

WOW!



WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ FEBRUARY 2010

How Do I Access My Pay Stub?

Did you know you can access your pay stub at home or on a city computer? All you need is your city Windows domain username and password. Your pay stub is available on the Raving Fans intranet site. Here's how to get it:

On a city computer connected to the city's network:

1. Log into the computer with your windows domain username and password.*
2. Open a browser and go to <http://RavingFans>
3. Find the "My Pay Stub" section on the left column.
4. Enter your employee ID.**
5. Select the date of the paystub you would like to view (most recent is the default).
6. Click the "View Pay Stub" button and a new window containing your pay stub will appear.
7. To print your paystub, click the "Print" link at the top of the page.



On a computer outside the city's network (at home):

1. Open a browser and go to <http://RavingFans.gptx.org>
2. You will be asked for a username and password, use your city Windows domain username and password (Note: your username must be prefixed with "gptx", so when you enter your username it will look like "gptx\username").
3. Find the "My Pay Stub" section on the left column.
4. Enter your employee ID.
5. Select the date of the paystub you would like to view (most recent is the default).
6. Click the "View Pay Stub" button and a new window containing your pay stub will appear.
7. To print your paystub, click the "Print" link at the top of the page.

*If you don't have your own city Windows domain account or if you don't know it, you can have someone in Human Resources print your pay stub or have your department manager print it out.

** If you don't know your employee ID, it is available in Human Resources.

Sweetheart Circuit at Bowles

Saturday, Feb. 13 • 10 a.m.-noon, Bowles Life Center, 2750 Graham St.

Bowles personal trainer Rod Walker will lead a Sweetheart Circuit and teach you and your Valentine partner exercises using weight machines, stability balls, medicine balls, jump ropes, aerobic steps and more. Fee: \$25 per couple. For more information call 972-237-7529.

Heart Health Screenings

The city of Grand Prairie will be hosting a HealthYes Preventative Screening on Thursday, March 11 at the Charles V. England Public Safety Training Complex.



Forty city of Grand Prairie employees will receive the 7 Test PreventionPak which includes: Electrocardiogram (EKG), Arterial Stiffness Index (ASI), Lipid Panel (Cholesterol and Diabetes), Framingham Risk Score (10 year risk of heart attack and coronary death), Carotid Ultrasound, Abdominal Aortic Aneurysm (AAA) Ultrasound and Peripheral Artery Disease (PAD).

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Know Your Heart

If you suffer a heart attack today, you're more likely to survive and less likely to suffer disabling damage than you would have been a decade or two ago. So conclude two major studies that looked at heart attack data from hospitals across the country. You can



thank improvements in technology, medications and hospital care for producing a 3 percent drop in the risk of dying. You can also give some credit to widespread use of preventive measures for

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Message from the Manager

If I told you in 2009 the average sick leave used per employee was 86 hours, would you be as shocked as I was? That is way too high in my opinion. Sick leave is a benefit, not a right. Just because you accumulate it each month, doesn't mean you have to take it.

When misused, taking sick leave can negatively affect everyone around you. And we often have to call in people on overtime to work for someone who is out sick, making the abuse of sick leave extremely costly for the city.

Managers will now review individual leave usage to determine if it is within acceptable standards and expectations. If reviews raise red flags, managers will talk with the employee about the number of hours used, number of sick leave occurrences and patterns of leave. If usage is legitimate, great, if not counseling, performance improvement plans or termination may ensue.

By all means, please use your sick leave days if you are ill. That is what it is there for. We are all sick sometimes and it's best not to pass illness around the office. Just make sure that you are not abusing this benefit. Abuse of sick leave is akin to stealing from the company and the citizens of Grand Prairie.

Because usage was so high, we wanted to honor the few departments who had low sick leave in 2009: Information Technology/Economic Development; Public Works; and Communications and Marketing. These departments were treated to a yummy breakfast for logging less than 26 hours of sick leave per person last year. Congratulations!

So, guys, keep an eye on your sick leave. Use it if you need it. Do not abuse it. My goal is to drop our average usage by at least 8 hours a person in 2010. And, only you can help make that come true. Blow me out of the water and come in at twice that – drop by 16 hours per person on average – and I'll do cartwheels in the courtyard.



Tom Hart, City Manager

Know Your Heart

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high blood pressure or cholesterol, according to St. Luke's Roosevelt Hospital in New York City.

Still, room for improvement remains. Heart attack sufferers aren't any quicker to dial 911 than in the past. Many people still think that crushing chest pain is the only symptom of a heart attack. These lesser-known warning signals also warrant an immediate call for help:

- **Lightheadedness and shortness of breath** after minimal effort.
- **Numbness, tingling, or pain in your arm (especially your left one), jaw, neck or back.**
- **An uncomfortable pressure or squeezing in the center of the chest** that lasts more than a few minutes.
- In some people, especially women, symptoms can be **severe headache, trouble seeing, nausea, loss of balance or cold sweat**

Reader's Digest and Family Circle

Wellness

Screening

from page 1

According to the Society for Vascular Surgery, vascular disease is among the leading causes of death in the United States and it's generally symptomless until a medical emergency occurs.

If you are 55 or older and two or more of these factors apply to you, you may be a candidate for preventive screening:

Heredity (family history): Does someone in your family have heart disease or has had a stroke?

Do you have high blood pressure?

Do you smoke?

Do you consume excessive alcoholic beverages?

Do you have diabetes?

Do you have high cholesterol levels?

Do you eat a diet high in saturated fat?

Are you physically inactive?

Are you 30 pounds or more overweight?

