about yourself or your students during COVID?**

“This has been an unprecedented year in the classroom for teachers and students.

I have learned to find creative, innovative digital and traditional solutions to provide unique and dynamic learning experiences for my students. I learned how to share resources on the Canvas Commons, Canvas Studio, Nearpod, Get EPIC, Kahoot! and Google Drive.”

Rob Campbell  
Hunter’s Creek Elementary  
Physical Education teacher

**Share a memorable experience from teaching you had this past year.**

“The most memorable thing to me will be the gratitude from the parents who were thanking me for working with their students and keeping them active during the lockdowns and beyond. They truly have let me know the importance of what we do.

“One parent sent me a drawing from [her] K student that showed me on a TV screen in [their] house and [the son] exercising with a big smile on his face. It let me know that even though this child had never met me in person, I was having an impact and that he felt just as much a part of the class as the in-school students.”

Cindy Anderson  
Wolf Lake Middle  
Varying Exceptionalities teacher

**Tell us one thing that has inspired you to keep teaching this year.**

“My ESE students have inspired me to keep teaching this year! They didn’t give up on learning during these unprecedented times so I surely can’t give up on teaching.”
Jessica Scurry
South Creek Middle School
Media specialist

*Share a memorable experience from teaching you had this past year.*

“...The simple act of a teacher bringing her face-to-face students to the Media Center for the first time since COVID for book checkout was so nice. The students’ reactions their first time back in the Media Center and checking out a physical, not digital book, was a priceless memory that makes you appreciate the small things.”

Michael J. Krysinski
Roberto Clemente Middle
Social Studies teacher

*Share a memorable experience from teaching you had this past year.*

“I like my classroom to be easy-going, fun and educational. Recently, I dressed up as President Abraham Lincoln to teach students about the causes of the American Civil War. We read his ‘A House Divided’ speech and discussed the challenges of freedom and discrimination then and now. I love that by wearing costumes in the classroom I can grab their attention and then guide their attention from me to the content. I want history to come alive in my classroom.”

Catherine Napoli
East River High
Language Arts teacher

*Tell us one thing that has inspired you to keep teaching this year.*

“I was inspired to keep going this year by some of my current and former students. They need that normalcy of seeing a teacher there each day, whether they’re face to face or LaunchEd@Home.”
M. Christina Parrish  
Edgewater High  
Resource teacher

**What is one thing you learned about yourself or your students during COVID?**

“This year, more than ever, I have learned the importance of relationships. While COVID served to keep people apart physically, collaboration has still been fueled virtually by a need to connect with others. This connection – these relationships are critical to the success of the students and to education as a whole.”

Christopher Bates  
Wekiwa High  
Family & Consumer Science teacher

**What is one thing you learned about yourself or your students during COVID?**

“A great thing to come from this challenging year was a pleasant surprise: my student's capacity to exceed expectations is not dimmed by the Coronavirus.

“I believe educators like myself easily forget that when properly motivated, our kids are as eager to learn and succeed as we are for them to reach new heights. My students don't need nearly as much convincing, babying, prodding as I sometimes believe they do. They only need a good enough reason why.”

Orange Technical College

Charles Brewer  
Orange Technical College - Mid Florida Campus  
Industrial Education teacher

**Tell us one thing that has inspired you to keep teaching this year.**

“I have been most inspired by the photography work my students have created this year. I teach CTE photography students. Most of my dual-enrollment students attended virtually through LaunchED@Home this year. This new learning environment came with many challenges but the students exceeded my expectation. LaunchED allowed students to photograph closer to home and add more personal touches to their imagery. Each week the work revealed, not only their increasing skill sets, but more of who they are as artists. In many ways the distance increased the connection I had with the students this year. Whatever next year holds, I will carry the inspiration from this year’s insights into my future lessons.”
The Orange County School Board is honored to recognize the 2021 Super Scholars

Tuesday, May 18, 2021 | 7 p.m.

Join us at superscholars.ocps.net

Virtual “Live” Event

May 7, 2021 | 6-8 p.m. EST
www.FoundationforOCPS.org

The Orange County School Board is honored to recognize the 2021 Super Scholars

Tuesday, May 18, 2021 | 7 p.m.

Join us at superscholars.ocps.net

Orange County Public Schools
The Orange County School Board is honored to recognize the 2021 Super Scholars.

Tuesday, May 18, 2021 | 7 p.m.
Join us at superscholars.ocps.net

We're Hiring!
Summer Jobs for Teachers and Administrators!

