

The City of Spokane

Weekly News Update for July 5

Stay up-to-date on City of Spokane and employee news with our weekly Employee Update.

Central Library Grand Reopening Celebration

Central Library at 906 W Main Avenue across from City Hall has been closed for two years for renovation. Come see the amazing transformation at the Grand Reopening Celebration on Monday, July 11. Enjoy speakers, including Mayor Woodward and Senator Billig, and a ribbon cutting from 9 – 10



a.m. Then from 10 a.m. – 3 p.m. grab a bite from food trucks on Spokane Falls Boulevard and tour the new facility. There will be 20-minute tours offered at 10 a.m., 11 a.m., 12 p.m., 1 p.m., 2 p.m. (starting on the 1st floor). Local singer-songwriter Erin Parkes will be playing live music on the 3rd floor from 10 a.m. – 12 p.m. Or bring your kids to Storytime Play & Learn at 10:30 a.m. and 12 p.m. (Events B on the 1st floor). There is something for everyone at the Central Library!

Date: Monday, July 11

Time: 9-10 a.m. Ribbon Cutting; Food Trucks and Tours 10 a.m. – 3 p.m.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

- [Understanding Stress and Building Resilience](#)

People experience stress as they adjust to a continually changing environment. Stress has physical and emotional effects; it can create both positive and negative feelings. Positive stress can energize you and help you reach your peak performance. However, too much pressure turns into negative stress. Prolonged exposure to stress can be harmful to your physical and mental well-being. One of the first steps to managing stress is to understand what causes it.

- [Stress and Your Body](#)

Today, it's common knowledge that what happens mentally and emotionally has a significant effect on the physical, and vice versa—so what about stress? Physically, stress isn't always a bad thing. Stress hormones are what help people out in emergency situations, allowing their bodies to move into lifesaving action. Also, it's actually good for people to deal with some stress in order to build up a tolerance for stressful situations. The problem comes when people are on overload or have to handle too much stress too often. It's then that stress affects people in ways they might not always be aware of.

Employee Information Portal (covid19.spokanecity.org/)

Remember, this Employee Information Portal is a great resource for employees to stay current on what's happening with the COVID-19 response. The [Employee Information Portal](#) can be accessed from work or home, using a computer or mobile device.