



Horizons

In this issue:

Page 1

- Letter from the President

Page 2

- Pink Shirt Day
- Our Collective Agreement
- Extended Benefits Check-In
- CUPE 1091 Notifications
- CUPE K-12 Bulletins
- Did You Know
- Staff Rapid-Test Preparation

Page 3

- Black History Month
- Coming Up At The Next General Membership Meeting
- CUPE Upcoming Events

Page 4

- Black History Month

Page 5

- Proof of Vaccination Verification

Page 6

- Guide to Worksafe BC Covid Claims

Page 7

- Ready to Bargain: First Day Feb 8

Page 8

- Comfort Committee
- CUPE Local 1091 Roles & Contact Information
- Member Resources

Have an article, photo, or event you'd like to see in our newsletter?

Submit it to:
com.officer@cupe1091.ca

How is it February already? February 2nd is my brother's birthday and Groundhog Day. Every year I look forward to his birthday and if the groundhog sees his shadow. The famous Wiarton, Ont. groundhog did not make an appearance, but predicted an early spring and this past weekend it felt and looked like spring. Bulbs are popping up in gardens, the sun was shining and it was nice and warm outside. My husband and I went for a bike ride! It was great to be out in the fresh air for some sun and vitamin D. I hope you are getting outside for some vitamin D too. I'm purposefully not mentioning Covid in this article unless I have to. We all need a break from it, we really do.

There are many activities and events happening this month. First it is Black History Month. CUPEBC sent locals a great poster on historical black people in Canada. There is a QR codes in this article. We hope you upload them to research and learn. February 23rd is Pink Shirt – Anti Bullying Day. Please wear pink on this day and be kind every day. People are dealing with battles we know nothing about; remember to be kind always and don't bully or judge. Valentine's Day is coming up February 14th. On this day and every day I hope you take the opportunity to tell your most precious people in your life that you love them. It's the best part of human kindness to love and be loved.

February is also the start of discussions with Delta School District on the annual budget process with public meetings of the Delta Board of Education starting on February 23rd. I will be speaking once again on behalf of our local and as an equal stakeholder in the success of the Delta School District. This is a monthly public event and I encourage all members to attend these meetings.

Starting Tuesday, February 8th and for the next 2 weeks I will be sitting at the table with the Provincial Government as a K-12 President on the Provincial Bargaining Committee. I look forward to starting these discussions. Watch for information coming from CUPEBC. Here at your Delta Local 1091 we have received multiple proposals both electronically and on paper. This past Friday we completed reviewing all the submissions. The next weeks your local bargaining committee will be putting a bargaining package together to bring to all members for review and ratification. Watch for more updates in the coming weeks.

COVID RAT-Rapid Antigen Test kits arrived and have been distributed to all schools and worksites. Thank you to the Maintenance office staff and some maintenance workers for packaging these up and delivering to all staff. At this time employees on leave and casual employees did not receive a test kit. We have been informed that more have been ordered.

The Proof of Vaccine process has been implemented and emails have been sent from HR. The same information is shared in this article. If any Staff do not disclose their proof of vaccine by March 1st they will be considered unvaccinated and will move to rapid testing twice a week. If members are not vaccinated and choose to not participate in the rapid testing they are required to go on an Extraordinary Leave without pay. Those members that have a legal medical exemptions or religious reasons must inform HR before March 1st.

Reporting a workplace Injury or Illness reminder; members need to complete the Employee Incident form AND contact WorkSafeBC to report. This must be done within 48 hours. If you aren't sure contact your union office for details.

Did You Know – this month we honour member Bobby Pitamber, VES Foreperson at the Facilities and Maintenance Yard at Brown Street. We look forward to you getting to know Bobby!!!

February 18th is an important day for Indigenous Education in Delta. This is a 'Call to Action' District Professional Day on The Truth and Reconciliation Commissions 94 Calls to Action focusing on numbers #57 and #63. Every member is encouraged to attend. In making our call, your union is changing the name of 'Chief' Shop Steward to Lead Shop Steward. Here in Canada this word is deeply meaningful to the Indigenous Peoples who have been colonized and oppressed. We know that it's not ok for settlers to call anyone a Chief, so we make this much-needed change. Many members have stepped up to commit to make the call. I look forward to hearing your voices on February 18th. How will you make the call?

