



Employee Newsletter

August 26, 2019

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Ms. Flowers' Surprise

Last Friday, during a pep rally at Clarksville High School, English teacher Julie Flowers got the surprise of a lifetime. Click [here](#) to see the Focus Video.

Follow us on social media so you don't miss stories like this and more!

— GET CONNECTED —

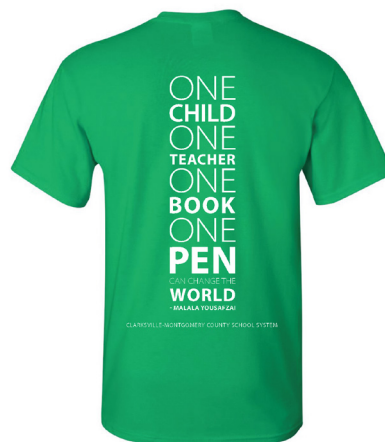


FOLLOW US

@CMCSSINFO

CMC Education Foundation Annual Employee Campaign

Would you love to have the green t-shirt that was featured at the 2019 Convocation? The Education Foundation will be rewarding those employees who make a donation of at least \$24 with the *ONE* shirt during the Annual Education Foundation Campaign from Aug. 26 through Sept. 20, 2019. Foundation donations can be made through check or payroll deduction. More information will be shared by your building's Foundation Representative and can be found at www.cmceducationfoundation.com



Alive and Well

Alive & Well 4th Annual Fall Kickball Classic

The 4th Annual Fall Kickball Classic will take place on Sept. 28 at St. Bethlehem Civitan Park. Each team must have 9-12 players to compete. To register, visit <https://aliveandwell.cmcss.net/events>. Please join in the fun and competition! Email Katie Massman, katie.massman@cmcss.net with questions

Be Alive Points Program 2019-2020 Enrollment NOW OPEN!

What is the Be Alive Points Program?

It is a rewards program in which all CMCSS employees can earn points and rewards for completing various wellness activities. Activities include recording monthly exercise minutes, attending group fitness classes, completing challenges and quizzes, and more! Activities will begin Sept. 1.

Each person who reaches the 300 points goal by May 2020 will be guaranteed a \$25 gift card and a t-shirt (or more if you rank higher; must have insurance through the school system to be eligible for gift card prizes)!

Enrollment is easy! Visit <https://bealive.cmcss.net>. If you've previously enrolled, login with your school system email and password and you will be automatically enrolled. If you're new to the program, click the "enroll now" button and complete the information. You can return to the portal to view events and points anytime.

Please contact Katie Massman katie.massman@cmcss.net or visit <https://aliveandwell.cmcss.net> for more information.

Benefits Update

Open Enrollment

Open enrollment began Aug. 1 for the medical, dental and vision plans. The last day to enroll or make changes to coverage is Oct. 1. If adding a spouse to any of your plans, you will need to provide a copy of your marriage certificate.

Sick Leave Bank enrollment also began Aug. 1. The last day to enroll is Oct. 31.

Open enrollment for Colonial Supplemental Insurance and the Medical Flexible Spending/Dependent Care plan will be in November. Specific dates will be set later.

Good Time to Review Your Benefit Deductions

As we begin a new school year, it is a great time to review your benefits deductions by checking your paystub. Reviewing your benefits deductions is a good way to review what benefits you are currently enrolled in and to check for changes that you may have made to any of your benefits. Benefits deductions will begin on the Aug. 29 payroll for Classified staff, Aug. 30 for Administrators and Sept. 5 for Certified staff.

CMCSS Annual Benefits Fair

Please mark your calendars for the 2019 CMCSS Benefits Fair, Tuesday, September 24, from 3:00 to 6:00 p.m., in the Board Room at Central Services Gracey. Vendors will be present with information, giveaways and door prizes. *See the full ad on the next page for more details.*

Need to Update Any of Your Personal Information?

Please notify Human Resources if you have had a change of address, have a name change, or need to make other updates to your personal information.

If you're adding a spouse or new baby, or making any changes to your insurance, contact the Benefits Office. Remember that changes to your insurance coverage due to a status change must be made within 30 days of the event.

If you need to update your beneficiary forms, please contact the Benefits Office.

The Benefits Office is open Monday - Friday, 7:30 a.m. to 4:30 p.m.

Donna McIntosh – donna.mcintosh@cmcss.net

Amy Wigington – amy.wigington@cmcss.net

Faye Tryon – faye.tryon@cmcss.net



CLARKSVILLE-MONTGOMERY COUNTY SCHOOL SYSTEM

BENEFITS FAIR

Tuesday, September 24 | 3-6 p.m.
CENTRAL SERVICES GRACEY BOARD ROOM

**Colonial | MetLife | RetireReadyTN | LegalShield | Harris Family Pharmacy
HSABank | Fessenden Consulting Group | True Life Care | Sango Pharmacy
Tennova Healthcare | Travelers | YMCA | The Hartford | Riverside Spine
BlueCross BlueShield | Cornerstone Financial Credit Union**

***IN ADDITION TO FLU SHOTS, ONSITE WILL OFFER THE FOLLOWING STATIONS
BLOOD PRESSURE | BIOMETRIC SCREENING | PEAK FLOW | SPOT VISION SCREENINGS***

***ALLERGY, ASTHMA AND SINUS CENTER: OFFERING ALLERGY TESTING!
3:00 to 4:45 p.m.***

To ensure test results are accurate, don't take antihistamines 5-7 days prior to testing.

SPECIAL PRESENTATION - Medicare 101: The A, B, C and D's of Medicare.

Are you planning for retirement and want to know more about Medicare? Do you help your parents with their Medicare choices and wish you understood more?

Do you think you might work past age 65 but are not sure how to handle Medicare enrollment? A Medicare Advocate from BlueCross BlueShield of Tennessee will prepare you with the facts so that you can make a decision that's best for you.

This approximately one-hour presentation will be held at 5:00 p.m. in the Lecture Hall.

Austin Peay Governors Educator Night - This Thursday!



AUSTIN PEAY GOVERNORS

APSU Intercollegiate Athletics in Collaboration with the APSU Eriksson College of Education is hosting an educator night on **Thursday, Aug. 29 at 7 p.m.** during the APSU Governors vs. NCCU Eagles football game.

APSU shares the CMCSS philosophy that all faculty, staff, and administrators are educators, so **all CMCSS employees and their families are invited to take part in the celebration.**

Use promo code **TEACH** to receive 30% off general admission "Red Zone" tickets for you and your family. Tickets can be purchased online by clicking [here](#) or visiting the following website: letsgopeay.com/buytickets

The first 1,000 employees and family members will receive a t-shirt sponsored by Bojangles. Employees must present their CMCSS ID and accompany family members, if applicable, to redeem this offer.



Join Mr. House and your fellow colleagues as APSU celebrates our local educators. See you there!