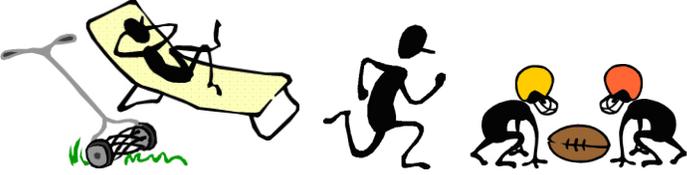


WOW!



WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ SEPTEMBER 2010

Mobile Mammograms Sept. 22 and 29

Methodist Health System Mobile Mammography Unit
For city employees, spouses and retirees

Wednesday, Sept. 22 and 29 • Parking lot between City Hall and HR

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 plan. Other major plans may also be filed, including Medicare.

Please bring your insurance card and your physician's name and address with you to your exam.

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

GP Named Playful City USA

The city of Grand Prairie has been named a "Playful City USA" by non-profit organization KaBOOM! for the third year in a row. The city was one of 118 communities throughout the United States honored for prioritizing play despite budget setbacks.

State Highway 161 Update

The President George Bush Turnpike Western Extension, also known as State Highway 161, will provide an 11.5-mile link from SH 183 south to Interstate 20. The roadway is complete from SH 183 to I-30, and construction from I-30 south to I-20 is expected to be complete in late 2012. Electronic toll collection is underway from SH 183 to I-30 and will span the entire roadway upon its completion.

As part of the construction process, the railroad crossing at West 14th Street between Main and Jefferson is permanently closed. A detour is marked for south bound (north of Main) traffic to use NW 19th Street to cross the railroad tracks. North bound traffic (south of Jefferson) is instructed to use Carrier, SW 19th or SW 23rd to cross the tracks until the new at-grade crossings at the SH 161 frontage roads open in May 2012.



Construction has begun on the SH 161 railroad crossing between Main and Jefferson.

Blood Drive

Be a part of something grand.
Participate in the
Public Works Blood Drive.

Thursday, Sept. 30 • 1-5 p.m.

Grand Prairie
Public Works Training Center
317 N. Belt Line

**For appointments call
Selena Jackson, 972-237-8377.**

Cuny Cycles in 100-Mile Race



Doug Cuny, (R), and his brother, Bryan (L), at the Hotter 'N Hell 100

Doug Cuny, Utility Services Manager, completed the 100-mile Hotter N' Hell bike race in Wichita Falls on Aug. 28. Doug and his brother, Bryan, began the race at 7 a.m. and completed at 2 p.m. The temperature averaged 95 degrees, cooler than normal. The Hotter N' Hell was Doug's first big race and he's been training since spring. His training rides are 20-30 miles during the week and 40-60 miles on weekends. Doug's next ride is the 60-mile Cowtown Classic on Sept. 11.

Safety Matters - Even in an Office



Your ordinary office routine may seem safe enough. You probably take the elevator or stairs, use the coffee maker, open and close drawers and lift stacks of files comfortably and easily every day. Although all of these daily office activities may be second nature to you, they can be more dangerous than you might suppose—especially because you and your co-workers don't expect problems. Learn to look with new eyes for these common safety hazards in your office.

- Falls are the most common office accidents. They happen while people are walking, climbing stairs, even leaning back in chairs. Keep an eye out for telephone extension, electrical cords and open drawers, which can cause people to trip and correct them if you can.
- File cabinets are a primary source of office injuries. Top-heavy drawers can cause a cabinet to topple over. Sharp corners of metal file cabinets can cause injuries. Open only one drawer at a time and close them slowly and carefully.
- Office avalanches occur when too many boxes, papers or other materials are stacked too high for safety. All it takes is someone to pull something from halfway down the stack to send everything tumbling down. Keep papers inside cabinets—not on top of them.
- Electrical shock can result from frayed wiring, improper grounding or malfunctioning equipment. Check equipment and plugs regularly. All offices should have a three-wire grounding system.
- Fires can occur anytime. Smoking is a common cause, so is electrical equipment. Look for people lighting up in no-smoking areas or throwing matches or still-lit cigarettes in wastebaskets. Flammable materials that are too close to coffee makers, space heaters, or hot plates are also dangerous.
- Lifting loads improperly can lead to strains and other back injuries. Twisting or jerking while lifting can also cause injury. No one should try to lift a heavy or awkward load alone.
- Repetitive motions, such as those involved in typing, can cause injuries to the hands and arms. Anyone working on a keyboard should be trained in proper hand position and should take breaks to exercise and stretch hands and arms.



are too



Get the Sleep You Crave

A good cardio workout, such as a 30-minute jog, can help you snag more slow-wave sleep, the deep restorative kind you need to feel refreshed, according to sleep expert Michael J. Breus, PhD. *Prevention*

Elliptical Reasoning

Elliptical machines are not just for injury rehab, or reading, or wimps. Exercising on an elliptical trainer burns as many calories as running on a treadmill at the same level of effort, a new study from the University of Nebraska found. Oxygen consumption was also equivalent on both machines, but people's average heart rates were



higher on the elliptical, possibly due to the newness of the motion, says study author Greg Brown, Ph.D., FACSM.

To keep your body guessing, alternate between the two, he says. *MensHealth*

New Social Media Policy

Effective immediately, Social Media has been added to our existing Electronic Communications HR Policy.

Basically, it is the city's preference to maintain one primary city social media presence per application (i.e. one Facebook, one MySpace, etc). Departments wanting to create their own sites must get approval from Communications and Marketing first.

And, when you publish information to your personal social media sites, be cautious in how you represent yourself and the City. Personal communication denigrating your employer, cyber-smearing or cyber-bullying other employees or your employer can result in disciplinary action. Additionally, portraying yourself as an employee and posting inappropriate items that could bring negative perceptions against you or the City could also affect your employment.