Lastly, this month is Dale Hunter, HR Support Staff Manager's, last month of work before her retirement. Dale has Managed the HR office processes and Support Staff for 14 years. She has answered your calls, posted your jobs, filled your jobs, hired you and promoted you. She's been a wealth of knowledge and I personally have talked to Dale on the phone nearly every week since I started as your president in July 2020. Her work ethic for the District and for you as members has been outstanding. Dale, thank you for your years of service to members. You will be greatly missed. Welcome to Altaf Mascati, Delta's new HR Assistant Director. Kim Barnes, Lead Shop Steward and I had the opportunity to meet Altaf on Monday, Feb 7. We look forward to working with him.

This month's General Membership meeting is on Tuesday, February 15th at 6pm. At this meeting a motion will be presented to donate \$5000 to the CUPEBC Hardship fund. CUPEBC has supported many of our local members through this fund and we look forward to giving back.

To quote Martin Luther King "Intelligence plus character — that is the goal of true education."

In Solidarity,
Dawn

Pink Shirt Day



Pink Shirt Day is on February 23rd, 2022. Wear your favorite pink shirt and help create a more kind, inclusive world and raise awareness about bullying.

Our Collective Agreement

Article 7:13 Maintenance (Shift Differential)

Maintenance employees doing work that is normally done on day shift shall be paid a differential of fifty cents (\$.50) an hour if the major portion of their shift falls between 1700 hours and 2300 hours and sixty cents (\$.60) an hour if the major portion of their shift falls after 2300 hours.

What does this mean?

If you typically work during the day, meaning 7am - 3:30pm (or similar), this differential of fifty cents (\$.50) would apply to you only if your schedule changed so that more than half of it fell between, or sixty cents (\$.60) if more than half of the shift was after 11pm. If you are starting a regular afternoon shift early so that you can finish early (for instance on a Pro-D day) it does not apply.

Extended Benefits Check-In

What's Available?

Each Practitioner you might go to has what's called a "Dollar Maximum." This is the amount that our employer-paid plan will cover, per person, in a calendar year.

Acupuncture: \$500
Chiropractor: \$600
Massage Therapy: \$1200
Naturopath: \$500
Physiotherapy: \$900
Podiatry: \$500

Take advantage of these amounts, and take care of yourself and your family.

CUPE 1091 Notifications

Subscribe to our mailing list on CUPE1091.ca (on the right side of the main page) to receive email notifications of new website posts and newsletters.

CUPE BC K-12 Bulletins

Keep up to date on the latest CUPE news in BC Schools K-12.

<https://bcschools.cupe.ca/>

Did you know: Bobby Pitamber

Hello CUPE brothers and sisters. My name is Bobby Pitamber and I am the VES Foreperson for the Delta School District. I was born in Guyana, South America and moved to Winnipeg, MB at the age of 19 in 1973. I came to Canada on my own after my brother sponsored me and then I sponsored my parents to join us in 2000. I went to Red River community college in Winnipeg where I updated my Grade 12 diploma and welding certificate. I'll never forget when I landed in Winnipeg, it was January. My brother picked me up and handed me a big winter jacket that looked like it weighed 100 lbs! It was COLD, minus 40, but I very quickly told him I would not be wearing that! It was big and bulky and I was used to wearing very thin clothing. However, as soon as I sat myself in the vinyl seats of his car and felt the cold through my pants, I very quickly changed my mind and put it on, big difference from South America. I saw my first television when I arrived at my brother's house and couldn't believe they could fit these tiny little people into a black and white box like that. Touching snow for the first time made me want to put some syrup on it and eat like a treat! I started working as a welder at Flyer Industries as a bus manufacturer in 1989 moved to beautiful BC because the winters were too cold in Winnipeg for me.



I asked my friend to help me get a job in BC and he sent me to the Delta School District and told me to ask for Earl Billingsley. Well, Earl hired me and I started as a custodian with the district in 1990 and it feels like yesterday, time flies. I worked my way up to Equipment technician and then moved into the VES department in 2010. I have 2 children, Ginger aged 33 and Isaac aged 39 who have given me 2 beautiful grandchildren, Trey (16) and Mariah (9) who fill my days with joy.

