

THE STANDARD CONNECTION



Keeping in Touch with Our CTA Members

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A Quick Overview

California offers lush landscapes and destinations that can make you feel like you've traveled to a far-off location. During the summer, or anytime, you can take a break and take off to make new memories in your home state. Keep the vacation going when you get home with tips to keep your body and mind wandering (in a good way).

**Be sure to enter for
a chance to win a
gourmet Harry & David
Market Tote Gift in our
summer sweepstakes.**

See page 11.



Family Status Change Enrollment Opportunity



If you’ve experienced any of these events within the last 60 days, you may qualify for the Family Status Change enrollment opportunity. That means you’re eligible to apply for CTA-endorsed Disability insurance and up to \$400,000 of CTA-endorsed Life insurance¹ from The Standard without answering health questions.²

- **Marriage, divorce or legal separation**
- **Initiation or dissolution of a Domestic Partner relationship**
- **Birth or adoption of a child**
- **Death of a Spouse/Domestic Partner or child**
- **Commencement or termination of a Spouse/Domestic Partner’s employment**
- **Change in employment from full-time to part-time by you or your Spouse/Domestic Partner**

Applying is easy.

Scan this code

Or visit standard.com/cta/fsc



¹ Coverage reduces to 65% of the amount in force at age 70, 45% of the amount in force at age 75 and 30% of the amount in force at age 80.
² If any previous application submitted with proof of good health was denied by The Standard, then proof of good health will be required.
 For costs and further details of coverage including the exclusions, benefit waiting periods, any reductions or limitations and the terms under which the policies may be continued in force, please contact Standard Insurance Company at 800.522.0406.
 GP190-LTD/S399/CTA.1 GP190-LIFE/S399/CTA.3



Meet *The Team*

James Majors
Policy Administration Specialist
Gardener, Crime Drama Binger, Staycationer

Share a little about your role on the dedicated CTA team at The Standard.

I’ve been with The Standard for 24 years and 17 of those years have been with the dedicated CTA team at The Standard. My work is really behind the scenes supporting CTA members vs. working directly

Summer Benefit – Exclusive for CTA Members

Summer brings us some great things — barbecues, popsicles and summer fruit cobbles. And now, you can add the Summer Benefit¹ from CTA to the list! This exclusive benefit gives you extra protection during the months of June and July, even if you're not scheduled to work.

Summer Benefit Highlights

- ☀️ Eligible members will receive \$500 a week during the months of June and July (up to a maximum of \$4,500 per Benefit Year).
- ☀️ This benefit is on top of any other Voluntary Disability benefits if you become or continue to be Disabled.
- ☀️ Summer Benefit is included at no additional cost for members enrolled in CTA-endorsed Voluntary Disability insurance.

Summer Benefit is exclusively offered to CTA members enrolled in CTA-endorsed Voluntary Disability insurance.

¹ Summer Benefit is offered by CTA to eligible members who meet the Definition of Disability with a Disability date on or after 9/1/2022 and who meet additional specific criteria. Summer Benefit is only payable during the calendar months of June and July, for up to two Benefit Years for each instance of qualifying Disability. Summer Benefit is not provided under the Voluntary Disability insurance policy. CTA provides this benefit at no extra cost and The Standard acts only as the claims administrator of this benefit.

For costs and further details of coverage including the exclusions, benefit waiting periods, any reductions or limitations and the terms under which the policies may be continued in force, please contact Standard Insurance Company at 800.522.0406. GP190-LTD/S399/ CTA.1

with them. My main project is to process the payments that school districts send The Standard for CTA members' payroll deductions for their elected coverages.

Do you prefer a relaxing vacation or an action-packed one and why?

I prefer a stay vacation — time normally spent working on landscaping our new property. I have a passion for gardening and being outdoors when it's not raining here in Oregon. I also enjoy frequent day trips to the Oregon coast for lunch or a bike ride in Champoeg State Park and/or catching a play at the local McMinnville "Gallery Theater".

What else do you like to do on staycations?

If I'm taking time off during the rainy season, I do enjoy bingeing crime dramas. I recently watched "True Detective: Night County", "Vera," a British crime series, "Shetland," a Scottish crime series and "Annika," a Scottish crime drama series.

VACATION SENSATION



With increasingly busy lives, it can be hard to disconnect from work and other responsibilities and achieve a vacation mindset. The benefits are worth stepping back and taking the time to unwind. But you don't have to book a flight to enjoy the benefits of vacation brain. You can build practices into your daily life that help you enter that headspace, which will benefit your mental health and well-being long after you return to your regular schedule.

