

## **LBCCFA's Monday Morning Message**

**Good early afternoon, FA Members!**

### **Spring 2024 Week 10:**

There is a request for donated sick leave hours, and opportunities for all to attend a CalSTRS retirement information session; whether you are a new faculty member with many years ahead of you or are ready to retire in the next 5 - 10 years and a certain age or mid-career. There will be an information session available for you to attend - See below to save the dates.

### **Did you know?**

- **Sick Leave Request:** We need your help, as fellow member Blanca Galicia does not have sufficient sick leave hours to accommodate her recovery. Please consider donating sick leave hours.
  - You can find the sick leave donation form [here](#) (fill out and select the "Contract Hours" portion only). Return completed form via email to President Engelhardt at [lbccfa.email@gmail.com](mailto:lbccfa.email@gmail.com) and cc [ccalbccoffice@gmail.com](mailto:ccalbccoffice@gmail.com).
    - Hours needed: Spring 2024 - 138.5; Blanca may need hours to cover all or part of Fall 2024. At this time, we are only collecting the Spring 2024 hours needed. Please feel free to email me at [lbccfa.email@gmail.com](mailto:lbccfa.email@gmail.com) if you have any questions.
  - **5.3 Sick Leave Sharing**
    - 5.3.1 The intent of this provision is to assist faculty members who have serious health problems and have exhausted their sick leave and other fully paid leave. **Faculty members may donate at any time up to a maximum of forty (40) hours of sick leave (regular monthly and/or hourly) per year** in increments of no less than one (1) hour. This donation may be made to another specific faculty member or to the sick leave pool. The identity of the donor shall not be disclosed to the recipient. In addition, faculty members contemplating retirement may donate no more than forty (40) hours to the sick leave pool at the time of retirement.
    - 5.3.2 The net effect of this donation will be to extend the total paid leave available for a faculty member receiving the sick leave donation. **Faculty members receiving such a donation shall receive hour for hour credit**, in paid status, for sick leave donated by other faculty members.
    - 5.3.3 It is expressly understood that participation in the **sick leave sharing plan is voluntary** and shall require the written authorization of the faculty member. Faculty members voluntarily participating in this program shall hold the District and LBCCFA harmless for any and all disputes arising out of this provision.

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- CalStrs Informational Session for LBCCFA Members - **SAVE THE DATE(S):** It is never too early to prepare for retirement. Please save the dates for the following Online informational sessions with CalSTRS representatives. Links to the online sessions will be coming soon as well as any hand outs or informational links.

Regarding the in-person event. It will be held at PCC and RSVP will be required. More information will be coming soon. These events are not currently Flex Approved.

- **Online:**  
**Thursday May 2nd, 1 - 2:30PM ZOOM - Early Career**  
**Tuesday May 7th, 1 - 2:30PM ZOOM - Mid Career**  
**Thursday May 9th, 12 - 1:30pm ZOOM - Near Retirement**  
**In Person:**  
**Friday May 10th 8 am - 12 noon - 10 years to Retirement Calculations and Preparation**

- **Donating to Sick Leave Pool Campaign** request is coming soon.
- **Nominations and Election:**
  - **Nominations are closed and we continue to have open positions.** There is still time to self-nominate and promote self-selection. Once the Elections open April 23rd, you will have the opportunity to self-select by writing-in your name and encouraging others to write-in your name to support your request to fill the position.
    - **Nominations March 26th - April 9th - Closed.**
    - **Elections April 23rd - 30th.**
    - **Positions open, ending '24 or Vacant - Rep Council, E-Board.**
    - **Position descriptions**
- **Site Visits** - Hello LBCCFA Members. I am looking for 5 - 10 faculty that will be willing to work with me to build capacity in the site visits I am trying to complete this semester. This commitment will require approximately 2 - 3 hours before the end of this semester. If you are interested and have the time please send me an email of interest to my off-campus email, [lbccfa.email@gmail.com](mailto:lbccfa.email@gmail.com), to learn more.

### **Probationary Faculty.**

If you have any questions or concerns please contact Suzanne Engelhardt at [lbccfa.email@gmail.com](mailto:lbccfa.email@gmail.com).

### **Rep Council News:**

**Rep Council members -**

If you have not already done so please reply to the email sent Tue 02/20/2024 08:00, subject: Rep Council Site Visit Coordination Form.

### **Organizing:**

Now that we are in the second half of the semester, it is time to start planning for next year! If you are interested in joining the Organizing Team, please send an email to Vanessa - [vcrispin-peralta@lbcc.edu](mailto:vcrispin-peralta@lbcc.edu). There are many ways to help the team based on the amount of time you have and your comfort level.