I always look at life in a healthy perspective, I try to eat natural foods only as was our custom in Guyana. I took up bodybuilding to keep my life on a healthy path so that I could continue to live a very long life. Living in Guyana was a challenge compared to today's lifestyle. For instance, we never owned a refrigerator, and I never ate anything frozen. Everything came straight from the garden to our table. I grew up eating vegetables and fish every day. Everything grew wild in Guyana, which is part of the Amazon Jungle. This is where my healthy lifestyle started and continues to stay with me. You can walk down the paths of Guyana and pick Mango's, Papaya's, Orange's, or many other fruits off tree's that are just growing naturally along the side of the paths. Meat was for special occasions only like Christmas or birthdays. Our main resources were rice, sugar cane and bauxite, which is what aluminum is made from, so you can thank us for your aluminum foil, lol. Guyana was ruled under the British and was originally spelt Guiana until it became independent and changed to Guyana. Opportunities in Canada were unfounded. Anything you can put your mind to in Canada can be achieved and I am grateful for the opportunities I was given.



I love working with my District members, there isn't a better place to meet wonderful people who care so much about our future generations. The healthy environment in our schools falls directly into my lifestyle. From the way our custodial department keeps our staff and students safe and our maintenance crew continues to ensure our safety within our buildings. Our management staff at our Facilities and Maintenance department are always willing to listen and lend a helping hand to ensure our staff is appreciated. From top to bottom, we are a team and I wouldn't want to work anywhere else.

Staff Rapid-Test Preparations

Members prepare Rapid-Test Kits at the district Maintenance Office for distribution to staff in schools.

(Left to right: Justin Sullivan, Michelle Berger, Lyle Harrison, Taeyun Kim, Patrick Sullivan, Chris Natic, Twyla Mills, Brenda Noda, Beatriz Dempsey.)



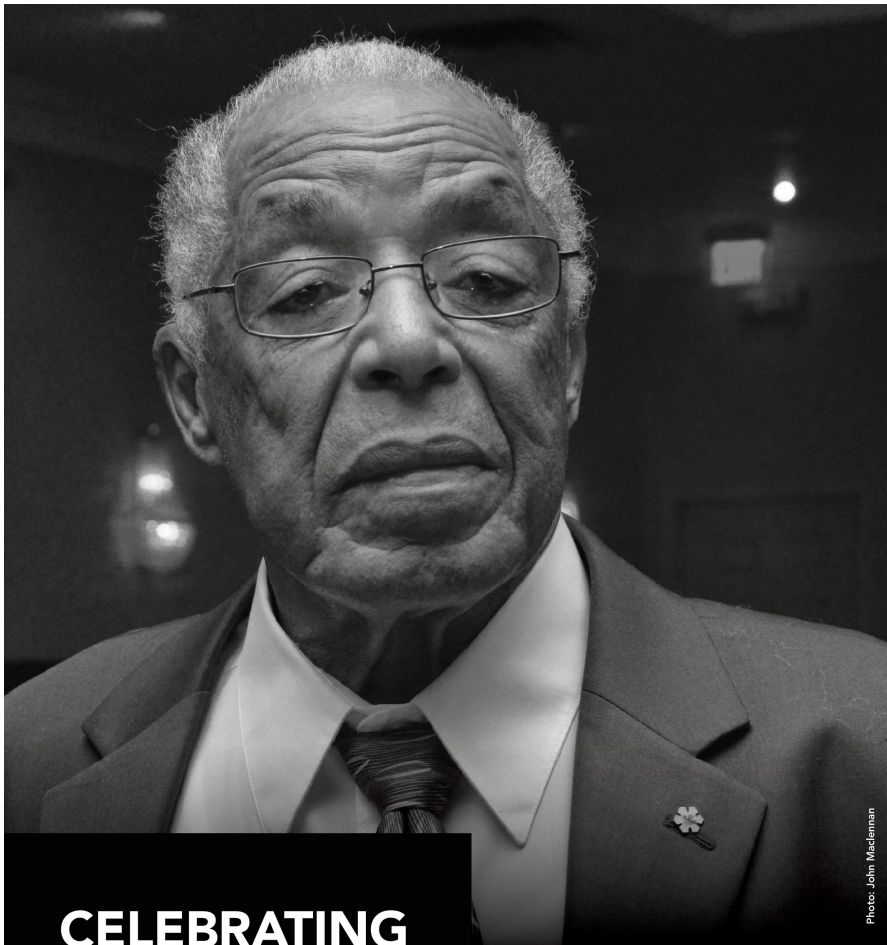


Photo: John Macdennan

CELEBRATING BLACK HISTORY MONTH

"You have a choice to make – if you become an agent of change, the rewards will be beyond measure."

