The City of Spokane Weekly News Update for Aug. 30

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

Skywalk Closing to Public

The skywalk connecting City Hall to the River Park Square parking garage will be **closing to the public starting Thursday, Sept. 1**. Visitors can continue to access City Hall from the main entrances on Spokane Falls Boulevard and Post Street.

The skywalk will be continue to be accessible to City employees using their City ID.

Employee Night at the Spokane Indians

You're Invited to City of Spokane Employee Appreciation Night!

City of Spokane Employee Night Wednesday, Aug. 31 at 6:35 p.m. Avista Stadium, 602 N. Havana Street

<u>Discounted tickets</u> for you and your family are available at **\$5 for reserved bench seat** or **\$12 for upper box seat**. <u>Purchase your tickets</u> in advance! Tickets purchased within 48 hours of the game will still be available at the group rate but may be seated separately from your group.

Purchase Tickets here: https://fevo.me/cityofspokaneemployeenight

Things to Note:

- Gates open 1 hour before first pitch
- <u>Click here</u> to view Know Before You Go information including Clear Bag policy
- Parking is FREE at Avista Stadium

City Hall Construction

Employees who work at City Hall may hear some construction noise as there is minor construction in the Lower Level. If you have any questions, please contact <u>Kelly Long</u>.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

Social Wellness Toolkit

From the time you're born, your relationships help you learn to navigate the world. You learn how to interact with others, express yourself, conduct everyday health habits, and be a part of different communities from those around you. Positive social habits can help you build support systems and stay healthier mentally and physically.

Building Social Bonds

Strong, healthy relationships are important throughout your life. Your social ties with family members, friends, neighbors, coworkers, and others impact your mental, emotional, and even physical wellbeing.

Studies have found that having a variety of social relationships may help reduce stress and heartrelated risks. Strong social ties are even linked to a longer life. On the other hand, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death.

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 <u>Employee Information Portal</u> can be accessed from work or home, using a computer or mobile device. All of the emailed information we have sent to employees is archived here.