Cedar Rapids, a vibrant urban hometown – a beacon for people and businesses invested in building a greater community now and for the next generation.

Employee News

New Employees

Frederick Clark, PW - Public Works Laborer, effective April 17. Frederick joins the City from Vector Construction.

Brooke Linn, FIN – Custodian, effective April 17. Brooke joins the City from Innovative Aesthetics Medical Spa.

Jonathan Ron, TEIA – Public Safety Commander, effective April 18. Jonathan joins the City from University of Iowa – Department of Public Safety.

Transfers

Mitchell Stephens, PW - transferred to Streets Driver effective April 17. His previous position was Cement Finisher.

Jerry Kneisel, PW - transferred to Heavy Equipment Operator effective April 17. His previous position was Public Works Laborer Extra Driver.

Zachary Kray, PW - transferred to Streets Driver effective April 17. His previous position was Public Works Laborer Extra Driver.

Retirements

Mary Goldsmith, Library – retiring April 29. Mary started with the City Oct 7, 1992. Her current position is Patron Services Specialist.

William Ford, Transit – retiring April 29. William started with the City April 24, 1984. His current position is Transit Driver.


Betty Sheets, CD – retiring May 4. Betty started with the City Aug 23, 2010. Her current position is Administrative Assistant II.

Jan Rushford, HR – retiring May 5. Jan started with the City Aug 28, 2007. Her current position is Organizational Development Program Manager.
Employment Opportunities

Budget Analyst I, Intern Planner, Plats & Zoning Specialist, Water Operator I, Civil Engineering Construction Inspector (2 positions), Water System Equipment Operator, Patron Services Specialist

If you have questions about any of the opportunities, please contact Jenelle Sisneros, 286-5001. Here is a link to view and print all job postings.

ADA Training

If you have not attended the ADA Training yet this year, please sign up for a session as soon as possible so we can plan accordingly for facilitators, space and paperwork. As a reminder this training is Mandatory and all designated employees must attend the training (see your department contact for the list). There will be no more sessions scheduled for this training other than the sessions listed below.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Session #</th>
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<tbody>
<tr>
<td>April 25, 8am – 12pm</td>
<td>Central Fire Command Post Room</td>
<td>ADA102 0009</td>
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<tr>
<td>May 3, 2am – 6am</td>
<td>Police Department</td>
<td>ADA102 0010</td>
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<tr>
<td>May 3, 4pm – 8pm</td>
<td>Police Department</td>
<td>ADA102 0011</td>
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<tr>
<td>May 4, 8am – 12pm</td>
<td>Central Fire Command Post Room</td>
<td>ADA102 0012</td>
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<tr>
<td>May 17, 2am – 6am</td>
<td>Police Department</td>
<td>ADA102 0013</td>
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<tr>
<td><strong>CANCELLED</strong> May 17th, 12 – 4pm</td>
<td>Central Fire Command Post Room</td>
<td>ADA102 0014</td>
</tr>
<tr>
<td>May 17, 4pm – 8pm</td>
<td>Police Department</td>
<td>ADA102 0015</td>
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</tbody>
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For questions and enrollment please contact Amanda Felton in HR, A.felton@cedar-rapids.org or 286-5094.
May New Hire Orientation Training Cancelled

Due to many conflicting organizational priorities all New Hire Orientation classes have been cancelled for May 2, 3 and 4. New employees scheduled for May will now attend New Hire Orientation June 6, 7 and 8.

Exception: Due to the time sensitivity of the Benefits information that segment will go forward in May as planned which is Tuesday, May 2, 12:30 pm - 4:30 pm at Central Fire Station.

Please contact Amanda Felton in HR with any questions. 286-5094 or a.felton@cedar-rapids.org

Removing Lead Paint from Homes

Do you know a family who lives in an older home? They may not be aware of harmful lead-based paint. Please help us spread the news on a program that helps find and remove dangerous lead-based paint from homes. Funding is limited and the grant deadline is approaching. Learn more about the program by calling 286-5998 or visit www.CR Hazard Hunters.com. You can also email Alyssa in our Housing Division: a.williams@cedar-rapids.org. How does this program help families right here in Cedar Rapids? Check out the recent news story and meet a local family who has already benefited: http://bit.ly/2nEqK4o

BikeCR Employee Club

There’s still time to sign up for the BikeCR Employee Club and participate in bike events and Bike to Work Week activities with your colleagues. The BikeCR Employee Club is a FREE club that promotes cycling through special events, club/group rides, challenges, and by helping you track your bike mileage. To sign up, go to www.strava.com, create an account, at the top go to Explore -> Clubs and search for City of Cedar Rapids Employee Club. Note: If you were previously registered with NationalBikeChallenge.org you will have to sign up again through Strava. Contact h.ruble@cedar-rapids.org with questions.
City Leaders Pursuing Sustainability

MONDAY, APRIL 24 | 3-4:30 p.m. & 6-7:30 p.m.
CEDAR RAPIDS PUBLIC LIBRARY’S WHIPPLE AUDITORIUM
450 5th Ave SE, Cedar Rapids, IA 52401

Discover why and how city leaders are pursuing sustainability, learn about the City’s innovative projects, and engage in discussion.

