

# mta CONTACT

Montebello Teachers Association/California Teachers Association/National Education Association • 918 W Whittier Blvd Montebello 90640 • (323) 722-5005 • montebelloteachers.org

## All Employees Must Enroll for Dental by Oct. 1

The open enrollment period for dental and vision is also this month. However, the **plan year for dental and vision is October 1 - September 1**. This means all changes will be effective almost immediately. Please note, if you do not wish to make changes to your health insurance benefits, there is no need to re-enroll. However, **every employee of the Montebello Unified School District must re-enroll in the Dental Plan.** To re-enroll in the Dental plan, please attend one of the meetings or download the MetLife Enrollment Form from [www.montebello.k12.ca.us](http://www.montebello.k12.ca.us) fill it out and return it to the Benefits Department at the District Office by October 1, 2010. Note: there is no additional cost to the employee for dental and vision insurance. Employees may opt for family coverage dental and vision regardless of whether single, 2 party, or family coverage is selected for health insurance.



High School Director Gil Gomez (MHS) and Diana Madrid (MTA) enroll employees during Town Hall Meeting.

Receive up to the minute updates on Facebook! Montebello Teachers wants to be your friend!

## Now Is the Time to Ask Questions and Make Changes In Health Plans

The Open Enrollment period for CalPERS health insurance plans ends **Friday, October 1**. This is this time Bargaining Unit members can select among the 3 Blue Cross PPOs, 2 Blue Shield HMOs, and Kaiser. This is also the time to add dependents. Beginning January 1 children are eligible through their 26th birthday. You may enroll your adult children during open enrollment. If you

make no changes during open enrollment, your health insurance will continue as the same plan in 2011. The out-of-paycheck deductions will be for the 2011 rates listed to the right. →

Employees and their dependents are invited to open enrollment Town Hall Meetings

- Wednesday, September 22 @ Suva Intermediate School, 3:00PM - 5:00PM
- Thursday, September 23 @ Suva Intermediate School, 3:00PM - 5:00PM

### 2011 Tenthly Out-of-Paycheck Costs for Health Insurance

Plan Name	Single	2 Party	Family
Blue Shield Access+	\$20	\$50	\$150
Blue Shield NetValue	\$5	\$10	\$30
Kaiser	\$5	\$10	\$40
PERS Choice	\$20	\$50	\$150
PERS Select	\$50	\$100	\$300
PERS Care	\$295	\$745	\$1,340

Bargaining Unit members select health care during open enrollment. The Plan Year is the calendar year. The out-of-paycheck deductions listed above begin January 1 and continue through December 1. No deductions are taken August 1 and September 1.

Over, please...



Strength Flexibility Balance Tone

## Yoga @ Schurr

3:15 to 4:45

Tuesdays &/or Thursdays

In the Schurr Multipurpose Room

\$12 per single class or once weekly series

\$10 per class in twice weekly series

The 90-minute classes are suitable for beginners and ongoing yoga practitioners. The small class allows for individual assistance from the teacher. The practice includes stretching, vinyasa flow, and traditional yoga asanas. We also practice yoga breathing techniques and some pranayama instruction. You need a yoga mat and comfortable workout clothes. A strap, yoga blocks, and blanket are also helpful.

The instructor, Hanna Gilan, is a certified instructor who also teaches at Yoga House, Pasadena and Red Dog Yoga, Sherman Oaks.

Contact: Clarissa Banda, extension 6563, or District e-mail (banda\_clarissa), or cell 626-374-3174

Classes begin September 21 and are ongoing through June.