

The City of Spokane

## Weekly News Update for May 9

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

### **Bike-to-Work Week May 15 – 19**

Next week is Bike-to-Work Week! Join the Spokane Bicycle Club for the [Bike-to-Work Week Kick-Off Breakfast](#). Enjoy a scrumptious breakfast at Riverfront Park's North Bank Shelter located next to the Ice Age Floods Playground on **Monday, May 15, 7 – 9 a.m.** The Spokane Bicycle Club is all set to serve you blueberry pancakes and Roast House coffee! [Click here](#) for a list of Bike-to-Work Week events/rides.



[Send us](#) your Bike-to-Work Week pics for social media!

### **City Hall Parking Survey**

If you are parking at River Park Square or would like to park at a lot/garage at a discounted price please take Human Resource's [parking survey](#). The survey ends Friday, May 12, 11 a.m. Data will be used to look at parking options for those parking downtown. If you have any questions regarding this survey, please [email HR](#).

### **Get Out to a Ballgame!**

We have arranged for two City of Spokane employee nights at Spokane Indians games! You're invited to bring your family and friends and have fun with co-workers at Avista Stadium. Tickets range from **\$6 bench seats to \$13 upper box seats**.

Game Dates:

- Saturday, May 13, 5:09 p.m.  
Spokane Indians vs. Hillsboro Hops
- Wednesday, Aug. 16, 6:35 p.m.  
Spokane Indians vs. Tri City Dust Devils

[Buy tickets today!](#)



## **City Hall Construction**

Construction at City Hall to replace the roof continues! Post Street is closed and no on-street parking is available between Spokane Falls Boulevard and the Post Street Bridge. The Spokane Falls Boulevard and Post Street public and employee entrances are open!

Please feel free to [contact the Facilities Department](#) with any questions.

## **Margaret Redd's Retirement Party**

Celebrate Margaret Redd's retirement from The Taxes & Licenses Department. Join Margaret Wednesday, May 31, 11 a.m. – 1 p.m. in the Tribal Conference Room at City Hall. There will be cake!

## **More Information to Assist You**

*Here are some more resources from our Employee Assistance Program:*

### [Diabetic Eye Disease](#)

Diabetes is a very serious disease that can cause problems such as blindness, heart disease, kidney failure, and amputations. But by taking good care of yourself through diet, exercise, and particular medications, you can control diabetes. And there is more good news. Diabetic eye disease, a complication of diabetes, can be treated before vision loss occurs.

All people with diabetes must get a comprehensive dilated eye exam at least once a year.

### [Don't Worry, Breathe Happy](#)

Blow away stress with deep-breathing exercises. By Dr. Michael Broder. [Click here](#) to listen.

## **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.