HONOURING BROMLEY LLOYD ARMSTRONG (1926-2018)

Bromley Lloyd Armstrong was a Jamaican immigrant who became a Canadian civil rights leader, dedicated trade unionist and committed community organizer who was passionate about radical social change in the fight against racial discrimination.

cupe.ca/black-history-month

CUPE

Black History Month

February is Black History Month, also known as African Heritage Month. Black History Month is a time to celebrate and highlight the best of Black History and culture, and to honour the ancestors and upcoming leaders of Black communities, their accomplishments and their continued fight for liberation. It is also a time for all Canadians to reflect and educate ourselves on the history of Black enslavement, discrimination, bigotry and criminalization of people of African descent, and to remember that racism still exists.

Canadian society has seen progress over the decades, but the realities of differential treatment towards African Canadians continue. Over the past year, the crises of over-policing and the disproportionate impact of the pandemic on Black and Indigenous communities have thrown a spotlight on how much remains to be done.

At the global level, the United Nations Working Group of Experts on People of African Descent is educating people on our world history of enslavement, discrimination, bigotry and criminalization. In 2016, this UN body visited Canada and wrote a detailed report on what they learned. They called for a number of actions, including one for the federal government to "issue an apology and consider providing reparations to African Canadians for enslavement and historical injustices."

At our 2021 National Convention, delegates adopted CUPE's [Anti-Racism Strategy](#). The strategy identifies concrete actions to challenge systemic racism in our workplaces, the union and our communities. It acknowledges the need for our union and locals to work towards meaningful and attainable change for Black, Indigenous and racialized members, including those with intersecting identities.

CUPE is excited to move into the next stage of this six-year strategy that will include ongoing engagement with Black, Indigenous and racialized members. This work provides an opportunity to empower change by ensuring all Black, Indigenous and racialized members do not face barriers or any acts of racism, discrimination or bigotry.

Our union is committed to fighting racism and hatred in all its forms, and to empowering our members to speak out and act against discrimination. We encourage members not to be neutral when witnessing racism in any form. Instead, commit to not looking the other way and stand up for what is right. Celebrate Black History Month and keep fighting anti-Black racism in your union, workplaces, schools and communities.

<https://cupe.ca/event/black-history-month>

Coming up at the February 15th General Membership Meeting:

This meeting will be on Tuesday at 6PM via zoom!

Motions:

Donate \$5000 to CUPE BC Hardship Fund

CUPE Upcoming Events

General Membership Meetings:

February 15, 2022 - 6:00PM - via Zoom

April 2, 2022 - 9:30AM - via Zoom

April 19, 2022 - 6:00PM - via Zoom

May 28, 2022 - 9:30AM - via Zoom

Check out www.cupe1091.ca for more details

CELEBRATING OUR PAST AND
HONOURING THE PRESENT



RACIALIZED WORKERS
COMMITTEE
CUPEBC

Black History Month: Health and Wellness

In support of the 2022 theme, Black Health and Wellness, the Racialized Workers Committee is highlighting Black trailblazers in Canada – past and present – who have dedicated their lives to the medical profession.

1967

June James

First Black Canadian pediatrician in Manitoba

Canadian pediatrician and professor, she immigrated to Canada from Trinidad in 1960. Earned a bachelor of science (1963), bachelor of science in medicine (1967) and doctor of medicine (1967). An assistant professor at the University of Manitoba.



Anderson Ruffin Abbott

First Canadian-born Black doctor

Earned his medical license in 1861 and served in the U.S. Civil War, one of eight Black army surgeons. Returned to Canada and became Kent County coroner before becoming the medical superintendent of Provident Hospital, the first Black hospital in Chicago. Returned to his birthplace Toronto in the late 1890s.



