The City of Spokane Weekly News Update for Sept. 27

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

Spokane Falls Boulevard Closed Friday Morning

On Friday, Sept. 30, 4:30 a.m. – 2 p.m., Spokane Falls Boulevard between Wall and Monroe Street will be closed for Avista to disassemble a crane. The River Park Square parking garage will be accessible.

Flu Shot Clinics Cancelled For 2022

Due to a shortage of medical staffing, the City needs to cancel the <u>annual flu shot clinics</u> 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 <u>Premera.com</u> or call 1-800-722-1471.
- Kaiser Permanente: Vaccinations are covered ONLY by an in-network provider. You can log into <u>wa.kaiserpermanente.org</u> or call 1-888-901-4636.

Contact the Benefits Department via email or at 509-625-6565 if you have questions.

Winter 2022 Tuition Reimbursement Rates

Per the <u>Tuition Reimbursement Policy (ADMIN 0620-15-08</u>), employees are encouraged "to continue their education to improve their ability to perform the duties and responsibilities of their present position and for the next higher position(s) in their line of progression."

Additionally, the policy states that "the reimbursement amount will be no more than the comparable tuition level established at Washington State University for the same or similar courses."

In an effort to provide clarity to the reimbursement amount to be used, the below rates should be used for the Winter 2022 session when calculating out the reimbursement amounts:

- \$563.35 per credit for Undergraduate classes (maximum amount per credit)
- \$646.25 per credit for Graduate level classes (maximum amount per credit)

Please note that if the cost per credit is less than the above stated amounts, the lesser value should be reimbursed.

Please refer to the <u>Tuition Reimbursement Policy</u> located on the <u>SharePoint</u> for additional information or feel free to <u>contact Human Resources directly</u>.

More Information to Assist You

Here are some more resources from our Employee Assistance Program: Drug Addition (Substance Use Disorder)

Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, marijuana, and nicotine also are considered drugs. When you're addicted, you may continue using the drug despite the harm it causes.

Recovery from Problem Drug Use

Recovery from drug addiction can continue throughout someone's whole life. This is because drug addiction is a brain disorder. An addiction can stay with a person for a long time, but with treatment, a person can stop using drugs. They can improve their health and wellness. Then, they are in recovery.

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 <u>Employee Information Portal</u> 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.