

ENV Contacts

ENV Insurance Agency, as the district's employee and retiree benefits consultant, can help with:

- Retiree benefit questions
- New ID card requests
- COBRA questions
- Claims issues
- Provider or network questions

The Call Center is available Monday through Friday from 8 a.m. to 5 p.m.

Phone: (315) 641-5848

Toll Free: (800) 887-9146

Email: callcenter@insurewithenv.com

TST BOCES Contacts

TST BOCES, as the district's employee and retiree benefits management service, can help with:

- Former and current bargaining agreement questions
- Retiree health insurance rates
- Changes of address, phone number, or family status

The Benefits Specialist is available Monday through Friday, 8:30 a.m. to 4:30 p.m.

Phone: (607) 257-1551, ext. 1037

Email: ithaca.benefits@tstboces.org

ICSD Contacts

Business Office/Marta Costa-Potter

Phone: (607) 274-2121

Email: marta.costapott@icsd.k12.ny.us

Website: www.ithacacityschools.org

Message from the Superintendent

Greetings, retirees! I hope you all had a wonderful summer.

On September 3, we kicked off what promises to be another amazing school year with our annual Convocation. During this special event, I spoke to my colleagues about our district's journey and shared my vision for our future. As we continue to build our culture of love, we must also work harder to leverage the district's key systems in ways that actively promote equity and disrupt oppression, and be willing to engage in the conflict that necessarily arises from doing so.

I am honored and proud to be on this journey, and I thank you for your ongoing engagement with the Ithaca City School District.

Dr. Luvelle Brown

Superintendent, Ithaca City School District

Diversity Symposium of Thought Leaders



Hundreds of educators from 11 states gathered at Ithaca High School July 29-30 for the second annual Diversity Symposium of Thought Leaders. The two-day event included keynote addresses, workshops, discussions, and networking activities around topics of equity in education.

In addition to ICSD Superintendent Dr. Luvelle Brown and Board Vice President Dr. Sean Eversley Bradwell, speakers included Zaretta Hammond, author of *Culturally Responsive Teaching and the Brain*; Dr. Bettina L. Love, a leading urban education researcher; Dr. Dena Simmons, assistant director of the Yale Center for Emotional Intelligence; Dr. L. Oliver Robinson, superintendent of the Shenendehowa Central School District; and Dr. Khalid N. Mumin, superintendent of the Reading School District in Pennsylvania.

The event was presented by the New York State Council of School Superintendents' Commission on Diversity and Inclusivity, TST BOCES, and the Leadership for Educational Achievement Foundation.

Insurance Information

Keep us in the loop!

Please notify us of any changes in family status, mailing address, or phone number, so we ensure your information is up to date. Contact TST BOCES, our benefits management service, to inform us of any changes.

REMINDER: Ask your provider if they take Medicare, rather than the Hartford.

Submitting a Foreign Travel Emergency Benefit Claim

The Hartford plan includes a foreign travel emergency benefit that covers any medically necessary confinement, service, or supply needed immediately due to the sudden and unexpected onset of injury or sickness while members are traveling outside of the United States.

The foreign travel emergency benefit does not cover treatment if the covered member leaves the United States primarily to seek the treatment for an existing injury or illness; has no legal obligation to pay for the treatment; or receives the treatment while traveling or residing outside of the United States for six consecutive months or longer.

For foreign travel benefits to be payable, the Hartford member must incur the first expense (i.e. receive treatment) within 60 days of travel outside of the United States. The member would pay the provider directly for the treatment (the provider may require payment at the time of service or bill later) and then submit their documentation and receipts with a claim form to the Hartford. In turn, the Hartford would pay the remaining percentage of covered expenses up to the benefit maximum.

If you have any questions or need assistance completing a claim form, contact ENV Insurance at (800) 887-9146 or callcenter@insurewithenv.com. Claim forms can be downloaded from the Retiree Benefits page of the ICSD website, www.ithacacityschools.org.

Volunteer Tutors Needed! Tompkins Learning Partners

Tompkins Learning Partners (TLP) helps adults who live or work in Tompkins County meet their personal learning goals, free of charge, by improving their ability to read, write, speak English, and use math and computers.



Adult learners go to TLP from all walks of life. Some are originally from the area, while others are from other parts of the United States or from other countries around the world. Regardless of origin, background, or learning goals, all of the students at TLP have two things in common: a desire to learn and the motivation to better themselves.

Every year, TLP provides quality one-to-one or small group instruction to over 150 beginning-to-intermediate adult literacy students through its two programs, Adult Basic Education (ABE) and English as a Second Language (ESL).

