

WOW!



WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ MAY 2010

Get Your Health Screening and Save!

The last health screenings are offered this month. Don't miss a chance to save on insurance premiums in 2011! Screenings are open to employees and spouses with city insurance and employees who wish to opt out of city insurance. Spouses will only receive a discount if the employee has completed the 4-step plan.



Saturday, May 15 7-11 a.m., Public Safety Complex, 310 College
Monday, May 17 6-10 a.m., Ruthe Jackson Center, 3113 S. Carrier
Tuesday, May 18 2-8 p.m., Main Library, 901 Conover Dr.
Wednesday, May 19 Noon- 7 p.m., Public Safety Complex, 310 College

Employees must go to www.ultimatehealthmatters.com to sign up for an appointment time. Appointments will receive priority care. Walk-ins will be worked in as timeslots are available. No make up days will be offered in the fall. Fasting is required for the most accurate results, 8-9 hours before test, water only.

Nearsighted Nation

Can you see any progress here? Back in the 1970s, about 25 percent of Americans were diagnosed as nearsighted, but a new study shows that between 1999 and 2004, that number grew to nearly 42 percent. Our society's focus on "near work"—from sewing and reading to peering at computers all day—may be responsible, says Susan Vitale, PhD., of the National Institutes of Health's National Eye Institute. Recent research from the University of Sydney in Australia also suggests that nearsightedness can sometimes be prevented in teenagers if they spend more time outdoors, possibly because natural light may produce a sharper image on the retina.

That's still a theory—there's no proven way to avert myopia. But nearsighted or not, you can help ease eyestrain while doing near work by giving your eyes an occasional rest. How often? Experts recommend using a 20-20-20 rule: Every 20 minutes, look up from what you're doing and focus 20 feet in front of you for 20 seconds.

Readers Digest



Ease Back Pain: Do Yoga

Spending time on a yoga mat can significantly reduce chronic lower back pain, according to a study from West Virginia University. Researchers asked 45 people whose back pain caused mild to moderate disability to do a 90-minute yoga workout twice a week for six months. Compared with patients who only continued whatever therapy they'd already been doing, the new yogis reported significantly less pain and better function and fewer symptoms of depression (down almost 60%). They also continued to see these benefits six months later. *Prevention*

Volunteer at Kirby Creek Garden

April showers bring May flowers! Are you ready to weed and feed your garden? Why not volunteer at the Kirby Creek Garden and make new friends, while getting great tips and learning new skills. You will get a chance to learn from volunteer 'pros', many of them are 'Master Composter' trained already. Besides getting your hands in the dirt, you may be able to get your hands on some of the organic harvest! Be sure to look out for fall dates (to be scheduled), for the next Master Composter class.

Kirby Creek Nature Center will once again be the site for Mayfest to be held on Saturday, May 15, 9 a.m.-3 p.m.. Come and join the festivities and check out what's growing in your City's garden!

If you have any questions about volunteering, composting or recycling, please contact Vijit Singh at the landfill by email: vsingh@gptx.org or call Vijit at 972-237-8061.

Police Memorial Service May 10

The public is invited to attend the Grand Prairie Police Department's Memorial Service at 5:30 p.m. on Monday, May 10 at 801 Conover Drive. The service honors those who have paid the ultimate sacrifice serving in law enforcement.



Benefits

Magellan Employee Assistance Program

Life's highways are a jumble of turns, forks and dead ends. If you're looking for a little direction, the city of Grand Prairie employee assistance program (EAP), provided by Magellan Behavioral Health, may provide the answers. Magellan's employee assistance professionals are available 24 hours a day to help you with: stress, anger management, work related issues, grief or bereavement, burnout, self esteem issues, anxiety or depression, alcohol and/or drug abuse, emotional issues, relationship issues.

Covered employees include all full-time and permanent part-time employees and their family members. Family members include the employee's benefit-eligible dependents and other family members who live with the covered employee.

For more information, please call an EAP counselor at 1-800-523-5668 or Fred Ginapp at 972-237-8191. Also, visit www.MagellanAssist.com for a wide range of topics designed to help you improve your well-being.

