

The City of Spokane

## Weekly News Update for July 25

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

### **KnowBe4 Security Awareness Training**

All City staff are required to annually take security awareness training. KnowBe4 is the vendor providing this training. All staff should complete the KnowBe4 training by **Monday, July 31**. Please do not wait until then, take the training as soon as possible. This training program has significantly reduced the successful phishing attacks on the City and your diligence in this area is very appreciated. You are the best security measure the City has and your diligence is making a positive difference.

The City also sponsors monthly phishing tests through KnowBe4, which is another key aspect of our ongoing Security Awareness Training program. If you receive phishing emails, you should delete them and move on with your day. If an email looks malicious, please contact the Help Desk at 625-6460 or email [helpdesk@spokanecity.org](mailto:helpdesk@spokanecity.org).

### **Calling all City of Spokane Employees And Their Kids!**

Get ready for a day of laughter, learning, and inspiration as we host the much anticipated “Bring Your Child to Work Day!” On this special occasion, we invite you to bring your enthusiastic little ones to experience the exciting world of municipal service alongside you.

What’s in store for you and your kids?

**Heroic Adventures:** Have your kids ever dreamt of being a firefighter, a police officer, or a city planner? They’ll get to meet employees like this and more throughout the day and at the employee lunch!

**Discover the City:** Our young explorers will have the opportunity to discover the inner workings of City Hall and learn about the fascinating projects that shape our community.

**Bonding Moments:** Strengthen your guardian-child bond as you show them your day-to-day work activities!

**Inspiration for the Future:** Let’s plant the seeds of ambition early on! Your children will be inspired to dream big and reach for the stars in their future careers.

**CITY OF SPOKANE**

**SAVE THE DATE**

**BRING YOUR CHILD TO WORK DAY**

**AUGUST 9 2023**

- Carrousel Rides,
- SkyRide Gondola,
- Explore City Hall,
- Bonding Moments,
- Inspiration for the Future

Meet the Mayor at our **Employee BBQ Lunch**  
11:00 - 1:00  
City Hall 2nd Floor Patio

**We invite you to bring your enthusiastic little ones to experience the exciting world of municipal service alongside you!**

Mark your calendar for **Wednesday, Aug. 9!** Bring your child to work with you and then join us on the 2nd floor patio at City Hall from 11 a.m. – 1 p.m. for an employee BBQ! Let’s make this a truly unforgettable day – see you there!

More details to come, so keep checking these employee updates!

Have immediate questions about this event? Contact Liz Van Den Berg at [lvandenberg@spokanecity.org](mailto:lvandenberg@spokanecity.org) or by phone at 509.625.6774.

## **More Information to Assist You**

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

### **Everyday Exercise**

The easiest part of exercising is coming up with excuses not to do it. Sure, the goal is to exercise every day, but only 30 minutes of exercise three times a week can make an enormous difference in your physical and mental health. So, for those of you who put all of your effort into, "I don't have enough time," or "It'll be too hard," or "I'm just not the exercise type!"—here are some ways to get started and pointers for making fitness a part of your everyday life at work and at home. Check with your doctor before starting any new exercise program. It will all add up to a healthier you.

### **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.