Employee News

Employee Retirements
Frederick Strutton, UTIL – is retiring Feb 17 after 12 years of service. Frederick started with the City July 29, 2002. He is the Water Pollution Control Lab Quality Chemist.

Horizons Lunchbox Fundraiser
Order your lunches this week to help show support for Horizons and elder Services’ Meals on Wheels programs. The delicious gourmet lunches are only $12 ($6 of every lunchbox purchased goes directly towards feeding home-bound seniors and youth in need in our community) Provide lunch for a business meeting, treat your staff during Valentine’s week or share a bite with friends.
Tuesday, Wednesday and Thursday, Feb 13, 14, 15

For more information, visit www.horizonsfamily.org

Employment Opportunities

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

Transit Driver
Cement Finisher
Water Plant Maintenance Repair Worker I
Various Seasonal Opportunities

If you have questions about any of the employment opportunities, please contact Katie Meyer, x 5138.
Letter From Mayor Hart

Thank you to all City staff for the warm welcome and wonderful help as I begin my term as mayor. I already knew the City’s team was top-notch and now I have the chance to experience that first hand.

Thanks for all you are already doing for all of us. I look forward to working with you to make Cedar Rapids the very best place to live, work, and play.

Brad

Most City Offices Closed Monday, Feb 19

The City will observe the President’s Day holiday on Monday, Feb 19. Most City offices will be closed that day. The following City services will continue to operate:

**Fire Department** – Administrative and Fire Marshall’s Offices Closed. Responding to emergencies

**Joint Communications Center** – Responding to emergencies

**Police Department** – Responding to emergencies

**Solid Waste** – Normal collection, but office closed

**Transit** – Normal bus operations

**Water Pollution Control** - 24 hours emergency service number is 286-5286

**Water Division’s** 24-hour emergency service number is 286-5910.

**Public Works’ Sewer and Street Division’s** 24-hour emergency service number is 286-5826.
Spotlight on Organizational Health

City of Cedar Rapids Core Value: We Service Enthusiastically

One of the three core values of the City of Cedar Rapids is to serve enthusiastically. Providing the best service we can to our citizens is essential. Serving enthusiastically involves letting our citizens and other customer know we value them and are eager to serve them. This may look slightly different based on the department and job, but overall it is about being professional and positive. Here are thoughts from some of our city leaders about what it means to serve enthusiastically.

Jeff Pomeranz: "Serving enthusiastically is a core value in organizational health. When we have a people-first attitude, take initiative and are willing to go the extra mile, we are able to better meet the needs of the citizens that we serve. Giving our best every day demonstrates our pride in this community."

Mike Duffy, PW: “It happens when your work stops being a job, when plowing snow is about getting people home safe and less about a long night.”

Greg Smith, Fire: “To diligently and passionately meet the needs and expectations of the citizens and other customers by performing our best and working with others throughout the city.”

Aaron Orcutt, WPC: “To me, serving enthusiastically as a city employee means spending every day doing the best job I can and letting others know I’m proud to do what I do at WPC.”

Bill Micheel, CD: “Enthusiasm in service requires an understanding of the importance and impact of the services each City Dept. provides. With that understanding in mind, for me, serving with enthusiasm means serving external and internal customers with respect, efficiency, and accuracy.”

Jourdan Jiruska, PW: “To me, serving enthusiastically as a City employee means to be excited, passionate and proactive about the City’s goals and citizen’s needs.”

Tariq Baloch, UTIL: "What serving enthusiastically means to me is: 1) presenting a can-do attitude, 2) when handing off a question or request to someone else, circling back to make sure it was taken care of, 3) in time of need, taking on an assignment that is outside of expected duties or responsibilities and 4) volunteer before volun told.

During the month of February, we will focus on our city thematic goal and three more behaviors. Teaming up, finding a way and serving enthusiastically are at the heart of organizational health at the City of Cedar Rapids. Together we will strengthen our city!

Word Scramble: EENNTTHGSR
What is the City of Cedar Rapids thematic goal? ______ our team to strengthen our city.
Unscramble the letters to answer the FAQ above. Click here to provide your response and be entered in the monthly org health drawing.

For more information about the organizational health initiative at the City of Cedar Rapids contact: Sue Sager, Organizational Development Manager, s.sager@cedar-rapids.org 319-777-1699.
Cedar Rapids Fire Department

Wednesday March 28, 2018
11:00 am — 1:00 pm
FREE ADMISSION

Adult Resource Expo

Sample vendors:
- Caregiver Resource Center
- AARP
- Rider’s Club of America
- Home Instead
- Home Instead
- Cedar Memorial
- KMRY

Central Fire Station

Community Risk Reduction—Public Education

Central Fire Station

Cedar Rapids Fire Department
713 First Avenue SE-Second Floor
Cedar Rapids, IA 52401

Contact Person: Firefighter/Paramedic Julie Popelka
Phone: 286-5277
E-mail: j.popelka@cedar-rapids.org

Parking is limited—look for signage
Please join us for a new speaker series featuring City employees highlighting programs and initiatives that impact our residents. Open to all employees in any department.

