



# South San Cares

Wellness Newsletter | November 2025



## HONORING OUR VETERANS



As we observe Veterans Day, our district proudly honors the brave men and women who have served in the United States Armed Forces. Their courage, sacrifice, and dedication to protecting our freedoms embody the very best of our nation's values.

We encourage our students, staff, and families to take a moment to reflect on the importance of service and to express gratitude to the veterans within our community.

Their stories inspire us to lead with integrity, compassion, and commitment to others.

To all veterans—thank you for your service and your unwavering dedication to our country.





## DIABETES 101

**WEDNESDAY, NOVEMBER 19, 2025**

THIS PRESENTATION COVERS:

- SYMPTOMS OF DIABETES
- TREATMENTS AND GUIDELINES
- PREVENTION AND MANAGEMENT TIPS

REGISTER TODAY!

NOON  
*Webinar*

5 PM  
*Webinar*



SSAISD is pleased to announce the 457(b) retirement plan as an added benefit to our employees. The plan will be administered by a Third-Party Administrator called National Benefit Services with the approved vendor: Teacher's Pension. The 457(b) retirement plan acts very similar to a 401(k) plan!



### What we'll discuss:



#### Pension Projections

Understand the anticipated value of your pension upon retirement.



#### Social Security

Determine your eligibility for Social Security benefits.



#### Tax Savings

Learn how to optimize your tax strategy to maximize your retirement savings.



#### Retirement Plans

Review the differences between 403(b) and 457(b) plans and their potential impact on your retirement savings.



#### Asset Protection

Explore additional methods to safeguard your financial future.

# Retirement Planning for All Ages

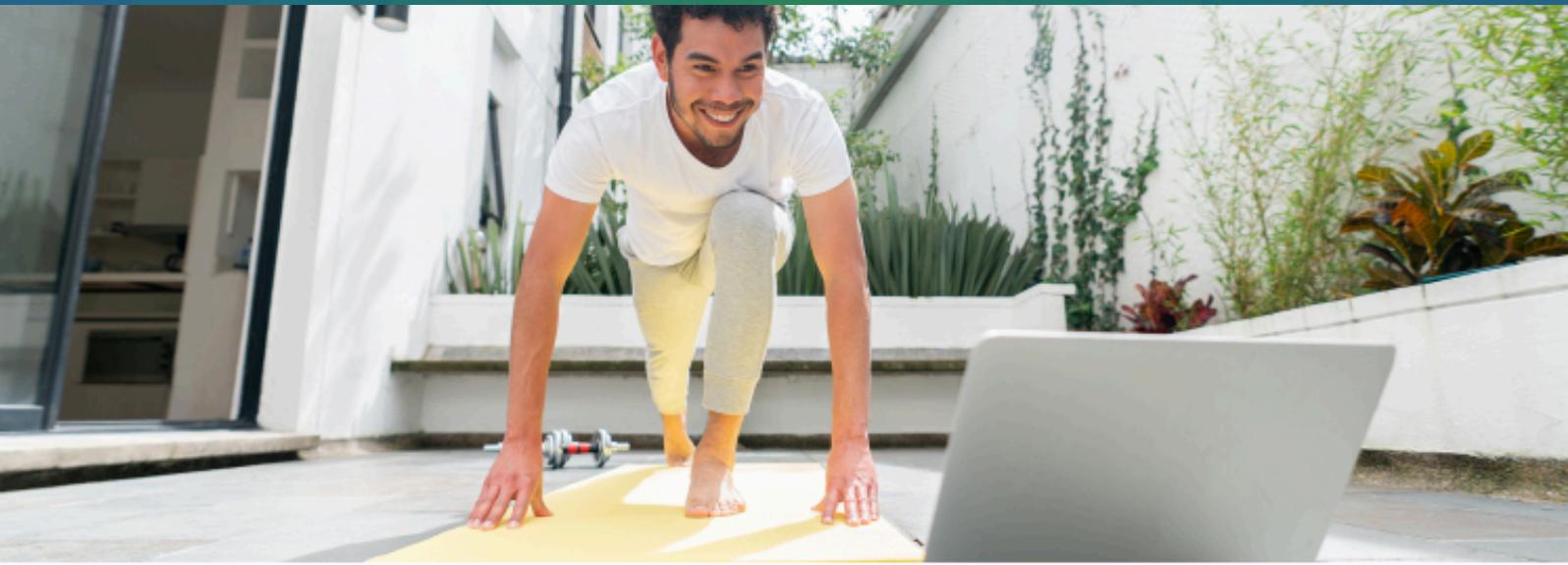
## Available for Certificated and Classified employees!

Whether early in your career or nearing retirement, strategic planning is essential for long-term financial security. While your state pension provides a foundation, it may not fully cover your retirement income needs. Developing a comprehensive plan can help you address any potential income gaps in retirement.



Schedule a no-cost personal meeting to review or develop your plan!

Scan the QR code or visit: [nbs.com/meeting](https://nbs.com/meeting)



## Move Better, Feel Better and Live Better at No Cost to You!

As you may already be aware, **Airrosti Remote Recovery is available to all participating TRS ActiveCare employees** as of 9/1/2025. Airrosti is a recovery program that focuses on chronic pain relief from head to toe through physical therapy.

