

FEDERATION FOCUS



June Focus--Interested in Serving as a Building Representative? Complete the Federation's Building Representative Interest Survey! (<https://forms.cloud.microsoft/r/kt6enV0rL5>)

Our goal is to have a team of at least three representatives at each worksite, including support employee representation whenever possible. Larger schools may have additional representatives to help ensure all employees have a voice.

YOUR FEDERATION AT WORK

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FROM THE DESK OF THE EXECUTIVE VICE PRESIDENT

Recently, I came across old photos that reminded me of the importance of relationships, shared experiences, and reflection.

During the school year, it is easy to move from one responsibility to the next without stopping to recognize what we have accomplished or the relationships we have built. For most, summer provides an opportunity to slow down, reconnect, reflect, and refill our cups.

Thank you for the dedication, care, and support you have shown students, coworkers, and one another this year. After spending so much time investing in others, I encourage you to invest in yourself. Whether you are enjoying summer break or preparing for the next school year, remember to make time for yourself, even if you have to schedule it on your calendar. Have a safe and restful summer.

MEET KELLIE



FEDERATION SPOTLIGHT

Executive Council Delegate, St. Tammany Federation | Teacher, Lancaster Elementary

We are proud to spotlight Kellie O'Brien for her dedication to school employees, students, and our Federation. As a Delegate on the Executive Council and a teacher at Lancaster Elementary, Kellie consistently serves as a positive ambassador for our organization and the members we represent.

A Federation member for many years and an Executive Council Delegate for the past several years, Kellie is known for her uplifting personality, supportive nature, and commitment to helping our organization grow. She actively engages with members and potential members, both in person and on social media, helping build connections and strengthen relationships throughout our Federation.

Kellie is always willing to volunteer for projects and lend a helping hand whenever needed. She values open communication and is not afraid to ask questions or share feedback that helps us better understand member concerns and identify opportunities for improvement. We are grateful for the positivity, dedication, and leadership she brings to our Federation each day.

Know a member who should be in the spotlight? Submit a nomination here <https://tinyurl.com/FedSpotlight> (you can also nominate yourself).



FEDERATION BY THE NUMBERS

Stats for the month of May:

- **22**- Just Cause Conferences represented
- **9**-STPSB New employees welcomed and oriented to the CBA and dental benefits
- **249**-Phone calls handled (1 minute or longer)
- **Countless**-Emails, research hours, reports, and member advocacy behind the scenes

*In the month of March we had one week with 17 Just Causes which is now the record for most JCs in one week.

UPCOMING DATES

July 7-9: New Teacher Induction
July 16: Bus Driver Packet Day
July 17: Building Rep Training
July 22: Membership Meeting



RSVP:
Building Rep
Training



RSVP:
Membership
Meeting

DENTAL TIP OF THE MONTH

Provided by Delta Dental, our Federation dental partner. Through collective bargaining and our relationship with the school system, all employees have access to dental coverage at no cost. Taking advantage of preventive care, like regular cleanings and checkups, helps maintain long-term health and avoid costly procedures.

June is National Migraine and Headache Awareness Month. While headaches can have many causes, some may be linked to oral health issues such as teeth grinding, jaw problems (TMJ), tooth infections, or other dental concerns.

If you experience frequent headaches, consider discussing your symptoms with both your physician and dentist. Identifying the cause early may help improve your overall health and well-being.

As you invest time in yourself this summer, don't forget to prioritize preventive dental care and routine checkups.

👉 [Learn more through Delta Dental's Dental Headaches article.](https://www1.deltadentalins.com/wellness/conditions-and-treatments/articles/dental-headaches.html)

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TECH TIPS FROM ENER SYSTEMS

Ener Systems, our trusted IT partner and neighbor, helps protect Federation operations and member data every day. Known for their innovative work in technology and media production, including projects featured on Amazon Prime, Ener provides valuable insight to help keep your information secure both at work and at home.

Many families rely on smart cameras and video doorbells to help monitor their homes, especially during the summer travel season. While these devices can provide peace of mind, they should be configured properly to help protect your privacy.

Before installing a smart camera:

- Change the default password immediately
- Enable two-factor authentication when available
- Regularly install software and firmware updates
- Review privacy settings and limit access to trusted users

Smart devices can be valuable tools, but a few simple security steps can help keep your home and personal information protected.

Bottom line:

A smart camera is only as secure as the settings protecting it.

👉 [For more details, read Ener Systems' full blog.](https://www.enersystems.com/blog/are-your-smart-cameras-spying-on-you-what-to-know-before-you-plug-in/)
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MEMBER BENEFIT SPOTLIGHT

Summer Adventures Await!

Whether you're planning a family vacation, a weekend getaway, or exploring attractions close to home, Union Plus can help you save. Members receive discounts on more than 300,000 travel experiences worldwide, including tours, outdoor adventures, workshops, attractions, and dining experiences.

Summer is a great time to reconnect, explore something new, and create lasting memories.

👉 [Explore travel experiences and member savings:](https://travelexperiences.unionplus.org/)
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FEDERATION QUICK TIP

Considering retirement or resignation this summer?

As the school year ends, some employees begin planning for retirement, career changes, or other opportunities. A common misconception is that resigning before the end of summer means immediately losing health insurance coverage.

Employees who complete their contract year and are enrolled in the district's health insurance plan are eligible to maintain coverage through July 31. Afterward, COBRA continuation coverage is available for up to 18 additional months. Retirees enrolled in the district health plan may continue coverage as retirees, although premiums and coverage options may change based on factors such as vesting status and Medicare eligibility.

Because every situation is unique, employees considering retirement or resignation should contact the Insurance Department and/or Human Resources to discuss their individual benefits and coverage options.

👉 [Understanding your options can help you make informed decisions and avoid unnecessary surprises.](#)

HIGGINBOTHAM WELLNESS

Summer is a great time to reconnect, recharge, and spend time outdoors. Even a few minutes outside each day can support both physical and mental well-being by helping reduce stress, improve mood, and promote better sleep.

Simple ways to enjoy the outdoors:

- Take a walk before or after your day
- Move your workout outside
- Enjoy a meal outdoors
- Spend time with family or friends in nature

Small moments outside can make a big difference. Take advantage of the longer summer days and invest some time in yourself.

👉 [For more wellness tips and this month's recipe, read the Higginbotham Wellness Newsletter.](https://image.info.higginbotham.com/lib/fe3811717164057c721771/m/1/7e71f2e5-2b4f-4f4d-96f9-36fa4206c463.pdf)

<https://image.info.higginbotham.com/lib/fe3811717164057c721771/m/1/7e71f2e5-2b4f-4f4d-96f9-36fa4206c463.pdf>