

March
2018

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



TACOMA PUBLIC LIBRARY WELLNESS RESOURCES

Did you know that the wellness resources available from Tacoma Public Library are free for City of Tacoma employees? With a few short steps, you can claim your key to a dazzling world of wellness and fun!

All City of Tacoma employees qualify for a free library card from the Tacoma Public Library – just go to any branch and present your employee ID or pay stub along with a state ID and proof of address (you do not have to live in Tacoma). Getting your library card takes just a few minutes. There is a library branch in every part of the city.

Visit tacomalibrary.org for locations and hours. You can also click on “Library Card FAQs” to review the different ways that you, your family and/or friends may be eligible for a card.

Stay tuned for more information about these wellness resources in the April HealthVine.

— Andy Bartels, Tacoma Public Library



NATIONAL NUTRITION MONTH

We are excited to offer two Lunch and Learn opportunities in March presented by Dr. Jannine “Doc J” Krause. Doc J graduated from Bastyr University in 2007 with a doctorate degree in naturopathic medicine and a master’s degree in acupuncture. Since then, she has practiced in a variety of settings and has found that she simply enjoys helping patients feel good, whether it’s working on stress reduction, being pain free or creating a sustainable proactive health plan. Doc J loves sleuthing out pain, as well as gut and skin issues. She also loves sharing what works and what she’s learned over the years with fellow “health junkies” on her podcast, “The Health Fix”. When not running around the office with needles in her hand talking about food, she can be found skiing, paddle boarding, walking her golden retriever (Bear) with her hubby, whipping up something delicious in her kitchen, or in the gym.

How Stress Affects your Metabolism, Mood and Physical Fitness

When: March 6 from noon to 1 p.m.

Where: Tacoma Public Utilities Auditorium (3628 S. 35th St.)

Description: We, unfortunately, aren’t given a manual to help deal with stress. Compound that with the standard American diet, sedentary lifestyles, lack of sun in the winter, past traumas, chronic pain, and a fast paced world, and we have a recipe for trouble. In this presentation, Doc J will discuss the common physical, mental and emotional symptoms of stress overload and how to manage them successfully to get your body and mind working in sync.

How Modern Diet Fads, Stress and Environmental Stressors Collide to Break Your Brain

When: March 14 from noon to 1 p.m.

Where: Tacoma Municipal Building Council Chambers (747 Market St.)

Description: Every time we tune in to the news it seems there’s a new diet guaranteed to be healthier than the next. But how do you know what’s right for you and your current situation? Some of the most popular fad diets are just that — fads — and can have negative impacts on how we manage stress and deal with environmental stressors. Join Doc J as she breaks down what dietary factors are important for keeping stress in check while enhancing brain power to reduce brain fog, fatigue and improve mood.

YOUR NUTRITION BENEFITS

Both Kaiser Permanente of Washington (KPWA) and Regence offer nutritional benefits for their members, such as nutritional counseling/coaching and nutritional therapy services. Learn more from your medical insurance provider.

Kaiser Permanente of Washington

- [Plan Booklet](#)
- [Website](#)
- Customer Service (888) 901-4636

Regence

- [Plan Booklet](#)
- [Website](#)
- Customer Service (866) 240-9580

Both KPWA and Regence also offer **health discounts** for their members. Please visit our [Wellness microsite](#) to learn more.

YOUR WELLNESS CHAMPIONS

Don't forget that we have a great group of Wellness Champions ready to help answer your Tacoma Employee Wellness (TEW) program questions!

- **Andy Bartels**, Library Assistant, Kobetich Library
- **Beverley Pinkerton**, Training Analyst, Customer Services Training/Performance Solutions
- **Chris Hartman**, Management Analyst II, Environmental Services (CTP)
- **Michele Nelson**, Utility Services Rep II, T&D Services Engineering (TPU)
- **Nancy Wright**, Management Analyst II, Center for Urban Waters
- **Richelle Krienke**, Senior Buyer, Finance, Procurement & Payables
- **Shantel Shepard**, Administrative Assistant, Tacoma Water
- **Troy Wells**, Custodian, TPU Building Maintenance

Interested in joining this team? Contact your [Wellness Coordinator](#)!



NEW YEAR, NEW YOU CHALLENGE

There were 334 employees (78 teams) who participated in this challenge! This challenge was designed to help employees make their New Year's resolutions a reality. We truly appreciate the employee feedback provided throughout the course of this challenge, which has offered us some valuable takeaways that we will use to improve the experience for employees when it comes to future challenge opportunities.