TLP's services are largely delivered by a dedicated corps of trained literacy volunteers. Every year, nearly 100 volunteer tutors work together with students on literacy skills that are needed to achieve the students' personal learning goals, such as obtaining employment, improving reading and writing, passing the TASC test (the new GED), passing the citizenship test, or learning to use a computer. In each of the past few years, volunteer tutors have donated over 6,500 hours to their learning partnerships.

TLP is always looking for dedicated and committed individuals to volunteer and help the organization achieve its mission of providing literacy services to adults so they may achieve their goals. The initial step in training to become a volunteer tutor is a two-hour orientation that familiarizes trainees with TLP's ABE and ESL programs, as well as with the responsibilities of tutoring.

Tompkins Learning Partners could not provide the vital services it does without its volunteer tutors. Those interested in learning more or in signing up for an orientation are encouraged to contact the TLP office at 607-277-6442 or abe@tlpartners.org. Additional information about TLP can also be found online at tlpartners.org.

Congratulations to our newest retirees!



Scenes from our June 2019 retirement ceremony.

Focus on Wellness: Nutrition

Good health starts with good nutrition. Many chronic diseases—including cardiovascular disease, high blood pressure, type 2 diabetes, breast and colorectal cancer, and poor bone health—may be preventable with proper nutrition and exercise. Small changes in your diet can make a big impact on your health.

Healthy Food Swaps

Eating healthier can be as easy as making some simple substitutions. These small changes can add up to make a big difference to your health. Below are some examples of food swaps that will help you improve your nutrition.

- Try Greek yogurt instead of regular yogurt. Greek yogurt has nearly double the amount of protein.
- Select fresh fruits instead of fruit juices, which are low in fiber and high in added sugar.
- Eat raw spinach instead of iceberg lettuce. Spinach is higher in vitamins and minerals.
- Try air-popped popcorn instead of chips. Popcorn contains fewer calories, less fat, and more fiber.
- Choose brown rice instead of white rice. Brown rice has more fiber, vitamins, and minerals.
- Have oatmeal instead of sugary cereals. Oatmeal has no added sugars and is high in soluble fiber.

Pre-Workout Nutrition

Fueling your body effectively before you work out is key to feeling and performing your best.

If you're working out in a few hours, consider having:

- a sandwich on whole-grain bread, lean protein, and a side salad;
- an egg omelet and whole-grain toast topped with avocado spread and a cup of fruit; or
- lean protein, brown rice, and roasted vegetables.

If you're working out in a couple hours, try having:

- a protein smoothie made with milk, Greek yogurt, banana, and mixed berries;
- whole-grain cereal; or
- oatmeal topped with banana and sliced almonds.

If you're working out within one hour, consider eating

- a nutrition bar with protein and wholesome ingredients;
- Greek yogurt; or
- a piece of fruit.

And remember to hydrate! Drink water and beverages containing sodium before you exercise to promote fluid balance and prevent excessive fluid loss.

Visit eatright.org and healthline.com for more tips!

Have ideas for future issues of the ICSD Legacy, or feedback on how we can improve the newsletter?

We'd love to hear from you! Send your ideas and feedback to icsdcommunications@icsd.k12.ny.us.

Superintendent Brown Announces First Cohort of Aspiring Educators



Ithaca City School District (ICSD) Superintendent Dr. Luvelle Brown announced the first cohort of students selected to be part of the Aspiring Educators Award and Program during the district's annual Convocation on September 3.

The Aspiring Educators Award and Program recognizes high school students from the ICSD who show promise as future educators and educational leaders. The program is open to rising juniors and seniors from underrepresented backgrounds who are interested in pursuing teaching as a profession.

The first three students selected to participate in the Aspiring Educators Program are Ithaca High School senior Travon Brooks, and juniors Karije Henderson and Kenya Westfield.

Through the program, Brooks, Henderson, and Westfield will receive mentorship opportunities with ICSD teachers and administrators, and will be included in professional development activities that expose them to the education profession.

“Increasing the number and diversity of talented individuals in the professional educator pipeline should be at the top of the list for all school districts,” said Brown. “We can do much to provide young men and women from underrepresented backgrounds the chance to experience the joys of being an educator through direct mentorship and learning opportunities.”

Following Brown's announcement, New York State School Boards Association (NYSSBA) president William Miller presented the ICSD with the “Champions of Change for Kids” award, in recognition of the work being done through the Aspiring Educators Award and Program.

The Ithaca Public Education Initiative (IPEI) supports the Aspiring Educators Award and Program through a special ICSD Superintendent Fund. This fund is open to tax deductible donations from community members who share Dr. Brown's interest in encouraging local youth to consider careers in education through the Aspiring Educators Award and Program. To learn more, or to donate to the fund, visit www.ipei.org/icsd-superintendent-fund.