STARK COUNTY SCHOOLS
COUNCIL OF GOVERNMENTS

NEWSLETTER

April 2026 Vol. 2



WELCOME SPRING

Spring arrives quietly at first. A little more light in the morning. A tree that looks less bare than it did yesterday. The air softens, and suddenly the world feels like it's exhaling after a long hold.

It's a season that speaks the language of beginnings. Not the loud, dramatic kind, but the gentle ones—the kind that happen when you're not watching too closely. Seeds push upward without asking permission. Buds open when they're ready, not when they're rushed. Spring reminds us that growth doesn't need urgency to be real.

After months of cold and contraction, it's also an invitation to turn some of that renewal inward. We spend so much time powering through, surviving, postponing rest for "later." Spring nudges us to check in: How am I actually doing? What have I been carrying that I can finally set down?

Taking care of yourself doesn't have to mean reinventing your life. Sometimes it's as small as stepping outside for a few minutes, drinking water before coffee, or letting yourself rest without guilt. It can mean forgiving yourself for winter slowness, for things left undone, for energy that simply wasn't there.

Spring doesn't demand perfection. It offers permission. Permission to begin again, softly. To grow at your own pace. To remember that you, too, are part of nature—and you deserve the same patience, care, and sunlight you so easily admire in everything blooming around you.

Just a reminder that we are here to help you stay healthy. We hope this month's newsletter will empower you to take care of what is most important – YOU.

PHARMACY BENEFIT UPDATE: 90-DAY MAINTENANCE MEDICATION OPTION

Effective immediately, employees and covered dependents may purchase 90-day supplies of maintenance medications at these participating retail pharmacies - CVS, Costco, and Kroger, as well as through Caremark Mail Order.

The cost for a 90-day supply filled at these retail pharmacies will be the same as Caremark Mail Order pricing, giving members added flexibility and convenience when choosing where to fill ongoing prescriptions.



Please note:

- 30-day prescriptions remain limited to two fills. After two 30-day fills, maintenance medications should be transitioned to a 90-day supply at a participating pharmacy or through mail order.
- This enhancement is designed to make managing long-term medications easier while helping maintain predictable prescription costs.

For questions about your pharmacy benefits, please contact Kim Sanford, Betty Tyler, or Kylee McKenna at 330-492-8136.

HEALTH TIPS

Life Balance Matters
April- Stress Awarness Month

Stress awareness is about recognizing how everyday pressures quietly shape our minds, bodies, and behavior—and understanding when those pressures cross from motivating to harmful. In a fast-paced world where busyness is often praised, stress can easily go unnoticed until it shows up as fatigue, irritability, poor sleep, or health problems. Being aware of stress means paying attention to these signals without judgment, acknowledging emotional overload, and accepting that stress is a normal human response, not a personal failure. By building awareness, individuals can take proactive steps such as setting boundaries, practicing relaxation, seeking support, and making time for rest, ultimately protecting both mental and physical well-being and fostering a healthier, more balanced life.



Fitness Matters
May - National Physical Fitness and Sports Month

May is recognized nationwide as Physical Fitness and Sports Month to encourage Americans of all ages to stay active and prioritize their health. The month highlights the many benefits of regular physical activity, including improved heart health, stronger muscles, better mood, and increased energy. It serves as a reminder that even small steps—like taking a daily walk, stretching, or joining a local sports league—can make a meaningful difference.

Physical Fitness Month is also about building habits that last beyond May. Communities, schools, and workplaces often host wellness challenges and events to inspire participation and accountability. By setting realistic goals and finding activities you enjoy, you can turn movement into a lifelong commitment to better health and well-being.

Tips on Keeping the Brain Healthy
June- Alzheimer's and Brain Awareness Month

Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior, impacting millions of individuals and families worldwide.

During Brain Awareness Month:

- Learn the early warning signs
- Support ongoing research
- Promote healthy brain habits.

