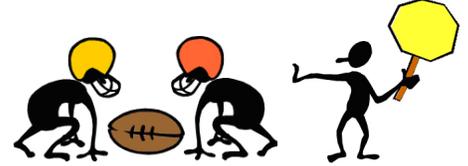


# WOW!



## WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ SEPTEMBER 2009

### Schedule a Mammogram

The mobile mammography unit from Methodist Health System will visit the city of Grand Prairie on the following dates:

Wednesday, Sept. 23    City Hall Complex, 317 W. College  
Wednesday, Sept. 30    Main Library, 901 Conover

To qualify for a mammogram, you must be age 35 or older, with no breast implants, and have no current breast problems. Claims will be filed for those covered by United Healthcare insurance. Other major plans may also be filed, including Medicare. Bring your insurance card and physician's name and address with you to your exam.

To schedule an appointment, call 214-947-0026.



### Interoffice Mail Changes

Staffing for interoffice mail service has been reduced. Here's what you need to know about interoffice mail service:

#### Services Unaffected By Staffing Change:

Every business day Utility Services will continue to pick up mail at the post office and sort it into the post office boxes located in City Hall just outside Utility Services. We will also meter outgoing mail and deliver it back to the post office each afternoon.

#### Changes to Interoffice Mail Service:

There is no longer delivery and pickup within the City Hall complex. Staff in each of these buildings will need to pick up and deliver their mail to the post office boxes located in City Hall just outside Utility Services. Buildings affected include: Municipal Court, Housing, Parks and Recreation, Human Resources Annex, Development Center, CVE Public Safety Training Center.

Delivery and pickup to remote sites will be reduced to twice per week as follows:

#### Monday and Wednesday:

Solid Waste  
Tourist Information Center  
Library  
Credit Union  
Police  
Water Utilities

#### Tuesday and Thursday:

Service Center  
Airport  
Prairie Paws  
Ruthe Jackson Center



### Flu Shots Offered Sept. 24



Free flu shots will be offered for city employees:

Thursday, Sept. 24 • 8 a.m.-4 p.m.  
7 a.m.- 8 a.m. for Parks and Public Works field employees  
Charles V. England Public Safety Training Complex,  
310 W. College

### Join Weight Watchers at Work

Experience the convenience, support and motivation of a Weight Watchers meeting right here at work. For a limited time only, join a 17-week At Work series and we'll include a week for free! You will pay for just 16 of the 17-week series if you join by Sept. 21. A minimum of 20 enrollees are required for the meeting. The city of Grand Prairie will reimburse you for half of your costs.



Employees interested must sign up with a payment of \$93 to Human Resources by Monday, Sept. 21. Checks are payable to *Weight Watchers*. You may split your payments into two or three checks.

For more information contact Candice Day at 972-237-8073 or via e-mail at [cday@gptx.org](mailto:cday@gptx.org).

### Start a Walking Team

Are you interested in joining a walking program? Gather a team of seven and you're eligible for great prizes beginning in October. E-mail Candice Day at [cday@gptx.org](mailto:cday@gptx.org).

## Benefits

### Substance Abuse? Remember Your EAP

Each year substance abuse affects more than one in 13 Americans. And every day many of these same people are learning that recovering from substance abuse is real and possible. A good first step may be to seek the advice of your healthcare provider, professional counselor or therapist to discuss the many different treatment options available. New medication therapy or a combination of medication and talk therapy offers hope for recovery. Support groups with the shared wisdom and experiences of others facing similar challenges are also an important part of ongoing recovery.

Magellan, your Employee Assistance Provider, has information that can help. Visit [MagellanHealth.com/member](http://MagellanHealth.com/member) and access *Your Path to Recovery* in the *Spotlight* section. You'll access information with the Magellan phone number: 1-800-523-5668. This Web site includes:

- How substance abuse spans the generations—from tweens to teens to seniors.
- How you can support someone in recovery or keep your own recovery on track.
- A private and confidential online screening for drug or alcohol addiction.
- Resources for information, help and support.

#### Podcast – *Talking with Family and Friends About Depression*

Through this Podcast, you'll learn how to recognize both the outward and the sometimes subtle signs of depression; learn when you or someone close to you may need professional help; and learn effective ways to approach family members and friends about depression.

Magellan also offers free counseling service on many topics to you, your household members and dependents.

