

The City of Spokane

## Weekly News Update for Sept. 13

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

### **Sign Up for the Spokane River Clean-Up**

Do you love the Spokane River? Then, join over 600 folks from across the region for the 19th annual Spokane River Clean-Up on Saturday, Sept. 17!

[Sign up here.](#)



### **Flu Shots Clinics Cancelled For 2022**

Due to a shortage of medical staffing, the City needs to cancel our annual flu shot clinics for 2022. We are EXTREMELY sorry for the inconvenience. Please contact your health insurance carrier or primary care physician for vaccination information.

- **Premera Blue Cross:** Vaccinations are covered ONLY by an in-network provider. You can log into [Premera.com](https://www.premera.com) or call 1-800-722-1471.
- **Kaiser Permanente:** Vaccinations are covered ONLY by an in-network provider. You can log into [wa.kaiserpermanente.org](https://www.wa.kaiserpermanente.org) or call 1-888-901-4636.

Contact the Benefits Department via [email](#) or at 509-625-6565 if you have questions.

### **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:*

#### [Mood Disorders](#)

If you have a mood disorder, your general emotional state or mood is distorted or inconsistent with your circumstances and interferes with your ability to function. You may be extremely sad, empty or irritable (depressed), or you may have periods of depression alternating with being excessively happy (mania). If you're concerned that you may have a mood disorder, make an appointment to see your doctor or a mental health professional as soon as you can.

### [Depression and Anxiety: Exercise Eases Symptoms](#)

When you have depression or anxiety, exercise often seems like the last thing you want to do. But once you get motivated, exercise can make a big difference. Research on depression, anxiety and exercise shows that the psychological and physical benefits of exercise can also help improve mood and reduce anxiety.

### **Employee Information Portal** ([covid19.spokanecity.org/](https://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.