1861



Charles Lightfoot Roman

First Black Canadian medical school graduate (McGill)

Also one of the first Black Canadians to enlist for service in the First World War, and the only known Black person to serve with the Canadian General Hospital No. 3 (McGill) in WWI. Lightfoot Roman was also a lecturer, speaking across North America on the practice and objectives of industrial medicine. Researched evolution of health and safety for cotton mill workers.



Gina Ogilvie

First Black Canadian global and public health physician

BCCDC senior scientist and professor in the UBC School of Population and Public Health. Her clinical and research focus is on sexually transmitted infections, human papillomavirus, HIV in women and care for marginalized populations. Canada Research Chair at Global Control of HPV related disease and cancer.



Winston Gittens

First Black chief of neurosurgery at Royal Columbian Hospital

Immigrated to Canada in 1972 and was the first Black person to complete neurosurgery residency at Dalhousie University in 1976. Retired after three decades at Royal Columbian Hospital where he served as chief of neurosurgery, perioperative physician manager and medical director.

1945

Bernice Redmon

First Black public health nurse

Redmon earned her nursing diploma in the U.S. in 1945 because Canadian nursing programs did not allow Black students entry until the late 1940s. She returned to Canada to work at the Nova Scotia Department of Health, becoming the first Black nurse to practise in public health. First Black woman appointed to the Victoria Order of Nurses.



Lillie Johnson

Founder, Sickle Cell Association of Ontario / first Black director of public health in Ontario

Johnson emigrated from Jamaica to Canada in 1960, and earned a bachelor of science in nursing at University of Toronto. She became Ontario's first Black director of public health. In 1981 she founded the Sickle Cell Association of Ontario and lobbied the government to add the disease on its newborn screening list. 2010 recipient of the Order of Ontario.



1960

Proof of Vaccination Verification

Dear Staff,

Thank you for your patience as we navigate the implementation of the Proof of Vaccination Procedure. This email provides all staff with step-by-step instructions regarding the procedures.

All staff need to log into Employee Connect. You will be prompted to check off one of three boxes.

Yes I will attach my Proof of Vac	You are fully vaccinated
No I will be rapid testing	You will be enrolled in the Rapid Testing Program
Oth I accept unpaid leave	I would like to request an unpaid leave

What does each response mean and what do I need to do?

1. Yes: I will attach my Proof of Vac
 - This prompt indicates that you are fully vaccinated (minimum of two doses). Upload your vaccination information. We will accept an image of your QR code or vaccination card. Once you upload this information, there is nothing more that you need to do. If we are unable to verify your information based on incomplete data, we will be in touch with you.
2. No: I will be rapid testing
 - If you select “no” for reasons such as you have a medical condition precluding you from being vaccinated or you are choosing not to disclose your vaccination status, you will be enrolled in the Rapid Testing Program. More information will follow but you will be required to be tested twice a week (Sunday and Wednesday) at a location that has not been determined at this time. This will be done on your own time. At this point, this process will remain in place until June 30, 2022. The testing process takes approximately 20 minutes (this does not include wait time for available tester). Further information will be shared closer to the implementation date of the testing program (early March).
3. Oth: I accept unpaid leave
 - If you have selected “other”, you will be placed on unpaid leave (following pertinent Collective Agreement provisions) effective March 4, 2022 until June 30, 2022 unless the Delta Board of Education decides to continue with the procedure.

This process **must be completed by March 1, 2022** or you will be deemed not to be fully vaccinated and enrolled in the Rapid Testing Program. Please find attached step-by-step instructions for how to provide the information in Employee Connect. If you have any questions about the procedure, please reach out to Human Resources.

Teachers	Shannon Hunt	604-952-5386	shunt@deltaschools.ca
Support Staff	Dale Hunter	604-952-5349	dhunter@deltaschools.ca
Exempt Staff	Judy Maranda	604-952-5350	jmaranda@deltaschools.ca

Judy Maranda | Director, Employee Services
Delta School District
4585 Harvest Drive
Delta, BC V4K 5B4
604 952-5350 | jmaranda@deltaschools.ca



Guide to WorkSafeBC COVID claims

If you contract COVID from work, or where it is likely you contracted it from work, you should file a claim with WorkSafeBC. This would include when you are sick and unable to get tested, but your symptoms are consistent with COVID.