Wellness

Master Your Bench

If you're ready to conquer the bench press, remember this tip: Push the weight quickly. Researchers in Norway found that if your speed in pressing the bar slows, your strength slips. "Decreased acceleration limits the amount of force you create," says study author Roland van den Tillaar, Ph.D. A simple technique to produce more power: Pull your elbows in toward your sides as you lower the weight, and then press the bar straight up from your sternum.

MensHealth

Those Who Host Lose the Most

Don't be a party to underage drinking.

TEXAS' UNDERAGE DRINKING LAWS

What adults need to know:

- As an adult, you cannot give alcohol to anyone under the age of 21 under any circumstance, even in your own residence, even with their parent's permission unless they are visibly present.
- You cannot knowingly allow a person under 21, other than your own child, to remain in your home or on your property while consuming or possessing alcohol.
- Your residence your responsibility

Adults, if you break the law:

- You face a sentence of up to a year in jail and a \$4,000 fine.
- Your driver's license can be suspended for 6 months.
- You can be sued if you give alcohol to anyone under age 21 and they, in turn, hurt someone, hurt themselves, or damage property.



For more information on eliminating underage drinking and drug use, visit www.impactgp.org, a non-profit coalition sponsored by the city of Grand Prairie.

Employee of the Month



Jonathan Guzman

Jonathan Guzman, Utility Maintenance Crew Leader, has been named Employee of the Month for May. Guzman has been a City of Grand Prairie Employee for nearly two years after many years in utility maintenance in Puerto Rico, Georgia and California. He is responsible for leading a work crew, direct oversight of maintenance and construction of the utility system and administration of daily work orders and other documents.

According to his coworkers, Guzman is consistently self-motivated and dependable. He recently received his C-Water Distribution Operator License.

"Jonathan has a sense of humor—which is good, but when he is on the job it is all about business," said Danny Sugg, Field Operations Supervisor. "He has never used sick time and schedules his vacations well in advance and every day he goes above and beyond. I can always depend on him day or night."

Earlier in his career, Guzman played minor and major league baseball with the Helena Brewers and Milwaukee Brewers.

"His leadership, professional attitude, principles and traits are what we look for in an employee," said Barry Walsh, Field Operations Supervisor. "It is notable that Jonathan has influenced others with his attributes as we see changes in others in the organization."

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
Bowles Life Center Membership Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track and basketball court.	Bowles Life Center 2750 Graham St. 972-237-7529	\$130 per year (\$5 per paycheck) for city employees.
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.	Bowles Life Center 2750 Graham St. 972-237-7529	\$80 per month or \$7 per class. <i>Try the first class free!</i> Class times: Mon. and Wed. 6-7 a.m., 5:30-6:30 p.m., 7-8 p.m. Fri. 6-7 a.m., 5-6 p.m., 6-7 p.m. Tues. and Thurs. noon-1 p.m., 6:30-7:30 p.m., Sat. 10-11 a.m.
Boxing at Bowles Life Center Focuses on conditioning, weight loss, body toning and fitness.	Bowles Life Center 2750 Graham St. 972-237-7529	\$60 per month. Class time: Tues. and Thurs. 6:30-7:30 p.m.
Golf - The Jim Sparks Special Play golf after 5 p.m.	Prairie Lakes Golf Course 3202 SE 14th St. Call for reservations: 972-263-0661	Tuesdays and Wednesdays \$10 after 5 p.m. (cart included) Mon- Fri: 1/2 price bucket of range balls
Softball Spring League <i>Spouses welcome</i>	Bowles Life Center 2750 Graham St. 972-237-7533	8 game season, Monday night games Registration ends May 19 - \$200 per team First game May 24
Spinning at Bowles Life Center Group exercise on stationary bikes.	Bowles Life Center 2750 Graham St. 972-237-7529	\$25 per month. Class time: Mon., Tues., Thurs. 7:30-8:30 p.m.
Volleyball - Sand <i>Spouses welcome</i>	Mike Lewis Park Sand Courts 2600 N. Carrier Parkway To register call Rod at 972-237-7533	Tuesday nights, \$75 per team Registration ends June 11 Season begins June 22
Yoga at Bowles Life Center Enjoy the benefits of Yoga and Pilates in this class .	Bowles Life Center 2750 Graham St. 972-237-7529	\$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.
Zumba at Bowles Life Center Fast-paced cardio workout to music.	Bowles Life Center 2750 Graham St., 972-237-7529	\$7 per class or \$30 per month. Wed. and Fri. 6-7 p.m.
Join the Summit at Central Park Premier 50+ Club <i>For adults 50 and older only</i> First day of operations May 24!	The Summit at Central Park SH 161 between Warrior and Arkansas Lane Contact Linda Long at llong@gptx.org	Annual membership \$200 for ages 50-64. \$50 for ages 65 and older. Payroll deduction available.

