The City of Spokane Weekly News Update for Sept. 19

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

Riverfront Eats

You have two more chances to enjoy the food trucks at Riverfront Eats. Join us on the orange Howard St. bridge today, Tuesday, Sept. 19 or next Tuesday, Sept. 26, 11 a.m. – 2 p.m.!

Tuesday, Sept. 19 Food Trucks

Random Eatz, Big Rod's Texas BBQ, Sengsational, Jerusalem, Kona Ice, Surge Coffee

Tuesday, Sept. 26 Food Trucks

Toby's BBQ, Sengsational, Jerusalem, Taste of Insanity, Kona Ice, Surge Coffee



Upcoming Development Services Center Closure

The Development Services Center on the Third Floor of Spokane City Hall will be closed on **Wednesday, Sept. 20, from 11:30 a.m. to 1:30 p.m.** for Division engagement. Calls during that time will be forwarded to voicemail.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

Daily Relaxation Tools (Audio)

One of the most difficult things to do is relax. Think about it, you can get angry at the drop of a hat, you can become nervous in a stressful situation, but how do you relax?

One way, one expensive way, is to take a long vacation away from stress. But on a day-to-day basis, Dr. Brian McDonough has a couple of suggestions.

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.