

The City of Spokane

## Weekly News Update for Aug. 29

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

### **Labor Day Holiday Fun!**

The City [splash pads](#) and golf courses will be open throughout the Labor Day weekend.

Pig Out in the Park, featuring great food and live music, is scheduled Wednesday, Aug. 30 through Monday, Sept. 4 in Riverfront Spokane. The Loeff Carrousel, Numerica SkyRide, and Numerica Skate Ribbon will be open Labor Day weekend. Go to the [Riverfront website](#) for more information.

The Spokane Symphony will perform a free [Labor Day concert](#) at Comstock Park on Monday, Sept. 4, at 6 p.m.



### **Bring Your Child to Work Day AND Employee BBQ Video & Pics**

Thank you for joining us on Bring Your Child to Work Day AND the Employee BBQ! We had a great time at the City Hall tours, riding the Loeff Carrousel and Numerica SkyRide, eating lunch with our coworkers, and meeting the Spokane Indians' mascot Otto.

[Click here to download photos from the Employee BBQ!](#)



Thank you to the Mayor's Office and Cabinet for putting these events together!

## **More Information to Assist You**

*Here are some more resources from our Employee Assistance Program:*

### **[Over-the-Counter Medicines: What's Right for You?](#)**

American medicine cabinets contain a growing choice of nonprescription, over-the-counter (OTC) medicines to treat an expanding range of ailments. OTC medicines often do more than relieve aches, pains and itches. Some can prevent diseases like tooth decay, cure diseases like athlete's foot and, with a doctor's guidance, help manage recurring conditions like migraine and minor pain in arthritis.

The U.S. Food and Drug Administration (FDA) determines whether medicines are prescription or nonprescription. The term prescription (Rx) refers to medicines that are safe and effective when used under a doctor's care. Nonprescription or OTC drugs are medicines the FDA decides are safe and effective for use without a doctor's prescription.

The best way to become better informed—for young and old alike—is to read and understand the information on OTC labels. Next to the medicine itself, label comprehension is the most important part of self-care with OTC medicines.

### **Employee Information Portal** ([covid19.spokanecity.org/](https://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.