New Employees

Nicholas Sherman, TEIA – Airport Safety Officer effective May 29.
Rita Packingham, CD – Administrative Assistant effective May 30.
Steve Yanez, FIN – Auto Equipment Mechanic I effective May 30.
Kristi Whitham, PW – Right of Way Agent effective June 1.
Cody Vry, CRPD – Police Officer effective May 31.

Employee Promotions & Transfers

Ricky Turner, WPC – transferred to WPC Electronics Tech effective May 29. His previous position was WPC Process Operator.
Ryan Simon, BSD – transferred to Housing Inspector effective May 30. His previous position was Auto Equipment Mechanic II.
Alex Foarde, PW - promoted to Streets Driver effective May 30. His previous position was Public Works Laborer Extra Driver.
Robert Edwards, FIN – promoted to Auto Equipment Mechanic II effective May 26. His previous position was Auto Equipment Mechanic I.
City Manager &
Director Update

College District Area Action Plan
Community Development Department staff, in cooperation with the College District Advisory Group, has started work on the College District Area Action Plan. The 18 month planning process will use resident input collected through public engagement as a foundation and expand on concepts from EnvisionCR. This will unify existing planning efforts for initiatives related to parks and infrastructure investment, and outline strategies to improve or address issues identified within the College District related to connectivity, land use, character, streetscape, placemaking, and others. The College District planning area includes Mt. Mercy University, the Irish District, Coe College, and the Mound View Neighborhood. Details for the first public workshop for the College District Area Action Plan are:

Cedar Rapids Bike Share Program
The City of Cedar Rapids has received a $100,000 Large Match Grant award from The Wellmark Foundation for the City of Cedar Rapids Bike Share Program! Community Development staff is in the process of completing a feasibility study to determine the most appropriate type and size of bike share system for Cedar Rapids and the most appropriate locations for bike share stations. A solid understanding of the best system for Cedar Rapids, combined with the $100,000 grant award, creates a strong position to continue conversations with our community partners about participation in a Cedar Rapids Bike Share program. The exploration of a Cedar Rapids Bike Share Program has been met with enthusiasm throughout the community and this grant award provides additional momentum to continue our progress. The feasibility study will be complete by this fall with additional information about the program to come.

Tree Planting
With the help of Alliant, TreesForever, Tree Keepers, and City employees, 14 trees were planted at Cherokee Park on April 27 and 41 trees were planted at Ellis Park on Thursday June 1.

Alliant and TreesForever provided $3,750 in financial assistance. The trees will provide increased air quality, stormwater retention, and energy benefits. Thank you to the Forestry and Parks and Rec staff as well as the volunteers for their hard work.

Office Chair Yoga
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.

June 8  12:15—12:45  Armory at Vets Memorial
Jun 15 & 22  12:15—12:45  4th floor Ballroom, Vets Memorial

College District Area Action Plan Public Workshop
Tuesday, July 18
5:30PM to 7:00PM
Shores Event Center
700 16th Street NE, Suite L100
Employee Service Awards

Please congratulate the following employees on their service anniversary for the month of May.

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keith Furne</td>
<td>Tuma Complex Coordinator</td>
<td>15 yrs</td>
</tr>
<tr>
<td>Matthew Minkler</td>
<td>Sld/Rec Driv/Coll II</td>
<td>10 yrs</td>
</tr>
<tr>
<td>Angelo Carrillo</td>
<td>Transit Driver</td>
<td>10 yrs</td>
</tr>
<tr>
<td>Steven Dunham</td>
<td>Assistant Fire Marshal</td>
<td>10 yrs</td>
</tr>
<tr>
<td>Stephen Mast</td>
<td>Fire Captain K9 Handler (Para)</td>
<td>10 yrs</td>
</tr>
<tr>
<td>Adam Jones</td>
<td>Firefighter (Shift) Paramedic</td>
<td>10 yrs</td>
</tr>
<tr>
<td>Richard Taylor</td>
<td>Animal Cntrl Officer</td>
<td>5 yrs</td>
</tr>
<tr>
<td>Michelle Timm</td>
<td>Animal Cntrl Officer</td>
<td>5 yrs</td>
</tr>
<tr>
<td>Nicholas Kariya</td>
<td>Paving for Progress Proj Coord</td>
<td>5 yrs</td>
</tr>
<tr>
<td>Varsha Borde</td>
<td>Zoning Coordinator</td>
<td>1 yr</td>
</tr>
<tr>
<td>Collin Underhill</td>
<td>Transit Driver</td>
<td>1 yr</td>
</tr>
<tr>
<td>Lea Kohler</td>
<td>Dispatcher I</td>
<td>1 yr</td>
</tr>
<tr>
<td>Jennifer Selby</td>
<td>Project Engineer II</td>
<td>1 yr</td>
</tr>
<tr>
<td>Vaughn Dougherty</td>
<td>Right of Way Technician</td>
<td>1 yr</td>
</tr>
<tr>
<td>Jourdan Jiruska</td>
<td>Public Works Program Coordinator</td>
<td>1 yr</td>
</tr>
<tr>
<td>Kevin Williams</td>
<td>Solid Waste &amp; Recycle Laborer Extra Driver</td>
<td>1 yr</td>
</tr>
</tbody>
</table>