Even with mild symptoms, it is possible that long-term or permanent secondary conditions (i.e., conditions commonly referred to as Long COVID) may develop in the future.

To protect yourself from these possible long-term consequences and regardless of whether you suffer any time loss ("wage loss") or healthcare costs, and regardless of whether you are able to be tested, you should file a WorkSafeBC claim.

The initial steps for filing a WorkSafeBC claim include:

1. Seek medical attention immediately. Make sure to tell the treating practitioners you'll be filing a claim with WorkSafeBC. You should obtain copies of clinical records / chart notes from the treating practitioners and get a copy of the treating practitioners report to WorkSafeBC (Form 8/11).
2. Advise your employer immediately. Complete incident reports as required in your workplace. Also advise your Joint Health & Safety Committee through your union Local.
3. Advise WorkSafeBC by calling **1 888-WORKERS** (1 888 967-5377), Monday to Friday, from 8 a.m. to 6 p.m. You can also file a claim by mail or online using [Form 6](#). This form is available online at the [WorkSafeBC website](#). You can [download a PDF or submit a claim online](#). Make sure to keep a copy of your claim.

4. When speaking with WorkSafeBC, or when completing [Form 6](#), include all relevant information, such as the occupation, the duration of exposure, the places of exposure, the presence of persons with symptoms and/or diagnosed COVID-19, evidence of work causation, etc.

Make sure your report ([Form 6](#) *not [Form 6A](#)) has the same information and is consistent with your treating practitioner's report to WorkSafeBC (Form 8/11).

Your employer will also need to contact WorkSafeBC and submit Form 7 - ask your employer to supply you a copy directly. Even though your employer will contact WorkSafeBC, it's very important that you contact them too (by phone, or by mail / online by submitting [Form 6](#)).

5. Ask WorkSafeBC for a copy of the claim file. Check to make sure the contents are accurate and contain all relevant documents and evidence.
6. Keep a file with relevant information available for calls from WorkSafeBC. And keep detailed logs of all calls, correspondence, meetings, and treatment. This will help you keep track of your claim.

WorkSafeBC is currently prioritizing COVID-19 claims for workers experiencing a loss of income. Other COVID-related claims may be delayed. But it is still important to file claims as soon as possible.

This bulletin is just a brief overview on getting a claim started. More information is available in [this guide prepared by CUPE](#), along with [a factsheet](#). WorkSafeBC also has information [online on COVID claims, the assessment and review process, forms and contact information](#). If you need more assistance, please contact your local or a shop steward.

Follow us on [@cupek12bc](#) on Facebook, Instagram and Twitter, and visit [bcschools.cupe.ca](#) for news and resources.

cope491



Ready to bargain: first day Feb. 8

After months of training, research, consultations and discussions, the K-12 sector provincial bargaining committee is confident it's ready to start negotiations. This week, the K-12 Presidents Council gave its overwhelming endorsement to the bargaining committee's proposals and priorities for a provincial framework agreement.

Guided by the results of the provincial bargaining survey, the top bargaining priority will be fair wages that recognize the expertise, experience, and dedication of the provinces over 30,000 school support workers.

The bargaining committee met for several days in January to review the provincial bargaining survey results and draft proposals to best address the concerns raised by members.

The message from the survey and input from K-12 local presidents is clear – school support workers need and deserve fair wages and supports to keep providing vital services to this province's students, families, schools, and communities.

Contract talks for the Provincial Framework Agreement will begin on February 8 and continue until March 3.

The bargaining committee will open negotiations with the B.C. Public School Employers Association on February 8th, with nine days of negotiations scheduled between then and March 3rd.

The bargaining committee will be sending out regular bulletins as negotiations progress. Watch for them at bcschools.cupe.ca, directly from your local, and on our social media - @cupek12bc.

