Register to Attend the Next City Manager's City Update

All City employees are invited to join City Manager Jeff Pomeranz for his May 30 City Update event. This is your opportunity to visit with the City Manager and hear Jeff discuss City topics and answer questions submitted by you and other employees.

Thursday, May 30
8:00 to 9:30 a.m.
Downtown Library
Breakfast: 8:00 to 8:30 a.m. Beems Auditorium
Presentation and Questions: 8:30 to 9:30 a.m.
Whipple Auditorium

All City employees are invited and encouraged to attend. The use of flex time will not be required.

Space is limited, so please RSVP to Citymanager@cedar-rapids.org to reserve your seat. A response is required by Friday, May 24 to help us plan for breakfast.

Do you have a City related question you would like addressed by Jeff? Submit your questions to citymanager@cedar-rapids.org. Jeff will address as many questions as possible at the event.

Employee Speaker Series

April 25    Construction Junction
May 14 & 15    Golf Basics

Additional information on page 16 of the newsletter.

Employment Opportunities

Here is a link to view and print all job postings.

If you have questions about any of the employment opportunities, please contact Katie Meyer, x 5138.
City Manager and Director Updates

E-bike Update
This week, Citi Bike, New York City’s bike share system, removed their e-bikes from their fleet due to safety concerns. Cedar Rapids is using an unrelated vendor, VeoRide, who designs and builds their own equipment. The safety concerns experienced by Citi Bike have not occurred with VeoRide’s equipment. VeoRide is committed to a strong maintenance plan to ensure that Cedar Rapids’ bikes stay in good working condition. The Cedar Rapids bike share system will launch on May 13, to coincide with Bike to Work Week. A special ribbon cutting and community bike ride will be held May 13, 5:30 p.m. in Greene Square. During the event, residents can preview and test drive approximately 45 bikes, which will serve as Cedar Rapids’ initial fleet. The full fleet of 150 custom e-bikes will arrive in early June. Approximately 20 stations will be operational by May 13 and the remaining 70 stations will be installed prior to the delivery of the full fleet.

Snapshot Program
The Parks and Recreation Department will begin a new initiative intended to gather more feedback about park usage and quality of services next week. Signage placed at park entrances will request that the public respond to a brief survey that will communicate a “snapshot” of patron’s view of park needs. The Snapshot program will also be promoted through social media and links to the survey will be available on the parks page of the website. The program will focus on three parks or facilities at a time, and will rotate every two months. The first parks to be reviewed are Twin Pines, Ellis and Cleveland.

Drug Take Back Day on Saturday, April 27
The Police Department will be participating in the Drug Enforcement Administration’s National Prescription Drug Take Back Day on Saturday, April 27, 2019 from 10 a.m. to 2 p.m. There will be a walk-up location at the Police Station, 505 1st Street SW and a drive-up location at Sunner Memorial Park, 701 Valor Way SW. Items accepted include prescriptions, vitamins, prescription ointments, pet medications, prescription patches, and over-the-counter medications. Items not accepted included needles, inhalers, aerosol cans, thermometers, lotions or liquids, and hydrogen peroxide. The Cedar Rapids Police Department has a medication disposal box in the vestibule of the Police Station at 505 1st Street SW that is accessible 24 hours a day, 365 days a year.

Opportunity Zones
The 2017 Tax Cuts and Jobs Act established an Opportunity Zones program, a location-based incentive program to put working capital toward financing new projects in exchange for federal capital gains tax advantages. Opportunity Zones are comprised of low-income census tracts. The City has been approved by the US Department of Treasury for three (3) census tracts which generally include Downtown, Kingston Village, MedQuarter, New Bohemia and portions of the Uptown District. The City has partnered with the Economic Alliance to provide several informational meetings with industry experts to share information about the program to stakeholders and developers. The much-anticipated final regulations from the IRS implementing the Opportunity Zone program are expected in the next few months. Staff is putting together a Cedar Rapids Opportunity Zones Investment Prospectus for potential investors as well as designating a landing page on the City’s Economic Development website with the information. The Investment Prospectus will be shared with potential investors in Denver, CO next week on a business trip of the Iowa City Area Development Group (ICAD) staff.