Short- and Long-Term administrative, clerical, and accounting positions available.

Contact Tews Company Today!
Email resumes to dshore@tewscompany.com

Advance Your Education and Further Your Career
As your local university development counselor, I'm here to help you learn more about Grand Canyon University and start your college journey!

Why choose GCU?
- More than 200 online academic programs
- Bachelor’s, master’s and doctoral programs available 100% online*
- Cost-reduction options and scholarship opportunities
- Complimentary transfer credit evaluation and more

For more information, contact me directly to discuss!
Lauren Hazeltine | 602-247-3718
lauren.hazeltine@gcu.edu | gcu.edu/OCPS

*Excludes programs with residencies
Please note, not all GCU programs are available in all states and in all learning modalities. Program availability is contingent on student enrollment. Grand Canyon University is accredited by the Higher Learning Commission (hlcommission.org), an institutional accreditation agency recognized by the U.S. Department of Education. Important policy information is available in the University Policy Handbook at https://www.gcu.edu/academics/academic-policies.php. The information printed in this material is accurate as of APRIL 2021. For the most up-to-date information about admission requirements, tuition, scholarships and more, visit gcu.edu. ©2021 Grand Canyon University 21COEE0243
Pull up to one of 175 schools 30 minutes after the school day has ended on a Monday and you will find people milling around with carts full of bags and boxes teeming with food. Uniformed workers pleasantly ask how many children you have before loading items into the side or back of a motor vehicle, only to turn around and repeat the process with the next driver, with a smile.

This sight has become common for OCPS families this year; it is one that OCPS Food & Nutrition Services has perfected during the COVID-19 pandemic to help ensure thousands of Orange County children are eating healthily.

“During it all, FNS pivoted to meet each new challenge presented during this time, said Lora Gilbert, senior director of FNS. “Even during the peak times of the pandemic, FNS has been on the ground never missing a distribution and service of our students and community.”
When COVID-19 stopped in-person learning after spring break in 2020, FNS teams quickly developed plans to continue feeding a majority of the district’s 212,000 students based on directions from the Florida Department of Agriculture. Working diligently, they collaborated among themselves, with other OCPS teams, and state and federal entities so our diverse student population would continue to receive nutritious meals.

First, the OCPS Emergency Operations Center, managed by the Safety and Emergency Management Department and the Executive Policy Group, approved the plan to safely distribute meals curbside. To receive meals, all parents would need to do is drive up with their student at one of 52 school distribution sites and give their child’s student ID number.

FNS Central Kitchens (Ocoee, Oakridge, Winter Park and Edgewater) staff busily prepared thousands of sandwiches, wraps, individual pizzas, wrapped veggies and fruits, putting them in bags to distribute in a grab-'n-go style. On Monday, March 23, about 18,000 students received a day’s worth of meals. But as the first week continued, pressures from the pandemic emerged as the food supply chain was interrupted and staff shortages began. A greater effort would be needed.

Help came from several district teams. The Foundation for OCPS found OCPS Transportation employees willing to work and also placed Kelly Services temporary staff at the 52 locations. Many principals, administrators and teachers assisted with directing traffic, greeting parents and children, and passing out meals. With the support of bus drivers and district police, seven hotel and apartment complex locations also were added. And the FNS team also used a modified school bus to make food deliveries.

With schools closed in April and May, FNS Food Service teams continued to receive food deliveries from vendors and package meals to deliver daily to distribution sites. The Florida Department of Agriculture also loaned the district 12 refrigerated trucks to help hold food at the sites. When shortages or a spike in demand did occur, shelf-stable meals (like a Lunchable) were offered.

To combat immense shortages due to supply chain issues along with fewer drivers because of cutbacks and infections around the country, the FNS Procurement team found creative ways to obtain product deliveries. District storage was used to stock up on sanitizer, masks and gloves that were quickly running out across the nation. To prevent food shortages, substitutions were identified and the team worked with distributors to get overstocked products.

"With all the challenges and obstacles that our district and stakeholders faced daily, the robust partnerships allowed us to pivot and react promptly and effectively," said David Richardson, FNS senior Procurement manager.

As the pandemic spread across the nation, the U.S. Department of Agriculture issued waivers to lessen the documentation and representatives needed to pick up meals. Over the summer, FNS moved from daily grab-and-go distributions to three times per week, with weekend meals added on Fridays. Another gamechanger was the USDA deciding that any child up to age 18 could receive meals for free for the school year.

