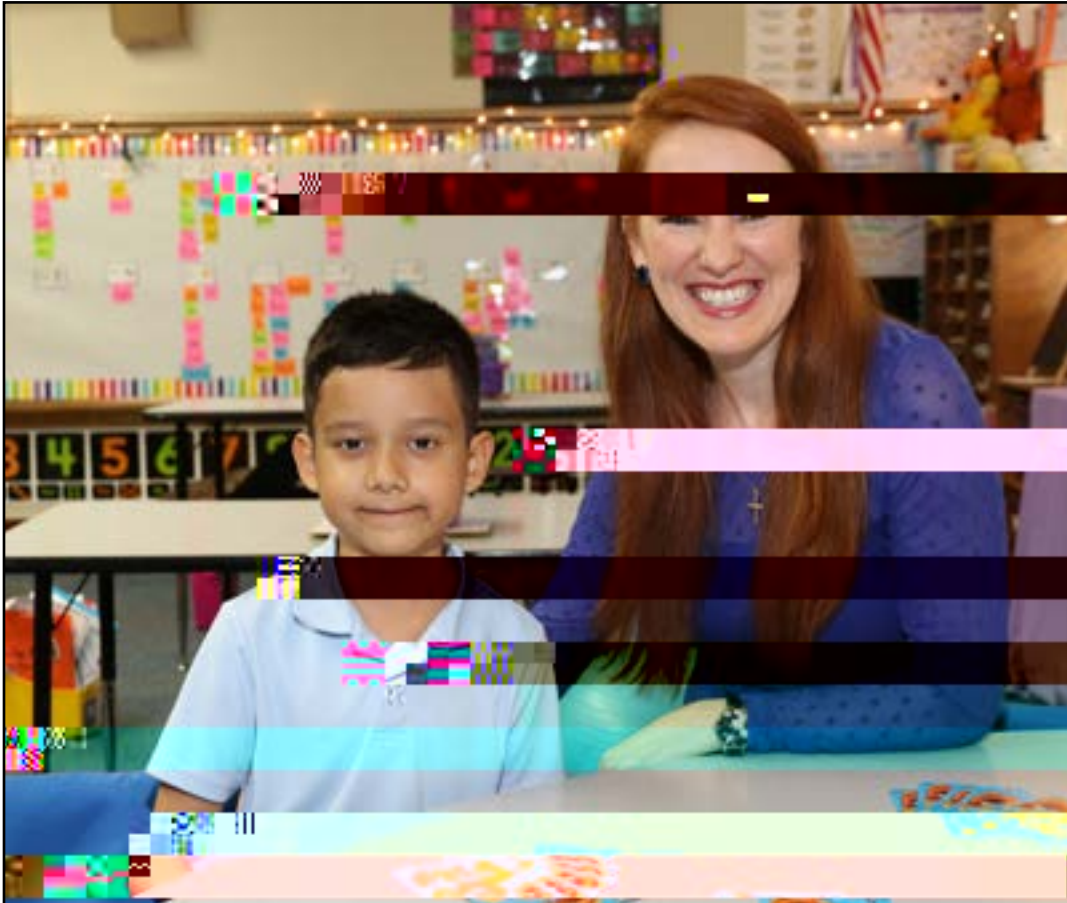


Strand a difference maker



Natalie Strand and Justin S. have made big strides with his selective mutism.