PRESENTING AND ENGAGING IN A Q&A:

Sandi Fowler
Assistant City Manager

Jennifer Pratt
Community Development Director

Steve Hershner
Utilities Director

Sven Leff
Parks & Recreation Director
A study from the University of Glasgow found those who cycle for their commute have a 46% lower risk of cardiovascular disease and 45% lower risk of developing cancer than people who drive to work or take public transport.

Join the Bike to Work Week Activities

Bike to Lunch with the Mayor

Wednesday, May 17
11:00 a.m. – 1:00 p.m.
Meet at City Hall at 11:00 (or in front of your location) and bike to Sag Wagon (827 Shaver Rd NE)

*One ‘Wellness Hour’ may be used for this event
April 22-29, 2017
Cedar Rapids Area Events
All events are FREE!

STUDENT NIGHT
Monday, April 24 ~ 4 – 7pm
Cedar Rapids Public Library
Beems Auditorium A
450 Fifth Ave SE, Cedar Rapids
Students in grades 1 through 6 are invited to learn all about spending and saving money!

TELETOWN HALL
Tuesday, April 25 ~ 10 – 11am
Linn Area Credit Union's Business Center
3015 Blairs Ferry Rd NE, Cedar Rapids
Iowa Attorney General Tom Miller will present “Don’t Be Fooled by Imposter Scams.”

MASTER OF MONEY
Mini golf for Families
Saturday, April 29 ~ 9am – Noon
Cedar Rapids Public Library
450 Fifth Ave SE, Cedar Rapids

COMMUNITY SHRED DAY
Monday, May 1 ~ Noon – 3pm
Veterans Memorial Stadium, Lower parking lot
950 Rockford Rd SW, Cedar Rapids
Limit of three boxes per household. Please prep for shredding by removing all binders. (Staples and paper clips are fine.)

GEocache for College Cash
Monday, April 24 ~ 11 am – 1 pm
Coe College ~ 1220 First Ave NE, Cedar Rapids
Tuesday, April 25 ~ 11am – 1pm
Mt. Mercy University
1330 Elmhurst Dr NE, Cedar Rapids
Wednesday, April 26
and Thursday April 27 ~ 11am – 1pm
Kirkwood Community College
6301 Kirkwood Blvd SW, Cedar Rapids
Current and incoming college students (ages 18-24) are invited to take part in this fun, interactive setting where they will learn about personal finances and answer questions on their smartphones to earn one of many prizes, including a $1,000 tuition scholarship!

DASH FOR THE STASH
Investor Education Contest
April 1 – May 31
Marion Public Library
1095 Sixth Ave, Marion
Stop in and read a series of four posters about investing and use your mobile phone to enter for a chance to win a $1,000 IRA contribution!

MoneySmartWeekIowa.com
May is Mental Health Month

To mark Mental Health Month this year, Mercy Family Counseling is planning a number of awareness activities for children and adults. Take a look at the list below and see if there is anything you would like to participate in.

1) There are coloring sheets for younger children with a focus on staying healthy. These can be picked up at the front desk, in the “Family Room”, or....

2) There are also word searches and mazes that can be complete by any age. Pick those up at.....

3) A “Raffle” is being held with prizes being won in the categories of Adult, Family, or Child. (?) To participate in this raffle, all you need to do is fill out a small colored sheet and place it in the basket at the..... On the sheet, write your name, address and/or phone number so we can contact you if you win. Then in the box on that same side of the sheet, write in a tip you have about staying mentally healthy, something you’ve learned from coming to Mercy Family Counseling, or even questions you have about mental health. Directions are on the sheet as well. Place the slip in the appropriate basket (Adult, Child, Family). At the end of the month, winners will be drawn from the basket and prizes awarded. Prizes may include (but are not limited to) free theater tickets, small books, ...... In order for your comments to be eligible, they must be reasonable, not ..... All slips will then be posted either in the MFC office or at the Outpatient Psych department at the hospital. Names will be removed prior to posting unless you choose to have yours posted.

Continued on next page.
4) Pick up a Mental Health Month calendar for the Month of May. Use this to plan healthy activities each day of the month.

5) Poster Contest
   A poster contest will also be held, with three age ranges—Elementary School, Middle/High School, and Adult. Early elementary students can submit a completed coloring sheet instead of designing a poster if they wish. Design a poster that illustrates one of the following themes:
   a. Healthy Choices
   b. Working Through Worry and Anxiety
   c. Asking for Help
   d. Self-Care

   You will need to use your own supplies. Turn in your poster to the reception desk by the end of May. Posters will be judged on creativity, originality, how well the poster illustrates the theme, and neatness (especially for younger children). Prizes will be similar to the “Raffle” prizes. Be sure to attach the name and contact information sheet to your poster. With your permission, posters will be displayed without names in the MFC waiting area and/or Mercy Hospital.

