

MAY 26 THE CLAREMONT COLLECTIVE

A Community-Focused Approach to Wellness



May is Mental Health Awareness Month

May is Mental Health Awareness Month, a reminder that mental health isn't just about major challenges, but also the everyday moments in between. As the academic year comes to a close, it's a great time to pause and check in with yourself and others.

Mental health affects how we think, feel, and handle daily life. Taking small steps to care for your well-being can make a meaningful difference.

Simple Ways to Support Your Well-Being:

- Take short breaks to reset
- Stay connected with others
- Get outside or move your body
- Prioritize sleep
- Reach out for support when needed

This month, our Optum's (Employee Assistance Program) [Engagement Toolkit](#) (access code: claremontcolleges) offers helpful resources, including articles, quick tips, conversation tools, and a podcast on supporting mental health.

Your benefits include access to mental health resources and support services, help is available when you need it.

Resources

[Fitness Offerings for Kaiser Members](#)

Keep moving and healthy with reduced rates on studios, gyms, and online classes.

[Blue Shield Live Healthy.](#)

Blue Shield of CA members have access to health and wellness programs at no additional cost.

[Understanding Your Retirement Plan Investments](#)

Learn how to choose, monitor and rebalance investments within your plan.

[Retirement Plan Loans](#)

Potentially twice the taxes. Unlike your contributions, the money to pay off your loan, which comes from your salary, is taxed as income.

[Online Shopping with Benefits \(VSP\)](#)

Eyeconic, the VSP in-network, online store, seamlessly connects your eyewear, insurance coverage and the VSP network

Academic Year-End Checklist - What to Know About Your Benefits

As the academic year comes to a close and some faculty and staff prepare for transitions, it's important to understand what happens to your benefits when you leave.

When Does Coverage End?

Coverage ends on the last day of the month in which your employment ends. FSA expenses must be incurred before your last day, with 90 days to submit claims.

Your Coverage Options

You may be able to continue coverage through:

- COBRA
- Covered California
- A spouse or partner's plan

Retirement & Medicare

If eligible, you may enroll in retiree benefits. If you are age 65 or older, be sure to enroll in Medicare on time to avoid penalties. COBRA does not delay Medicare enrollment requirements.

View the full [Tip Sheet](#) for details and next steps.

Healthy Recipe of the Month

High Protein Green Goddess Salad

Wellness Spotlight

Understanding How Your Retirement Savings Grow Over Time

When it comes to saving for retirement, one of the most important concepts to understand is how your money grows over time. If you participate in the Academic Retirement Plan through TIAA, you may have heard terms like interest, compound growth, and investment returns. But what do they really mean for your account?

It's Not Just Interest, It's Investment Growth

Your 403(b) is invested in options such as lifecycle (target date) funds, index funds, or other investments. Rather than earning a fixed rate of interest, your account grows based on market performance, including gains, dividends, and interest from underlying investments. Because of this, your balance may go up or down over time.

The Power of Compounding

Compounding is what helps your savings grow over the long term. It means your earnings generate their own earnings:

- You contribute to your account
- Your investments grow
- Those earnings remain invested
- Future growth builds on your total balance

Why It Matters

Unlike simple interest, which only grows based on your original contributions, compound growth builds over time helping your savings grow faster the longer they remain invested. That's why starting early, even with small contributions, can make a meaningful difference.

[Click here for instructions on changing your retirement contributions in Workday.](#)

May Events & Webinars

07

[TIAA Webinar](#)

Money Psychology: Beyond the Numbers

Thursday, May 7 at 8:00 AM

[Register here](#)

19

[TIAA Webinar](#)

[Finance for New Grads](#)

Tuesday, May 19 at 9:00 AM

[Register here](#)

22

[TIAA Webinar](#)

Navigating the Sandwich Generation:
Financial Strategies for the Caregiving Squeeze

Wednesday, April 22 at 8:00 AM

[Register here](#)

28

[Kaiser Health Talks](#)

Glow Up! Secrets to Radiant Skin &
Cosmetic Confidence

Thurs., May 28 at 12:30 PM

[Register here](#)