**Call 1-800-523-5668 free 24 hours a day, seven days a week.**

### Discount on Homes for City Employees

A new home buying program is underway with a special deal for government employees working in Grand Prairie. The Foreclosed Home Acquisition and Resale Program for government employees (4-Gov) will purchase foreclosed homes, complete rehabilitation work and resell the homes at a discount to government employees working in Grand Prairie – including federal, state, county, city and school district employees. The interested home buyers will have a chance to tour the homes 9 a.m. to 1 p.m. on Saturday, Sept. 5.

For details on eligibility requirements and how the program works, visit the Raving Fans intranet or visit [www.gptx.org](http://www.gptx.org) and click on the "4-Gov" news story on the home page. Details about each of the four properties coming up for sale will be posted to the Web site leading up to the open house events on Sept. 5. The houses will go on sale starting at 8 a.m. on Sept. 8.

The discount offered by the city is made possible by federal funds for creating home ownership opportunities and stabilizing neighborhoods through the buying and rehabilitating of foreclosed properties. As the city buys and rehabilitates properties, the houses for sale will be posted on the city Web site, [www.gptx.org](http://www.gptx.org). As homes are sold, the city will recycle the program income off the sale of the property and purchase another home to rehabilitate and sell to eligible applicants.

## Wellness

### The Skinny on Salads

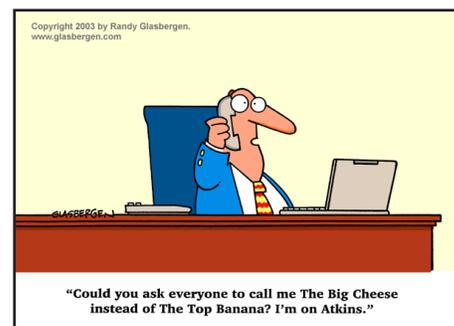
Not all entrée salads are diet-friendly. A Chili's Quesadilla Explosion Salad, for example, packs in 1,260 calories (yikes!). The following are slimmer options (calorie counts don't include dressing unless it's mixed in; those selections are noted).



<u>Good Greens</u>	<u>Calories</u>
Panera Full Classic Café Salad*	170
Wendy's Chicken Caesar Salad	180
Applebee's Grilled Chili-Lime Chicken Salad**	220
Starbucks Farmer's Market Salad	220
Denny's Cranberry Pecan Chicken Salad	250
McDonald's Southwest Salad with Grilled Chicken	320
Taco Bell Fiesta Taco Salad (without shell)	430

\* With Reduced Fat Balsamic Vinaigrette

\*\* With Chili-Lime Vinaigrette



## 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>Prairie Lakes Golf Course</b> 3202 SE 14th St. Summer discount for employees. After 5 p.m., Wednesday and Thursday 9 holes with cart.</p>	<p>Please call 972-263-0661 for availability.</p>	<p>\$10 per person</p>
<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>	<p>\$130 per year (\$5 per paycheck) for city employees</p>

## Your Sugar Solution: A Midday Workout

Another reason to exercise during your lunch break: An easy 30-minute bike ride or stroll after eating may control insulin and blood sugar as well as drugs can, finds a Norwegian study. Improved insulin response means fewer blood sugar spikes that encourage your body to pack away extra fat and raise your risk of heart disease, diabetes and obesity. Further research is needed to determine the best exercise dose, but scientists suggest that even a 10- to 15-minute session could be beneficial.

*Prevention*

## The Latest Credit Card Trap

*A Follow-Up from the recent WOW! Financial Lunch 'N Learn*

Have you ever been late on your credit card payment? The mistake could have cost much more than one late payment fee, thanks to a provision buried in the fine print of many credit card agreements.

Complaints about universal default clauses—acted on by more than one-third of all major credit card issuers—are on the increase. These clauses allow issuers to raise your interest rate if you're late making a payment to them—or even someone else.

This means that if Issuer A finds out you were late paying Issuer B, Issuer A can raise your interest rate. Many consumers are unaware of the dangers because they don't read or don't understand the credit card agreement.

Experts caution that the penalty doesn't have to kick in for big ticket items such as a car or mortgage payment; it could be for something as innocuous as an overlooked \$30 phone bill or a forgotten \$20 book club subscription.

Head off problems by paying all bills on time, and preferably at least a week or more ahead of the payment due date. Once a negative hits your credit report, the damage may be done.

