

# Wow!



## WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ FEBRUARY 2009

*Minor League Baseball*  
*Major League City*  
**2009**  
**EMPLOYEE AWARDS BANQUET**

**Friday, Feb. 20.**

Doors open at 5:45 p.m. • Dinner begins at 6:30 p.m.

Get your tickets to the Annual Employee Awards Banquet from a ticket seller near you. The cost is just \$3 each for first three tickets (additional tickets \$10 each).

Dress is casual – wear your favorite baseball attire (preferably AirHogs) or you may come in formal attire if you so desire – we just want you to celebrate with us and honor our GREAT employees!

#### **Ticket Sellers:**

Brenda Rosales - HR/Annex Building  
JoAnn LaFon - Housing/Neighborhood Services  
Sharan Barrett - Police Department  
Gloria Rodriguez - Fire Department  
Susie Hedrick - Service Center  
Lyndsey Cherry - City Hall  
Donna Peterson - Water Utilities  
Doug Beich - Parks & Recreation  
Fred Perez - Municipal Court  
Jeanne Murdock - Library  
Carmen Galicia - Development Center  
Jan Hill - Airport

If you are a nominee or service award recipient, you must exchange your personalized invitation to receive one free admission ticket. See your ticket seller for details.

### **Employee Health Fair**

Don't miss the Employee Health Fair Tuesday, March 31, 9 a.m.- 3 p.m. at the Bowles Life Center, 2750 Graham St. More information will be coming soon.



### **Congrats to Nominees!**

The following individuals have been nominated by their management staff and peers as exhibiting ongoing outstanding service and/or achievement during calendar year 2008. The winners will be announced at the Employee Awards Banquet on Feb. 20:



#### **Employee of the Year Nominees**

**Marchella Bell-West** – Recycling  
**Pam Bolinger** – Finance  
**David Bradburry** – Code Enforcement  
**Susan Bryce** – Finance  
**Eduvina Cruz** – Senior Center  
**Cheryl Dillard** – Police  
**Cheri Hebison** – Environmental Services  
**Jerry Horn** – Animal Services  
**Renee Johnston** – Animal Services  
**Hatim Mahdi** – GIS  
**Betty Miller** – Library  
**Scott Peltier** – Utility Customer Service  
**Aaron Pierce** – Housing  
**Jim Rhodes** – Water/Wastewater  
**Ed Scheitle** – IT – Police Support  
**Bradley Smith** – Fire  
**Michael Stanley** – Code Enforcement  
**Marshall Warder** – Planning  
**Kenneth Zacharias** – Police

#### **Supervisor of the Year Nominees**

**Mike Foreman** – CMO  
**Joseph Graves** – Code Enforcement  
**Becky Hicks** – Lake Parks  
**J.P. Hill** – Facility Services  
**Randy Isbell** – Police  
**Isaac Silverio** – Water/Wastewater  
**Maxine Snow** – Engineering  
**Linda Stidham** – Library  
**Randy Reagins** – Code Enforcement  
**Marc Taddonio** – Police

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## Benefits

### Colonial Insurance Available

The City of Grand Prairie is pleased to announce that we are partnering with Colonial Insurance to offer our employees the opportunity to enroll in some much awaited and exciting new voluntary insurance products. You should have received a packet with information about the Critical Illness, Accident or Cancer products being offered. If you choose to enroll, your premiums will be payroll deducted and if you enroll by February 28, 2009, all plans will be guaranteed issue no matter what your health conditions! Policies will be effective March 1, 2009. To enroll call Melinda Allbritton 817-992-0262.

### Spin Class is Back!

**Mondays and Wednesdays at noon**  
**Bowles Life Center, 2750 Graham St.**  
**Employee cost: \$16 monthly**

For a quick, energizing workout, try spin class. It's excellent aerobic exercise on a specially designed stationary bicycle that allows you to control the tension. Spinning burns serious calories (about 450 in 45 minutes) and tones your quads like crazy. It doesn't involve a lot of coordination and although you follow the general instructions of the spinning instructor, you are in control when it comes to your pace.



## Wellness

### Numbers to Watch for a Healthy Heart

Chances are, when you think of heart risk, you do a quick mental review of your cholesterol levels. Those numbers are important, but others are key as well if you want to whittle away your danger.

