

The City of Spokane

Weekly News Update for June 21

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

457 Deferred Compensation June Meetings (June 29 & 30)

Mark Miller, our MissionSquare Retirement Plans Specialist will be conducting remote meetings on **Wednesday, June 29 and Thursday, June 30** with individual employees to answer questions about their personal 457 Deferred Compensation account. Meetings will be hosted remote via Zoom. Please make sure you have a functional system to allow you to access Zoom. Once you register, Mark will send a Zoom invite with a link and call-in number. Mark will be able to share his screen with your MissionSquare account information. In case there are any technical difficulties, please include the best phone number to reach you when registering. Mark can help troubleshoot and/or the meeting can be done over the phone.

Please have available any financial documents you would like to review. This would include IRA's, 401k's, other 457/401, PERS 2/PERS 3, LEOFF 2, SERS, Social Security, etc. Mark will have your information as it relates to your MissionSquare 457.

You can schedule a meeting [online](#), by phone at 202.759.7116, or by email at mmiller@missionsq.org.

Contact for questions:

- **Donald Brown** at 625.6330 or dgbrown@spokanecity.org or
- **Christine Shisler** at 625.6330 or cshisler@spokanecity.org

Summer Activity Guide

The summer activity guide is out! Available [online](#), at your local library, grocery store, or City Hall. Look inside for hundreds opportunities for all interests, ages, and abilities!



More Information to Assist You

Here are some more resources from our Employee Assistance Program:

- [Men and Depression](#)

Men and women both experience depression, but their symptoms can be very different. Because men who are depressed may appear to be angry or aggressive instead of sad, their families, friends, and even their doctors may not always recognize the anger or aggression as depression symptoms. In addition, men are less likely than women to recognize, talk about, and seek treatment for depression. Yet, depression affects a large number of men.

- [Health Effects of Smoking](#)

Smoking harms nearly every organ of the body. Some of these harmful and negative effects are immediate. Find out the health effects of smoking on different parts of your body.

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.