Appointments are necessary and space is limited. Please contact Candice Day at cday@gptx.org to sign up for the screening. Once you have signed up, a HealthYes! representative will be in touch with you to finalize your appointment and all other details. HealthYes! clinical teams will be administering seven painless tests of the heart and arteries to identify hidden conditions that put you at risk for stroke, heart attack and other dangerous cardiovascular conditions. All results are reviewed by board-certified physicians and are available online in four business days. Results include detailed reports and all ultrasound images.

Applications for the 2010 iLEAD class are due Friday, March 5. To apply, use the form on the Raving Fans site or call 972-237-8073.

Fun and Fit Activities

Sign up for your favorite activity and get to know other fun city of Grand Prairie employees.

Program	Coordinator/Contact Info.	Cost/Incentives
<p>Bowles Life Center Membership Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track or shoot some hoops on the basketball court.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$130 per year (\$5 per paycheck) for city employees</p>
<p>Boot Camp at Bowles Life Center A total body workout taught by Rod Walker for all ages. This total fitness workout is effective and guarantees results. You will lose fat and build lean muscle.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$80 per month or \$7 per class <i>Try the first class free!</i></p> <p>Class times: Mon. and Wed. 6-7 a.m., 5:30-6:30 p.m., 7-8 p.m.</p> <p>Fri. 6-7 a.m., 5-6 p.m., 6-7 p.m.</p> <p>Tues. and Thurs. noon-1 p.m., 6:30-7:30 p.m.</p> <p>Sat. 10-11 a.m.</p>
<p>Boxing at Bowles Life Center Focuses on conditioning, weight loss, self esteem, stress release, body toning, fitness and confidence.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$60 per month Class time: Tues. and Thurs. 6:30-7:30 p.m.</p>
<p>Spinning at Bowles Life Center Group exercise on stationary bikes.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$25 per month Class time: Mon., Tues., Thurs. 7:30-8:30 p.m.</p>
<p>Yoga at Bowles Life Center Enjoy the benefits of Yoga and Pilates in this class for an overall mind/body experience.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$7 per class or \$35 per month Class time: Mon. 7-8 p.m. Thurs. 6:30-7:30 p.m., Sat. 9-10 a.m.</p>
<p>Zumba at Bowles Life Center Fast-paced cardio workout to the best music! Exercise in disguise.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$7 per class or \$30 per month Wed. and Fri. 6-7 p.m.</p>
<p>Join the Summit at Central Park Premier 50+ Club <i>For adults 50 and older only</i> Opens May 15!</p>	<p>The Summit at Central Park SH 161 between Warrior and Arkansas Lane Contact Linda Long at llong@gptx.org</p>	<p>Enroll now and get 14 months for the price of 12, plus two free tickets to an AirHogs homegame at QT Park. Annual membership \$200 for ages 50-64. \$50 for ages 65 and older.</p>

Enter for a Chance to Win a Great Prize!

Did you read this issue of the WOW! newsletter? We're putting you to the test. Print page four of this newsletter if you are reading it online, complete the following quiz, clip it out and **send it via interoffice mail to the Communications and Marketing Department by February 19.** If you answered each question correctly, your name will be entered into a drawing for two movie passes.

Name: _____

Department: _____

Phone: _____

1. Lightheadedness and shortness of breath after minimal effort could be symptoms of a heart attack.
 True False
2. A boot camp class is now offered at the Bowles Life Center Tuesdays and Thursdays noon-1 p.m.
 True False
3. Heart health screenings will be offered for 40 qualifying employees.
 True False
4. Losing weight does not help snoring.
 True False
5. If you have a Windows domain username with the city you cannot view your pay stub.
 True False
6. Applications for the iLEAD program are due in March.
 True False

Employee of the Month

Angie Phillips, Senior Office Assistant for Housing and Neighborhood Services (HNS), has been named Employee of the Month for February. Phillips receives all incoming calls, including complaints and people who ask for directions to city buildings. She compiles and sorts outgoing and incoming mail and takes care of administrative duties for the department.



Angie Phillips

Phillips has received accolades from HNS clients for her professionalism and willingness to go above and beyond to provide assistance. In a letter, a client praised Phillips for attention to detail, ability to listen, having a good heart and being willing to serve.

“Angie is full of spirit and shows pride in her work,” said Roger Lopez, Fraud Investigator. “She goes out of her way to see if we need anything and is quick to assist us in retrieving client information over the phone while we are in the field. She also checks on our welfare if she hasn’t seen us in a while.”

According to her coworkers, Phillips is a huge asset to HNS and is known for her professional service.

“She works behind the scenes to ensure things run smoothly, which helps her coworkers look good,” said Frannessa Chilton, Administrative Supervisor for Housing. “Her standard of integrity is very high.”

Snore Stoppers



If you are one of the 75 million Americans who snore, find peace and quiet with these tips from Craig Schwimmer, M.D., medical director of the Snoring Center in Dallas.

1. **Treat Reflux.** Indigestion disrupts airflow, making breathing loud. A chest that burns after eating is the telltale sign. Try an OTC drug.
2. **Avoid Nightcaps .** Drinking alcohol within three hours of bedtime relaxes the tongue, tonsils and roof of the mouth, often causing noisy vibrations when you inhale and exhale.
3. **Change Positions.** When you sleep on your back, throat tissue blocks the airway more. Stick to your stomach or sides.
4. **Lose Weight.** The less fat there is in your neck, the more the airway can expand, so the easier it is to breathe.
5. **Talk to Your Doc.** Treatment for snoring varies. Common options: nasal spray (up to \$75 a month), a device you sleep with that adjusts the position of the jaw or aids in breathing (from \$1,500) or surgery (up to \$3,000).

Family Circle

Smart Swap at Taco Bell

Eat Up

Fresco Ranchero Chicken Soft Taco and a side of Mexican rice – 300 calories, 7.5 g of fat

Put Down

Chicken Ranch Taco Salad – 900 calories, 54 g fat

Family Circle