**Total cholesterol** should be under 200 milligrams per deciliter (mg/dl).

**LDL** should be under 100 mg/dl.

**HDL** should be above 50 mg/dl for women, and above 40 for men.

**Triglycerides** should be under 150 mg/dl.

**Fasting blood sugar** should be under 100 mg/dl.

**Blood pressure** should be no higher than 120/80 mmHg.

**BMI** shouldn't be higher than 25. If your body mass index (your weight-to-height ratio) tops that figure, your heart risk increases 32%. Over 29 and it spikes 81%.

**Waist circumference** should be 35 inches or less for women and not more than 40 inches for men.

*Reader's Digest*

### Ten Ways to Good Health

Less Alcohol	More Tea	Less Words	More Action
Less Meat	More Vegetables	Less Greed	More Giving
Less Salt	More Vinegar	Less Worry	More Sleep
Less Sugar	More Fruit	Less Driving	More Walking
Less Eating	More Chewing	Less Anger	More Laughter

## Nominees

*Continued from page 1*

### Manager of the Year Nominees

**Rob Ard** – Building Inspections

**Maria Hunt** – GIS

**Elsbeth McDonald** – Uptown Theater

**Pam Meine** – Police

**Patricia Redfearn** – Solid Waste

**Duane Strawn** – Parks

**Gary Yakesch** – Parks

### Group Achievement Nominees

**Planning and Engineering** - Uptown Theater Project

**Code Enforcement** - Power Team

**Cemetery Staff**

**GIS Staff**

**Human Resources Staff**

### Places Germs Lurk

A new study from the University of Virginia pinpoints some surprising hiding spots:

**Telephone.** Your family breathes into it constantly. Clean your phone every evening, especially if someone has a cold.

**Remote control.** Chances are that you snack and surf at the same time. Clean the clicker every few days.

**Refrigerator door handle.** Your hands transfer germs from the handle to your food.

*Parade: HealthyStyle*

### Slim Like Clockwork

The key to maintaining a healthy weight is not just what you eat but when you eat it: People who consistently eat at the same times each day—and don't skip meals—are less likely to develop a large waistline or insulin resistance (factors in developing type 2 diabetes), according to a study of 3,607 women and men by the Karolinska Institute in Sweden. Conversely, people who skip meals or eat at odd hours have a higher risk of metabolic disease.



*Prevention*

## Fun and Fit Activities

Sign up for your favorite activity and get to know other fun City of Grand Prairie employees.

Program	Coordinator/Contact Info.	Cost/Incentives
<p><b>Spin Class</b> Join Anytime! Mon., Wed., noon Bowles Life Center, 2750 Graham St.</p>	<p><b>Linda Long</b> - Parks and Recreation 972-237-8243 llong@gptx.org</p>	Employee cost: \$16 monthly
<p><b>Yoga</b> Join Anytime! Mon., Wed., Fri. 11 a.m. Bowles Life Center, 2750 Graham St.</p>	<p><b>Linda Long</b> - Parks and Recreation 972-237-8243 llong@gptx.org</p>	Employee cost: \$17.50 monthly
<p><b>G.Y.M. (Get Yourself Moving)</b> Join Anytime! Visit Raving Fans message board</p>	<p><b>Ann Ellis</b> - Building Inspections 972-237-8326 aellis@gptx.org</p>	Free
<p><b>Weight Watchers at Work</b> Join Anytime! <i>Spouses on city insurance welcome</i></p>	<p><b>Candice Day</b> CDay@gptx.org</p>	\$93 for employees or attend a class outside the city and get reimbursed for \$93 every 17 sessions (proof of paid receipt required).
<p><b>Free One Month Weight/Fitness Room Membership</b> Low cost <i>Run for Life, Best Legs Ever, Strength Training Program, 30 Minute Tummy Assassin</i> and <i>Peripheral Heart Action Training</i></p>	<p><b>Dalworth Recreation Center</b> 2012 Spikes 972-264-7670</p>	Free month Weight/Fitness Room membership can be used for the month of February.
<p><b>Bowles Life Center Membership</b> Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track or shoot some hoops on the basketball court</p>	<p><b>Bowles Life Center</b> 2750 Graham St. 972-237-7529</p>	\$130 per year (\$5 per paycheck) for city employees

### Dentists to the Rescue



A regular dental checkup can actually be lifesaving. Your dentist is the health provider who is most likely to detect bleeding gums, which can be a sign of more than 20 conditions, such as diabetes, hormonal imbalances, cancer or a vitamin deficiency, according to Chicago-area dentist Ronald Schefdore, DMD.