Wage Review Update
Thank you to all non-bargaining employees who submitted their Job Description Questionnaire (JDQ). Supervisors and directors now have the role of reviewing the questionnaires and having a conversation with their employees regarding any feedback. Directors must submit their departments’ JDQs to WageReview@cedar-rapids.org by no later than Thursday, April 25, to help uphold the project timeline. The Human Resources Department will collect all questionnaires and review them for completeness before submitting them to Segal Waters consultants by May 2. Segal Waters will undertake the task of reading and reviewing all the questionnaires, and arranging for any necessary follow-up conversations for clarity or understanding. We anticipate Segal Waters coming back to Cedar Rapids for interviews or focus groups toward the end of May. Read more on CR@Work.

Geotechnical Boring at Cedar Lake
Starting this week, a contractor will begin geotechnical borings along the west side of Cedar Lake. These borings will be used to aid in the design of the future flood levee, which will run along the west edge of Cedar Lake and then turn northerly along McLoud Run toward I-380. The geotechnical work is expected to last 4 to 5 days. Levee construction is currently scheduled for 2021 – 2022.
City Employee Bike Jerseys

City employees and their immediate family members are invited to join a group purchase of special-edition City of Cedar Rapids bike jerseys.

Pricing
$90 short-sleeve jersey
$70 racerback jersey

Order online at tinyurl.com/crjerseys by April 26

As a reminder, employees act as representatives of the City of Cedar Rapids — especially when wearing the City brand — and are expected to uphold good moral character and civic pride while displaying our colors.

A Wine & Beer Tasting to Benefit the Cedar Rapids Public Library Foundation

Saturday, May 4
5:30 to 8 pm
Downtown Library

Join us for a literature-inspired tasting event with beer and wine pairings as well as music and entertainment.

Enjoy a live jazz trio while exploring the Library Programming Department’s Tech Petting Zoo featuring Foundation-funded technology including Ozobots, a 3D printer, Glowforge laser cutter, and more.

All funds raised benefit our Library Foundation and Foundation-funded programs including the Library’s Summer Dare reading program and Dolly Parton’s Imagination Library.

Learn more at www.CRLibrary.org/Foundation-Give.
Purchase tickets online: http://bit.ly/LiteraryVines2019
Lead CR is a leadership development program designed to equip current supervisors and managers to lead their teams using an organizational health framework. The program consists of seven half-day classes. Sessions focus on leadership skills, legal issues in supervision, MBTI, Ideal Team Player, performance management, public speaking, documentation, unions, financial awareness, citizen engagement, process improvement, safety, recognition, diversity and mentoring. Leaders from throughout the city worked together to present final projects to the director team and other city leaders on April 17.

The April 2019 Lead CR class graduates include:
Middle row: Bill Kirk- Parks and Recreation, Mike Kirk- Public Works, Laura Shaw- Community Development, Erin Horst- Library, Rob Wagner- Parks and Recreation, Sue Sager, City Manager's Office
Front row: Jeff Pomeranz, City Manager, Eric O'Rourke- Public Works, Mike Leaven- Public Works, Aaron Reed- Utilities, Ben Dugan- Public Works  Not available for photo: Rick Halleran- Fire

Thought for the week from the Positive Impact Test in How Full is Your Bucket? by Tom Rath and Donald O. Clifton: In the last week, have I praised someone when I noticed their excellence?
Employee Training Opportunities

Innovation and Process Improvement

How do innovative ideas become a reality? This session will focus on how you can promote a culture that supports innovation and process improvement. Creating a culture of innovation is critical for continued organizational growth.

