

RISK MANAGEMENT

The Monthly Employee Newsletter



L.O.V.E

Hilary Perez

Rose are red, violets are blue, I love my body and you should too!!!! Valentine's Day is right around the corner, and whether you are scrambling last minute to find a valentine or already have one, it is a MUST that this year you show yourself some love also!!! Valentine's Day is all about love, endorphins and all those mushy feelings, BUT maybe this year Valentine's is difficult for you or you are finding it difficult to show yourself some love. Well, you can always count on food, or as I like to call it mood food, the type of good food that puts you right in the mood for some happiness and loving!

In case no one has told you today.... I am nuts about you and about seeds too!!!! Nuts and seeds are such a great part of our diet because they provide plant-based proteins (which means protein free of cholesterol, YAY!), healthy fats, and fiber. They also provide our bodies with tryptophan; tryptophan is an amino acid that works for the body in the same way a light switch does for a dark room. It triggers your brain on to produce serotonin, a mood-boosting hormone.

WHAT'S INSIDE THIS ISSUE:

LOVE - Mood Food



Annual Wellness Blood Screening -FREE 3 panel test



Almonds, peanuts, walnuts, pumpkin seeds, and sunflower seeds are all excellent sources of tryptophan. Include it in your Valentine dinner by sprinkling some sunflower seeds over your pre-dinner salad.

I love you berry much!!!! Do you know how much that is? Combine all the strawberries, raspberries, and blueberries of the world and even then, it wouldn't be enough! Berries are great sources of antioxidants which help and assist in managing inflammation in the body that is associated with depression and other mood disorders. Berries also contain a wide range of phenolic compounds, which is another form of antioxidants, but with a slightly different molecular structure. Phenolic compounds play a key role in fighting oxidative stress in your body. This keeps your body balanced from harmful compounds. Blueberries and blackberries are especially great for you because they contain anthocyanins, a pigment that gives them their purple-blue color. A diet rich in anthocyanins, has been shown to lower your risk of depression symptoms. Start your Valentine's Day on a rich note by indulging in a yogurt parfait layered with berries and drizzled with honey for breakfast!



You have always bean in my heart!!! Beans and lentils are so underrated because of their small size, but are such a powerhouse food, because of all plant-based protein, fiber, and nutrients that they contain. Just like beans your heart may be small but that doesn't mean it can't fit a whole lotta love, happiness, and joy in there!!!! Beans and lentils are an excellent source of B vitamins, which assist in improving your mood by increasing levels of neurotransmitters like serotonin and dopamine. If you allow your B vitamins to dip too low, especially vitamins like B12 and Folate, this can interfere with the nerve signaling in your body. Improper communication between your nerves can lead to mood disorders, such as depression. Fancy up your Valentine's dinner with a side of green beans. For an even better date idea, go grab some tacos with a heaping side of charro beans!!!



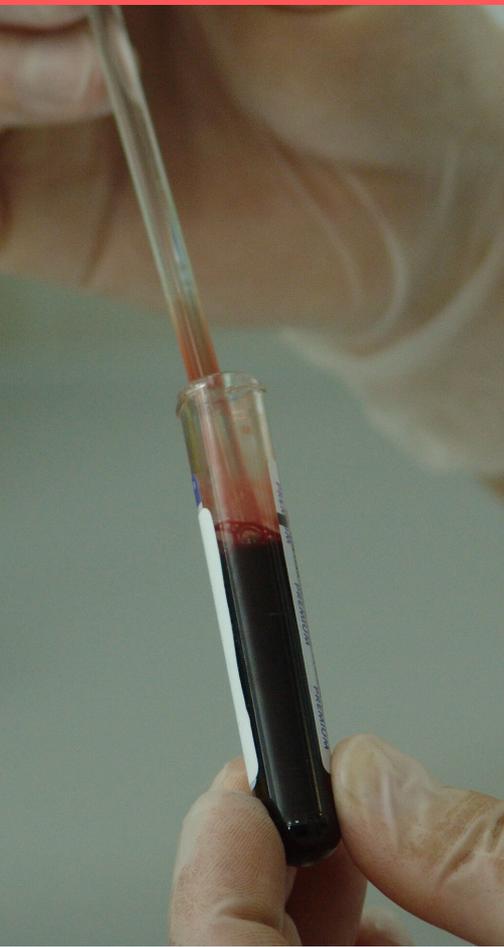
This Valentine's day L.O.V.E yourself and your body and treat yourself to some mood food!!!

Love every moment of your life.

Overcome all your fears and obstacles.

Value yourself.

Embrace every moment.



ANNUAL WELLNESS BLOOD SCREENING

Weslaco ISD is providing a Wellness Blood Screening in February & March 2020. Three (3) panel tests which include a Comprehensive Metabolic Panel (CMP), Complete Blood Count (CBC) and Cholesterol- Lipid Panel, are being provided. These three (3) tests are **FREE** to full time District employees who want to participate in the Wellness program.

The screenings will be available at your campus/department from 7:00 a.m. to 8:30 a.m. **The tests require a twelve (12) hour fasting period.** Please review the calendar below for your schedule date and location.

Results will be mailed to the employee's home address within 15 business days

Doctors Hospital at Renaissance will also offer additional wellness tests at a cost to be collected from the employee at the time of testing. A list of the additional tests available is attached.

**FOR MORE INFORMATION
PLEASE CONTACT THE
EMPLOYEE BENEFITS/RISK
MANAGEMENT
DEPARTMENT AT
956-969-6529**

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MANAGEMENT
MICHAEL DE LA ROSA**

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ALMA PEMELTON**

**INSURANCE SPECIALIST
JINA TORRES**

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 MARY HOGE M.S.	5 MEMORIAL ELEM.	6 SILVA ELEM.	7 YBARRA ELEM.
9	10 CLECKLER HEALD ELEM.	11 WEHS	12 MAINTENANCE & WAREHOUSE	13 TRANSPORTATION	14 CTE EARLY COLLEGE H.S.
16	17 RICO ELEM.	18 AIRPORT ELEM.	19 MARGO ELEM.	20 SOUTH PALM GARDENS	21
23	24 CATE CAREER & TECH. EDU.	25 B GARZA M.S.	26 CENTRAL M.S.	27 CUELLAR M.S.	28 WHS

MARCH 2020

1	2 NORTH BRIDGE ELEM.	3 ENERGY MGMT	4 ALL OTHER DEPTS. (BOARDROOM)	5 HORTON	6 GONZALEZ ELEM.
8	9 SAM HOUSTON ELEM	10	11	12	13