Quiz

Enter for a Chance to Win Two Movie Passes

Did you read this issue of the WOW! newsletter? We're putting you to the test. Complete the following quiz, clip it out and **send it via interoffice mail to the Communications and Marketing Department by May 21.** If you answered each question correctly, your name will be entered into a drawing for a two movie passes.

Name: _____

Department: _____

1. Magellan Behavioral Health Specialists are available 24 hours a day at 1-800-523-5668.

True False

2. By completing the WOW 4-step program, employees receive \$30 per month off of insurance premiums and spouses receive \$20 per month off of premiums in 2011.

True False

3. \$10 golf is available at Prairie Lakes Golf Course on Tuesdays and Wednesdays after 5 p.m.

True False

4. Coupon books for the Raving Fans Employee Recognition Program are no longer available.

True False

5. Yoga can help reduce back pain.

True False

6. When bench pressing, it is beneficial to push the weight quickly.

True False

Message from the Manager

An old Italian Proverb says "He who enjoys good health is rich, though he knows it not." I think that is very true and that is why in Grand Prairie we are focused on promoting a healthy lifestyle for our residents and our employees. Families of all ages in Grand Prairie can enjoy the city's Bowles Life Center and other recreation centers and now adults 50 and older will have a place to play in Grand Prairie beginning May 24 when the doors open at the new Summit Adult Activity Center. The 59,000-square-foot facility is nearly complete and a formal open house and ribbon cutting is scheduled for June 18. If you are interested in a membership, call 972-237-4141.

As part of the continued focus on health for employees, I encourage you to complete the WOW 4-step program. There is still time to get the health screenings scheduled for May on the following dates:

Monday, May 17, 6-10 a.m.,
Ruthe Jackson Center, 3113 S. Carrier

Tuesday, May 18, 2-8 p.m.,
Main Library, 901 Conover Dr.

Wednesday, May 19, Noon-7 p.m.,
Public Safety Center, 310 College

Go to www.ultimatehealthmatters.com to sign up for your biometric screening. Appointments will receive priority care. Walk-ins will be

worked in as timeslots are available. Remember no make up days will be offered in the fall. Fasting is required for the most accurate results, 8-9 hours before test, water only.

If you complete all four steps of the program, employees receive \$30 per month off of insurance premiums and spouses receive \$20 per month off of premiums if the employee has also completed all steps.

On another note, remember that the Raving Fans recognition program is still up and running. Although restaurant gift cards were discontinued as part of the program (due to tax issues), we still have a variety of other gifts available for deserving employees including movie passes, a flash light, ball cap and more.

The Communications and Marketing Department distributes coupon books to department and division managers so that they can distribute those coupons to employees who go above and beyond by delivering world class service. The employee who received the coupon can redeem it for a gift at the Marketing Department. If your department does not have a coupon booklet, contact the Marketing Department. Thank you for all that you do to make our city great! Enjoy this beautiful spring season.



Tom Hart, City Manager

Smart Swap at Sonic

Eat Up

Jr. Burger with a side of sliced apple wedges. 345 calories, 15 g fat

Put Down

Chicken Club Toaster Sandwich with a small side of tater tots. 870 calories, 54 g fat



Family Circle

Mental Health Boost



People who regularly pile their plates with fruits, veggies, nuts, whole grains and fish are 30 percent less likely to become depressed than those who eat fewer Mediterranean-style meals. Nutrients in those foods may help by improving blood vessel function and fighting inflammation.

Family Circle