

PRAIRIE PULSE

August 2022



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Wellness Warriors

Are you looking for tips for staying physically and mentally fit? Communications and Marketing intern Brandon Cerda interviewed a few employees about their wellness routines. Here's what these wellness warriors said:



Steve Dye, City Manager Steve is a firm believer in the phrase “early bird gets the worm” as his competitive self wakes up to partake in activities such as cycling, Peloton, running, and cross fit before arriving at his office for a day full of meetings. He enjoys having a moderate diet where it allows him to have a range of freedom and uses reduced fat chocolate milk to refuel his body after burning high amounts of calories. His main motivation factor is his family because it allows him to feel healthier therefore being able to have more energy to spend time with them, “I love how I feel after I work out, my body feels good and my mind feels clear,” said Dye.



Marina Bustillo, Fire Department Media Relations Coordinator Marina likes different forms of exercise whether it's going on walks, playing tennis with friends, and even attending the Epic for a workout. When choosing what to eat after burning a sweat, Marina tends to favor her favorite comfort pasta dish. “I like to eat tuna pasta because you can eat it whenever and it's filling,” said Bustillo. She encourages her peers to

reach out to close friends when exercising as it's a way to create a safe and positive community.

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Upcoming Events

Tuesday, Aug. 2 (Every Tuesday)

Zumba

7-7:45 p.m. - Free

Warmack Library

760 Bardin Road

Register with jrudd@gptx.org

Wednesday, Aug. 3

Clean Air Action Day

Take action to reduce air pollution. [Make your pledge here](#)

Wednesday, Aug. 3 (Every Wed.)

Zumba

7-7:45 p.m. - Free

Main Library

901 Conover Dr.

Register with jrudd@gptx.org

Thursday, Aug. 4

Music on Main - Jacob Serrano
6-7:30 p.m.

120 W. Main St.

Free - Concessions available
Bring your lawnchair and enjoy the music of Grand Prairie's own Jacob Serrano.

Thursday, Aug. 4

Movies on the Lawn - *Encanto*
Grab your lawn chairs or blanket and enjoy watching *Encanto* outdoors on a huge inflatable screen.

8 p.m. - Free

The Epic, 2960 Epic Place

Wednesday, Aug. 10

Yoga for All

6-6:45 p.m.

Beginner-friendly, gentle yoga

Free

Warmack Library

760 Bardin Road

Register with aholstead@gptx.org

Don't Forget to Schedule Your Preventive Care Apointments



Getting preventive care reduces the risk of diseases, disabilities, and death - yet many people do not get the recommended preventive health care services. Services such as medical screenings, eye exams, dental check-ups, and vaccinations are key to keeping people of all ages healthy.

Most health plans are required to cover eligible preventive care services at 100%. During your appointment, you will review your overall health and well-being with your provider. Depending on your age, services may include:

- Complete physical exam
- Immunization review and update
- Age-appropriate heart disease screenings (blood pressure, blood glucose and cholesterol tests)
- Cancer risk screenings (pelvic exam, Pap smear, prostate and colorectal screenings)
- Evaluation for signs of depression
- Oral exam, teeth cleaning, routine x-rays
- Eye exam

Enrolled on the city's medical plan and need help finding a PCP? Register for Blue Access for Members (BAM) at bcbstx.com to locate an in-network provider near you.

Wellness Warriors

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Rob Ard, Chief Building Official Rob has a consistent cardio routine of elliptical and treadmill walks mixed in with a variety of strength training. His go-to meal for starting his day off on a strong note is oatmeal because it is low on calories, is a great source of protein and is easy to make. Ard focuses on his exercises for personal benefits and encourages others who want to begin their fitness journey to do the same.

Conquer Back and Joint Pain with Hinge Health

City of the Grand Prairie is excited to announce we are partnering with BCBSTX to offer you a new benefit, Hinge Health, to help you conquer back and joint pain, recover from injuries, prepare for surgery, or stay healthy and pain free. Best of all, Hinge Health's programs are provided at no cost to you and your eligible dependents enrolled in a BCBSTX medical plan through City of the Grand Prairie. Visit hingehealth.com/gptx to learn more!

Hinge Health provides all the tools you need to get moving again from the comfort of your home. Here are some of the ways your treatment plan could be tailored to you:

- Get a personal care team, including a physical therapist and health coach
- Schedule personal physical therapy sessions as needed
- Receive wearable sensors that give live feedback on your form in the app
- Get a second opinion on your recommended surgery and treatment plan

If you don't have pain and are just looking to stay healthy, you can sign up for their free app. Recommended exercises will be tailored to you based on your job and lifestyle.

