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## 2025-2026 Benefits

Open Enrollment has officially closed, and the new benefits plan year is now in effect as of September 1, 2025.

- You may access your benefits information anytime, 24/7/365, through the [HPS Benefits HUB](#) website or mobile app.
- Medical ID cards will be mailed by mid-September (timing may vary depending on when you completed Open Enrollment).
- TRS-ActiveCare HD participants, NEW enrollees or employees that switch plans will get a new ID card in the mail. If you need an ID card in the meantime, you can call a Personal Health Guide at [1-866-355-5999](tel:1-866-355-5999) or Express Scripts at [1-844-367-6108](tel:1-844-367-6108) to get a temporary card.
- If you did not make changes to your plan, your current ID card will remain valid for the new plan year.
- Digital ID cards and additional plan details are available beginning September 1 through the provider websites listed in the Benefits HUB.



## IMPORTANT DATES TO REMEMBER:

- September- Hispanic Heritage Month
- September 1- Labor Day
- September 1- DISD Closed
- September 7- Grandparents Day
- September 11- 9/11 Remembrance Day
- September 22- First Day of Autumn
- September 22- Instructional Planning Day (no school for students)



## Important Upcoming Emails for All Staff

In the coming weeks, you will receive two important emails regarding the start of the 2025-2026 school year.

### Employee Access Center (EAC)

Beginning September 15, you will be able to view your current salary, benefits, and contact information in the [EAC](#). You will need to log in and verify that your information is correct. Contact information may be updated directly by employees.

- For questions regarding salary, please consult the [Compensation Manual](#) first. If you still need assistance, contact your immediate supervisor. If additional clarification is required, complete a Salary Inquiry Form in [TalentEd Records](#). Human Resources and Payroll will review and respond via email.
- For questions regarding benefit deductions, please reach out to: Maria Vargas, Benefits Specialist, at [mvargas@dickinsonisd.org](mailto:mvargas@dickinsonisd.org)

### TalentEd Records

You will also receive your yearly tasks via email from [TalentEd Records](#). These tasks include:

- Employee Handbook
- Demographic Information
- Responsible Use of Electronic Communications
- Property Replacement Acknowledgment



If you experience login issues with TalentEd Records, please follow the instructions below.

[TalentEd Password Reset Instructions](#)

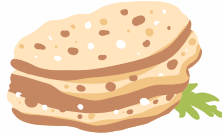
## Chicken Pita Shawarma



### Ingredients (4 sandwiches)

For the chicken:

- 1 lb boneless chicken thighs or breasts
- 3 tbsp plain yogurt
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp black pepper, turmeric, ground coriander, ground cinnamon, & chili powder or cayenne
- 1 tsp salt
- Juice of 1 lemon



For serving:

- 4 pita breads (or flatbreads)
- ½ cup hummus or garlic sauce (toum or garlic mayo)
- lettuce & tomato
- ½ cucumber, sliced (or pickles for authentic taste)
- ¼ small red onion, thinly sliced

### Instructions

- Marinate the chicken:
- In a bowl, mix yogurt, olive oil, garlic, spices, lemon juice, salt, and pepper.
- Add chicken, coat well, cover, and let marinate at least 1 hour (overnight is best).
- Cook the chicken:
- Heat a skillet or grill pan over medium-high heat.
- Cook chicken for 5–6 minutes per side until fully cooked and slightly charred.
- Rest for 5 minutes, then slice thinly.
- Assemble the sandwich:
- Warm pita bread.
- Spread a layer of hummus or garlic sauce.
- Add sliced chicken.
- Top with lettuce, tomato, cucumber (or pickles), and onion.
- Wrap or fold into a sandwich.
- Serve immediately with extra sauce on the side.

## IMPROVE WORKPLACE ERGONOMICS



Ergonomic Injuries affect muscles, tendons, ligaments, spinal discs, and more. They're often caused by:

- Heavy lifting or awkward postures
- Sitting or standing for prolonged period of time
- Repetitive motions or excessive force
- Resting on sharp corners or edges

### 7 Easy Ways to Improve Ergonomics:

1. **Use Neutral Postures** – Keep your body aligned to reduce strain.
2. **Lift Smart** – Hold items close to your body, between mid-thigh and chest.
3. **Move Often** – Avoid staying in one position too long. Stretch regularly.
4. **Limit Excessive Force** – Use tools like dollies or carts for heavy loads.
5. **Manage Repetitive Tasks** – Adjust your workspace to support good posture.
6. **Reduce Contact Stress** – Avoid sharp edges and use padded tools or surfaces.
7. **Use Adequate Lighting** – Good lighting prevents eye strain and improves comfort.

Stay safe and healthy—ergonomics matter!



# CHOMP CHOMP

NEW LITTLE GATORS ARRIVING IN THE SWAMP!

## Save the Date

### DISD Fall Baby Shower



### October 9, 2025