Solarize Cedar Rapids & Linn County Bulk Solar Purchase

The sun is shining for homeowners and commercial property owners across Linn County, as the Solarize Cedar Rapids & Linn County program commences this June. The program allows individual home and commercial property owners to access lower prices for solar installations through the power of volume purchasing.

The City of Cedar Rapids, Linn County, The Nature Conservancy, Indian Creek Nature Center, and Iowa 350 have supported a stand-alone bulk solar group purchase program for residents and businesses in Linn County. This program will reduce carbon emissions while providing residents with the opportunity to invest in their own high-quality renewable energy solar installation with potentially significant savings on installation cost.

"The solar group buy is one of the first in the state of Iowa," said Eric Holthaus, sustainability coordinator for the City of Cedar Rapids. "This collaborative partnership between several local groups will make it easier and more affordable for people to pursue renewable energy on their properties."

The program is administered by the Midwest Renewable Energy Association (MREA) at no cost to the city or the county. This type of program has been successful in other jurisdictions in Illinois and Wisconsin as seen in Milwaukee, Urbana-Champaign, Bloomington-Normal, and elsewhere.
June is National Safety Month

The National Safety Council has been the nation’s leading safety advocate for over 100 years. The National Safety Council strives to save the lives of individuals by preventing accidental injuries and deaths at work, in the home and community, and on the road.

**Preventing Injuries at Work**

Each day, approximately 11 accident-related deaths occur in the workforce. How can you ensure safety at your worksite? Follow the tips below.

- Secure electrical and phone cords away from traffic areas, such as hallways
- Use non-slip rugs and be sure to take them down to prevent rolling
- Be sure to wear the proper footwear, clothing, and head and eye protectants for the job, paying special attention to outdoor conditions
- Place smoke alarms on every floor and ensure all employees know how to use a fire extinguisher and can locate the nearest extinguisher
- Remember E.S.C.A.P.E for any leaks or spills (exit the area, secure the area, call 911, assess the situation, pull the fire alarm, and exit the building)

**Preventing Injuries on the Road**

There are approximately 100 preventable accident-related deaths every day on roadways. The most common causes are alcohol, speeding, fatigue, and distractions.

To stay safe on the road, implement the following tips.

- Turn off or silent your cell phone and place it in the glove box while driving
- Get plenty of sleep before driving and schedule breaks to avoid getting tired
- Drive the appropriate speed for conditions
- Always have a designated driver if you plan on consuming any alcohol or are under the influence of a driving impaired medication

**Preventing Injuries at Home and in the Community**

In 2012, approximately 89,000 accidental injury related deaths occurred in homes and communities nationwide. The top causes of injury and death in the home and community are: motor vehicles, poisoning, falls, choking, drowning, fires and burns, and weather related emergencies.

To prevent accidental injuries and deaths at home, follow the tips below.