TUESDAY, APRIL 23
1:00 – 2:00
City Hall – Training Room
PeopleSoft Code: CMO590
Session: 0001

THURSDAY, APRIL 25
11:00 – noon
CSC – Five Seasons
PeopleSoft Code: CMO590
Session: 0002

Employee Engagement

What is employee engagement and why is it important? Employee engagement is the extent to which employees feel passionate about their jobs and put their best effort into their work. Learn about three factors that promote employee engagement from Patrick Lencioni’s book The Truth about Employee Engagement.

TUESDAY, MAY 21
11:00 – noon
City Hall Training Room
PeopleSoft Code: CMO503
Session: 0001

WEDNESDAY, MAY 22
11:00 – noon
CSC – Five Seasons
PeopleSoft Code: CMO503
Session: 0002

Informal Influencer

How can you make a positive impact on your team members and the city organizational culture? This program combines several Organizational Health programs including: Ideal Team Player, 5 Dysfunctions of a Team, Myers-Briggs Type Indicator and Leveraging Your Sphere of Influence. May 2 & 23 8:00—noon

ENROLL THROUGH PEOPLESOFT:

1. Log-in to PeopleSoft (access through CR@Work)
2. Click on “Self Service” > “Learning & Development” > “Request Training Enrollment” > “Search by Course number”
3. Enter in course number: See above
4. Click “Search”
5. View all available sessions and click on the session you would like to attend and click “continue”
City of Cedar Rapids
Wellness Program Incentive Requirements

Program Offerings

<table>
<thead>
<tr>
<th>Eligible Population</th>
<th>Incentive</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefit Eligible Employees</td>
<td>2020 Health Plan with Wellness Rate – SAVE $$$$</td>
<td>• Complete the annual risk analysis steps</td>
</tr>
<tr>
<td>All benefit eligible employees are</td>
<td>Discounted health plan premiums are available when you participate in the</td>
<td>• Engage in coaching, if invited</td>
</tr>
<tr>
<td>invited to participate regardless of</td>
<td>Wellness Program</td>
<td></td>
</tr>
<tr>
<td>participation in the health plan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Covered Spouses</td>
<td>$200 Cash Card</td>
<td>• Complete the annual risk analysis steps</td>
</tr>
<tr>
<td>Must be enrolled in the Health Plan</td>
<td>Mailed to the spouse after completed requirements</td>
<td></td>
</tr>
</tbody>
</table>

Program Requirement Details

**Annual Risk Analysis**

1. Online Health Risk Assessment – Due 5/31/2019

2. Health Screening – Due 5/31/2019
   a. From the wellness portal, participants can select one of the following screening options:
      i. Screening Event at a City of Cedar Rapids or Health Solutions Location
      ii. Health Form from a Medical Provider
      iii. Lab Corp Location
      iv. Welland Labs Location (Welland only completes lab draws, biometrics must be submitted separately)

3. Understand Your Health Risk Assessment – Due 7/1/2019
   a. Attend a seminar on site or view a video on your wellness portal to understand your results and the resources available to help you maintain or improve your well-being

**Required Coaching Programs**

1. High Risk Participants with uncontrolled chronic condition or critical clinical values, based on national standards
   a. Engage in monthly coaching sessions which may include follow up with a medical provider as directed. Care Team includes a Health Coach and Clinical Pharmacist.

2. Moderate Risk Participants identified with high clinical values, based on national standards or Metabolic Syndrome
   a. Engage in monthly coaching sessions or Health Transition University (if eligible). Options will be reviewed in detail at your Understand Your Health Risk Assessment session. Care Team includes a Health Coach.

**Additional Resources**

All employees and covered spouses are invited to participate in ongoing programs offered from the City of Cedar Rapids Wellness Ambassadors. Earn prizes for participating in events each quarter. Learn more by completing your Understand Your Health Risk Assessment session!