"Everything we can get our hands on, we’ve sent home with the kids, because we know with this pandemic, a lot of people have been laid off. They need these nutritious meals to get them through the week," said Mark Watson, FNS director of Operations.
While the district began the 2020-21 school year with fewer students, the FNS teams in school cafeterias and kitchens kept rolling along, adding weekly meal distributions at each one of the district’s 202 school sites with extended times after the school day ended.

“We did cut a position because of the district going virtual,” said Cesar Molina, Food Services area manager. “We continued offering meals to all our families by mobilizing our employees to different locations so their hours and positions remained untouched. They perfectly understood our social responsibility and embraced these changes for the mutual benefit of all.”

With many restaurants closed or at limited capacity, farmers had an overabundance of fresh fruits and vegetables in their fields – which benefited school cafeteria and curbside offerings. People pulling up to distribution lines started to notice tomatoes, zucchini, potatoes and cucumbers, along with apples and oranges. Offerings also could include an entire pizza, 1.5 lbs of teriyaki chicken with rice, pasta and meat meals and more. They were pleasantly surprised to also get half gallons of white and chocolate milk and bulk meals for the entire family.

“We diverted over $3 million to our Department of Defense Fresh Produce Program received from the state to acquire a great deal of produce to aid our local farmers,” Richardson added. “Our dairy company had to change their production lines, staffing and containers to accommodate our requests. It was a game changer for our teams and customers.”

This also helped the productivity at the schools so that staff could direct their attention to the influx of students who returned face to face in the second and third quarters.

To address nutritional concerns for students during the holidays, FNS staffed 13 sites for curbside service. On Monday, Nov. 23, more than 20,000 meals were distributed, with some sites running out of food. Combining both the Thanksgiving and Christmas breaks, FNS teams gave away nearly 700,000 meals.
“While the pandemic was spreading throughout our state, we were fearful for ourselves and families,” said Andy Sugrim, FNS manager at Dr. Phillips High. “[But] to be able to see the smiling faces of the children and parents [who] came through the line to get meals for their families made me realize [how] fortunate and blessed we are.”

In January, FNS also introduced meal kits with seven days of breakfasts and lunches prepared by manufacturers, who changed packaging, hired additional employees and altered their production lines to accommodate OCPS requests. Several kits were developed to add variety and prevent shortages.

“No other districts in the nation had a seven-day kit and [were] using at the level OCPS was at the time,” Richardson added.
WHAT A YEAR! WONDER WORKS™

CAN’T WAIT TO SEE YOU AGAIN SOON!

Expand the possibilities for you and your students. Explore special offers on higher education and professional development with Capella.

- **50% off** tuition for the first 12-week session toward a degree program for eligible students in FlexPath + 10% on all subsequent sessions.*
- **$3k-$20k scholarship** + 10% tuition discount toward a degree program for eligible students in GuidedPath.
- **$20,000 Doctoral scholarship** + an additional 10% tuition discount.

*Books, supplies, and other fees may apply.

---

Services We Offer
- Residential Roofing
- Commercial Roofing
- New Roofs
- Insurance Claims

Next Level Roofers, Inc. provides long lasting solutions to the roofing industry with a continued commitment to excellence in serving our clients, team members and business partners. Contact us today for a free estimate on your roofing needs.

OCPS Employee, First Responder and Military Discounts

Find your personnel number and win!

Email orangepeal@ocps.net if you find your personnel ID* in this issue to claim your prize.

*Only five will win.

---

Accreditations: Capella University is accredited by the Higher Learning Commission. Higher Learning Commission: https://www.hlcommission.org, 800.621.7440
Capella University: Capella Tower, 225 South Sixth Street, Ninth Floor, Minneapolis, MN 55402 1.888.CAPPELLA (227.3552) © 2020 Capella University 20-2145
Supplement your Retirement Savings

To encourage participation in a voluntary supplementary retirement plan, OCPS offers an easy way to sign up for a traditional 403(b) called Quick ENROLL. This option helps employees rapidly enroll in a retirement savings account without having to conduct initial research or meet with an investment provider representative.

Seven of our 11 providers participate with Quick ENROLL. Simply complete the short enrollment process to be on your way to saving for retirement as soon as your next available payday.