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SEE STRAND, PAGE 3

A message from Dr. Cavazos

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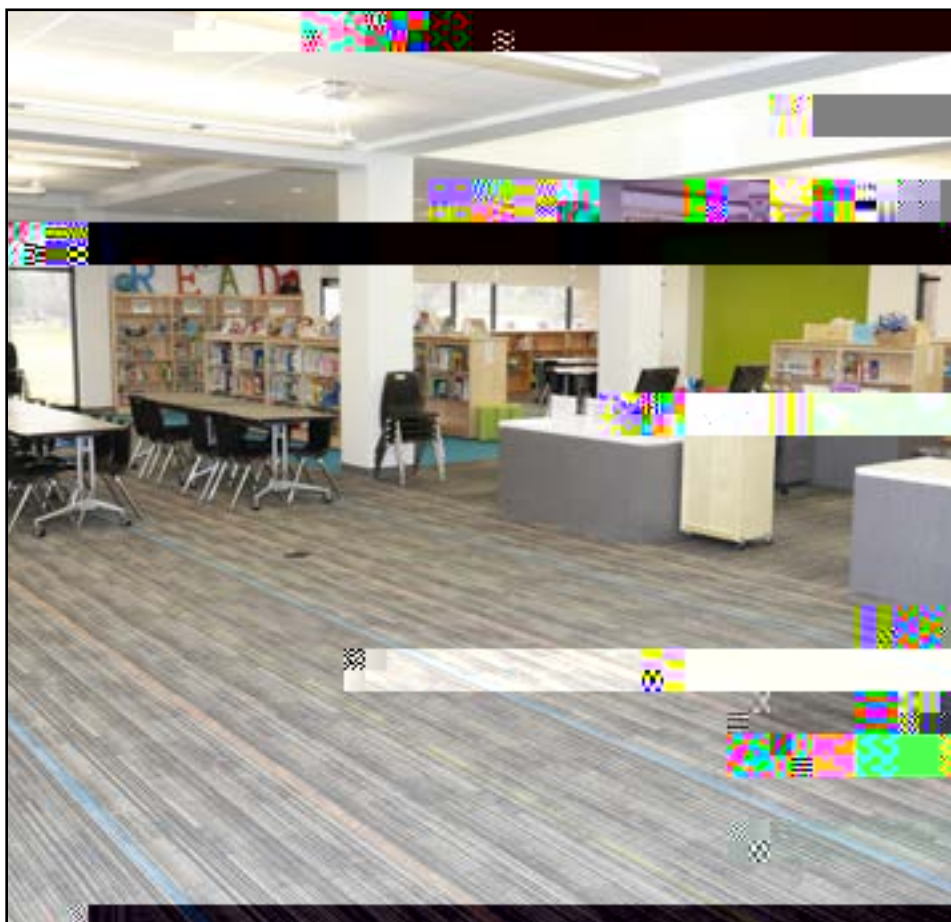
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What's going on in T1²?

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Arlington's MAC

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For more info, email hrbenefits@aisd.net

*games & activities, prizes, zumba, tire
chair massages, samples, and more.*

**Biometric Screenings: Schedule your
appointment on the Virgin Pulse Site*

*Stress Management and Massage (stress
relaxation, stress-reduction)*

**Nutrition Education
Eating/Samples*

You can register for the event through Eventbrite

RISK MANAGEMENT REVIEW

SAFETY SPOTLIGHT

Tina Baze, Specialist
Risk Management
Arlington ISD
1203 W. Pioneer Pkwy.
Arlington, TX 76013
Office: 682-867-7649
Fax: 682-867-4682

Accident What to do next?

Contact supervisor.
If an emergency
response professional
is needed call 911.

Contact the risk
management office
at 682-867-7649.

[Complete workers'
comp packet.](#)

Completed packet
should be sent to the
risk management office
in the administration
building.

**We live in a wonderful
world that is full of
beauty, charm and
adventure. There
is no end to the
adventures we can
have if only we seek
them with our eyes.**

Jawaharlal Nehru

Save a trip to the emergency room when possible

Have you ever been in a situation where you, a co-worker or an employee is injured or becomes ill on the job and panic settles in, leading to an emergency room (ER) visit for a minor issue? If so, you are not alone. The National Hospital Ambulatory Medical Care Survey estimates that between one-third and half of all ER visits are for non-urgent care. It is estimated that more than \$18 billion could be saved annually if patients whose medical problems were not urgent visited a primary care office or occupational health clinic. [Making the right determination](#) on where to get treated can save you time and money.



Think about severity

For an extreme medical condition that is potentially life-threatening, such as chest pain or severe burns, going to the local hospital emergency room is the best choice. Conditions that need to be tended to on the same day that are not potentially life-threatening should be examined at a primary care facility or occupational health clinic.

When to think doctor visit or occupational health clinic

Remember: practice safety. Don't learn it by accident.

JANUARY EMPLOYEES OF THE MONTH



Ashley Auces
Rankin Elementary
Elementary Teacher of the Month



Wily Walter
Ousley Junior High
Junior High Teacher of the Month



Tiffany Manigault
Lamar High School
High School Teacher of the Month



Sandra Barba
Warehouse
Department Employee of the Month