

NEWSLETTER

SUMMER 2026

NMPSIA.COM



Thank you to everyone who entered the Surprise Spring Raffle!

The 1st place winner is featured here on the cover! →

2nd and 3rd place winners will be featured on the next two newsletters.

Enjoy this piece of New Mexico from a fellow NMPSIA member.

Photo was captured while on a walk near Tiger Park in Aztec, NM

Photo Credit: Betsy K.



What's Inside:

- Benefits 101:** Basic Life Coverage & Why it Matters pg. 2
- Summer Check-In for Your Check-Ups pg. 2
- Out-of-State Travel? You're COVERED! pg. 2
- MyBenefits Portal: Update Your Information! pg. 2
- Get the Most Out of Your Benefits: Massage Therapy pg. 2
- Wellness Spotlight:** Your Mental Health Matters pg. 3
- Try this 30-Second Self-Check-In pg. 3
- Summer Challenge: Walk Route 66 With Us! pg. 3
- Recipe: Zucchini Ribbon Skewers pg. 3
- Risk Resource:** Summer Risk Round-Up pg. 4



Since 1986 we've worked alongside school districts, educators, and staff to provide access to quality, affordable benefits. While much has changed over the years, one thing has remained the same, our commitment to serving all school employees. From expanding networks and benefits to enhancing wellness resources, NMPSIA continues to evolve to meet the needs of today's NMPSIA members.



We are proud to support New Mexico's public school employees!



WE WOULD LOVE TO FEATURE YOUR PHOTO IN THE NMPSIA NEWSLETTER
EMAIL YOUR PICTURES TO: [KAYLYNN.ROYBAL@PSIA.NM.GOV](mailto:kaylynn.roybal@psia.nm.gov)

BENEFITS CORNER

Benefits 101: Basic Life Coverage A Benefit You Might Overlook But Your Family Won't

As part of your benefits, every eligible employee receives 100% employer-paid Basic Life coverage. This coverage ranges from \$10,000 to \$50,000. Each district or charter selects the coverage level, but no matter the amount, **it's a meaningful benefit provided at no cost to you.** At first glance, \$10,000 or even \$50,000 might not seem like a lot, especially when you think about long-term financial needs. But that's not what this benefit is meant to do.

Having this benefit in place means your loved ones won't have to figure out how to pay for your arrangements. That cost burden is taken care of at no cost to you.

This coverage can help your family:



Pay for funeral and burial expenses



Cover immediate household bills



Reduce financial stress during an already difficult time

Provide space to grieve without urgent financial pressure



This is where you come in. A benefit only works if the right people know about it & can access it when needed. Take a few minutes today to make sure you understand your coverage amount with your employer & ensure your loved ones are informed.

TO DO

- Name (or update) your beneficiary
- Keep a copy of your life insurance policy accessible
- Let your family (or beneficiary) know that this benefit exists

Quick Summer Check-In



Have you had your annual check up?

It's not too late to get your check up!



Completed your blood work? Vision and Dental exams?

It's important to keep up with all of your tests!



Are you scheduled for preventive care next year?

Make sure you & your family get on the calendar for 2027!

For coverage information check the [NMPsia Program Guide](#)

To request a reconsideration review for a denied enrollment, the employee along with their employer may contact Leslie.Martinez@psia.nm.gov.

Summer travel plans? Worried about out of state coverage?



Our Medical carriers offer access to nationwide in-network providers, so you and your family can get care no matter where you are. To find an in-network provider, simply use the provider search tools on your carrier's website or give them a call directly.

Don't forget, telehealth is available 24/7! It's a convenient way to get care while on the go, whether your child wakes up with a cold or needs a quick check for a sunburn.

With telehealth, expert guidance is just a click or call away, wherever your travels take you.



Update your Address, Phone Number, Email, Beneficiary & More!



