

The City of Spokane

Weekly News Update for Sept. 14

Information about 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 community and a nation, we spent the past weekend remembering the victims of 9/11, honoring the heroes and reflecting on our own personal experiences. Even after 20 years, the stories told by those left behind are still as heartbreaking as their strength is inspiring.

The bravery shown by first responders, the courage of families in the midst of immense pain, and the determination of a country to rally around the tremendous loss of lives, innocence and security – takes us right back to the events of that day.

History is about lessons. Twenty years later, lessons are still being written. And one of them is how one of the single darkest days in our country's history became a rallying cry that unified a nation.

Our community and our country is at another point in our history. Once again, we're seeing the bravery of first responders and health care providers on the front lines of an unprecedented health pandemic, families are reeling over the loss of a loved one, and we're all struggling to find a way through an extremely tough time.

But if there's anything we've learned over the past 20 years, it's that when we unite around a common goal, when we work together we will persevere, that ordinary people can do extraordinary things when needed most, that life is fragile, and always treasure your loved ones.

Lessons from the past that hold true today.

Update on Vaccine Mandate

President Joe Biden announced last week a series of steps to combat the COVID-19 pandemic more aggressively, including plans for a new rule requiring employers with 100 or more employees to mandate that their workers be vaccinated or undergo weekly testing.

The Department of Labor's Occupational Safety and Health Administration (OSHA) is developing an emergency temporary standard directed at private-sector businesses and other employers with 100 or more employees. The rule is estimated to impact more than 80 million workers. The rule will be issued in the coming weeks. The City's Human Resources Department will be tracking the development of the rule and the guidance related to its implementation. We will share more information as it becomes available.

Get Your Flu Shot!



You Don't Want to Be Sick, So Get the Flu Shot Quick!
Multicare Indigo Occupation Medicine will be administering the Flu Shots at NO COST to all benefitted employees.

Flu Shots will be provided at these locations.

Mon. 10/11/2021	Fire Training Center	8:30 - 11:30
Mon. 10/11/2021	SCSC (915 N. Nelson)	2:00 - 3:30
Tue. 10/12/2021	Fire Training Center	8:30 - 11:30
Tue. 10/12/2021	Streets (901 N. Nelson)	3:00—4:15
Wed. 10/13/2021	Fire Training Center	8:30 - 11:30
Wed. 10/13/2021	Water Department	2:30- 3:30
Thurs. 10/14/2021	Fire Training Center	8:30 - 11:30
Mon. 10/18/2021	City Hall (Council Briefing Center)	8:30 - 12:00
Mon. 10/18/2021	Waste Water (Aubrey Complex)	2:00 - 3:00
Tue. 10/19/2021	Municipal Court Conference Rm.	9:00 - 11:00
Tue. 10/19/2021	Public Safety Bldg. Police Chief Con. Rm.	12:00-2:00
Wed. 10/20/2021	Sewer Maintenance (Sprague)	6:30 - 8:00

*CDC
Guidelines
will Apply

After October 20th, these options are also available.

Premera Blue Cross: Premera Plans – For employees and their covered dependents enrolled under Premera Plans III/IV, V, VI, VII vaccinations will be provided at your applicable in-network co-insurance level. Make sure that your clinic or provider is an In-Network provider for Premera you can go to Premera.com, or call 1-800-722-1471.

Kaiser Permanente: For Kaiser Permanente covered employees and their covered dependents; Kaiser Permanente is now providing the Influenza vaccination with no co-pay to its members. Members must go to one of the Kaiser Permanente you can access this information on wa.kaiserpermanente.org, or call them at 1-888-901-4636.

TALK WITH YOUR PHYSICIAN if you have a fever, or are severely ill at the time the shot is scheduled.

Contact the Benefits Department at 625-6565 or City Benefits ([@racb@spokanecity.org](mailto:racb@spokanecity.org)) if you have questions.

Kaiser Permanente Network Change

Kaiser Permanente has notified their members they will no longer include MultiCare (Rockwood Clinic, Valley Hospital, Deaconess Hospital, etc.) as “in-network” providers effective January 1, 2022. If you are a Kaiser Permanente Member with medical coverage through the City of Spokane, you have no “out-of-network” benefit coverage **with the exception of emergency care.**

During Open Enrollment (Nov. 12, 2021 – Jan. 1 2022) you have the ability to move from Kaiser Permanente to Premera Blue Cross if you want to continue to access MultiCare Providers as “in-network”.

If you have additional questions about this change, please contact [Employee Benefits](#).

More Information to Assist Our Employees

Here are some more resources from our Employee Assistance Program:

- [Complicated Grief](#)
Most people experiencing grief and bereavement have a period of sorrow, numbness, and even guilt and anger. Gradually these feelings ease, and it's possible to accept loss and move forward. If you're unable to move through these stages more than a year after the death of a loved one, you may have complicated grief. If so, seek treatment. It can help you come to terms with your loss and reclaim a sense of acceptance and peace.
- [How Do You Care for Someone With a Disability, Chronic Illness, or Injury?](#)
Tips for caring for someone with a disability, chronic illness, or injury include establishing good communications with care providers, knowing your options, taking advantage of available counseling and support offered to caregivers, and consider respite care. [Click here](#) for more information.

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.