The City of Spokane Weekly News Update for Oct. 4

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

Division Street Lane Closures

Wednesday, Oct. 5 through Saturday, Oct. 15, 9 a.m. to 7 p.m., **two lanes of Division Street will be closed between Second and Sprague Avenues** for emergency BNSF repair work. Drivers may experience additional **congestion in both directions of I-90 near Division Street** and are encouraged to use alternative routes.

This work is expected to last ten days and will take place from 9 a.m. until 7 p.m. Division Street will fully reopen daily after 7 p.m.

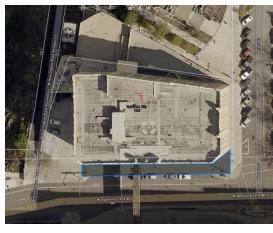
City Hall Loading Dock & Sidewalk Closures

Facilities has contracted with a local contractor to complete concrete repairs and resurface the west service lot and sidewalks adjacent to City Hall. This work is aimed at repairing sections of failing concrete (steps and curbs) and providing a slip resistant and waterproof coating for each of the areas around the building, while reducing leaks inside the building in each of the related basement areas.



Wednesday, Oct. 5, the contractor will fence off the **west City Hall service lot** (blue outline) for 2-3 days to clean, complete necessary repairs, and recoat the lot with skid resistant waterproofing. Please alert any vendors or deliveries you are expecting that all vehicle and pedestrian access will be closed off to the lot while this work is completed. Deliveries will have to utilize the on-street loading zone.

The Nissan Leaf will be unavailable during this time.



The contractor will then move fencing to the **south sidewalk along Spokane Falls Boulevard** (which will close the south public doors to City Hall during this time) for 2-3 days to complete repairs to the curbing, building flashing, and recoat the sidewalk.



The final section will be the **east sidewalk along Post Street**. This will be closed with fencing for 2-3 days while similar work is completed, at that time the east doors to City Hall will be closed.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

Stress and Your Body

Today, it's common knowledge that what happens mentally and emotionally significantly affects the physical and vice versa—so what about stress? Physically, stress isn't always a bad thing. Stress hormones help people in emergencies, allowing their bodies to move into lifesaving action. Also, it's good for people to deal with some stress to build up a tolerance for stressful situations. The problem comes when people are overloaded and handle too much stress too often. It's then that stress affects people in ways they might not be aware of.

Meditation: Saying "Yes" to Reality

Listen to Tara Brach's meditation guide.

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.