Enrollment is now open! For questions, you can call Hinge Health at 855-902-2777 or send an email to hello@hinge-health.com.

Save More, Stress Less with SurgeryPlus

Because SurgeryPlus is already a part of your benefits package, you can access this all-inclusive service at no additional charge. When you use SurgeryPlus and plan your surgery with the help of a Care Advocate, we'll help cover procedure-related costs.

SurgeryPlus provides you with all-inclusive support, including:

- Personalized case management
- Travel costs when necessary
- All provider and hospital charges covered within the SurgeryPlus episode of care, including anesthesia
- Scheduling and managing doctor appointments related to your procedure

COVERAGE	Exclusive Provider Organization Plan (EPO)	High-Deductible Health Plan (HDHP)
Deductible	\$0	\$1,400
Coinsurance	\$0	\$0
TOTAL	Your cost will be waived. You owe \$0 for your SurgeryPlus procedure.	Your cost will be determined by your remaining deductible for the year. This amount will be confirmed prior to your procedure.

Contact a Care Advocate at 855-413-7201 or visit gptx.surgeryplus.com to learn more.

Report Watering Violations

Grand Prairie is currently under Stage 1 watering restrictions. Lawn sprinkler/landscape watering is not allowed on Wednesdays, Saturdays or Sundays and no landscape watering any day between 10 a.m. and 6 p.m. To report a violation during business hours, call 972-237-8296 or after hours call 972-237-8400. [More info.](#)

Message from the Manager

As I mentioned last month, every year I submit a proposed budget to City Council for approval. This year, I remain confident they support an increase in compensation for employees as they understand the current inflationary period and continue to value our hard work and commitment to our city.

Although our health insurance rates for 2023 have not been finalized, we are hoping there will be no increase to employees. Some great ways to help keep these rates in check is for us is to focus on physical fitness, be smart consumers of healthcare, and consider using our SurgeryPlus program.

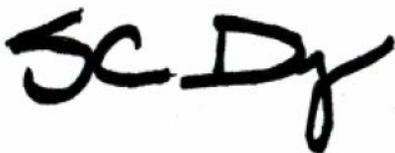
Kudos to Human Resources for an excellent Men's Health Fair—a first of its kind for a city. Thank you to all who participated as we had a great turnout!

Finally, I want to thank all employees who have been working in this historic heat this summer. A special shout out to all of you who are providing world class service while working outside:

- Animal Services
- Code Compliance
- Fire
- Police
- Parks, Arts and Recreation
- Public Health and Environmental Quality
- Solid Waste/Landfill/Litter Crew
- Streets
- Water Utilities

As we enter August, I wish the very best to you and your families, and for those of you who have children in school, I hope they have a wonderful first day.

Sincerely,



Steve Dye, City Manager

Fire Department Recognized for Commitment to Heart Attack Care

The Grand Prairie Fire Department has received the American Heart Association's [Mission: Lifeline® EMS Gold Plus](#) achievement award for its commitment to offering rapid, research-based care to people experiencing the most severe form of heart attack, ultimately saving lives. GPF is one of the few EMS providers to be recognized eight years in a row with Gold/Gold plus.

"The Grand Prairie Fire Department is honored to be recognized by the American Heart Association for our dedication to providing optimal care for heart attack patients," said Fire Chief Robert Fite. [More](#)

Upcoming Events

Saturday, Aug. 13

Hatch Chile Festival
Get your hot, roasted Hatch chiles sold by the pound
8 a.m.-2 p.m. (or sold out)
Farmers Market
120 W. Main St.

Friday, Aug. 19

Murder Mystery Theater
Love the 80's to Death
Ages 21 and older
6-8 p.m.
Main Library, 901 Conover Dr.
\$5 at the door
Light refreshments and alcoholic drinks will be served
To register: jrudd@gptx.org

Thursday, Aug. 25

Cyclin' with the Mayor
Nottingham Ride
Meet at 6 p.m.
Ride begins at 6:30 p.m.
Larson Elementary
2620 E. Avenue K
Free

Monday, Sept. 5

Labor Day Holiday
City Administrative Offices
Closed

Monday, Sept. 5

Doggie Splash Day
1-5 p.m.
Splash Factory
601 E. Grand Prairie Road
Bring your family and furry friends to the Splash Factory
\$3 per participant