

The City of Spokane

Weekly News Update for Aug. 23

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

Employee Night at the Spokane Indians

You're Invited to City of Spokane Employee Appreciation Night!

City of Spokane Employee Night

Wednesday, Aug. 31 at 6:35 p.m.

Avista Stadium, 602 N. Havana Street

[Discounted tickets](#) for you and your family are available at **\$5 for reserved bench seat** or **\$12 for upper box seat**. [Purchase your tickets](#) in advance! Tickets purchased within 48 hours of the game will still be available at the group rate but may be seated separately from your group.

Purchase Tickets here: <https://fevo.me/cityofspokaneemployeenight>

Things to Note:

- Gates open 1 hour before first pitch
- [Click here](#) to view Know Before You Go information including Clear Bag policy
- Parking is FREE at Avista Stadium

Skywalk Closing to Public

The skywalk connecting City Hall to the River Park Square parking garage will be **closing to the public starting Thursday, Sept. 1**. Visitors can continue to access City Hall from the main entrances on Spokane Falls Boulevard and Post Street.

The skywalk will be continue to be accessible to City employees using their City ID.

City Hall Construction

Employees who work at City Hall may hear some construction noise as there is minor construction in the Lower Level. If you have any questions, please contact [Kelly Long](#).

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

[Suicide Prevention in the Workplace](#)

Suicide is a topic that must be brought out of the darkness in order to save lives. There are many organizations working to dispel myths and bring hope and light to the subject so that those in crisis feel comfortable seeking help to recover and reengage fully in life.

While the burden of suicide is carried by the working-age population, age 24–64, most workplaces are relatively unprepared to help employees who are struggling with suicidal thoughts or to assist colleagues following the death of a coworker by suicide. Thankfully, employers can play a powerful role in preventing suicide and responding appropriately when tragedies occur.

[Five Things You Should Know About Stress](#)

Stress is how the brain and body respond to any demand. Every type of demand or stressor—such as exercise, work, school, major life changes, or traumatic events—can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help. [Click here](#) for five things you should know about stress.

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.