Alternatives for completing the incentive requirements are available upon request. Visit the Resources section on your Health Solutions wellness portal to learn more.
2019 Health Screenings

The City of Cedar Rapids provides all employees and covered spouses the benefit of a comprehensive wellness program. Employees covered by the Company’s medical plan must complete the following steps to receive an insurance premium discount for the 2020 medical plan:

How To Get Started...
Register your Wellness Portal Account
- Visit www.myhealthwithhsi.com/CR
- Click ‘Register’ in the Register Here box
  - Read the Terms and Conditions and click ‘Accept’
  - Fill out the required information
    - Company: CityCR
    - Member ID:
      - Employees: Employee ID Number
      - Spouses: Employee ID followed by your date of birth in the format –YYYYMMDD
    - Gender, DOB, and Email
  - Click ‘Register’
  - Set Username, Password, and click ‘Sign In’

From your wellness portal...
Complete the online Health Risk Assessment Questionnaire
- From the Home Screen, click on ‘Start’ in the Health Risk Assessment tile.
- Complete all the questions, click the ‘Next’ button to move forward.
- Once all questions are complete, click the ‘submit’ button in the lower right corner.

Select Your Screening Option and Complete Next Steps

<table>
<thead>
<tr>
<th>Onsite Screening</th>
<th>Health Form</th>
<th>Weland or LabCorp Screening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onsite screenings are available at various City locations. Schedule through your wellness portal or call Health Solutions. Please sign up a week in advance.</td>
<td>Download a health form for your medical provider to submit in lieu of completing a screening. Health Form data must be new from the last 12 months.</td>
<td>Arrange a screening at a Weland or LabCorp location near you. Find locations and forms in your wellness portal. NOTE: Weland Labs only completes lab draws, biometrics must be submitted separately.</td>
</tr>
</tbody>
</table>

If you have issues accessing your personal wellness portal, contact Customer Care directly at 888-362-5920 or by email at info@hsi-nx.com
2019 Health Screenings

The City of Cedar Rapids provides all employees and covered spouses the benefit of a comprehensive wellness program. Employees covered by the Company’s medical plan must complete a screening to receive an insurance premium discount for the 2020 medical plan.

**DEADLINE EXTENDED to May 31, 2019**

Attend an onsite screening from the dates below or visit your wellness portal for other screening options.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire Department - Barta Classroom</td>
<td>4/12/2019</td>
<td>7:30am</td>
</tr>
<tr>
<td>Health Solutions Office</td>
<td>4/13/2019</td>
<td>7:30am</td>
</tr>
<tr>
<td>Police Department - Barta Classroom</td>
<td>4/18/2019</td>
<td>6:30am &amp; 4:00pm</td>
</tr>
<tr>
<td>Police Department - Barta Classroom</td>
<td>4/24/2019</td>
<td>6:30am &amp; 7:00pm</td>
</tr>
<tr>
<td>CSC - Time Check Hall</td>
<td>4/25/2019</td>
<td>6:30am</td>
</tr>
<tr>
<td>Health Solutions Office</td>
<td>4/30/2019</td>
<td>7:30am</td>
</tr>
<tr>
<td>Health Solutions Office (call to schedule)</td>
<td>5/17/2019</td>
<td>7:00am</td>
</tr>
<tr>
<td>CSC - Five Seasons Conference RM</td>
<td>5/23/2019</td>
<td>6:30am</td>
</tr>
</tbody>
</table>

*Nothing to eat or drink, besides water, for 10-12 hours prior to your appointment. Please drink plenty of water and take medications that do not need to be taken with food.*

**Not Signed Up?**

Visit your wellness portal: www.MyHealthyWithHSI.com/CityCR or contact Health Solutions at 888-362-5920 (toll free).

Benefit eligible employees could earn a premium discount and spouses a $200 giftcard for completing all program steps.
Understand Your Health Risk Assessment Sessions

Once you have completed your Health Risk Assessment questionnaire and your health screening results have been processed, complete an Understand Your Health Risk Assessment session.

