

The City of Spokane

Weekly News Update for Nov. 15

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

Annual Benefits Open Enrollment Nov. 7 – 18, 2022

Open Enrollment is here. This is the one time of the year to make changes without experiencing a qualified event.

All changes made during Open Enrollment will be effective January 1, 2023. To view the 2023 Open Enrollment Booklet [click here](#).

If you have questions, please contact Employee Benefits via e-mail at eracb@spokanecity.org or via telephone at 509-625-6565.

**2023
Annual Benefits Open Enrollment
November 7, 2022 - November 18, 2022**



Mark your calendar!

Open Enrollment is the one time of the year to make changes without experiencing a qualified event.

All changes made during Open Enrollment will be effective January 1, 2023.

Look for additional Open Enrollment information coming soon!
If you have questions, please contact Employee Benefits via e-mail at eracb@spokanecity.org or via telephone at 509-625-6565.

2nd Harvest Food Drive

Hunger and food shortage is one of the great challenges affecting our community. The City of Spokane is hosting a food drive for 2nd Harvest. Collection boxes are located near the elevators on each floor of City Hall and the City's satellite facilities.

2nd Harvest is looking for the following items:

- Canned fish and lean meats
- Healthy soups and stews
- Dry or canned beans
- Whole grain pasta, rice and cereal
- Canned fruits and vegetables
- Peanut butter and other nut butters



Bring your food donated items anytime between now and Friday, Dec. 30, to help support and sustain the members of our community experiencing hunger and food uncertainty. To learn about where your donations end up, visit the 2nd Harvest [website](#).

Coat and Beanie Season Is Here!

The City's [online employee store](#) is open **NOW through Wednesday, Nov. 30**. Check it out for items you would like to purchase and have the City's logo embroidered on it. Completed orders will be distributed from City Hall and other City facilities as needed in around Dec. 20. For specific questions like sizing, color, etc., please contact our coordinator Lori Humphrey at lulupromotion@aol.com or (509) 534-7477.



More Information to Assist You

Here are some more resources from our Employee Assistance Program:

[Quick Stress Relief: Using Your Senses to Relieve Stress on the Spot](#)

Do you ever wish a stress superhero could save you from traffic jams, chaotic meetings, or a toddler's tantrums? Well, you can be your own stress-busting superhero. Everybody has the power to reduce the impact of stress as it's happening and stay in control when the pressure builds. Like any skill, learning how to squash stress in the moment takes time, experimentation, and practice, but the payoff is huge. When you know how to quickly relieve stress, you'll be able to stay smart, productive, and focused—no matter what life throws at you.

[Coping with Financial Stress](#)

Money worries are one of the most common causes of stress. Unexpected expenses, price increases, income loss, and high levels of debt can cause pressure that may feel all-consuming. When money runs short, it doesn't simply create financial hardship. It can lead to feelings of shame, anger, fear, and depression. Those negative emotions can get in the way of the clear thinking you need to deal with your financial challenges. The link above contains some suggestions for coping with financial stress and navigating a path toward better financial and emotional wellbeing.

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. All of the emailed information we have sent to employees is archived here.