The K-12 sector provincial bargaining committee includes elected representatives from each region. They are:

Paul Simpson, Chair

Metro

Christina Forsyth	Daun Frederickson
Dave Bollen	Tammy Murphy
Warren Williams	Francine Brisson (a)

South Island

Amber Leonard	Jane Massy
Paul Knapik (a)	

North Island:

Denise Bullock	Jeff Virtanen
Andrew Schneider (a)	

Fraser Valley

Jason Franklin	Tracey O'Hara
Tracey Dahlin (a)	

Okanagan

Gray Boisvert	Tammy Carter
James Fox (a)	

Kootenays

Michelle Bennett	Pattie Pocha
Heather Skarbo (a)	

North

Jeanette Beauvillier	Monica Brady
Ken Evans (a)	

Other support staff unions

Haemant Sawh
Tim DeVivo

The committee will be assisted by a team of CUPE National staff.

(a) = alternate

Follow us on @cupek12bc on Facebook, Instagram and Twitter, and visit bcschools.cupe.ca for news and resources.

cope491

Comfort Committee

Bereavement

With heartfelt sympathy for your loss

Petra Van Vooght	Loss of Father
Vikash Lal	Loss of Father
Birend Lal	Loss of Father
Yashweeni Lal	Loss of Father-In-Law
Salesh Kumar	Loss of Father-In-Law
Lisa MacNutt	Loss of Mother



Illness

Wishing you a speedy recovery

Lakhvir Thind
Salesh Kumar
Satwinder Deol
Chelsea Oehr
Kulwinder Sidhu
Sushila Devi
Kamaljeet Cheema
Frank Willis
Robin Jenkins
Fay Clark
Rene Dhanoa

Thank you notes received

Divendra Narayan
- Thank you for flowers
Wendy Varley
- Thank you for flowers
Petra Van Vooght
- Thank you for flowers
Kulwinder Sidhu
- Thank you for flowers
Frank Willis
- Thank you for fruit basket
Andrea Schroeder
- Thank you for Xmas Basket
Lisa MacNutt
- Thank you for flowers & fruit basket

CUPE Local 1091 Roles & Contact Information

President

Daun Frederickson
president@cupe1091.ca
604-312-7595

1st Vice President

Kevin Pencer
1vp@cupe1091.ca

2nd Vice President

Petra Hoy
2vp@cupe1091.ca

3rd Vice President

Joanne Gill
ohs.officer@cupe1091.ca

Secretary-Treasurer

Deborah Kabesh

Recording Secretary

Beatriz Dempsey

Sergeant-at-Arms

Rosey Hussein

Communications Officer

Kevin Pencer
com.officer@cupe1091.ca

Trustees

Sherryann Weber
Cyndi Smith
Heather Carrier

Unit Chairpersons

Clerical - Heather Bowling & Barb Turner
Custodial - Darshan Sidhu
EA - Mirjam Vandop & Michelle Silveri
Maintenance - (Vacant)

Lead Shop Steward

Kim Barnes
lead.shopsteward@cupe1091.ca
604-290-7375



CUPE Local 1091 Office

Unit #105
7560A Vantage Way
Delta, BC. V4G 1H1

Phone: 604-940-8596
Fax: 604-940-8597
Email: local1091@telus.net

Monday to Friday
8:00 AM to 4:00 PM

Member Resources



LifeWorks
by Morneau Shepell

LifeWorks is confidential support and services for work, life, family, health, money, and everything in between. The program includes 24/7 consultations, information, and resources; access to counselling (by phone, live video, chat, and in person); community referrals; a secure desktop website, and a mobile app.

Ways to connect with LifeWorks:

- 1. Toll-free:** 1-888-307-0590, call 24/7, whenever you like, as often as you like. A professional consultant can provide advice and resources to assist you with a wide range of issues.
- 2. Online:** Go to login.lifeworks.com, and enter the group/shared username and password (Username: deltaschool Password: healthy). Here you can access hundreds of articles, eBooks, infographics, audio recordings, toolkits, and more. You can also chat live with a consultant.
- 3. By mobile app:** The app is the best way to access LifeWorks on the go. Simply click on your device's app store icon and search "Lifeworks" to go to the download page. Once you've downloaded the app, follow the instructions to log in with your shared/group username and password.

Call LifeWorks toll-free, 24/7:
1-888-307-0590
TTY: 1-877-371-9979

Online: login.lifeworks.com
Username: deltaschool
Password: healthy