



Julie Woodward

The City of Spokane

Weekly News Update for June 22

Information about Coronavirus Disease 19 (COVID-19) is evolving rapidly, and our important work as a City is continuing . We want to make sure our City employees have up-to-date information on both COVID and employee news. We will provide this update, as needed, to communicate what you need to know, while we work to reduce the spread of this disease in our community and continue to provide critical public services.

A Message from Mayor Woodward

As a woman leading the state's second largest city, I'm asked a lot about women in leadership in Spokane and around the state. The topic is particularly timely as the school year comes to a close.

Just recently, I met with a group of leadership students from Whitworth University. The class was predominantly professional women, and so we talked for quite a while about the women leaders shaping government, tourism, convention and events, business, healthcare, and other major industries and employers in Spokane.

They were interested in the career paths we have taken and considerations along the way. The partial list of current examples we talked about was impressive and, hopefully, inspiring to many.

Consider this list. A half dozen of my Cabinet members are women. Five of our City councilmembers, one of the three county commissioners, and our congresswoman are all women. Women are also in charge of Spokane's Public Facilities District, Visit Spokane, Greater Spokane Incorporated, and Providence Sacred Heart.

And, this week, Spokane added another woman to the growing list of leaders. Cindy Wendle was named president of the new USL League One professional soccer team expansion franchise coming to Spokane in 2023.

Women are making a big impact on Spokane and shaping our future as a community and region. It is a trend we are seeing across the state.

Throughout the pandemic, I have met regularly with mayors from each of the other four largest cities in Washington. They are also all women. It has been incredibly helpful getting to know each of them a little bit, sharing ideas, and hearing their perspectives.

As the high school and college graduation season comes to a close and the new graduates turn their attention to next steps in their lives, these women and others are reminders to chase your dreams with vigor and passion. Our future depends on it.

Parking near City Hall Is Limited

Work on the water main under Post Street near City Hall and the Avista substation has started. This work is part of the Post Street Rehabilitation Project.

Parking is limited on Post Street through the first week of July as a result of this work. Please be sure to keep the parking restrictions in mind as you come to City Hall in the coming days. Thank you for your patience.



Vaccines: Paid time for appointments

The City would like to ensure that employees have flexibility in obtaining the vaccine.

Similar to the flu vaccine, employees will be allowed to get the COVID-19 vaccine during their shift or normal working hours, without use of their leave accruals.

- Use of paid time must be pre-authorized by the employee's supervisor and arranged for a mutually agreeable time that creates the least impact to the workplace.
- Proof of appointment is required. Proof of appointment can be obtained through the online scheduling system. Employees can either print, email or show proof of appointment to their supervisor on their smart phone.
- Employees are only authorized paid time to obtain the vaccine. If they show signs or symptoms following the vaccine administration, they must use their personal leave accruals for additional time off.
- Paid time is only authorized for employees who are able to get their vaccine during their normal shift. Employees will not be eligible for overtime if they obtain the vaccine on personal time.

To find a vaccine near you visit vaccinelocator.doh.wa.gov.

More Information to Assist Our Employees

Here are some more resources from our Employee Assistance Program:

- [Adjustment Disorders](#)
Adjustment disorders are stress-related conditions. You experience more stress than would usually be expected in response to a stressful or unexpected event. The pressure causes significant problems in your relationships, at work or school.

Work problems, going away to school, an illness, the death of a close family member, or any number of life changes can cause stress. Most of the time, people adjust to such changes within a few months. But if you have an adjustment disorder, you continue to have emotional or behavioral reactions that can contribute to feeling anxious or depressed.

- [Eco Anxiety: Everyday Strategies to Cope](#)
Eco anxiety is an individual's emotional response to real or perceived threats to one's environment, causing chronic fear of environmental doom and resulting in anxious behaviors. Common anxiety symptoms include
 - Fatigue
 - Sweating
 - Excessive worry
 - Nausea
 - Stomachaches
 - Trembling

To access more topics related to COVID-19 visit: [EAPHelpLink.com](https://www.eaphelp.com), using company code: **CITSPO**

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](https://covid19.spokanecity.org/) 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.