MyBenefits
Online Portal

GETTING THE MOST OUT OF YOUR BENEFITS:

Your plan includes coverage for massage therapy and acupuncture when medically necessary. These services can help with stress, chronic pain, headaches, and more!

You can receive up to 30 combined visits per year for massage therapy or acupuncture (In-Network).

High Plan: \$50 copay per visit
Low Plan: 40% coinsurance after deductible

WELLNESS SPOTLIGHT [NMPSIA.COM](https://www.nmpsia.com)

30 Second Self-Check-In

Taking care of your mental health isn't a luxury. It's essential.



ASK

Ask: What do I need right now? (rest, connection, movement, quiet)

★★★★★ RATE

Rate your mood 1-10.
1 being not great & 10 being amazing!



NAME

Name one feeling. Not just "stressed" try tired, overwhelmed, bored, etc..

Mental Health Matters. More importantly, YOUR Mental Health Matters. Your thoughts may be quietly draining you.

We all do it: I should be more productive
I should have more energy
I should be more present

But "should" often adds pressure without support. It can turn an already busy day into something that feels like you're falling short on. This summer, try noticing when that word shows up and gently shift it.

Try this when you notice a **should** pop up:

"I should be more productive"

What's one thing I can realistically accomplish today?

"I should have more energy"

What might help me feel even a little more rested?

"I should be more present"

What's one small way I can connect with this moment?

"I should have handled that better"

I'll take what I learned and move forward.

Instead of asking "What should I be doing?" Try asking: "What do I need right now?"



Big Idea

Small language shifts can change how we experience our day. Less pressure. More awareness. More room to reset.

Dolce Far Niente (dole-chay far nee-en-tay) (Italy) — "The sweetness of doing nothing."

Summer is a reminder that rest is productive too.

Dolce Far Niente encourages us to slow down, enjoy simple moments, and recharge mentally and physically. Whether it's sitting outside with your morning coffee, taking a walk without your phone, or enjoying dinner with family, small pauses can help reduce stress and improve overall wellbeing.

Try it this summer:

- Eat one meal without distractions
- Spend 10 minutes outside each day
- Take a break without multitasking
- Enjoy a simple moment just because it feels good



Ingredients

2 medium zucchini (Use a vegetable peeler or mandolin to slice into thin ribbons)
2 medium summer squash (Use a vegetable peeler or mandolin to slice into thin ribbons)
3 tbsp fresh or dried parsley

Lemon Sauce

6 oz unsalted butter or Extra Virgin Olive Oil 2 tsp lemon juice (more is desired)
3 garlic cloves, minced ¼ tsp red pepper flakes Pinch of salt & pepper

Preheat grill to medium-high.

Sauce: Make the lemon sauce by combining all of the 'sauce' ingredients (If using butter, melt it first)

Assemble skewers: Lightly brush one side of each ribbon with lemon sauce. Fold each ribbon back and forth (like an accordion) and skewer through the center. Add about 8 slices per skewer.

Grill: Brush skewers lightly again with lemon sauce. Grill for 2-3 minutes per side, turning 2-3 times, until lightly charred and tender. (Usually, we would never tell a grill master how to grill)

Finish: lightly brush with extra butter *if desired* and sprinkle with parsley. Serve with your choice of protein.

