

The City of Spokane

Weekly News Update for Feb. 28

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

Mayor urges collaboration, listening

Mayor Nadine Woodward in her [annual State of the City Address](#) urged people to listen more to each other, find common ground, and respectfully articulate divergent viewpoints as the pathway to progress.

She pointed out in [her remarks](#) that the best times in the city share a few commonalities: big ideas that turned challenges into opportunities, critical community partnerships that worked effectively across perceived boundaries, and the will to get it done. Spokane, she said, has seen tremendous effort, progress, and much opportunity and is ready to embrace the opportunities ahead.

“Community is about more than any one of us, it’s about all of us,” Woodward said. “Our challenge today, as a region, is to embrace the progress, grow with the opportunities, and thrive through the power of partnership.”

While acknowledging there is more work to be done, [Woodward talked about advancements](#) in public safety, housing, homelessness, economic development, mental health, and many other critical areas that have made the community safer, more secure, and more sustainable. She [highlighted some of those accomplishments in a video message](#) to the community today.

“We’ve accomplished so much to build a safer, more secure, and sustainable Spokane, and yet we still have so much left to do,” Woodward said.

Last Day for MUV Fitness February Special



müv
FITNESS

CORPORATE
WELLNESS PROGRAM

JOIN BY 2/28/2023

ONLY
\$29
per month

\$0 due at enrollment
no dues until end of March!
\$55 annual maintenance fee due in 90 days

REDEEM THIS ENROLLMENT INCENTIVE NOW!
email "FEBRUARY SPECIAL" to
corporatewellness@muvfitness.com

ENROLLMENT INCENTIVE NOT AVAILABLE AT CLUB ENROLLMENT.
ENROLLMENT INCENTIVE AVAILABLE TO NEW MEMBERS ONLY.

Join the **müv**ment

SCAN ME

The advertisement features a woman in athletic wear performing a high kick with dumbbells against a blue and green background. A QR code is located in the bottom right corner.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

[Children and Parents Adjust to Separation](#)

You haven't separated physically yet, but the ink is dry on your parenting plan agreement and you are ready to go your separate ways.

Although many parents don't talk about it, the final act of separation cuts like a knife, particularly when previously living on a full time basis with the kids. Now ready to start a new home, you are struck by the fact you will not be with your children on a full time basis as accustomed. The sense of loss and upset sets in and for many is overwhelming. Few are actually spared the process of mourning, even those who initiated the separation. Some parents are actually surprised by the depth of sadness when this part of the separation takes hold.

[Emotions and Health: The Mind-Body Connection](#)

Doctors have pondered the connection between mental and physical health for centuries. Until the 1800s, most believed that emotions were linked to disease and advised patients to visit spas or seaside resorts when they were ill. Gradually, emotions lost favor as other causes of illness, such as bacteria or toxins, emerged, and new treatments such as antibiotics cured illness after illness.

More recently, scientists have speculated that even behavioral disorders, such as autism, have a biological basis. At the same time, they have been rediscovering the links between stress and health. Today, people accept that there is a powerful mind-body connection through which emotional, mental, social, spiritual, and behavioral factors can directly affect health.

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.