Your next step to earn the wellness rate for the 2020 health plan is to Understand Your Health Risk Assessment by attending a seminar onsite or by viewing a video on your wellness portal. The objective of this step is to review your screening results and to discuss the wellness resources available to you throughout the year. This replaces the consultation sessions, face to face or telephonic meetings, that have taken place in the past.

Choose one option to complete your Understand Your Health Risk Assessment session!

Complete by Attending a Session Onsite
This option is for those who prefer a group setting and the ability to ask questions. The facilitator will not review individuals' personal results in this group setting.

HOW TO COMPLETE:
- Attend an onsite session & sign-in with the facilitator
- If possible, download your Health Risk Assessment Report online and bring a copy or access it on your mobile device during the session to follow along

To view your Health Risk Assessment report:
- Access your wellness portal at www.myhealthwithhs.com/citycr
- In the Health Risk Assessment tile, click Report

To print your report with lab results:
- After opening your Report, select “Print” from the left-hand menu and select which report you would like to print
  - Member Report – a detailed copy of your report, including helpful tips
  - Provider report – intended for your medical provider, this is a summary of your report including lab and biomarker results

Complete by Watching the Video Online
This option is for those who prefer the flexibility of completing this session on their own via the online video. You may also attend an onsite session if preferred. NOTE: Dates referenced in video may not align with new deadlines. Refer to your wellness portal for program deadlines.

HOW TO COMPLETE:
- Access your wellness portal at www.myhealthwithhs.com/citycr
- View the “Understand Your Health Risk Assessment Video” tile (See sample below)
- Select “More” to find the online video
- Select “Record” for the video link and to record your completion

If you have questions regarding the health and wellness program, please contact Customer Care at info@hs-nc.org or 888-362-5920.
Understand Your Health Risk Assessment Sessions

Attend an Understand Your Health Risk Assessment session to learn how to interpret your results and discuss the wellness resources that are available.

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 4/3</td>
<td>WPC (Water Pollution Control) Operations &amp; Maintenance Lunch Room</td>
<td>7:15am</td>
</tr>
<tr>
<td>Tues 4/9</td>
<td>City Hall Training Room (Basement)</td>
<td>8:30am</td>
</tr>
<tr>
<td>Wed 4/10</td>
<td>Water Department Stephen J Cook Memorial Conf Rm North</td>
<td>7:30am</td>
</tr>
<tr>
<td>Tues 4/16</td>
<td>CSC (City Services Center) Time Check Hall</td>
<td>7:15am</td>
</tr>
<tr>
<td>Tues 5/14</td>
<td>Police Roll Call/Community Room First Floor</td>
<td>8:00am</td>
</tr>
<tr>
<td>Tues 5/14</td>
<td>Police Roll Call/Community Room First Floor</td>
<td>4:00pm</td>
</tr>
<tr>
<td>Wed 5/15</td>
<td>City Hall Training Room (Basement)</td>
<td>3:00pm</td>
</tr>
<tr>
<td>Tues 5/22</td>
<td>CSC (City Services Center) Time Check Hall</td>
<td>3:00pm</td>
</tr>
<tr>
<td>Wed 5/29</td>
<td>CSC (City Services Center) Time Check Hall</td>
<td>7:15am</td>
</tr>
</tbody>
</table>

Sessions are scheduled for 30 minutes.

Please remember to download your report and bring a copy or ensure you can access it on your mobile device during the session.
City of Cedar Rapids 2019
Weight Loss Challenge

Create a team of four or participate individually. Working in teams can give you the accountability and motivation to reach your weight loss goals!

What team will claim the WLC 2019 Championship?!

Challenge runs Monday, February 4th - Friday, May 3rd
*Weight loss is calculated by percentage of body weight
**Weights are collected in confidence with Health Solutions team members or self-reported on the Wellness Portal

Participation is Easy!