6) Chalk the Walk
   Grab a piece of chalk and head out to the sidewalk west of the building. Draw or write positive statements about mental health. Your artwork will remain as long as the weather permits!

7) Pick up a list of books that may be appropriate to read to your child which explain mental health as well as informational books for adults on the subject.
April is Stress Awareness Month

We all have everyday stressors, jobs, family, health, school, and friends, the list could go on and on. But what happens when these stressors continue for long periods of time? When the body is under high amounts of stress it undergoes hormonal and physical changes which may have a negative impact on our physical and mental health.

Physical effects of extended periods of stress can include high blood pressure, stroke, heart attack, obesity, and gastrointestinal issues such as ulcerative colitis and irritable bowel syndrome. Long term stress can also damage your immune system leading to chronic illness. Stress also affects mental health. Several studies show a relationship between chronic stress and mood disorders such as depression and anxiety.

So what can we do about it? Below, find some stress reducing activities and tips.

- Breathe
- Turn off phone notifications
- Meditate
- Go offline
- Take a warm bubble bath
- Go outside
- Exercise
- Aim for 7-8 hours of sleep a night
- Call a close friend or family member
- Take up a hobby

Sometimes we need to talk to someone to work through our life stressors. If you or someone you know needs to talk Mercy EAP is here is help. Individual, couples, and family counseling is available for all ages.

For more information go to www.mercycare.org/EAP or to schedule an appointment call (319) 398-6694.
The deadline to enroll in the Wellness Program is **Friday, April 28th**.

If you’ve not yet completed a health screening or submitted a Health Form from your medical provider, it’s not too late!

- **Screening appointments are still available** next week. Log on to the wellness portal at [www.myhealthywithhsi.com/citycr](http://www.myhealthywithhsi.com/citycr) to schedule or call Health Solutions at (319) 362-2409.

- If you’ve had a physical since May 1, 2016 or will complete it by April 28th, **download the Health Form** from the Health Solutions portal (in the Resources box) and have your doctor complete and fax to Health Solutions.

- If a screening or Health Form don’t work due to scheduling conflicts, **please contact Ashley Stickney** (Health Solutions—(319) 362-2409) **to discuss alternatives**.

**You have options!**

As a reminder, your participation in the 2017 program will determine your health plan premium in 2018. If you wish to participate, but haven’t taken the steps to do so, there’s still time.

**Get involved for the incentive…and for the health of it!**

Should you have any questions about the wellness program, please contact Ashley Stickney or Anji Antkowiak at Health Solutions (319)362-2409.
Office Chair Yoga

Do you need a break in your day?
Have you been sitting at your desk for too long?
Curious about yoga and its benefits?

Join Anji for a gentle Chair Yoga class designed to relieve tension through gentle stretching and strengthening yoga exercises. You don't even have to change clothes! Come as you are and discover the health benefits of yoga and feel revitalized in your day! Beginner-friendly and all employees welcome!

*Wellness Hours may be used for this event

Thursdays May 4th - June 22nd
12:15 - 12:45 pm
Veterans Memorial Bldg., 50 2nd Ave SE

May 4 - Armory, Basement Level
May 11, 18, 25 - 4th Floor Ballroom
June 1, 8 - Armory, Basement Level
June 15, 22 - 4th Floor Ballroom

Anji Antkowick, MS, E-RYT
Lead Health Coach,
Health Solutions, LLC
Certified Yoga Instructor,
Yoga Alliance
Wellness Champion

Judy Goldberg
Civil Rights Commission

Judy’s Top 3 Tips

- One pint of donated blood can help save as many as three lives.
- Donating blood is safe, simple and selfless.
- Contact the Mississippi Valley Regional Blood Center to schedule a donation 800.747.5401

Accomplishment

On Saturday, April 8th the center documented the donation of my 112th pint, which translates into 14 gallons of blood. The first time I donated blood I was in college. I went with a friend and found it to be a fun, easy way to make a difference. I continued to donate blood when I moved to the Cedar Rapids area. The Mississippi Valley Regional Blood Center records every pint donated.

Benefit from Accomplishment

When you arrive, you check in and then go into a private room to answer health questions and to have your blood pressure, pulse and iron level checked. Once that is completed, you are taken to a comfy reclining donor bed, and the phlebotomist takes your blood using a sterile, one-time use kit. The phlebotomist is with you the whole time to answer any questions or concerns. You also get free cookies and juice when you are done!

Future Goals:

I plan to continue donating every two months, which is the maximum allowable frequency so that your red blood cells have time to be replaced.

My next donation is scheduled for the morning of June 3 if you want to join me! You can also participate in the City’s annual blood drive which takes place in September.