Weekly Drawing Winners: Shelly Hals (Jan. 16), Christina Vindivich (Jan. 23), Chelsey Weflen (Jan. 30), Troy Wells (Feb. 6), Erin Clement (Feb. 13), Michael Smith (Feb. 20)

Grand Prize Winning Team and Members:

There were four teams with a total team average of 63,000 points. In a random drawing, the winning team selected with an average of 63,000 points was the **Rail Team**: Eric Flay, Timothy Flood, James Clark, Kari Halliday, Todd Vincent, and Daniel McCabe

Top 5 Teams with Highest Team Average:

1. **Centralia** (63,000 points): Jeffrey Simmons
2. **Customer Services Super Awesome Sunshine Kitten R** (63,000 points): Rachel Mykins
3. **Focus2win** (63,000 points): Christopher and Jennifer Beauchamp
4. **Rail Team** (63,000 points): See above.
5. **OULA Fierce** (61,500 points): Nancy Douglas

Top 5 Teams With Highest Cumulative Score:

1. **Mo Town** (550,445 points): Christina Kain, Xiomara Tolbert, Jessica Arnett, Rosalyn Collins-Kloutse, Dawanna Purter, Gustavo Cardiel, Stefanie Moser, Cheryl Baker, Monique Wells, Troy Wells
2. **A Team Has No Name** (542,400 points): Rachel Lindahl, Jeffrey Givani, Eric Huseby, Vincente Harteau, Nickolas Heermann, Shauna Miller, Robert Barra, Sandra McDonald-Pond, William Hawkins
3. **Fit for Life** (459,610 points): Alan Roberts, Nicole Faivre, Kyle Gilbert, Thomas Williams, Henry Betts, Anna Schmitz, Kenneth Bell, Tel Thompson
4. **Shrinky Dinks** (430,340 points): Janine Mann, Amanda Rowley, Hollie Coates-Seamster, Carmen Watt, Anna Hudson, Kristin Beagley, Maria Andren, Cynthia Dimond
5. **Flab-U-Less** (427,219 points): Michele Anderson, LoAnn Rector, Virginia DuPraw, Lydia Randolph, Teresa Nelson, Christopher Orgeles, Sandra Wentworth, Angelita Zoleta

FINANCIAL WELLNESS: PRE-RETIREMENT SEMINARS



It is never too early to start planning for retirement! City of Tacoma employees, their family members and friends are invited to attend any of our retirement planning seminars. All sessions will be held in the Tacoma Public Utilities Auditorium.

City of Tacoma Resources Seminar

When: Thursday, March 22 from 6 to 7:30 p.m.

Retirement Director Tim Allen will give an overview of retirement system benefits and options. He will demonstrate the online retirement benefits calculator tool, explore various options and show you how to better estimate your future benefit.

Benefits Specialist Diane Peterson will provide an overview of the 457 deferred compensation and HRA VEBA plans. Employees can save and invest in their futures with tax advantages when participating in deferred compensation. The HRA VEBA is a post-separation account-based health plan. The overview will cover general rules and benefit options for eligible employees.

Benefits Specialist Shannon Hoffman will discuss post-retirement health care options and eligibility requirements.

Social Security 101

When: Monday, March 26 from 4:30 to 5:45 p.m.

Kirk Larson is a Washington public affairs representative for the Social Security Administration. He will answer all of your Social Security questions, including (but not limited to):

- When you are eligible to receive retirement benefits
- How early retirement affects your benefits
- How do get the most from your benefit
- What the future of Social Security looks like

We recommend that you familiarize yourself with the “my Social Security” online services prior to this presentation. To do so, go to ssa.gov/myaccount to create an account and print out your Social Security Statement **before** attending this seminar and bring it **to** the seminar.

10 Key Retirement Questions/Estate Planning

When: Thursday, April 5 from 6 to 7:30 p.m.

Jim Reinke from ICMA-RC will explain how transitioning into and through retirement can be rewarding and challenging. Having a plan is important. He'll focus on 10 key questions you should ask, from saving, to Social Security and Medicare, to managing your investments, withdrawals and taxes. He will also explain how to build an effective estate plan around some key documents.

Medicare 101

When: Thursday, April 12 from 6 to 7:30 p.m.

Shannon Fuhrman from Regence will help you gain the knowledge needed to make informed decisions and pick a plan that works best for you when the time comes. You'll learn about:

- Basics of Social Security
- When you should enroll into Original Medicare Parts A and B
- How to avoid Part B and Part D penalties
- The difference between Medicare Advantage and Medicare Supplement plans
- What is the Part D prescription coverage gap (otherwise known as the “donut hole”)
- What you should know if you're still working and participating in an employer-sponsored plan when you turn 65
- What you need to know if you're currently participating in a Health Savings Account (HSA) and are, or soon will be, eligible for Medicare

Retiree Panel

When: Thursday, April 19 from 6 to 7:30 p.m.

Are you really ready for retirement? Hear from retired City of Tacoma employees who will discuss what they should have thought about before they retired.

LEOFF II Resources Seminar

When: Thursday, April 26 from 4 to 6 p.m.

Jim Mendoza from the Washington State Department of Retirement Systems will cover your LEOFF pension plan and benefit options.

Benefits Specialist Shannon Hoffman will provide an overview of the post-retirement medical and COBRA options and eligibility requirements. **Benefits Specialist Diane Peterson** will cover the 457 deferred compensation plans*.

**Representatives from ICMA and Nationwide will be available with marketing materials and to answer more in-depth questions.*

VEBA Consultant Brian Riehs from Gallagher will cover the general rules and benefit options of the post-separation account-based health plan for eligible employees.

Becky Whalen from Benefit Solutions, Inc. will cover the Medical Expense Reimbursement Plan (MERP) for eligible employees.