1. **Weigh In: Deadline Friday, Feb. 8th**
   a. Select one option:
      i. Attend an onsite weight-check event
      ii. Submit a weight on the Wellness Portal with your team name if applicable (teams of 4)
      iii. Submit a weight during a health coaching visit before February 8th (coordinated directly with your health coach, if applicable)

2. **Mid-Point Weight Optional**
   Attend an optional weight check or submit online. No points awarded but a whole lot of accountability!

3. **Weigh Out: Deadline Friday, May 3rd**
   a. Select one option:
      i. Attend an onsite weight-check event
      ii. Submit a weight on the Wellness Portal with your team name if applicable (teams of 4)
      iii. Submit a weight during a health coaching visit before May 3rd (coordinated directly with your health coach, if applicable)

**Onsite Weight Check Events**
All Events in the Shawnee Room in the City Service Center

<table>
<thead>
<tr>
<th>Weight</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INITIAL</strong></td>
<td>Tuesday, February 5th</td>
<td>8:00am</td>
</tr>
<tr>
<td></td>
<td>Thursday, February 7th</td>
<td>8:00am</td>
</tr>
<tr>
<td><strong>MID</strong></td>
<td>Tuesday, March 19th</td>
<td>8:00am</td>
</tr>
<tr>
<td></td>
<td>Thursday, March 21st</td>
<td>8:00am</td>
</tr>
<tr>
<td><strong>FINAL</strong></td>
<td>Tuesday, April 29th</td>
<td>8:00am</td>
</tr>
<tr>
<td></td>
<td>Thursday, May 2nd</td>
<td>8:00am</td>
</tr>
</tbody>
</table>

Can't make it to CSC for a Weight Check? Submit your weights online by visiting "Events" on the portal. www.myhealthywithhsi.com/citycr

Questions?
Contact your department Wellness Ambassador or Health Solutions at 319-362-2409 or info@hsi-crc.com

welness
city of cedar rapids

Health Solutions
your heart and wellness partner
Calling all Competitors!

The City of Cedar Rapids is competing in the 2019 Corridor Corporate Games (CCG), a company based competition that offers 25 sports and events during June and July throughout the Cedar Rapids/Iowa City area. The purpose of the CCG is to promote physical activity and employee wellness, as well as cultivate and instill company pride.

We will be competing in Division 1 against other area companies and government organizations including Iowa City and Linn County. We earn points by participating, placing in events and volunteering. There are many ways you can help us win!

At the conclusion of the Games, the coveted Corporate Cup will be awarded to the winner of each division! Below is a list of the sports and events that will be offered:

### 2019 Sport/Event Opportunities

<table>
<thead>
<tr>
<th>Bags**</th>
<th>Basketball - 3 on 3**</th>
<th>Basketball Shooting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Donation Challenge</td>
<td>Bocce**</td>
<td>Bowling**</td>
</tr>
<tr>
<td>Burst Your Thirst Challenge</td>
<td>Cycling Tour Ride</td>
<td>Cycling Tour Ride</td>
</tr>
<tr>
<td>Disc Golf**</td>
<td>Dodgeball**</td>
<td>Fitness Walk</td>
</tr>
<tr>
<td>Golf</td>
<td>4 Person Best Shot**</td>
<td>Kickball**</td>
</tr>
<tr>
<td>Mud Volleyball**</td>
<td>Nature Walk</td>
<td>Road Race</td>
</tr>
<tr>
<td>Sand Volleyball**</td>
<td>Spikeball**</td>
<td>Track &amp; Field**</td>
</tr>
<tr>
<td>Tug of War**</td>
<td>Ultimate**</td>
<td>Yoga</td>
</tr>
<tr>
<td>Zumba</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

** These sports have limited entries for companies. Declaring your interest does not guarantee you will compete in this sport or event.

Pick a sport or event you want to participate in or volunteer to help with, then register at corridorcorporategames.org. Click the dashboard button at the top right corner to set up your account and use the company code CCGCITYCR when registering. Our Corporate Games Managers will be in contact with you with more details.

