

Montebello Teachers Association/California Teachers Association • 918 W. Whittier Blvd. Montebello CA • (323) 722-5005

**Archived Issues Available at [MontebelloTeachers.org](http://MontebelloTeachers.org)**



Board Member Alejandro Ramirez visits Council October 15. Also photographed from left to right: Andy Shinn (BGI), Enrique Castro (WGE), and David Navar (WGE).

## Help! I Was Injured at Work! How Does Workers' Comp. Work?

Workers' Compensation is the no fault insurance program for occupational injuries. The program is heavily regulated by the State of California. If you are injured at work, notify your principal/supervisor as soon as possible. After that, contact "Company Nurse."

The District contracts with "Company Nurse" for the reporting and access to immediate appropriate medical treatment. Information on "Company Nurse" is listed at [www.Montebello.k12.ca.us](http://www.Montebello.k12.ca.us). Go to "Departments" and then to "Risk Management" and on to "Workers' Compensation." The phone number for "Company Nurse" is 877.518.6703. You may also contact an attorney. The Association refers to GEKLAW. Clients do not pay any fees until recovery is made. Information is available at 213.386.1671 or [www.geklaw.com](http://www.geklaw.com).

You may predesignate a personal physician. In the event that you sustain an injury or illness related to your employment, you may be treated by your personal medical doctor under the conditions listed on the form. The form is available on [MontebelloTeachers.org](http://MontebelloTeachers.org). The District requires that the predesignation be current.

## You Can Increase Your Family's Life Insurance

The District's current Mutual of Omaha Life Insurance is transitioning to Liberty Financial Group. Open enrollment to increase YOUR life insurance with Liberty Financial **November 1 - November 15**. All eligible employees may purchase voluntary group term life insurance

- up to a **maximum of \$250,000** with no medical information required;
- up to **\$50,000** for your **spouse**; and,
- up to **\$10,000** for **eligible children**.

Take advantage of this one-time special offer, as future coverage elections will require EOI.

If you have any questions please contact the Benefits Department at:

[teran\\_vivian@montebello.k12.ca.us](mailto:teran_vivian@montebello.k12.ca.us) or (323) 887-7900 ext. 2302

[barrios\\_isamar@montebello.k12.ca.us](mailto:barrios_isamar@montebello.k12.ca.us) or (323) 887-7900 ext. 2382

### Try Something New! Think about a Sabbatical

Sabbatical Leave Applications are due to Human Resources **Tuesday, January 15 for the 2020-2021 school year.**

Bargaining Unit members must have 7 years experience in the District to be eligible. Bargaining Unit members agree to be employed by the District for the two years following the sabbatical.

Sabbatical information is available in the Contract: Article XVI. Leaves Section G. The Contract is available at [montebelloteachers.org](http://montebelloteachers.org). Call Human Resources for more information.

# mta *members connect*

Join Us for

## *Breathing for Stress Relief*

**Tuesday, October 29 at 4 p.m.**

**MTA CC—920 W. Whittier Blvd.**



Maria Guadalupe (Lupe) Anaya is honored and grateful to have the opportunity to share the healing power of breath with fellow teachers and MUSD community. Deep and conscious breathing has been shown to reduce stress and have incredible benefits in physical and mental health. She invites you to come learn some pranayama techniques to balance mood and energy levels after a long day's work.

Lupe dabbled in yoga for several years until she came across Breathe for Change, an organization with the mission to change the world one teacher at a time by enhancing the health and well-being of teachers. Through this transformational journey she was able to make space to reconnect with her passion for teaching and her own self-growth.

Lupe received her 200-hour Yoga Teacher Training Certification and Breathe for Change Wellness Champion Certification in 2017 and is registered with the Yoga Alliance.

She invites you to come to a session of breathing, connection and relaxation. Teaching can be extremely draining, but the more we love and care for ourselves, the more we can love and care for our students.

**RSVP to [MTA@MontebelloTeachers.org](mailto:MTA@MontebelloTeachers.org)**

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***MTA Members Connect* encourages members to share their passions with other members. Contact the MTA Office if you have an idea for an offering.**