

PRAIRIE PULSE



July 2021

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Pardon Our Dust!

Improvements are in the works in front of City Hall. What can we expect when all the construction is over?

There will be an abundance of parking spots for both visitors and employees alike. The new lots will have no specific reservations other than a few in between the court and the housing building that are reserved for employees. Renovations will also include permanent signs directing traffic to respective buildings, including a large "City of Grand Prairie" sign by the main entry, on Main Street.

In addition to increased parking, the new area will include landscaping and new pathways. The walkway directly in the front of city hall will be extended all the way to Main Street, accompanied by new lighting and foliage. The Municipal Court

and the Housing building will have new landscaping wrapped around their perimeters. Additionally, there will be a new, safer walkway lined with trees on the east side next to NW 2nd Street. Every tree removed in the demolition process will be replaced and additional trees will be added.

Finally, it is no secret that the outside of the west side of the building does not match the rest of the City Hall. To remedy this the old concrete will be renovated to match the modern look of the rest of the building's exterior.

Overall, the goal is to improve traffic flow and beautify the area; the project is expected to be complete by late 2021.

Thanks for coming
out to the July 4th
Bash!



Catapult Health's VirtualCheckup™

The City of Grand Prairie has partnered with Catapult Health to continue to provide health checkups using an exciting new approach! To provide preventive care in these uncertain times, Catapult Health offers a VirtualCheckup™. The kit includes everything needed to measure blood pressure, abdominal circumference and collect a few drops of blood, which is sent directly to a lab. In a few days, the lab work is processed, and an appointment is scheduled with a Catapult Nurse Practitioner

to review the results and develop an action plan. The consultation is conducted from anywhere the employee chooses using a personal cell phone, computer, or tablet.

Employees and their spouses enrolled on the city's BCBSTX medical plan will be able to order a Home Kit at virtualcheckup.com/cityofgrandprairie beginning July 12, 2021. Please take a few minutes to view a video that provides details about the VirtualCheckup™.

Need Services From IT?

Choose one of the following options to solve your Information Technology needs:

Submit a ticket on RavingFans:

This is available anywhere at
<https://helpdesk@gptx.org>.



Call our help desk on the phone:

8001 Help Desk main number available – 7:30 a.m.- 5:30 p.m. (For afterhours emergencies please submit a ticket, then call 8001)

8002 Help Desk for Public Safety Only (Police, Fire, Courts) – 24/7

8888 Help Desk for Building access and Telecom issues – 24/7

Tips to Stay Healthy this Summer

This month's wellness initiatives will be focused on summer health. This summer is a great opportunity to think about simple ways to start being more active, eating better and creating a healthy lifestyle that can last a lifetime. Living a healthy and safe summer can help reduce the risks for developing chronic diseases such as heart disease, cancer and diabetes.

- **Protect Yourself from the Sun.** Summertime can mean more time in the sun and more need to protect yourself from exposure to the sun's rays. Most skin cancers are caused by too much exposure to ultraviolet (UV) light. In the continental U.S., UV rays tend to be strongest from 9 a.m. to 3 p.m. standard time. Apply broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before going outside.
- **Get Active!** Summer is a great opportunity to explore new ways of being active. Physical activity is an important part of healthy living and can reduce stress, improve sleep quality, and boost cognition and mood. The American Heart Association recommends adults get at least 150 minutes of moderate-intensity aerobic activity per week.
- **Stay Hydrated.** Up to 60 percent of the human adult body is made of water. It is essential for supplying nutrients throughout the body and maintaining blood circulation and body temperature. Be sure to drink plenty of water throughout the day to replace lost fluids. Avoid sodas, caffeinated beverages, and sugary drinks. Headaches, feeling dizzy or fatigued, having muscle cramps, rapid breathing and fainting are all signs of dehydration. Know the signs; and if your dehydration is severe, call 911.



Destination Vacation Challenge

Get ready for an island getaway by joining our Destination Vacation Walker Tracker Challenge! Get ready for an adventure with an amazing view at every turn. Sign up today and virtually walk your way around the world to dream vacation spots and learn about what makes

these islands must-see locations. You won't have to deal with the hassle of packing and flights, but you will experience an active and fun escape. Visit wowgptx.walkertracker.com to join the challenge today!

BlueCross BlueShield Well onTarget

Earn Blue Points with the BlueCross BlueShield of Texas Well onTarget Program for participating in healthy activities. Redeem your Blue Points in the online mall at no cost to you except for getting well! Simple actions such as completing your Online Health Assessment, completing a self-management program, or connecting a compatible fitness device or app to the portal earn you Blue Points. Log on to Well onTarget today and find tools and resources you need to start racking up Blue Points.



Walk the Talk Leadership Training Videos

Human Resources has created a new Walk the Talk leadership video series. Each video needs no preparation and can be facilitated by a leader in your own department. These are intended for small groups of up to 5-10 staff in your division from crew leader and up. Each video is 6-10 minutes long on various leadership topics and then poses questions for discussion in your group. If you need help facilitating, the Human Resources Management team is more than happy to schedule and lead these for you. The goal is to develop trust, respect, growth and dialogue to help move from managing things to leading people. New videos with new speakers are being added monthly. To access Walk the Talk videos, go to the Raving Fans intranet site, choose Human Resources and Training.

Message from the Manager

It's been a joy to serve as City Manager in Grand Prairie for the last 22 years and work with such a wonderful employee family. I am proud of all that you accomplish each day, and the many goals we have achieved over the last two decades.

I hope that you all remember our mission statement: Creating Raving Fans by Delivering World Class Service. This statement comes from the book *Raving Fans* by Ken Blanchard and Sheldon Bowles. In the book, the author says, "successful organizations have one common central focus: customers...success comes to only those who are obsessed with looking after customers."

Great organizations, world class organizations, stay extremely mission focused. They strive to make sure the mission is not forgotten. That's why it is important that we all remember our mission statement as we work throughout the day.

The City of Grand Prairie strives to not just have satisfied customers—we want to create Raving Fans. From water utility hookups to police, fire, housing assistance, planning and libraries, the city has a wide range of opportunities to provide outstanding, quality customer service. Going far beyond that call of duty, doing more than others expect is what excellence is all about.

Enjoy the summer and stay safe.

Tom Hart



City Manager

Events

Coffee with a Cop

Friday, July 16 • 8:30 a.m.
Mountain Creek Retirement Living

Join your neighbors and police officers for coffee and conversation.

Street Trucks Showoff Series

Saturday, July 17 • 8:30 a.m. - 4:30 p.m.

Lone Star Park

This is a single-day truck-only show-and-shine event.

Cyclin' with the Mayor

Back the Blue Ride

Tuesday, July 27 • 6 p.m.

Loyd Park, 3401 Ragland Rd.

Support local law enforcement and go on a casual bike ride through the city.

Ikea Family Music Nights

Every Friday • 6 p.m.- 8 p.m.

Ikea, 1000 Ikea Wy.

Enjoy live music at Ikea's restaurant!

Grand Prairie Arts Council

Presents: Wizard of Oz. Jr.

July 30 and July 31 • 8 p.m.

Uptown Theater

More information at artsgp.org.

All Abilities Storytime at

PlayGrand Adventures

Friday July 30 • 10 a.m.

All ages welcome! PlayGrand Adventure Park, 2985 Epic Pl.