

The City of Spokane

Weekly News Update for Sept. 21

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

The reminders are everywhere. In social media posts, media headlines, and our daily travels, people are struggling.

Patience is thin. Tempers are short. We are anxious and worried. Worried about educating our students, maintaining our community and family traditions, looking out for each other, respecting our freedoms, clinging to any little sense of normalcy.

We have pandemic fatigue. And that is understandable and to be expected.

There is a lot on the line – and has been for some time – with no easy answers. We have battled hard, gained a lot of ground, and suffered some setbacks along the way. This is one of them.

Fortunately, we have emerged each time stronger than the last fortified by our experience and resolve.

The numbers can be discouraging. Hospitalizations, case counts, deaths, and even vaccination rates are not where we need them to be. They tell a story none of us wanted to read as we start into fall.

Sadly, we have been here before and that experience tells us what has to be done.

Look for the good. Give grace. Lift each other up. This collective challenge requires a cooperative solution.

The divisiveness, blaming, and shaming that shows itself during moments of frustration is not the way forward. That is self-doubt creeping in and there is no place for it as we work our way forward stronger together.

Those things distract from the positives, the gains, the building blocks we have stacked as a community to get us to the other side of the pandemic. Refocusing on the things we can control has us still building and seeing some signs of possibly turning another corner.

We have to keep pushing and maintain hope. There is no other way. Too much is at stake.

City Hosting COVID-19 Vaccine Clinic

The City of Spokane and Consistent Care Services are hosting a COVID-19 vaccine pop-up clinic at the Spokane Central Service Center (Nelson Facility), 915 N Nelson Street. The clinic is scheduled for **Thursday, Sept. 23, 2 – 4 p.m.** Walk-in appointments will be available but we encourage employees to [pre-register online](#). If you have any additional questions please contact [Dustin Bender](#), 625-7806.

Update on Vaccine Mandate

President Joe Biden announced 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 (eracb@spokanecity.org) if you have questions.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

- [3 simple strategies to help you focus and de-stress](#)
Succumbing to distraction over and over can build stress, foster unhappiness and even lead to depression. So if you're one of the many looking to figure out how to handle distractions and improve your ability to focus, take comfort in the fact that research has shown a way forward.
- [5 ways to bring play back into your life](#)
Maintaining a sense of creativity and fun is linked with greater happiness across the life span. Plus, it is thought to contribute to resilience and healthy aging.

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.