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The Rose Mobile Mammogram Coach will be back in Dickinson ISD on:

November 19th & 20th

at the Education Support Center located at 2218 FM 517, Dickinson, TX 77539.

If you are currently covered by the district's health insurance, The Rose is considered in-network. You do not need a referral to The Rose under the ActiveCare Primary and Primary+ plans.

Last day to register is November 12th

To register, participants will need both the web address and code below:

www.therose.org/mobile

Code: DISD



Did you know that all employees have access to the Employee Assistance Program (EAP) through Mutual of Omaha?

The EAP provides free, confidential support to help you manage personal or work-related challenges that may affect your well-being or job performance.



What's included:

- Up to six free sessions per issue, per family member, per year
- In-person or video telehealth counseling through a secure, HIPAA-compliant platform
- 24/7 access to support and resources

Visit the Mutual of Omaha website



HERE for resources.

Complete a Client Intake Form **HERE** to digitally request in-person services.



Or call 800-316-2796 to schedule an appointment.



IMPORTANT DATES TO REMEMBER:

- November- Lung Cancer Awareness Mo.
- November- National Diabetes Mo.
- November- Native American Heritage Mo.
- November 2- Daylight Savings Time
- November 4- Election Day
- November 11- Veterans Day
- November 13- World Kindness Day
- November 27- Thanksgiving Day
- November 24-28- DISD Thanksgiving Break

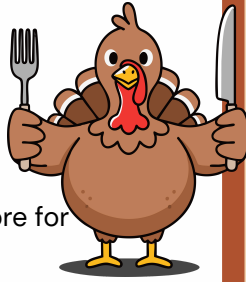


Sweet Potato Bites



Ingredients

- 2 sweet potatoes, look for ones that are long and narrow
- ½ cup ricotta cheese
- ¼ cup chopped pecans
- ¼ cup pomegranate
- ¼ teaspoon sea salt
- 1 Tablespoon fresh thyme, plus more for topping
- freshly ground pepper
- honey, for drizzling
- avocado oil cooking spray



Instructions

1. Cut sweet potatoes into ¼-inch thick rounds. Spray rounds with cooking spray, sprinkle on a little sea salt and bake at 375°F for 35 minutes, flipping once around the 15 minute mark.
2. While the sweet potatoes are roasting, add the pecans to a small baking sheet and place in the heated oven for about 5–10 minutes to toast. You can toast pecan halves and chop after or toast chopped pecans. If your pecans are already chopped it will take less time for them to toast. This step is optional, but recommended.
3. Meanwhile, add ricotta into a food processor with 1 Tablespoon of fresh thyme and salt. Process until blended.
4. Let sweet potatoes cool for a few minutes, until they aren't too hot to handle. Top each one with a spread of whipped ricotta, chopped pecans and pomegranate. Sprinkle on fresh thyme, drizzle honey, add fresh ground pepper and serve.

Holiday Season Mental Health Tips

1. Manage Holiday Stress

The season can be busy and overwhelming. Make a list of priorities, and don't hesitate to delegate tasks when possible.

2. Keep a Routine

Even during breaks or holiday events, try to maintain regular sleep, meals, and movement. Small routines help stabilize mood and energy.

3. Take Time for Yourself

Schedule "me-time" daily, even if it's just 10–15 minutes. Read, meditate, or enjoy a cup of tea without distractions.

4. Stay Social—but Mindfully

Connecting with friends, family, and colleagues is uplifting, but it's okay to say no to social events that drain your energy.

5. Watch Your Spending

Financial stress can add to holiday pressure. Set a budget and explore low-cost ways to celebrate and show appreciation.

6. Eat, Move, and Rest

Holiday indulgences are part of the fun—but balance them with nutritious meals, movement, and adequate sleep to maintain well-being.

7. Seek Support

If feelings of stress, sadness, or anxiety become overwhelming, reach out to HR, your Employee Assistance Program (EAP), or a mental health professional. You are not alone.



Halloween Fun at the ESC!



To celebrate Halloween, the ESC team enjoyed a festive CharBOOterie gathering! Each department created a themed board, and the creativity was truly spooktacular.

Check out everyone's amazing creations!

