Employee News

Employee Promotions & Transfers

James Bowers, Utilities – transferred to WPC Maintenance Repair Worker I effective Jan 23. His previous position was Recreation Maintenance & Inventory Tech for the Parks Department.

Cory Burkle – Fire – has been promoted to Fire Captain (Day) effective Jan 21. His previous position was Firefighter for the Fire Department.

Employee Retirements


Mary Moore, HR – retiring Jan 31, 2017. Mary started with the City March 9, 1994. Her current position is Human Resources Specialist I.


Employees photos & contact info can be found on CR@Work or at the following link:
http://cratwork/Pages/EmployeeDirectory.aspx
Employment Opportunities

Employees are welcome to apply for any open positions and are also encouraged to share the job openings with anyone who may be interested in joining the City. Positions highlighted in yellow are newly posted this week.

Here is a link to view and print all job postings

If you have questions about any of the opportunities, please contact Jenelle Sisneros, 286-5001.

<table>
<thead>
<tr>
<th>Internal Postings Only</th>
<th>Temporary Lab Services Water Quality Analyst</th>
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<tbody>
<tr>
<td>Senior Infrastructure Engineer</td>
<td>Temporary Lab Services Water Quality Analyst</td>
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<tr>
<td>Traffic Control Maintenance Worker I</td>
<td>Water Plant Operator I</td>
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Upcoming Employee ADA Training

Navigating life’s twists and turns can be difficult. Even more so when faced with a disability that makes everyday activities a challenge.

Our upcoming ADA training will review details of the American with Disabilities Act, and spotlight “invisible” disabilities. Awareness of how invisible disabilities might present themselves is important to help us provide good customer service, make life more manageable for those with disabilities, and meet Title II ADA obligations.

All training will be held the week of March 6-10 at the Downtown Library-Whipple Auditorium. Training is mandatory for all employees who interact with the public so please mark your calendar and work with your department contact to register for a session today. You can register in People Soft by using the code: ADA102.

Additional details on parking to come.

Monday, March 6 12–4pm
Tuesday, March 7 8am – 12pm & 4–8pm
Wednesday, March 8 7:45 – 11:45am & 12:15 – 4:15pm
Thursday, March 9 8am – 12pm & 4–8pm
Friday, March 10 7:45 – 11:45am
Purchase tickets to win this beautiful quilt (9’ x 9’, $1,000 value) from Treasury or your department contact.

Tickets are available for purchase Jan 18 - 31. Drawing held Feb 3

1 ticket = $5, 3 tickets = $10, 7 tickets = $20

Funds will be divided and equally distributed to the 26 employees personally affected by the 2016 flood.

Thank you for your willingness to help our co-workers across the city.
Please contact your department director or a member of the committee with questions.

A big THANK YOU to those pictured (Tammy Augustine - Building Services, Cindy Potter - Construction Engineering, Deanna Thomas - Building Services, Colette Molumby - (retired from Building Services) for donating your talent, time and material.
Say Thank You To Hospitalized Veterans with Valentines for Vets

Each year when the middle of January arrives, we ask for your help in signing cards for the Valentines For Vets program. This wonderful tradition of saying thank you to hospitalized veterans in Iowa City continues in 2017.

The CR Care Committee has made valentines that we will deliver to the KHAK studios in February. Brain & Courtlin of KHAK will then deliver them to veterans at the V.A. Hospital in Iowa City before Valentine’s Day. We ask for your help in recognizing these veterans by signing a card. Your department will be given a handmade card that can be signed; we ask that you sign only your first name on the valentines. The cards should be returned to: Joy Huber-Fleet Services by Friday, Feb 3.

Thank you for participating in this event.
The CR Care Committee

Thank you to the local businesses, organizations, and individuals who support Meals on Wheels during the week of Valentines Day by ordering a gourmet lunch.

The $12 meals are delivered to homes and businesses. Six dollars of each meal goes directly to help feed a homebound senior. Watch for upcoming opportunities for the 7th Annual Lunchbox meal delivery.
COPING WITH CHANGE
Change. It’s been the buzz word in the last half of 2016. People want change, people need change; others don’t want change, or they want a different kind of change, a different direction. The only thing consistent about change is that is it guaranteed to happen, whether we want it to or not.

Change can range from the simple, short term variety to drastic changes like the loss of a family member. Change can be positive or negative, but even desired change can be stressful or scary. The sense of being out of control can be overwhelming. So how do we cope with the inevitable and maintain at least a semblance of balance in our lives? Consider the following tips when facing changes in your life:

1. Recognize what you can and cannot control. Focus on what is under your control, no matter how small.
2. Look for the positives, even if they are hard to find. Reframe the negatives into positives when possible.
3. Remember times you have coped with change in the past and utilize those skills again.
4. Focus on your strengths and how they can be best used to deal with the changes ahead.
5. Accept your feelings about the change without fighting them. Recognize them, pay attention to them, and then let them move on.
6. Choose an attitude of acceptance towards something that is beyond your control rather than wasting energy resenting the change.
7. Give yourself permission to grieve the losses you are facing, but don’t let the grief take control over you.
8. Take control over small pieces of your life. If it seems like everything is out of control, clean out a drawer, sort your socks, anything to give you a small sense of accomplishment.
9. Get information about the upcoming change so it isn’t so unknown.
10. Problem solve, set goals, take action—again, no matter how small, action can give you a sense of control.
11. Imagine what the worst result could be and how you might cope with that result. Knowing how you might handle the worst gives you confidence you can handle the more realistic events.
12. Use stress reduction strategies such as deep breathing, exercise, balanced sleep patterns, or journaling.