Dentists also can prescribe home screening tests (such as ones used to gauge systemic inflammation) for many diseases—often at a fraction of the cost of a hospital blood test, he says.

*Prevention*

### Go Red

In honor of Valentine’s day, try red fruits and vegetables. They’re particularly high in antioxidants and offer powerful protection against disease. Some super “red” foods: tomatoes, a great source of heart-smart lycopene and red peppers, strawberries and raspberries, which are rich in cancer-fighting phytochemicals. *Woman’s Day*

## Wellness

### Enter for a Chance to Win a Great Prize!

Did you read this issue of the WOW! newsletter? We're putting you to the test. Print page four of this newsletter if you are reading it online, complete the following quiz, clip it out and **send it via interoffice mail to the Communications and Marketing Department by February 27**. If you answered each question correctly, your name will be entered into a drawing for two movie passes.

Name: \_\_\_\_\_

\_\_\_\_\_

Department: \_\_\_\_\_

Phone: \_\_\_\_\_

1. Tickets are available now for the employee awards banquet.

True  False

2. According to researchers, your eating schedule does not affect your weight.

True  False

3. Germs can lurk on your television remote control.

True  False

4. Spin class for employees is available at the Bowles Life Center.

True  False

5. The city is offering new voluntary insurance products.

True  False

6. Your triglycerides should be under 150 mg/dl.

True  False

7. The health fair is March 31.

True  False

## Employee of the Month

**Esther Coleman, Housing Assistance Manager for Housing and Neighborhood Services**, has been named Employee of the Month for February. She manages a team of 18 including employees in the Section 8 Voucher Program and Housing Enforcement for Multi-Family Housing Inspections. Coleman recently led her team of enforcement officers through a delicate multi-family apartment inspection. She explained the importance of the inspectors' reports, how they should be reviewed in future legal proceedings, and stressed accuracy and detailed information. Coleman stayed with the team until the last unit was thoroughly inspected.



**Esther Coleman**

"Esther is the glue that holds our teams together," said Jana Mayberry, Housing Executive Assistant. "She challenges her employees and strongly encourages them to think outside the box to find the correct solution to a problem. She is a devoted leader, dedicated to her job and makes a commitment to her employees."

## Message from the Manager

We had a great year in 2008. Here is a list of our accomplishments.

1. Opened the historic Uptown Theater to rave reviews.
2. Launched a new weekly news show, GP Update, on GPTV Channel 16.
3. Built QuikTrip Ballpark and enjoyed a successful first season of the Grand Prairie AirHogs minor league baseball team, American Association Southern Division Champions.
4. Broke ground on the new Public Safety Headquarters and Active Adult Center.
5. Saw the ¼ cent sales tax for parks complete the 3.2 mile Lone Star Trinity Trail in the entertainment district; open Wide World of Parks mega-playground at QuikTrip Ballpark; celebrate the 5-mile Good Link Trail between Mike Lewis and Waggoner parks; install the Fish Creek playground on Allegro Lane; update outdoor swimming pools with mega-slides; and add a diving board at Kirby Creek Indoor Pool.
6. Invested \$4.5 million through the ¼ cent sales tax for street improvements on 12 streets, three alleys and 53 leveling projects to

- pave the way to smooth driving.
7. Opened the Belt Line Overpass at Main and Jefferson.
8. Began driving on State Highway 161 frontage roads.
9. Continued to make strides in public safety: for the first sustainable time in a decade Police were fully hired; added filing police reports online for citizens; appointed new Gang Unit; shifted police to 12-hour workdays, putting more police officers on the street; and added a second police dog, Sara, who specializes in narcotics.
10. Received credit rating upgrade from Standard & Poor's and Fitch to "AA+" and "AA positive outlook."
11. Named Best Place to Live in USA by *Money Magazine*; and our parks received the national Gold Medal Award for best parks in the nation.

In 2009, we will see more new roads completed and we'll ask residents to renew the one quarter of one cent sales tax for improving streets in Grand Prairie.

Tom Hart, City Manager