Tips for brain health:

- Stay physically active
- Eat a balanced diet rich in fruits and vegetable
- Keep your mind engaged with reading or puzzles
- Get enough sleep
- Maintain strong social connections.

Raising awareness helps reduce stigma, encourages early diagnosis, and supports those living with Alzheimer's and their caregivers.

THE LIGHTER SIDE OF INSURANCE

Doctor: "I'm prescribing this medication twice a day."
Me: "Morning and night?"
Doctor: "Yes… and remember, don't mix it with grapefruit, alcohol, caffeine, dairy, sunshine, bad vibes, or talking politics."

What animal is great at keeping secrets?
A HIPAA-Potatmus.

FACTS, FUN AND FINE PRINT

Lloyd's of London is the world's oldest insurance market. They provide specialized insurance services to companies around the world and it was founded in 1688.

Also, Lloyd's of London insurance company offered a cash reward of 2.4 million to anyone who could capture the Loch Ness Monster… under the condition that they would get to keep Nessie!

INTRODUCING STARK COUNTY SCHOOLS' COUNCIL OF GOVERNMENTS

The Stark County Schools' Council of Governments (SCSCOG) was established in 1984 as a partnership among Stark County educational organizations to provide shared benefits and services. The original members included 16 local school districts: **Canton Local School District (LSD) Fairless LSD, Jackson LSD, Lake LSD, Marlington LSD, Minerva LSD, Northwest LSD, Osnaburg LSD, Perry LSD, Plain LSD, Sandy Valley LSD, Stark County JVS, Stark County ESC, Tuslaw LSD, and the Stark County Board of DD.** All founding members remain part of the SCSCOG today.

January 2026

Over the years, the SCSCOG has expanded beyond school districts to include a variety of governmental entities. Today, the SCSCOG consists of **186 participating organizations**, including **66 school districts and ESCs**, **18 township trustees**, **58 libraries, and 19 Boards of Developmental Disabilities.**

The Stark plan provides benefits coverage for more than **18,000** employees and over **45,000** lives, with all members sharing access to the same comprehensive benefits through either AultCare or Medical Mutual.

INSURANCE 101

Medical Mutual and AultCare are pleased to provide convenient online access to your Stark County Schools' Council of Government's benefit information packet. Learn how to access your member portal to find providers, view your explanation of benefits, and more. Scan the QR code for easy access to your healthcare benefit plan.

MEDICAL MUTUAL®

AULTCARE HEALTH PLANS

MedMutual.com/SCSCOG

AultCare.com/Member

WE LIKE TO KEEP IN TOUCH

Helping you understand your coverage so you get the most from your benefits is important to us at Medical Mutual and AultCare. That's why we may reach out from time to time. To see a list of reasons why you might hear from us, please click the "We Like to Keep in Touch" button at the bottom of this newsletter.

DID YOU KNOW?

FSA and Dependent Care Accounts:

After your employment ends, you have 30 days to submit claims for eligible expenses incurred on or before your termination date. Please note that your Medical Mutual debit card will be deactivated as of your termination date, so any new expenses will need to be paid out of pocket and submitted for reimbursement within the 30-day timeframe.



PLANSOURCE

A round of applause to all members who logged into PlanSource during Open Enrollment and completed their benefit elections for 2026 coverage!

Did you know that PlanSource is also your go-to resource for important benefit information? You can easily access key documents such as the Benefit Book, Schedule of Benefits, Spousal Form, and more by navigating to:

Documents > Benefit Documents > Global Documents

Be sure to explore this section the next time you log in to PlanSource or need quick access to your benefit details. It's all there for you!

QUESTIONS ABOUT YOUR HEALTH PLAN?





First Stop
Contact Customer Service

AultCare - 1-800-344-8858
Medical Mutual - 1-888-404-0335



Next Stop
Talk to your Benefits Coordinator



Final Stop
Contact a member of your Stark COG Team
330-492-8136

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