And remember, Mercy EAP is here to help you find your way through the inevitable changes in your life. Contact us today at (319) 398-6694 to schedule an appointment with a therapist who will guide your journey through the unknown to better times ahead.

MERCY EAP
FAMILY COUNSELING & EMPLOYEE ASSISTANCE PROGRAM
1340 Blairs Ferry Rd. • Suite A • Hiawatha, IA • (319) 398-6694
www.mercycare.org/eap
GROUP DISCOUNTED TICKETS

City of Cedar Rapids has teamed up with the U.S. Cellular Center to provide employees & families with amazing discounts to a variety of entertainment! To purchase discounted tickets, just use the password below on any of the events that apply! This password can be used through ticketmaster.com or charge-by-phone 800-745-3000. Also available at the U.S. Cellular Center Box Office. (unless noted below)

PASSWORD: CITYCR

Cedar Rapids Rampage
Jan 20th, 21st, Feb 3rd, 18th
Your Price: $40, $28, $21, $16, $13, $8
Regular Price: $40, $30, $23, $18, $14, $9
Party Zone $40.00 Includes All-You-Can-Eat & Drink Beer or Soda
Children 2 and under are Free

Rodeo
Friday Feb 10th & Saturday Feb 11th @ 7:30pm
Free Pre-Show Both nights 6-7pm
Your Price: $60, $35, $23, $13
Regular Price: $60, $40, $30, $20
Friday night Kid price:$21.50, $16.50, $11.50 Ages 2 & Under Free on Lap

Harlem Globetrotters
April 6th @ 7:00 pm
Your Price: $94.50, $64.50, $52.50, $33.50, $26.50, $22.50, $18.50
Regular Price: $45.50, $38.50,$31.50,$24.50
No Discounts on $94.50,$64.50,$52.50

Magic Passes Pre-Show Event 5:30-6:00pm
Your Price $16.00 Regular Price $22.00

Celebrate your BIRTHDAY with the Globetrotters!! Ages 2 & under are free on Parent’s lap

See next page for more Discounts

Box Office Hours: Monday thru Friday 10:00am—6:00 pm
GROUP DISCOUNTED TICKETS

PASSWORD: CITYCR

Casting Crowns The Very Next Thing Tour
With Danny Gokey & Unspoken
Friday, April 7th @ 7:00pm
Your Price: $78, $43, $33, $23, $18
Regular Price: $78, $48, $38, $28, $18
ages 2 & under free on lap

Titans Arena Football
Feb 4th, 17th, 25th, March 11th, 19th, April 8th, 22nd, May 5th, June 3rd
Your Price: $35, $22, $16, $10, $9, $7
Regular Price: $35, $24, $18, $12, $10, $8
Party Zone $45.00 includes All-You-Can-Eat & Drink Beer/Soda
Children 2 and under are Free on a lap

2Cellos at the McGrath Amphitheatre
Thursday, July 27th @ 7:00pm
Your Price: $81.25, $59.50, $51, $42.50, $34- (GA Limited View)
Regular Price: $95, $69.50, $59.50, $49.50, $39.50 • (GA Limited View)
ages 2 & under free on lap

See next page for more Discounts

Box Office Hours: Monday thru Friday 10:00am—6:00 pm
To purchase discounted tickets, just use the password below on any of the events that apply! This password can be used online at ParamountTheatreCR.com (additional convenience fees will apply) or charge-by-phone 319-366-8203. Also available at the Paramount Box Office.

### Sesame Street LIVE

January 31st  3:00pm & 6:30 pm

**Use Code SESAME for Discount on tickets**

Your Price: Sunny Seats $58.00  Gold Circle $28, $20, $15

Save $5.00 a seat  All Ages Must Have a Ticket

### Broadway Shows—42nd Street

February, 15th @ 7:30 pm

**Use Code CLASSIC for Discount on tickets**

Your Price: $66.00 & 48.00

Regular Price: $73.00 & $53.00  All Ages Must Have a Ticket

### Broadway Shows—Menopause The Musical

April, 29th @ 6:30 pm

**Use Code HOTFLASH for Discount on tickets**

Your Price: $50.25 & 41.25

Regular Price: $55.50 & 45.50  All Ages Must Have a Ticket

### Broadway Shows—Cirque Dreams Jungle Family

May, 16 @ 7:30 pm

**Use Code LOVE for Discount on tickets**

Your Price: $66.00 & 48.00

Regular Price: $73.00 & 53.00  All Ages Must Have a Ticket

### Follies 2017

Saturday, April 8th, 2017 at 2PM & 7:30PM

Sunday, April 9, 2017 at 2PM

**Use Code “Group4Follies”**

Your Price: $42, $37, $32, $27, $22, $17

All Ages Must Have a Ticket