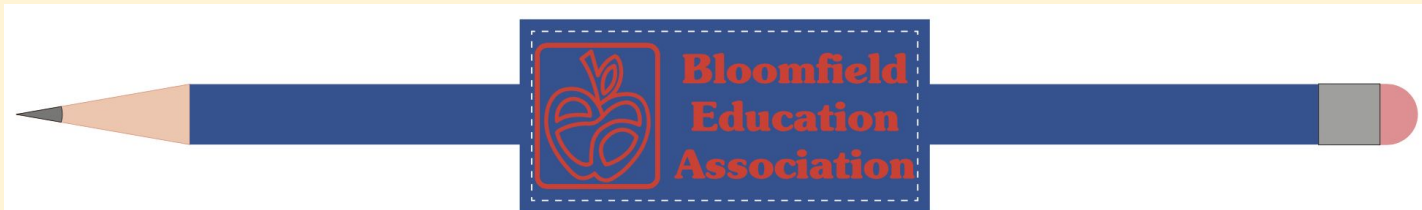


# *November 2024 BEA Bits and Briefs*

[www.blmfldea.org](http://www.blmfldea.org)

[bloomfielddedicationassociation@gmail.com](mailto:bloomfielddedicationassociation@gmail.com)

Also find us on Facebook!





Select each image to  
join us on Facebook  
and Instagram

Visit our new website  
at:

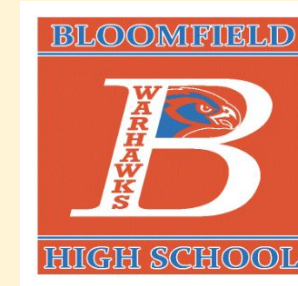
[www.blmfldea.org](http://www.blmfldea.org)



Email us at:

[bloomfieldeducationassociation@gmail.com](mailto:bloomfieldeducationassociation@gmail.com)

# *BEA Monthly Spotlight*



Steve Carrier of BHS is being recognized by his colleagues this month. Mr. Carrier is an English teacher at BHS and his coworkers share, "He is a blessing! Very generous in his time to support new and veteran teachers. He is a role model and an exemplar of what the teaching profession is all about."

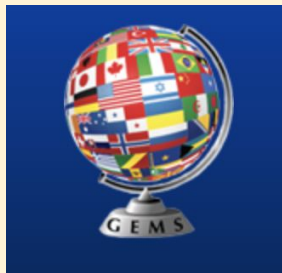


# *BEA Monthly Spotlight*



A huge shout out to the negotiations team which included: Marissa Mancini and Tara Lynch of Wintonbury, Lynne Dumas of Laurel, Jen Redmond of STEPS, and Reda Othman, Colleen McCaughey, and Shannon Trombino of BHS. Their research, collaboration, and dedication resulted in a fair and competitive contract!

# BEA Monthly Spotlight



Nominate a co-worker [here](#) to share with us all of the phenomenal work they are doing!







## New Teachers

BEA wants to help you! If you are new to Bloomfield, or new to teaching in the last 5 years, please take a moment to complete the Young and Union Survey. We want to know what you need and what dates work best for you. Help us help you!



# *Stay in the know!*

Just a few reminders:

-  If you are asked by admin to give a statement about an incident that you could possibly receive discipline for, tell them that you will get a statement to them as soon as you talk to your union representative. Then contact your building rep immediately!
-  If you are a Special Education teacher, please email me at [bloomfieldeducationassociation@gmail.com](mailto:bloomfieldeducationassociation@gmail.com) if you are over 16 on your caseload or over 12 if you are self-contained.





# *Stay in the know!*

Just a few reminders:

- 🍂 If you are interested in working to develop plans to attract and retain racially and ethnically diverse educators, please reach out to Elka Spencer at [espencer@blmfld.org](mailto:espencer@blmfld.org) to join our Bloomfield Racially and Ethnically Diverse Affairs Commission.
- 🍂 Review Memorandums of Agreement that have been signed thus far this year:
  - 🍂 MOA's signed as of 11/5/2024



*Stay in  
the  
know!*

If you received a letter from the Office of the State Comptroller stating that you are out of compliance for HEP, simply contact the Quantum Health Care Coordinators at 833-740-3258 or visit the website [carecompass.ct.gov](http://carecompass.ct.gov) for instructions on what to do to become compliant.