**Important Notes:**

- **Registration is required:** Only employees that register (link above) will be eligible to participate.
- **“Limited” versus “unlimited” participation:** As stated in the asterisks (**) above, team sports have limited entries. All sports/events without the asterisks (**) have no participation limits.
- **Participation is free:** All team sports and events are FREE to participants (exception: golf is free if the team chooses to walk the course or there is an optional $16 cart fee.)
PARKING LOT SAFETY
RISKIER THAN YOU MAY THINK
Tens of thousands of crashes occur in parking lots and garage structures annually resulting in hundreds of deaths and thousands of injuries.
Just because we are no longer on the traveled portion of the roadway does not mean that we can stop taking safety measures to avoid collisions & injuries.

TAPPING INTO TECHNOLOGY
The National Safety Council’s analysis of government data indicates that 9% of pedestrian deaths in parking lots result from backing accidents. Approximately 32% of City vehicle accidents are attributed to backing. While backup cameras may assist, they are not the silver bullet to eliminate backing incidents. Some backing reminders:
• Do a quick, 360-degree walk around before backing; keep an eye out for low-laying objects
• Don’t rely complete on technology: Look over your shoulder and use your mirrors to back up
• When parking, pull through on arrival whenever possible

PARKING LOT DRIVING TIPS
• STAY ALERT!
• Stay in lanes and avoid cutting across lots
• Drive slowly and use directional signals
• Anticipate the actions of other drivers
• Obey stop signs and no-parking signs
• Watch for small children and parents with baby strollers

PARKING LOT DISTRACTIONS
IN A 2016 NATIONAL SAFETY COUNCIL PUBLIC OPINION POLL, 66% OF DRIVERS NATIONWIDE SAID THEY MAKE PHONE CALLS WHILE DRIVING THROUGH PARKING LOTS.
RESPONDENTS ALSO SAID:
• PROGRAM GPS SYSTEM (63%)
• TEXT (56%)
• USE SOCIAL MEDIA (52%)
• SEND OR RECEIVE EMAILS (50%)
• TAKE PHOTOS OR WATCH VIDEOS (49%)

THE STUDY ALSO FOUND TEENS (59%) WERE MORE LIKELY TO ENGAGE IN PERSONAL GROOMING THAN ADULTS (53%) WHILE DRIVING IN PARKING LOTS, BUT WERE LESS LIKELY TO BE ON THE PHONE THAN ADULTS (60% VS 66%)
REDUCE YOUR LIKELIHOOD OF A BACKING COLLISION - PULL THROUGH PARK WHenever Possible!
Attend an iGreenCR tour this spring and see important, large-scale municipal operations in action!

- **April 26, Water Pollution Control Facility**
  9:30-11 a.m. | Tour for general public  
  Noon-1:30 p.m. | Tour for City staff

- **May 17, NW Water Treatment Plant**
  9:30-11 a.m. | Tour for general public  
  Noon-1:30 p.m. | Tour for City staff

- **June 21, Solid Waste Agency Compost Operation @ Mt. Trashmore**
  10-11:30 a.m. | Combined tour for general public and City staff

Attendees are welcome to bring home sustainability tools/souvenirs - travel eating utensils, LED light bulb, counter-top compost bucket, steel pint cup, and drawstring or tote bags.

Please complete the **SIGN-UP FORM** to attend any or all events! [https://docs.google.com/forms/d/e/1FAIpQLSdtpZb1pMXDTrp5SSIRkAL5vUXLH5mroqoElxqyYtMpfURqZmA/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSdtpZb1pMXDTrp5SSIRkAL5vUXLH5mroqoElxqyYtMpfURqZmA/viewform?usp=sf_link)

Questions? Contact Eric Holthaus | e.holthaus@cedar-rapids.org | 286-5927

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All CRFD Safety Scoop events are held at the Central Fire Station 713 First Avenue SE, Cedar Rapids - unless otherwise noted and are open/FREE to the public. Parking is limited, carpooling encouraged. Refreshments provided. Tours are available.