For the full policy, go to the Raving Fans site, click on Human Resources/HR Policies/Employee Relations/E11 Electronic Communication Policy. Or call Amy at 972-237-8140.

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
Bowles Life Center Membership Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track and basketball court.	Bowles Life Center 2750 Graham St. 972-237-7529	\$130 per year (\$5 per paycheck) for city employees.
Boot Camp at Bowles Life Center A total body workout taught by Rod Walker for all ages. This total fitness workout is effective and guarantees results. You will lose fat and build lean muscle.	Bowles Life Center 2750 Graham St. 972-237-7529	\$80 per month or \$7 per class. <i>Try the first class free!</i> Class times: Mon. and Wed. 6-7 a.m., 5:30-6:30 p.m., 7-8 p.m. Fri. 6-7 a.m., 5-6 p.m., 6-7 p.m. Tues. and Thurs. noon-1 p.m., 6:30-7:30 p.m., Sat. 10-11 a.m.
Boxing at Bowles Life Center Focuses on conditioning, weight loss, body toning and fitness.	Bowles Life Center 2750 Graham St. 972-237-7529	\$60 per month. Class time: Tues. and Thurs. 6:30-7:30 p.m.
Golf - The Jim Sparks Special Play golf after 5 p.m.	Prairie Lakes Golf Course 3202 SE 14th St. Call for reservations: 972-263-0661	Tuesdays and Wednesdays \$10 after 5 p.m. (cart included) Mon- Fri: 1/2 price bucket of range balls
Spinning at Bowles Life Center Group exercise on stationary bikes.	Bowles Life Center 2750 Graham St. 972-237-7529	\$25 per month. Class time: Mon., Tues., Thurs. 7:30-8:30 p.m.
Swim Laps	Kirby Creek Natatorium 3201 Corn Valley 972-263-8174	\$1 per visit for city employees Monday-Friday 10 a.m.-1 p.m.
Yoga at Bowles Life Center Enjoy the benefits of Yoga and Pilates in this class.	Bowles Life Center 2750 Graham St. 972-237-7529	\$7 per class or \$35 per month. Class time: Mon. 7-8 p.m. Thurs. 6:30-7:30 p.m., Sat. 9-10 a.m.
Zumba at Bowles Life Center Fast-paced cardio workout to music.	Bowles Life Center 2750 Graham St., 972-237-7529	\$7 per class or \$30 per month. Wed. and Fri. 6-7 p.m.
Join The Summit at Central Park Premier 50+ Club <i>For adults 50 and older only</i>	The Summit at Central Park SH 161 between Warrior and Arkansas Lane Contact Linda Long at llong@gptx.org	Annual membership \$200 for ages 50-64. \$50 for ages 65 and older. Payroll deduction available.

Quiz

Enter for a Chance to Win Two Movie Passes

Did you read this issue of the WOW! newsletter? We're putting you to the test. Complete the following quiz, clip it out and **send it via interoffice mail to the Communications and Marketing Department by September 24**. If you answered each question correctly, your name will be entered into a drawing for a two movie passes.

Name: _____

Department: _____

1. Annual memberships to The Summit Adult Activity Center are available for anyone age 50 and older.
 True False
2. Exercising on an elliptical trainer does not burn as many calories as running on a treadmill.
 True False
3. To qualify for a mammogram, women must be age 35 or older.
 True False
4. A good cardio workout can help you get more slow-wave sleep.
 True False
5. Repetitive motions, such as those involved in typing, can never cause injuries to the hands and arms.
 True False
6. Eating nuts cannot help you reduce your "bad" cholesterol.
 True False
7. Employees can swim laps at Kirby Creek Natatorium for \$1.
 True False

Employee of the Month

Sheila Fennell is Grand Prairie's September Employee of the Month. She works in Human Resources, and is invaluable in helping Grand Prairie employees with insurance and benefits needs. Sheila is a liaison between our city's employees and our various benefits providers. When employees come to her with questions about benefits, she shows exemplary persistence in finding out the information they are seeking. When necessary, she will advocate for the employees to obtain the best benefits possible. In doing so, she mirrors the attitude of Human Resources, which seeks to best serve employee needs in a caring fashion.



Sheila Fennell
Human Resources

Message from the Manager

The city is making an important change to the holiday policy effective January 1, 2011:

Holidays will no longer be defined in days, but rather in hours.

Instead of 10 holidays a year, full time employees will receive a maximum of 80 hours paid holiday leave a year (Fire personnel working 56 hours a week not affected).

When holiday time was originally established, most employees worked a traditional 40 hour week, 8 hours per day, five days a week. However, many departments now work flex schedules, such as 10 hours a day Monday through Thursday.

This means that when holidays fall in flex work schedules, those employees are getting more time off but working the same amount of hours in a year —2,080 — as 8 hour/day employees.

I know many employees won't like this, but changes were needed to make holiday leave equitable and fair. This is a legal ruling that affects most departments.

For specifics on these changes and more, please go to the Raving Fans website and click on the Holiday Pay icon for an informative video.

Tom Hart, City Manager

Disproportionate Holiday Hours Being Taken:

8 hour work day = 80 hours of paid time off a year (8 hrs x 10 days)

10 hour work day = 100 hours of paid time off a year (10 hrs x 10 days)

12 hour work day = 120 hours of paid time off a year (12 hrs x 10 days)

From the Research Labs

About two and a half ounces of nuts a day can significantly lower your cholesterol—especially if your “bad” cholesterol is high—and make you less likely to develop diabetes. (stick to dry-roasted or raw nuts.) *Reader's Digest*