CARE COMPASS Quantum HEALTH REGISTER ARE YOU A PROVIDER?

Beginning April 1, Quantum Health is the State of Connecticut's new administrator for the Health Enhancement Program (HEP). Please register for an account to access your HEP information.

Login Help

Email Address (User ID)

Password

Remember User ID

LOGIN

[Forgot User ID?](#)  
[Forgot Password?](#)  
Don't have an account? [Register](#)

CARE COMPASS



🍂 If you plan to resign, retire, earn a new degree, or would like to transfer schools before August 2025, please fill out the forms linked below that Sheila Crocker sent on Friday, 11/1 by **Tuesday, November 19th**.

[Resignation, Retirement, Transfer Request](#)

[Degree Classification Change](#)

\*\*If you do not notify the district of a degree change on this form, it will impact your salary for next school year!\*\*



# 9/27 Dues Deduction Error Update

Corrections will be made by splitting the amount owed for medical, dental/vision, and long term disability in three installments and they will be deducted from your 11/22, 12/6, and 12/20 paychecks. Additionally, for anyone that had 403b deductions missed, the district will be paying the interest your account would have accrued from 9/27 to 11/22 to your 403b account. Please reach out to your 403b provider to confirm this deposit occurs. If you would like your 403b deductions that were not deducted on 9/27 deducted all at once or spread over the course of multiple pay periods you must fill out the [form here](#) and fax to Omni.



**BLOOMFIELD YOUNG & UNION  
PRESENTS:**

# **STRATEGIES TO HELP NEW TEACHERS SURVIVE AND THRIVE**

November 25, 2024 4-5 p.m.

A workshop to discuss new and  
useful strategies for managing new  
teacher stress!

**ZOOM LINK:**

[https://cea-  
org.zoom.us/j/85488065819](https://cea-<br/>org.zoom.us/j/85488065819)





## The Racial and Ethnic Diversity Affairs Commission (REDAC) is being relaunched in Bloomfield !

This meeting is open to all BEA members. CEA's Racial and Ethnic Diversity Affairs Commission initiative seeks to foster open and ongoing discussion on the most important matters that affect racially and ethnically diverse educators and students in the USA.

For more information email Elka at [elkaford@comcast.net](mailto:elkaford@comcast.net)

DATE : Tue, 10/22/2024

TIME : 4 pm - 5 pm

Postponed, to a later date. Update forthcoming.

Meeting ID: 863 9310 1202 Passcode: rd3fsD

**The mission of this group is to discuss, create and implement actions that touch on issues such as; diversity in schools, the Achievement Gap, English Language Learners, and recruitment and retention of minority teachers.**



# *Other Upcoming Events!*

- 🍂 November 12 @ 7pm: Bloomfield Board of Education meeting held at 1133 Blue Hills Ave. The Board will be deciding if they will ratify our contract, they will also be electing the new Superintendent, Dr. Tracy Youngberg. I highly encourage your attendance.
- 🍂 November 20 @4pm CEA Virtual Retirement Workshop - Register Online
- 🍂 December 1: Nominations due for NEA Representative Assembly Delegates
- 🍂 January 28 Virtual County Palooza!




# Member Champion n Deals

Check out these great deals:

THE  
**BUSHNELL**

In partnership with Bushnell, CEA is offering a special Ticket Ordering Program to its members.

This program provides the benefit of ordering individual tickets online and, if applicable, at a discounted price. It's easy!

-  Log on The Bushnell website: [www.bushnell.org](http://www.bushnell.org)
-  Click on **SHOWS AND CONCERTS** then click on the **ONLINE GROUP PROGRAM** link.
-  Complete and submit the form. You will be contacted for seat selection and for payment. Once paid in full, tickets will be mailed to you.

Note: Not all show dates or performances are available through this program. Tickets are available up to 2 weeks prior to curtain. \$6 per order handling fee and \$5 per ticket surcharge will be applied. All sales are final. No refunds or exchanges will be granted. Discount not applicable to previously purchased ticket. Not available in person.

Visit often! Shows are updated periodically.

Should you have any questions or concerns, please contact [groups@bushnell.org](mailto:groups@bushnell.org) or 860.987.5959.

