

The City of Spokane

Weekly News Update for June 28

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

Independence Day at Riverfront

Riverfront's annual 4th of July Fireworks display is back! Enjoy a free concert at the Pavilion featuring Musical Director James Lowe and the Spokane Symphony. Chairs will be available for seating in front of the stage on a first-come, first-served basis. Blankets and low-backed beach-style chairs are permitted on the lawn. The concert will begin at 9 p.m., fireworks will launch at 10 p.m.



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

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

- [Dealing with Work Stress](#)

It's normal—even helpful—to experience some stress at work. The right level of stress can sharpen your thinking and motivate you to do good work. However, too much stress, endured for too long, can be draining. It can be bad for your health, your relationships, and the quality of your work. Also, your reactions to excess stress can have a negative effect on the people around you.

How can you deal with unhealthy and unproductive work stress? [Click here](#) are some tips.

- [Chronic Stress Puts Your Health At Risk](#)

Your body is hard-wired to react to stress in ways meant to protect you against threats from predators and other aggressors. Such threats are rare today, but that doesn't mean that life is free of stress.

On the contrary, you likely face many demands each day, such as taking on a huge workload, paying the bills and taking care of your family. Your body treats these so-called minor hassles as threats. As a result, you may feel as if you're constantly under attack. But you can fight back. You don't have to let stress control your life.

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.