*By Debi Choate, Texas Trust Credit Union, Cedar Hill Branch*



## No Flu For You

The flu typically comes to town in winter, but now is the time to start thinking about getting a flu shot. Your body needs time to develop the immunity a shot provides. Just about everyone can benefit from a flu shot. But people in the following groups are at high risk for complications from the flu and should get a flu shot between now and mid-November:



- Children ages 6 months to 2 years.
- Adults ages 65 years and older.
- Anyone ages 2 to 64 with underlying chronic medical conditions.
- All women who will be pregnant during the influenza season.
- Residents of nursing homes and long-term care facilities.
- Children ages 6 months to 18 years on chronic aspirin therapy.
- Health care workers involved in direct patient care.
- Out-of-home caregivers and household contacts of children age less than 6 months.

*BaylorHealth*

## Drugs that Don't Like the Sun

It's a common problem, but few people have heard of it: many medications increase your sensitivity to sunlight, which can leave you with a painful burn. Skip the short sleeves, or be extra careful with sunscreen if you use:



- Antibiotics, such as tetracycline
- Beta-blockers, often used for hypertension
- Diuretics, also used for high blood pressure
- Oral contraceptives
- Acne treatments or wrinkle fighters containing Retin-A or retinol
- NSAIDs such as ibuprofen and aspirin
- Saint-John's-wort

*Reader's Digest*

## Health Hearsay

### Are baby carrots preserved with bleach?

Not exactly...and there's no reason to stop eating them, says Randy Warobo, PhD, and associate professor of food microbiology at Cornell University. Carrots are rinsed (not preserved) in a chlorine wash, recommended by the FDA, to kill bacteria like salmonella and E. coli, which cause foodborne illness.



Most pre-cut produce, including frozen veggies and fruit salad, is washed with this similar sanitizer. Other e-mail rumors say that baby carrots are made from large rotted ones, but that's not true either. They are whittled down from misshapen carrot roots, which aren't rotted or deformed. These mini carrots have the same nutrients as the picture-perfect, long and straight ones.

*Prevention*

## Employee of the Month

**Tim Shinogle, Senior Superintendent of Parks Planning**, has been named employee of the month for September. He has been a city of Grand Prairie employee for 28 years. Shinogle recently showcased his talents for planning during the P-3 playground build at Charley Taylor Recreation Center. His spreadsheets on building each element of the project were invaluable to volunteers who completed the project in one day.

According to his coworkers, Shinogle has vast knowledge of all parks issues and facilities and always answers questions from the public promptly and accurately. He is appreciated for his professionalism and the respect he gives to others.



**Tim Shinogle**

"Tim's integrity and work ethic is evident in all of his projects," said Rick Herold, Parks and Recreation Director. "He sets the gold standard as the epitome of a professional city employee."

## Message from the Manager

City staff and council have been busy planning the 2009-2010 budget. During this time of recession in our country, the city has faced financial challenges requiring budget cuts to the tune of \$4.3 million for the upcoming budget year. However, based on available information, we believe we will not have to make additional budget cuts through 2010. It is a lean budget this year, but Grand Prairie residents will be pleased that there will be no tax rate increase.

Although we will not be able to offer employee raises this year, we are going to give all eligible full-time employees, including Civil Service, a one-time merit adjustment of \$1,500 if they meet or exceed performance standards. Civil service employees will also receive their step increase, if eligible. The one-time lump sum merit will be distributed in November.

Employee efforts to better manage their health, increase generic medication use rather than name brand, and to use Nurseline and Urgent Care appropriately have contributed to a reduction in our overall claims. As a result, our health insurance rates do not

have to be increased for the first time in years. Your efforts have paid off and should continue. To be eligible for a \$20 discount off of 2010 medical insurance rates, employees must complete all requirements of the WOW! 1-2-3 program by Dec. 1, 2009. This includes opt-outs. In order to receive opt-out flextra money of \$30 per pay period, you must also complete the WOW! 1-2-3 program. Emergency room benefits have been modified from a flat co-pay to a deductible and percentage cost for 2010. Materials will be distributed on this in October. We will continue our WOW! programs for health and wellness and employees will be recognized for making Raving Fans with their world class service.

As staff worked on the 2009-2010 budget, we worked hard to maintain the integrity of our employee benefits and department programs. The city council will vote on the new budget at the Sept. 15 city council meeting.

**Tom Hart**  
City Manager