### **Negotiations:**

The LBCCFA Negotiations Team is looking for new members and observers for Fall 2024. Please fill out this form if you are interested:

<https://forms.gle/mHDRBsT4cSkdkAFi9>

### **Membership:**

Conference opportunity for all members. [Sign up today](#) to join your union colleagues at this local event. **Registration for the 2024 CCA Spring Conference is Open.**

[Learn More](#)

[Register Now](#)

**Other Union Opportunities:** Interested in leadership positions beyond your local chapter? Consider saving the date for April 26 - 28, 2024. Click [here](#) for more information.

If you have any questions or concerns regarding membership and membership benefits please contact our Membership Chair Ama Boakyewa at [aboakyewa226@gmail.com](mailto:aboakyewa226@gmail.com)

**Membership Training** <https://www.cta.org/event/summer-institute-2024>

**Grant application for Summer Institute** - The CTA Board of Directors will award conference grants for the upcoming Summer Institute. These incentive grants are available to new members, CTA BIPOC members and members from small chapters. Please [click here](#) for more details and [CLICK HERE TO APPLY FOR CONFERENCE GRANTS](#). Application Deadline: May 13, 2024 at Midnight

[LGBTQ+ Issues Conference 2024](#)

[CCA 2024 Spring Conference](#)

### **Health and Welfare Committee:**

See attached flier for Mental Health information for Kaiser Permanente members. This was passed on by our members, current and retired, that have been faithfully

serving on the Health and Welfare committee. Thank you Ladera, Sofia, and Retired member and past President Diana.

**Wall 2 Wall (W2W) UPDATE(s):**

The W2W group has resumed meeting this semester and will be meeting with the CHI Executive Board soon!

**Upcoming Event:**

**LBCC Board of Trustees Meeting:** Wednesday, April 17th, 5:30 PM, room T-1100 (LAC)

**LBCCFA Representative Council Meeting:** Friday, April 19th, online. All LBCCFA members are welcome to attend.

***This time in labor history:***

*At 2:20 a.m. on April 15, 1912, the Titanic sunk to the bottom of the North Atlantic as members of the ship's band played "Nearer My God to Thee." There were not enough lifeboats on the ship as she embarked on her maiden voyage just days before, and 1,514 people lost their lives when the ship hit an iceberg and sank.*

*How does this event tie into labor history. Let's not be found without our lifeboats. Part of an organized union is having its members informed, educated on their rights, and holding each one accountable to make sure we do the work necessary, so we do not miss that vital check list that causes harm. Thank you to all who are and have faithfully served this union and thank you to all our members that continue to support this union in your actions and voice. Let us not give up but push through to make sure we are a union that serves its members so they can serve our students.*

Respectfully,  
Your LBCCFA Executive Board

**Accommodations:**

***If you require sign language interpreting services, please contact Rebecca Lucas at [rlucas@lbcc.edu](mailto:rucas@lbcc.edu) at least 5 business days prior to the event.***

***If you require Communication Access Realtime Translation (CART) services, please contact Jaymee Hunt at [cart@lbcc.edu](mailto:cart@lbcc.edu) at least 5 business days prior to the event. \*Please note requests are based on provider availability\****



*follow LBCCFA on Twitter @LBCCfaculty*

*LBCCFA email: [cocalbccoffice@gmail.com](mailto:cocalbccoffice@gmail.com)*

# Caring for the whole you

## Mental health and addiction care services



### Mental health care goes hand-in-hand with all the care we provide.

#### Primary care

Talk to your primary care doctor about any mental health or substance use concerns anytime. Your doctor can assess your needs and connect you with the right care.

#### Specialty care

Visit [kp.org/mentalhealthservices](http://kp.org/mentalhealthservices) for information on available options and how to make an appointment with a Kaiser Permanente mental health care professional – no referral needed. This includes dedicated help for those struggling with alcohol or drugs. If you or someone you love needs support, talk to your doctor or visit [kp.org/addiction](http://kp.org/addiction).

#### Self-care and wellness resources

You have access to many tools including self-care apps that can help with stress, anxiety, and sleep – available at no cost. You can also try wellness coaching, join a health class,<sup>1</sup> and take online self-assessments. Visit [kp.org/wellnessresources](http://kp.org/wellnessresources) to learn more.



#### Connected care

Your entire Kaiser Permanente care team is connected to each other, and to you, through your electronic

health record. So, it's easy for our doctors to consult with one another about your care. Your team may include many health professionals to support you, including:

- Primary care doctors
- Psychiatrists
- Therapists
- Addiction medicine specialists

#### Common conditions

We provide assessment and treatment for a variety of mental, emotional, and substance use issues, including but not limited to:

- Anxiety and stress
- Attention deficit hyperactivity disorder (ADHD)
- Autism spectrum disorders
- Bipolar disorder
- Depression
- Eating disorders
- Obsessive-compulsive disorder (OCD)
- Personality disorders
- Postpartum depression
- Post-traumatic stress disorder (PTSD)
- Schizophrenia
- Sleep problems
- Substance use disorders

(continued on back)

Learn more at [kp.org/mentalhealth](http://kp.org/mentalhealth)

 KAISER PERMANENTE.