Try something new

One way to get into the vacation mindset is to seek out new experiences. New foods, new places and new smells stimulate your brain, which can alter the way you think. Reading, exercising, meditation or anything outside your normal routine can reset your brain patterns and foster creativity.

SHARE YOUR THOUGHTS!

Think back to your first year of teaching and share 2-3 sentences on the one thing you wish you had known as a new educator. Your response could be included in our Fall newsletter. Visit the.standard.com/cta/share.





Take a break

Rest is also necessary to function at your best. It's important to release stress and stop worrying about getting everything done at work or at home. It's OK to take some "me time." Disconnecting from electronic devices, or at least turning off notifications, can help you limit distraction.

Treat yourself

Eat a snack, sleep in, get outside the house or buy yourself a summer "souvenir." Look up activities in your city that are free or low cost. Breaking up your routine and actively taking the time to immerse yourself in the moment can help you feel rejuvenated, energized and engaged.



Make the commitment

Pencil out a time, even if it's just an evening or a couple of hours. Remember, the mindset is what's most important. The key is letting your mind wander and embracing that sense of fun you experience on a vacation. This engages the brain's "diffuse mode," or the relaxed, daydreamy state where you come up with your best ideas.

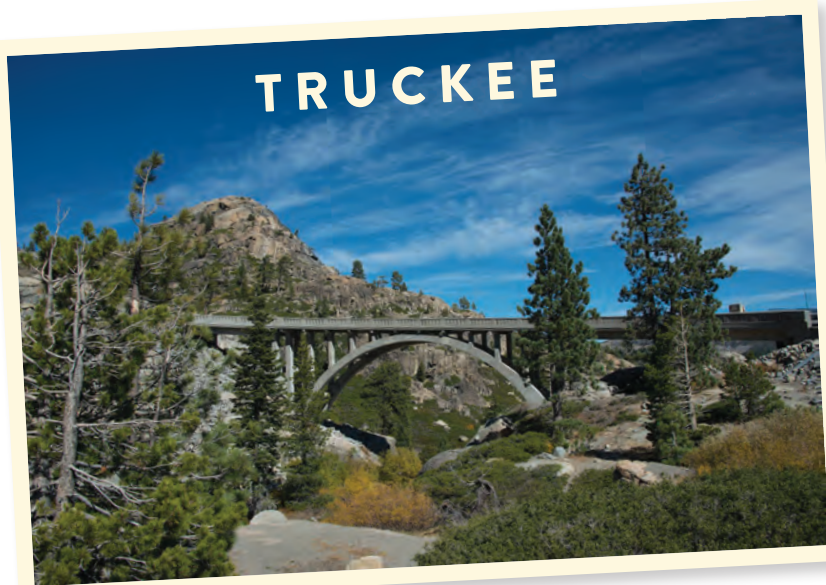


STAYCATION DESTINATION

Point Reyes

You don't need to hop on a plane to get away from it all. California boasts some of the best vacation getaways in the U.S. Take a day, a weekend or a week to explore some of the state's beautiful and diverse locations. From north to south, here are a few staycation destinations you could enjoy this summer!

Ready to get your steps in for the day? Visit the Point Reyes National Seashore and head to the lighthouse for a 626-stair roundtrip trek to the 150-year-old structure. There are additional coastal hikes and beaches to explore, as well as bicycle or horseback riding opportunities. The small, unincorporated hamlet of Point Reyes Station is a great place for wine or cheese tasting, a good meal or quaint shops.



An outdoor adventurer's paradise, Truckee is tucked in the Sierra Nevada range north of Lake Tahoe. Summertime in this mountain getaway can be spent hiking, biking, rock climbing, golfing or paddling around Donner Lake. Truckee also has a thriving cultural district with festivals, music, galleries and restaurants. With average summer highs of about 79 degrees, Truckee is an ideal place to beat the heat while enjoying incredible scenery.

Majestic redwoods tower overhead as you visit the home of the world's tallest trees. Arcata is a Humboldt highlight for those who seek the company of giants. Meander through ancient forests, enjoy scenic drives, and even camp among trees that are over 1,000 years old. Arcata is home to Humboldt State University, and its college-town vibe has much to offer those seeking the arts, history and fantastic recreation.



ARCATA

Further south in the Sierra Nevada mountains, you can play all day in the waters of Mammoth Lakes. Boating, kayaking, fishing, swimming or even just drifting along without any care — there are both vehicle-accessible multi-use lakes and hike-in basins for less traffic. Within the fresh alpine waters, there's an abundance of trout for anglers to bag. Or you can check out the unique salty waters of Mono Lake by human-powered watercraft.



