



## NORTHERN CALIFORNIA PIPE TRADES TRUST FUNDS FOR UA LOCAL 342

# BENEFIT INSIGHT



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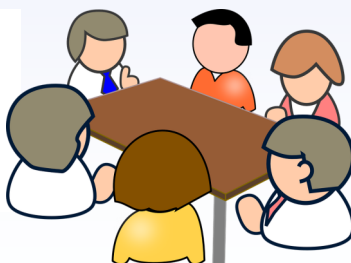
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### Next Upcoming Educational Workshops

#### Supplemental 401(k) Retirement Workshop

Wednesday, May 7th, 5pm  
Tuesday, September 9th, 5pm  
Wednesday, November 12th, 5pm



#### Pension Pre-Retirement Workshop

Wednesday, June 4th, 5pm  
Thursday, August 14th, 5pm  
Wednesday, October 15th, 5pm

Workshops are currently scheduled via ZOOM webinar and registration is required. Check our website ([www.ncpttf.com](http://www.ncpttf.com)) for updated information on upcoming workshops.



### Mental Health Awareness Month



May is National Mental Health Awareness Month. Like Physical exercise, Mental exercise is just as important. Here are 4 ways to build mental fitness. Play Games: Doing crossword puzzles, Sudoku games, jigsaw puzzles and other games that rely on logic, math, word and visuospatial skills are great ways to increase brainpower. Read a variety of books: Challenge your brain by reading a variety of topics. Your brain will get a workout imagining different time periods, cultures and people. Daily Meditation: Meditation is known to calm your body, slow your breathing and reduce stress and anxiety. By creating a calm mental state, you engage your brain in new and interesting ways. All it takes is five minutes each day to meditate in a quiet spot. Learn a new skill: No matter your age, your brain is capable of learning new skills at any point in your life. It's a great way to strengthen brain connections because when you learn a new skill, you work multiple areas of your brain. Learning to play an instrument, building a ship in a bottle, learning new dance moves or a language all challenge your brain in new ways and can add something fun and interesting to your life.

### Trust Fund Word of the Month Co-Payments





**Co-Payments** is a contribution made by an insured person toward the cost of medical treatment or other services.

# Build Strong Teeth

Essential vitamins and minerals for a healthy mouth



Add these building blocks to your diet to maintain your teeth and gums.

| Calcium<br>   | Vitamin C<br>  | Vitamin D<br>   | Vitamin A<br>   |
|---|--|--|---|
| <p>Strengthens bones and extends the life of your teeth. Find it in:</p> <ul style="list-style-type: none"> <li>• Cheese, milk, yogurt and other dairy products</li> <li>• Sardines or canned salmon</li> <li>• Leafy green vegetables (collard greens, kale, spinach)</li> <li>• Fortified soy milk</li> </ul> | <p>Protects against gum disease and prevents teeth from loosening. Find it in:</p> <ul style="list-style-type: none"> <li>• Oranges</li> <li>• Carrots</li> <li>• Sweet potatoes</li> <li>• Chili and bell peppers</li> <li>• Kiwi</li> <li>• Kale</li> <li>• Spinach</li> </ul> | <p>Helps you absorb calcium. Find it in:</p> <ul style="list-style-type: none"> <li>• Direct exposure to sunlight</li> <li>• Fatty fish (salmon, halibut, sardines)</li> <li>• Fortified milk, juice or cereal</li> <li>• Egg yolk</li> <li>• Beef liver</li> <li>• Mushrooms</li> </ul> | <p>Helps your mouth heal quickly, strengthens enamel and prevents dry mouth. Find it in:</p> <ul style="list-style-type: none"> <li>• Fortified milk</li> <li>• Chicken or beef liver</li> <li>• Leafy green vegetables (collard greens, kale, spinach)</li> <li>• Orange fruits and vegetables (apricots, cantaloupes, carrots, pumpkins, sweet potatoes)</li> </ul> |



## Want to know more?

Check out nutrition and oral health articles, videos, recipes and more on [mysmileway.com](http://mysmileway.com)

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