To enroll:
1. Visit www.myquickenroll.com or log onto the Intranet >> MyOCPS/iBuy >> Employee Self-Service >> Benefits >> Quick Enroll
2. Enter the basic information requirements to establish your account
3. Decide how much to withhold from your paycheck to be sent directly to your 403(b) account

That’s it! Quick ENROLL makes this process as simple as possible.

At a later time, those wishing to obtain assistance may want to meet with a local representative and review all available product and investment options.

If you have further questions, you can contact Retirement Services at 407.317.3227 or email retirement.services@ocps.net.

Upcoming Virtual Workshops:

- **May 5, 5-6:30 p.m.** | Medicare Planning Workshop
- **May 12, 5-6 p.m.** | New Hire Retirement Plan Choice
- **May 19, 5-6:30 p.m.** | Estate Planning for Busy People!
- **May 26: 5-6:30 p.m.** | Real World Retirement Planning

To register for the virtual WebEx, please follow the instructions on the bottom of the flyers at www.ocps.net >> Departments >> Retirement Services >> Retirement Workshops >> May 2021 Workshops.

Join AAA Today

For 20% off

Save an additional $10 by enrolling in convenience billing.

Your membership can more than pay for itself with these great benefits!

**CONTACT:** KATIE WILDER
kwilder@autoclubgroup.aaa.com

**(407) 670-0150**

*Full dues apply at 1st year renewal. Membership benefits vary with membership levels and are subject to change without notice. Offers, terms, conditions and policies are subject to change without notice. 19-MS-0361*
Save with SurgeryPlus!

If you need surgery, it’s natural to have some concerns. Therefore, OCPS is happy to offer SurgeryPlus, a supplemental benefit available to all OCPS Cigna members at no additional cost beginning May 1.

SurgeryPlus is here to make your health care journey simple and ensure you have access to the best quality of care. You’ll have access to surgeons who meet rigorous quality standards and a health care concierge dedicated to support you along the way.

This program provides savings to the OCPS medical plan that are passed on to you. The plan is able to reduce your financial burden by waiving your deductible and coinsurance, on covered procedures, when using the SurgeryPlus benefit.

It’s 100% voluntary. Members have the option to have surgery wherever they choose according to regular plan benefits, but the cost will be higher. In order to have your deductible and coinsurance waived, you must contact and be accepted as a participant in the SurgeryPlus program prior to receiving covered services. Charges incurred prior to utilizing SurgeryPlus will be filed under your Cigna medical plan, subject to deductible and copayment/coinsurance.

Eligible procedures:
- Joint Replacement
- Orthopedics
- Gallbladder
- Ear, Nose & Throat
- Spine
- Cardiac
- Pain Management
- Gynecology
- Thyroid
- Hernia Repair
- Gastroenterology

Eligible members will receive an ID card and welcome packet in the mail. Contact SurgeryPlus at 833.552.1699 or via email at OCPS@SurgeryPlus.com to verify eligibility.
How much discomfort is usually associated with this procedure?
Where your surgery takes place, how it’s done and how your body responds to pain medications can all affect how you feel. Ask your doctor what you can expect.

How can I minimize the need for opioids?
What non-opioid options are available?
Your surgeon may administer a variety of medications before, during and after surgery to minimize your need for opioids, including local anesthetics that can be used to numb the area of your procedure. Ask your doctor about what non-opioid options are available.

What do you need to know about me to help customize my pain management?
Before surgery, be sure to share your medical history to help your surgeon better understand your pain management needs. Important medical history can include medication allergies; breathing issues; stomach issues; previous history of substance abuse; and any current medications you are taking.

What happens when the medications from my surgery wear off, and how will my pain be managed at home?
The kinds of medications you receive can depend on the type of procedure you have. Talk with your doctor to find out more about what you might feel with the medications used during and after your surgery.

What can help my recovery?
There may be things you can do on your own that can help speed your recovery. Find out if there’s anything you can do.

For more information on the types of non-opioid medications used before, during and after surgery, and to download a customizable Doctor Discussion Guide, visit www.PlanAgainstPain.com.
Insurance Update

As a result of ongoing discussions regarding medical plan costs and their effect on employees and the district, final benefit offerings and rates are not available at this time. It will be important for you to stay tuned for more information on this year’s annual insurance enrollment, including the dates when enrollment will be held. Updates will be sent by email and included on the Insurance Benefits Intranet page at http://insurance.ocps.net, select Enrollment Information.

For more information about the optional benefits available to you, refer to the April Benefits Bulletin.