# BEA Officers for 2024-2025

President: [Gail Jorden](#)

Vice President: [Marissa Mancini](#)

Treasurer: [Lynn DeBlasio](#)

Secretary: [Lynne Dumas](#)

Membership Chair: [Melinda Mellady](#)

Grievance: [Katrina Kucinkas](#)

## BEA Building Reps for 2024-25

### Wintonbury (Pre-K)

[Lisa Thomas 2024-2025](#)

[Amy Lomnicky 2024-2026](#)

### Laurel (Grades Pre-K – 2)

[Rose Rose 2024-2026](#)

[Melanie Gabel 2023-2025](#)

### Metacomet (Grades 3 – 4)

[James Verano 2023-2025](#)

[Elka Spencer 2023-2025](#)

### Carmen Arace (Grades 5 – 8)

[Jacqueline Springer 2024-2026](#)

[Cheryl Bleiler 2023-2025](#)

### GEMS (Grades 6 – 12)

[Amelia Dodd 2024-2026](#)

[Thomas Rubino 2023-2025](#)

### Bloomfield High School (Grades 9 – 12)

[Ross Siegel 2023-2025](#)

[Jennifer Neal 2023-2025](#)

[Colleen McCaughey 2023-2025](#)

[Mary Jarvis 2023-2025](#)

CEA is here to help members focus on themselves and their own well-being.



While many factors contribute to the high levels of stress teachers are experiencing, perhaps most significant are the impacts of the pandemic on students, teachers, and their families; the increase in the number of students coming to school with serious mental health and emotional problems, violent outbursts, and withdrawn behaviors; the current political landscape, marked by a lack of trust and respect; and the teacher shortage that has educators working harder than ever.



Positive Directions is a nonprofit behavioral health organization providing a continuum of prevention, treatment, and recovery supports for mental health and/or substance use challenges. Their state-licensed outpatient treatment clinic consists of a multidisciplinary team of clinicians and prescribers providing individual and group therapy, as well as medical management, to adolescents and adults. Treatment areas include anxiety, depression, grief and loss, trauma, and more.



Register for the free counseling sessions at [cea.org/mental-health-support-group-counseling](https://cea.org/mental-health-support-group-counseling).



Have questions? Want more info?  
Email [teacherwell-being@cea.org](mailto:teacherwell-being@cea.org).

## TEACHER WELL-BEING

### Get The Support You Need



CEA has contracted to offer free confidential mental health group counseling for our members to provide support, healing, and innovative strategies that foster wellness and avoid burnout.

CEA has contracted Positive Directions to offer free confidential mental health group counseling for our members. See the enlarged flyer [here](#).



## TEACHER WELL-BEING IS PARAMOUNT

With the right support for managing stress, opportunities to connect with colleagues, and access to counseling experts, CEA is helping teachers focus on their own mental health and wellness.

*"After the past few years, taking care of teachers is vital. Teachers who have strategies to manage their own stress and secondary trauma are in a good place, where they can give their best to caring for and educating their students."*

Kate Dias  
CEA President



## TEACHERS' HEALTH, SAFETY, AND WELL-BEING

If you are feeling overwhelmed or highly anxious, you are not alone.

We understand that teaching is difficult work, and the pandemic has put even greater pressure on educators.

CEA, in partnership with Positive Directions, has designed a special program that focuses on your mental health needs and helps prevent burnout.

Licensed clinicians will facilitate two virtual group counseling sessions for CEA members:

- 1. General Support Group**  
Trained clinicians will help educators manage stress and learn effective coping strategies to prevent burnout.
- 2. DCF Support Group**  
When a teacher is accused of improper conduct, it can be scary and stressful. Licensed clinicians will lead this group and provide counseling and support for educators involved in Department of Children and Families investigations. The DCF Support Group will offer tools for building resilience and dealing with the emotional trauma and upheaval caused by accusations of wrongdoing and attacks on a teacher's reputation.

Both groups will be conducted by trained clinicians and are confidential. Only CEA members will participate in these sessions, and space is limited.

Providing these unique counseling sessions will help teachers manage their symptoms and reinforce that they are not alone.



Register for the free counseling sessions at [cea.org/mental-health-support-group-counseling](https://cea.org/mental-health-support-group-counseling).