- Safely dispose of leftover and unwanted medications
- Make sure all safety medication caps are locked
- Program the poison control number in your cell phone, (800) 222-1222
- Become First Aid, CRP, and AED certified through the American Red Cross. To find a class near you, visit [http://www.redcross.org/](http://www.redcross.org/)
- Place non-slip mats/rugs around the house, especially inside and outside of a tub or shower
- Install smoke alarms on every floor in the home
- Prepare an emergency kit with at least 72 hours’ worth of food and water
- Plan and practice a family escape route in case of an emergency
Quarter 2 Activity Incentive Program

Quarter 2 runs April 1 – June 30

Tracking data for Quarter 2: Employees and spouses must track all their data for April 1 – June 30 by July 7. If your data is being automatically synced you will not need to do anything. All data will be automatically loaded. Only if you are manually reporting, some activities need to be entered by July 7.

<table>
<thead>
<tr>
<th>Milestones: Average Steps Daily</th>
<th>Quarterly Goal 2,000 steps = 1 mile</th>
<th>Drawing chances earned</th>
</tr>
</thead>
<tbody>
<tr>
<td>5,000</td>
<td>Qtr 1: Establish baseline milestone</td>
<td>N/A</td>
</tr>
<tr>
<td>7,500</td>
<td>Qtr 2: If same as Qtr 1</td>
<td>1 chance</td>
</tr>
<tr>
<td>10,000</td>
<td>Qtr 2-4: if advanced to next milestones</td>
<td>2 chances</td>
</tr>
<tr>
<td>12,500</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15,000</td>
<td></td>
<td></td>
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If you haven’t already, register now for Quarter 2.

Every quarter employees and spouses must enroll in the new quarter. See the steps below for how to register for quarter 2 – ensure that your device is synced (see below) and that you have manually back-entered activity starting April 1.

- Log into your personal Health Solutions account
- Under the “Challenges”, click “Choose” (see right)
- Select the Quarter 2 Activity Challenge (see right)
- Click “Enroll”
## Mental Health Awareness Activity Challenge

Try to complete all the squares in at least one row (vertical/horizontal or diagonal) to earn a bingo. Each bingo earns one chance in the drawing. Complete ALL the squares for a BLACKOUT and 4 additional chances to win. One $25.00 gift card will be awarded.

The Challenge runs June 1 - 30. Turn your bingo card in to your Wellness Ambassador by 5pm July 7.

<table>
<thead>
<tr>
<th>Visit Prairiewood Spirituality Center and hike the trails, walk the labyrinth, or explore the meditation rooms.</th>
<th>Organize an area of your home, office, or your car.</th>
<th>Do something creative! Enjoy an art project, music concert or other creative hobby.</th>
<th>Go for a walk with your family or friends in one of your local parks!</th>
<th>Spend an afternoon or evening socializing with your friends outside of work.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attend one of the Chair Yoga Sessions On Thursdays in June! Check the newsletter for days/times for more info!</td>
<td>Take 10 minutes and practice deep breathing on your lunch break. <a href="http://www.mindful.org/a-five-minute-breathing-meditation/">http://www.mindful.org/a-five-minute-breathing-meditation/</a></td>
<td>Take a Technology-Fast: Turn off the TV, phone, tablet, computer, and other electronics for ONE FULL DAY.</td>
<td>Start a gratitude journal: Write down 3 things you are grateful for today!</td>
<td>Take a 30-minute walk with a co-worker(s). Record name(s):</td>
</tr>
<tr>
<td>Take a 30 minute walk on your lunch break.</td>
<td>Cut out all caffeine for ONE FULL DAY!</td>
<td>Free Space</td>
<td>Attend a spiritual activity of your choice. Record activity:</td>
<td>Go to bed 30 - 60 minutes earlier than you usually do.</td>
</tr>
<tr>
<td>Get your blood pressure checked and record the date you checked it here:</td>
<td>Volunteer at a local charity or organization. Record name of organization:</td>
<td>Take a 30 minute walk on your lunch break.</td>
<td>Try a mindfulness practice by going to: <a href="http://www.freemindfulness.org/download">http://www.freemindfulness.org/download</a></td>
<td>Book a massage for yourself!</td>
</tr>
<tr>
<td>Watch your favorite funny movie or go to a comedy show!</td>
<td>Take a 30-minute walk with a co-worker(s). Record name(s):</td>
<td>Attend a spiritual activity of your choice. Record activity:</td>
<td>Cut out added sugars in your diet for ONE DAY! That includes alcohol!</td>
<td>Practice breathing meditation for 15 minutes</td>
</tr>
</tbody>
</table>