

September 2021

Benefits & Risk Management September 2021 Newsletter



Fall Is In The Air

September is a month we prepare for fall activities and possible exposure to colds, flu, and more. We encourage you to continue to seek medical care to keep yourself healthy, body & mind. Due to COVID numbers rising, please self screen at home, social distance, wash your hands, and face masks are recommended.

In this newsletter we are providing information about slip & fall prevention, fall tips, fall, and much more.



**SLIP AND FALL
ACCIDENT**

The Leading Cause of Work- place injuries in Schools

7 tips for preventing slips, trips, and falls in schools:

1. Practice good housekeeping.
2. Dress for the job.
3. Strategically place nonslip mats.
4. Avoid ladder substitutes.
5. Keep your head up and your phone down.
6. Walk like a penguin. Know where you are stepping
7. Report damaged property

<https://www.tasbrmf.org/learning-news/insiderm/home/safety-security/the-leading-cause-of-workplace-injuries-in-schools-might-surprise-you.aspx#tips>

It's Flu Season



Employees, covered by ECISD Medical Plan, can receive the flu shot at no cost at any in-network doctor's office or clinic. They are also available at no cost at Express Script network pharmacies. (excluding Walgreens)

ECISD will be offering flu shots and will be administered in on campuses and ECISD locations please check with your Benefits Office 456-9789 or your campus nurse.

BENEFITS & RISK MANGEMENT

Yolanda Gordon, Director of Benefits & Risk Management
Estela Vejil, Risk Benefits Manager
Maria Melendez, Health Benefits Specialist

Becky's Corner, Rebecca Rhodes

Director of Nursing

HEALTHY TIPS FOR FALL

1. Get a Flu Shot

An annual flu vaccine is the best way to protect against the flu, especially for cancer survivors.



2. Get Your Screenings

Visit your doctor regularly for preventive services like cancer and diabetes screenings.



3. Sleep

Get at least 7 hours of sleep every night



4. Eat Healthy

Delicious fruits, vegetables, whole grains, lean meats, and low-fat dairy products make healthy meals



5. Move More, Sit Less

Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week



6. Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe



The Benefits Team is available to answer your questions.

MONDAY-FRIDAY

8:00 TO 5:00



On 08/31/2021, Our ECISD Coworker and Director of Benefits and Risk Management, Donna Zirix retired. We wish her the best of times to come.

Benefits & Risk Management Team

Director of Benefits & Risk Management
Yolanda Gordon, 432-456-9784
Yolanda.Gordon@ectorcountyisd.org

Risk Benefits Manager
Estela Vejil, 432-456-9785
Estela.vejil@ectorcountyisd.org

Health Benefits Specialist
Maria Melendez, 456-9780
Maria.melendez@ectorcountyisd.org