RISK RESOURCE

NMPSIA.COM

Summer Risk Roundup

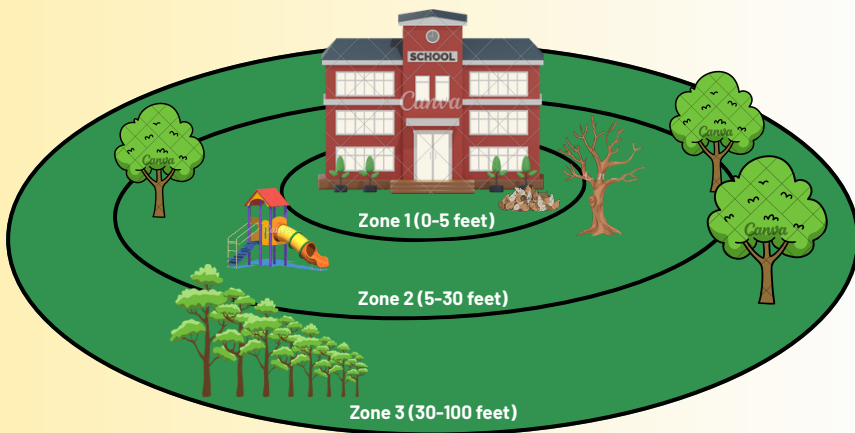
WILDFIRE SAFETY: DEFENSIBLE SPACE FIRE ZONES

What is defensible space, and why is it so important?

Defensible space is the buffer zone you create around your school, outbuildings, and other structures. It reduces the risk of fire by managing the plants, brush, trees, and other items in the surrounding area that could ignite.

What are defensible space fire zones?

Defensible space fire zones are strategically maintained areas around schools, homes, and communities that reduce wildfire risk by buffering structures from surrounding vegetation. These zones, including the 100-foot area around property green spaces and nearby wildlands, slow fire spread and improve firefighting conditions. Properly maintained defensible space significantly increases a school's chances of surviving a wildfire.



Zone 1 (0-5 feet)

This includes the structure or other outside space, as well as fencing attached to the school and immediate landscaping from the building to 5 feet away.

Remove all combustible materials from the roofs and gutters, such as wood mulches, dead or dry vegetation, leaves, and pine needles. Trim tree branches that hang over the roof, eaves, and chimney.

Zone 2 (5-30 feet)

This includes the area from 5 feet to 30 feet away from the school, including the property and all outbuildings.

Maintain this area by pruning and removing dead and dying branches from well-spaced bushes and trees. Make sure to keep this area well-maintained and watered during a hot, dry summer.

Zone 3 (30-100 feet)

This area is farthest from the school, extending from Zone 2 to your property's boundary, which is 30-to 100 feet.

Reduce fuels by thinning and spacing vegetation vertically and lining up trees horizontally to interrupt the fire's path and keep flames small and on the ground.



SUMMER IS PERFECT FOR PREVENTATIVE MAINTENANCE!

With students out, summer is the best opportunity to address facility needs before they become disruptions during the school year.

Key Areas to Focus On:



HVAC Systems: Inspect, clean, and replace filters to ensure reliable cooling and air quality



Playgrounds & Outdoor Areas: Check for hazards, loose equipment, and surface wear



Electrical Systems: Inspect panels, lighting, and emergency systems for safety and reliability



Plumbing: Check for leaks, test water systems, and service restrooms and kitchens



Life Safety Systems: Test fire alarms, extinguishers, and emergency exits



Building Interiors: Address flooring, trip hazards, and general wear and tear



Preventative Roof Maintenance: Clean gutters, remove debris, and inspect flashing to extend roof life and prevent leaks

Prioritizing these areas helps reduce unexpected issues, improve safety, and ensure schools are ready for a smooth start to the year.

A FULL LIST OF AVAILABLE TRAININGS CAN BE FOUND [HERE!](#)

- Diversity, Equity, and Inclusion Practices: Staff-to-Student
- FERPA: Confidentiality of Records
- Hazing Prevention in K12 Environments
- HIPAA Overview
- Playground Maintenance & Inspection
- Playground Supervision
- Sexual Harassment: Staff-to-Staff
- Student Alcohol and Substance Abuse
- Bloodborne Pathogen Exposure Prevention
- Cybersecurity Overview
- Cybersecurity Awareness for Employees: End-User Best Practices
- Cybersecurity Awareness for Employees: Security Awareness Essentials
- Cybersecurity Awareness for Employees: Social Engineering
- Diversity, Equity, and Inclusion Practices: Staff-to-Staff