Disability Rates are Decreasing
Lincoln Financial disability rates are decreasing 10% in the 2021-22 plan year, beginning Oct. 1, with deductions beginning in September. Check out the disability rate sheet coming soon to the Enrollment Information page at http://Insurance.ocps.net.

Open Offer from Disability
The Lincoln Financial Group disability plan has an "open" offer and is available during this year’s enrollment in benefit amounts up to 66 2/3 percent of salary without health questions (not to exceed $7,500 per month). If you don’t have disability insurance or have not increased your coverage because you were denied coverage (or expected to be denied) due to a medical condition, it’s important that you consider this benefit.

The monthly benefit under the disability plan is available in $100 increments up to $4,000, and $500 increments thereafter (with a $200 minimum). You can select one of four waiting period options: 14, 30, 60 or 180 days. If you choose the 14- or 30-day waiting period option, the remainder of the waiting period is waived after 24 hours of inpatient hospital confinement.

Please note that employees who choose disability coverage for the first time will be subject to a preexisting condition clause (for the first 12 months of coverage). For those who elect to increase their benefit amount, only the increased amount will be subject to the preexisting condition clause. The preexisting limitation also applies to any reduction made to the waiting period.

Group Universal Life is Open, too!

If you are not currently enrolled in the Minnesota Life Insurance Group Universal Life plan, you can obtain coverage for yourself – in increments of $10,000 – up to a maximum of one time your annual salary, or $100,000, whichever is less, without health questions.

If you are currently enrolled in the plan, you can increase your coverage up to one time your annual salary – in increments of $10,000 – up to a new total maximum amount of two times your salary, or $200,000, whichever is less, without health questions. If you are enrolling for the first time or if you are increasing your coverage, you also have the ability to make contributions to a cash accumulation fund.

Get to Know Caremark.com

CVS Caremark manages the prescription benefit for all OCPS plans. Register today at www.Caremark.com to experience personalized support and make the most of your benefits.

Understand your plan and coverage
Review your Plan Summary to understand the details of your prescription coverage, your share of costs and keep track of your current usage.

Explore personalized prescription savings options
Find out if you could be paying less for your prescription with the Drug Savings Opportunities and Check Drug Cost & Coverage tools. You’ll be able to see if options like starting prescription delivery by mail or changing to a generic medication can save you money.

Find out where to fill your prescription
Filling your prescription in a network pharmacy will ensure you don’t overpay. To locate one nearby, use the Find a Pharmacy tool.

OCPS Cigna members have access to discounts on health programs and services, including gym memberships, through the Cigna Healthy Rewards program. Find more information by logging on to your www.MyCigna.com account and follow these steps.

1. From the menu, choose **Wellness**.
2. Click on **Wellness & Incentives**.
3. Scroll down to **Total Wellness**, click on either the **Exercise** or **Weight** card.
4. Scroll down to **Healthy Rewards, Gym Memberships - $25/month**, click on **Start Saving**.
5. Select the check box, **You’re about to leave this secure website**.
6. Click on **Become a Gym Member**.

You’re there! The **Active & Fit Direct** page will help you find a participating local fitness center and access on-demand workout videos. Area fitness centers include YMCA; LA Fitness; Anytime Fitness; Planet Fitness; and more. Enter your zip code for a list of facilities. Memberships cost $25 per month (plus a $25 enrollment fee and applicable taxes).* Find an eligible fitness center and select, **Request a Guest Pass** or **Enroll Now**, and follow the online steps to create an account.

*Your initial payment will be $75 plus applicable taxes ($25 enrollment fee, $25 for the rest of this month,** and $25 for the next month.) You can cancel your program enrollment at any time after two consecutive months of participation.

**Sign up at the beginning of the month for the best value. Fees for the current month are $25, regardless of the date you enroll within the month.

---

**May Webcasts**

There are two Cigna Employee Assistance Program webcasts this month. You can sign up for a live webcast or listen to an on-demand replay webcast at your convenience at www.Cigna.com/EAPwebcasts.

- **May 5, 2 p.m. – Mental Health: Let’s Talk About it**
- **May 19, 2 p.m. – Healthy Life Tips for Women**

Presentation slides are available for download on the registration site. Replay information is available starting two hours after the live presentation.

---

**Benefits Bulletin** is designed to keep OCPS employees and their families informed about available benefit programs. This information is not intended to replace professional health care. See your health care professional for information relevant to your medical history.