MAMMOTH LAKES MONO LAKE

Dubbed "Southern California's Wine Country," Temecula was named one of the 10 best wine travel destinations in 2019. With more than 40 licensed wineries, you can take your time exploring the wineries on your own or leave the driving to someone else on a guided tour. Temecula is also known for its hot-air ballooning, historic old town shops and eateries, premier golfing and Pechanga Resort Casino.



TEMECULA VALLEY

Nestled in the Cuyamaca mountains about an hour east of San Diego is the quaint town of Julian. Historically a gold rush town, Julian is now known as a hub for hikers, artists, skygazers and apple aficionados. There are numerous trails in the area and Cuyamaca Lake is a great destination for water recreation. Plan for an overnight stay, as the community is among the 1% that can still see the Milky Way. In late summer and fall, Julian is renowned for its century-old apple orchards.



JULIAN



Cultural festivals

You can celebrate multicultural events throughout the year across the state. Typically involving food, music, dancing, traditional costumes, games and fun, ethnic festivals are a great way to immerse yourself in another culture. Check local event listings for ideas.

International neighborhoods

From LA's famed Olvera Street to San Francisco's Chinatown to the quaint Dutch architecture in Solvang, you can feel transported walking through some of the state's international neighborhoods. With authentic shops, eateries and rich history, cultural areas have much to offer with no passport required.

Wander Around

Got a case of wanderlust but can't make it to another country? You can still experience other cultures and go roaming without traveling far. Look for opportunities to explore different heritages in your hometown or nearby city. California is a cultural melting pot, and there are many ways to learn about distant lands and customs.





Museums and cultural centers

There is an abundance of heritage to be discovered and explored within the halls of the state's numerous museums and cultural centers. Experience artifacts, traditions, workshops/programs and more while enhancing your awareness of a particular culture.

Take a class

From Bollywood, hula or flamenco dance classes to an ethnic cooking course, sign up for a fun cultural experience. Check out cultural centers, community rec centers, community colleges or search online for local options. You can share what you've learned and expand others' horizons too.



Tasty Tropical Treats & Summer Sweepstakes

Take a walk on the tropical side. Don't miss out on the more exotic fruits your grocery store has to offer. Not only will you walk away with a tantalizing tropical treat for your tastebuds and summer outings, but you'll also enjoy some great health benefits.



Mango:

Packed with nutrients and antioxidants to boost immunity and digestive health.



Guava:

More vitamin C than oranges, and guava leaf tea is shown to suppress blood sugar spikes.



Passion fruit:

Rich in vitamins C and A, supports gut health, heart health and immune system.



Dragon fruit:

High in vitamin C and antioxidants, rich in fiber to aid digestion.



Papaya:

Full of antioxidants and lycopene, which can boost heart health.

Here's a great tropical salad recipe that can liven up any picnic basket or table.

Simple Mango & Papaya Salad

Ingredients:

2 cups green papaya, peeled and julienned
2 cups ripe mango, peeled and julienned
1 cup English cucumber, julienned
2 Roma tomatoes, chopped
1 serrano chili or 2 Thai red chilis, thinly sliced
¼ cup cilantro leaves
¼ cup mint leaves
¼ cup Thai basil leaves
¼ cup ground peanuts

For dressing:

5 tablespoons lime juice
2 tablespoons soy sauce
1 teaspoon sesame oil
1 teaspoon honey
2 minced garlic cloves

Method:

Place ingredients in a large bowl and toss in the dressing. Top with ground peanuts before serving.



**Enter for a chance to win
a Harry & David Market Tote Gift loaded
with picnic-ready provisions!***

Scan this code with your phone:

Or visit the.standard.com/cta/sweepstakes



*Abbreviated rules: No purchase necessary. Open to registered members of California Teachers Association who are in good standing at the time of entry and at time of awarding any prize; and are participants in insurance plan(s) provided by the Sponsor as of June 1, 2024. Four winners will each receive a Harry & David Market Tote Gift. Subject to Official Rules available at the.standard.com/cta/sweepstakes. Void where prohibited. Sponsor: Standard Insurance Company, 1100 SW Sixth Avenue, Portland, OR 97204.



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Questions?

Contact The Standard's dedicated CTA team for answers to all of your Disability and Life insurance questions. Call 800.522.0406, 7:00 a.m. to 6:00 p.m., Monday through Friday.

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“A mind stretched by a new experience can never go back to its old dimensions.”
— Oliver Wendell Holmes

In this issue:
You don't have to go far to experience something new. This issue of The Standard Connection is dedicated to ways of discovering a world of possibility without leaving California. Explore the beauty and wonder of the Golden State and take in some of the scenic splendor. Or read about opportunities to enjoy some cultural immersion. You can also peruse ideas to keep your mind and tastebuds in vacation mode all year round.

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