



Benefits Reminders

Heart Healthy Recipe

Family Medical Leave

1095 Distribution

Benefits Reminders



As we end the month of February we remind all district staff to continue to self screen every morning, practice social distancing, wear your face mask and shield, and wash hands regularly/use hand sanitizer. Please remember you must be screened to return to work once you have been quarantined.

February is recognized as Heart Health Month. Be inspired to create lasting change in your health and your life, one step at a time. The approach is to eat smart and become more active. Remember to be safe and happy.



Heart Healthy Recipe

***Homemade Chicken Tenders over salad**

2 tbs	All purpose flour	1/4 cup Canola oil
1	egg	2 tbs extra virgin olive oil
1/2 cup	breadcrumbs, whole wheat	1 tbs white vinegar
1 tbs	bagel seasoning	1 tsp Dijon Mustard
1 lb	Chicken Tenders	1 tsp honey, 1/8 tsp ground pepper
	5 ounces mixed baby greens	



- Step 1** Place flour in a shallow dish and lightly beat egg in another shallow dish. Mix breadcrumbs and bagel seasoning in a third shallow dish. Dredge chicken tenders in flour, then egg, then breadcrumbs.
- Step 2** Heat canola oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until golden brown and an instant-read thermometer registers 165 degrees F, about 7 minutes total, adjusting the heat as needed to prevent burning.
- Step 3** Whisk olive oil, vinegar, mustard, honey and pepper in a large bowl. Add greens and toss to coat. Serve the greens topped with the chicken.

Family Medical Leave

Leave Entitlements

Eligible employees who work for a covered employer can take up to 12 weeks of unpaid, job protected leave in a 12 month period for the following reasons:

- The birth of a child or placement of a child for adoption or foster care;
- To bond with a child (leave must be taken within 1 year of child's birth or placement);
- To care for employees spouse, child, or parent who has a qualifying serious health condition;
- For the employees' own qualifying serious health condition that makes the employee unable to perform the employees job;
- For qualifying exigencies related to the foreign deployment of a military member who is the employees spouse, child, or parent.

Eligibility Requirements:

- Have worked for the employer for at least 12 months
- Have at least 1,250 hours of service in the 12 months before taking leave;

Additional information is available on ECISD Employee Benefits website:

<https://www.ectorcountyisd.org/cms/lib/TX50000506/Centricity/Domain/148/2020%20FMLA%20Rights%20%20Responsibilities-ECISD.pdf>



Benefits & Risk Management Team will be processing form 1095 for 2020 and they will be distributed through campus interoffice mail no later than March 02, 2021. If you have any questions please call our Benefits office at 432-456-9789

ECISD Benefits and Risk Management

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