Questions? Contact FF Julie Popelka, 319.286.5277 or email jpopelka@cedar-rapids.org

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**Monthly Safety Scoop program:**

**April 24, 2019, 11 am - 12 Noon:** **Aging Services:** **What is the CHORE program?**

Home accessibility and maintenance is often times an obstacle when it comes to remaining in your home as you age. From wheelchair ramps and other home modifications to snow removal and yard clean up, Lindsay Gyrn will discuss various programs in the community that you may not be aware of that can assist in ensuring your safety and independence in your home.
Controlled Burns

Last week Parks & Recreation and the Fire Department teamed up to burn pollinator and prairie areas at Sunner Memorial Park, McGrath Amphitheatre, Five Seasons Plaza, and at areas along the riverfront. The prairie burns required the expertise of teams from both departments to provide the best results for prairie management, while maintaining a safe, controlled environment for the public. The burns were at highly visible downtown areas where it was critical that they were well managed and staff was focused and professional.

Parks and Forestry staff worked side by side with firefighters to burn patches of natural grasses in 20 foot sections, communicating closely to manage the fire. The Fire Department kept continual watch on the weather, making recommendations on the sequence of locations to be burned based on anticipated changes in the wind. They provided equipment, including a brush truck, specifically made to control grass fires.

“From coordinating communication to the public through the operation of the burn, every detail went smoothly. Working together we were able to maintain the natural areas that are so important to both our pollinators and the park system, quickly, and with a high level of public confidence,” said Brent Neighbor, Park Superintendent. “We feel fortunate to have such a positive, collaborative relationship.”

Fire is one of the best management tools for established natural areas. It helps to manage weeds and invasive plants and restores nutrients in the soil that create the most desirable conditions for wildflower and prairie growth. The Parks and Recreation Department and Fire Department have worked together on controlled burns of prairies at areas across the city for 5 years.

Please save the date for the Especially For You® Race Against Breast Cancer

Sunday, October 6, 2019
Mercy’s Hall-Perrine Cancer Center, Cedar Rapids, IA

Online registration is open!

Please click here to register online as a participant on the City of Cedar Rapids team
Contact Dawn Kolosik at x5577 or d.kolosik@cedar-rapids.org with questions about this year’s race.
Construction Junction

Residents are always interested in construction projects, and we can give you the full scoop so you’re ready with answers! Join the Public Works team as they highlight the results of the local option sales tax, as well as preview some of the major projects going on this construction season.

Thursday, April 25
12:00 – 1:00 pm
Time Check Hall,
City Services Center
RSVP BY APRIL 22

Golf Basics

Take a break from your desk and enjoy this Speakers Series event, outside at the Ellis Golf Course Driving Range. Cedar Rapids Golf Professionals, Dave Roe and Mark McMahon, will show you the basics including how to grip and swing. Hit balls on the range while they provide you with tips. You’ll also learn how you can participate in the Corridor Corporate Games this summer as part of the City of Cedar Rapids team.

Please RSVP to participate and reserve your FREE lunch.
RSVP by emailing citymanager@cedar-rapids.org
Please join us at the CSC this year to enjoy some food trucks! Vendors will be ready to serve at the scheduled time. They will stay until they run out of food, or run out of customers (which ever happens first!)

In case of rain, trucks/vendors are invited to serve in the Large Vehicle Bay. If you have questions, please contact Mandee at m.beardsley@cedar-rapids.org, Amy at a.schirm@cedar-rapids.org or Nick at n.kariya@cedar-rapids.org

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<td>Thurs, 4/25</td>
<td>Road Rooster</td>
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<td>El Gringo Loco</td>
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<td>Keepin Up With the Jones's</td>
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<td>Tues, 6/18</td>
<td>El Gringo Loco</td>
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