

The City of Spokane

Weekly News Update for Feb. 7

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

Valentine's Day Ice Skating Special

Valentine's Day is a week away and we have a date night idea for you! Treat your sweetheart to ice skating at the Numerica Skate Ribbon with \$14 admission and skate rentals for two.



United Way Thank You.

City employees closed out the United Way campaign strong. **We raised \$7,724 as an organization.** Every donation will directly help address homelessness, abuse, and provide early education opportunities through United Way Spokane.

Thank you to everyone who contributed to lasting change and life-altering opportunities in our community. Your participation is very much appreciated. Well done.

HomeStreet Bank

HomeStreet Bank, through the Affinity Program, offers select mortgage, personal loans, and banking benefits for your employees and members. These benefits include closing cost savings on a home purchase or refinance, discounted rates on personal loans, and free workplace checking with access to more than 37,000 fee-free ATMs. HomeStreet will help you find the right lending and banking products to suit your unique needs. Visit their [website](#) for more information.

Save the Date for the Employee Awards



**Save the Date!
2022 City of Spokane Employee Awards**

**Wednesday, April 12, 2023
The Pavilion at Riverfront Park
4pm – 5:30pm with reception to follow**



Julie Hoodward

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

[Coping with Change](#)

"Nothing endures but change."—Heraclitus

Heraclitus had it right: Change is a fact of life. In the Greek philosopher's time, the change tended to unfold gradually, but today's world changes at an alarmingly rapid pace. Thanks to television and social media, images and information zip around the globe in seconds, and people are sometimes expected to respond just as quickly.

[Your Guide to a Healthy Heart](#)

Heart disease is the number 1 killer in the United States—of both men and women. It affects many people at midlife, as well as in old age. African Americans and Latinos are at an especially high risk for heart disease and have high rates of some of the risk factors that lead to heart disease.

The good news is that heart disease is preventable. You can take action to reduce your risk of heart disease by focusing on your lifestyle and habits. And what's good for you is good for your whole family. As an adult, you can make lifestyle changes that can set a good example for children who may have already developed habits that can lead to heart disease.

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.