**FEATURED TOPIC**

**Paving for Progress**

**PRESENTER:** Doug Wilson, P.E., Paving for Progress Program Manager

**How do we pick roads? What do public meetings look like?** Learn more about how the City is administering this critical program and walk away with knowledge you can use the next time someone asks you about Paving for Progress. Two presentations are available:

- **Friday, February 23**
  12:00 - 1:00 pm | City Hall Lower Level Training Room

- **Friday, March 2**
  12:00 - 1:00 pm | Water Admin Building Steven J. Cook Memorial North Conference Room

Please feel welcome to bring a sack lunch as you learn more about this important program.
NEW and Improved!

Wellness Points Incentive Program!

Get moving and earn prizes! By engaging in physical activity you can earn Wellness Points, which can be redeemed for excellent prizes such as Wellness t-shirts, drink tumblers, insulated lunch boxes, personal training sessions, massages and even a chance to earn a 10-week Farrell’s membership!

Here are the details:

2018 Wellness Points Challenge: Open January 1 through December 31, 2018

- Log in to your personal Health Solutions account: www.myhealthywithhsi.com/citycr
- Under the “Challenges”, Click “Enroll” under 2018 Wellness Points Challenge
- Start tracking activity!
  - You can track your activity by syncing your fitness device, OR
  - You can manually enter your activity, including any activity starting on January 1, OR
  - You can track your activity using a paper tracker (see your Wellness Ambassador for more information)
- At the end of each quarter, you may redeem your Wellness Points for select prizes OR you may bank your points to use later in the year for larger prizes!
- Every 15 minutes/2000 steps/1 mile = 1 Wellness point. Maximum points you can earn: 3500
- A full listing of Wellness Points prizes and additional details are coming soon! But don’t wait...ENROLL TODAY and start earning your points!

For more information, please contact your Wellness Ambassador or Anji Antkowiak, Lead Health Coach with Health Solutions at angelaantkowiak@hsi-rx.com
Wellness Enrollment Notice

The City of Cedar Rapids’ goal is to promote a culture of health and wellness for our employees. As part of that commitment, and to keep medical insurance options affordable, we continue to look for ways to encourage healthy behaviors. Good health results in an improved quality of life for you, your family and the community.

It’s no secret that the healthcare system is in crisis.

- **Chronic Diseases** is the leading cause **7 out of every 10 deaths**
- Medical Expenses are the **#1 cause of personal Bankruptcies** in the US
- **1 in 3 Children** born today will **develop diabetes** in their lifetime (1 in 2 for Latino Children)
- **Chronic disease** account for **$3 of every $4 spent on healthcare** or **$7,900** for every American with a chronic disease
- **Obesity has doubled** in the last 20 years and tripled for children under 11 years of age

**What does this mean for you?**

- Comfort in Confidentiality. Your personal health information will be kept confidential and secured throughout the process. All Health Solutions services are HIPAA compliant and held to all privacy and security regulations. Services and programs are regularly audited by a dedicated Privacy Officer and quality team.
- A Program for You! If your results qualify you for health coaching, engage with your personal health coach on a plan that is tailored to you and your goals.
- A Clinical Approach. Participants are identified with high or critical screening results and/or uncontrolled chronic conditions.

**What is next?**

January ‘18
Receive program details on how to complete your Health Risk Assessment questionnaire

Jan-April ‘18
Complete online health risk assessment questionnaire and screening

May/June - December ‘18
Complete follow-up consultation and begin coaching (if applicable)

2019
Earn an incentive for participating!

For instructions on how to complete your Health Risk Assessment questionnaire and schedule your screening, please see the next page.
RETURNING USERS: Login to your account...

- Visit [www.myhealthywithhsi.com/citycr](http://www.myhealthywithhsi.com/citycr)
  - Company: CityCR
  - Member ID: Employee ID (Employees)
    - Spouses: Employee's ID followed by DOB as YYYYMMDD
  - Password

NEW USERS: Register your account...

- Visit [www.myhealthywithhsi.com/citycr](http://www.myhealthywithhsi.com/citycr)
- Click on ‘Register’ in the New Users box
- Read the Terms and Conditions and click ‘Accept’
- In the New Users Registration box, complete the following information:
  - Company: CityCR
  - Member ID: Employee ID (Employees)
    - Spouses: Employee’s ID followed by DOB as YYYYMMDD
  - Select Gender
  - Enter Date of Birth
  - Enter Preferred E-mail Address
  - Enter Preferred Telephone Number
- Click ‘Register’
- Set Password
- Click ‘Sign In’

Complete the online Health Risk Assessment Questionnaire* using the following steps:

- From the Home Screen, click on ‘Start’ in the Assessment tile
- Complete all questions in each category, clicking the ‘Next’ button to move forward
- Once all questions are complete, click the ‘Submit’ button in the lower right corner

Schedule your Screening:

- In the Health Screening tile, click ‘Schedule an Appointment’
- Select the appropriate site from the drop-down menu
- Choose an available screening date shown in [white](#) on the calendar
- Click ‘Book It’ next to the screening time you prefer
- Click ‘Finalize Appointment’
- You can now exit the scheduling window

This concludes your enrollment steps.

Your follow-up consultation will be scheduled upon checking in at your onsite screening or upon Health Solutions receiving your Health Form.

If you need assistance with portal registration or navigation, contact Health Solution at 362-2409 or [info@hsi-rx.com](mailto:info@hsi-rx.com)

Please Note: Blood Pressure Guidelines will NOT be changing in 2018.

Fasting is required:
Nothing to eat or drink, other than water, 10-12 hours prior to your screening appointment. Drink plenty of water and take any medications that do NOT need to be taken with food.