Airrosti can be utilized both virtually and in-person:

If used virtually, it is at no additional cost for those on the Primary, Primary+, and ActiveCare 2 plans, and subject to the deductible for those on the HD plan.

If used in person, it is at a fixed \$70 copay  
Appointments must be made!

Visit Airrosti's website and find your nearest in-person location, or call them at 1-800-404-6050 to schedule your appointment.

### Each Airrosti Remote Recovery treatment plan includes:



Understand your injury and start your recovery.



Get back your function and mobility and feel better.



Connect with your provider anytime in the Airrosti app.



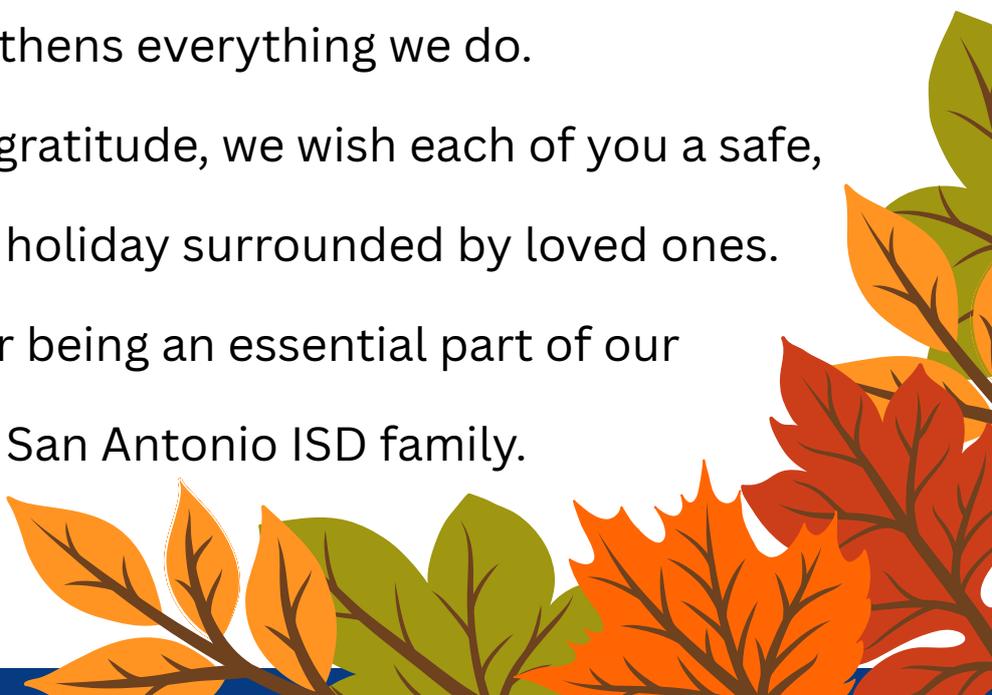
· BE THANKFUL ·  
BE  
*Grateful*  
&  
· BE BLESSED ·

As we approach Thanksgiving, we pause to reflect on the many reasons we have to be grateful. This season reminds us of the importance of community, connection, and care for one another—values that are at the heart of our schools every day.

We are deeply thankful for our students, whose curiosity and enthusiasm inspire us; for our dedicated teachers and staff, whose commitment makes our schools thrive; and for our families and community partners, whose ongoing support strengthens everything we do.

During this time of gratitude, we wish each of you a safe, restful, and joyful holiday surrounded by loved ones.

Thank you for being an essential part of our  
South San Antonio ISD family.

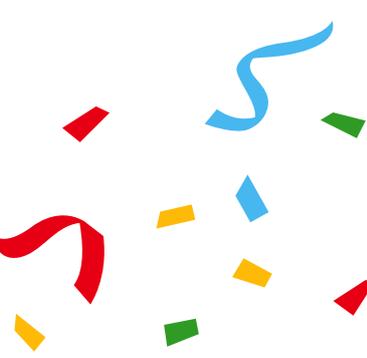


# TOGETHER WE SHINE

## VECTOR TRAINING CONTEST WINNERS!

Congratulations to the following campuses on achieving 100% of Vector training completion by 10/24/25.

Your amazing efforts make a huge difference and positive impact for the district!

- 
- ★ DAEP
  - ★ Madla Elementary School
  - ★ Zamora Middle School
  - ★ Five Palms Elementary School

## BEST TIPS ON HOW TO COPE WITH STRESS

*Thank  
you  
for sharing  
your  
thoughts  
South San!*

- The tip I use for coping with stress is meditating or just taking the time for myself.
- I like to take 15 mins out of my day, I'll put some soothing sounds on, I like hearing the rain, I close my eyes and just allow myself to decompress.
- My way of relieving stress is by praying my Rosary daily.
- Stay active – Exercise, even a short walk, releases endorphins that boost your mood and reduce stress.
- Take time for hobbies or activities that make you happy, like reading, drawing, or listening to music.