

## Workshop Sign-up

A number of workshops will be offered oriented toward STRS covering Social Security, STRS, Health Net, Kaiser, the Visions Services Plan and Delta Dental. PERS oriented workshops will be offered during Job Links. You will find below a link to enroll for these workshops, a workshop description and a schedule for each college.

Sign-up on-line using the link below.

<https://gryphon.4cd.net/webapps/HumanResources/StaffDevelopment/Workshops/DisplayWorkshops.aspx>

If you have any difficulties signing up, please contact Andrea Gonzalez-Lewis at ext.1285 or by email at [AGonzalez-Lewis@4cd.edu](mailto:AGonzalez-Lewis@4cd.edu)

**Please Note:** the minimum enrollment required for a workshop is 5 employees. If less than 5 employees enroll at a location, the workshop will be cancelled for that location.

### Social Security Workshop

**Facilitated by Linda Zamfino a Social Security Representative**

This workshop will cover the Annual Social Security Statement, How the Retirement Benefit is Calculated, Retirement Eligibility Requirements, Benefits for Family Members, Survivor Benefits, Disability Benefits (very brief), Windfall Elimination Provision (WEP)/Government Pension Offset (GPO) and answers to participant questions.

### STRS Workshop

**Facilitated by Joseph Arenivar**

This workshop will cover Reviewing Retirement Eligibility Requirements, Calculating Retirement Benefits, Determining a Retirement Date, Completing and Submitting Retirement Forms and answers to participant questions.

### Kaiser Permanente Health Benefits Workshop

**Facilitated by a Kaiser Representative**

This workshop will cover Online Resources, Plan Details, Utilizing Services, Retirement Health Plans and answers to participant questions.

### Health Net Benefits Workshop

**Facilitated by a Health Net Representative**

This workshop will cover Online Resources, Plan Details, Utilizing Services, Retirement Health Plans and answers to participant questions.

### Vision Services Plan Benefits Workshop

**Facilitated by a Vision Services Plan Representative**

This workshop will cover Online Resources, Plan Details, Utilizing Services, Retirement Health Plan and answers to participant questions.

### Delta Dental Benefits Workshop

#### Facilitated by a Delta Dental Representative

This workshop will cover Online Resources, Plan Details, Utilizing Services, Retirement Health Plans and answers to participant questions.

### Contra Costa College

Tuesday, February, 24, 2009

Presentation	Time	Room Number
Social Security	1-1:50pm	New Computer Tech Center Room CTC127
	<b>Ten Minute Break</b>	
STRS	2-2:50pm	New Computer Tech Center Room CTC127

### Contra Costa College

Wednesday, February, 25, 2009

Presentation	Time	Room Number
Kaiser Permanente	1:00-1:50pm	Library Room 107
Health Net	1:00-1:50pm	Library Academic Skills Lab Room 125
	<b>Ten Minute Break</b>	
Vision Services Plan	2-2:40pm	Library Room 107
	<b>Ten Minute Break</b>	
Delta Dental	2:50-3:30pm	Library Room 107

### Los Medanos College

Monday, March 2, 2009

Presentation	Time	Room Number
Social Security	3-3:50pm	College Complex Level 2 Room 222
	<b>Ten Minute Break</b>	
STRS	4-5pm	College Complex Level 2 Room 222

### Los Medanos College

Tuesday, March 3, 2009

Presentation	Time	Room Number
Kaiser Permanente	1:30-2:20pm	Library Community Room 109
Health Net	1:30-2:20pm	Library Community Room 106
	<b>Ten Minute Break</b>	
Vision Services Plan	2:30-3:10pm	Library Community Room 109
	<b>Ten Minute Break</b>	
Delta Dental	3:20-4pm	Library Community Room 109

### Diablo Valley College

Friday, February, 27, 2009

Presentation	Time	Room Number
Kaiser Permanente	9:00-9:50am	Humanities Building Room H109
Health Net	9:00-9:50am	Humanities Building Room H110
	<b>Ten Minute Break</b>	
Vision Services Plan	10-10:40am	Humanities Building Room H109
	<b>Ten Minute Break</b>	
Delta Dental	10:50-11:30am	Humanities Building Room H109

### Diablo Valley College

Friday, March, 6, 2009

Presentation	Time	Room Number
Social Security	9-9:50am	Humanities Building Room H109
	<b>Ten Minute Break</b>	
STRS	10-10:50am	Humanities Building Room H109