

The City of Spokane

Weekly News Update for Sept. 5

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

Download Your Bring Your Child to Work Day Pics

Thank you for joining us on Bring Your Child to Work Day! 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!](#)

Kids Junior Fire Academy

Grab your kids and join us at the Spokane Fire Department's Kids Junior Fire Academy. This free, family event will be held at River Park Square and on Wall Street on **Sunday, Sept. 17, 1 - 3 p.m.**

Junior Fire Academy is an excellent opportunity for kids and families to experience what it is like to be a firefighter, while learning important safety information.



The Kids Junior Fire Academy is open to “kids” of all ages, and will provide an opportunity for attendees to tour and see demonstrations from a ladder truck and fire engine, learn hands-only CPR, make a craft, operate a charged fire hose, learn about child passenger safety from SAFE Kids Spokane and so much more! Kids can collect stamps at each activity and receive a Jr. Firefighter certificate. [Click here](#) for more info.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

Men Lag in Checkup Rates

Men are often very poor users of the health care system. When we think about the importance of regular doctor visits, health issues like cancer screening and blood pressure control come to mind. But there are other common issues that need to be addressed. For men there are certain psychological issues that come up during life. For instance, between ages of 25 and 39 alcohol abuse rates are the highest. During the 40's there is the classic middle age crisis; and minor depression can affect 20% to 30% of older men. It is important that at least an annual visit to the doctor be set up so that these problems can be addressed as early as possible and treated if necessary.

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.