

Aug.  
2018

NEWSLETTER OF THE  
CITY OF TACOMA

# HealthVine



## SUMMER INCENTIVE CAMPAIGN

### Summer Incentive Challenge Winners:

- **Dustin Myhre** (Police)
- **Jeffery Maki** (Street Ops.)
- **Katey Potter**  
(Environmental Services)
- **Eric Huseby** (Public Works)
- **Daniel Reed** (Power/T&D)
- **Sarah Quintana** (Power/UTS)

**How to Win:** For every RedBrick Journey you complete (or have completed), you will be entered to win a \$50 gift card. Two winners will be selected at each draw date.

### Remaining Drawing Dates:

Aug. 22 and Sept. 5

### Journey Recommendations:

#### Go Back to Sleep (2 stages):

Do you wake up in the middle of the night and then can't get back to sleep? Discover simple techniques that help ease you back to sleep.



#### Strengthen Your Core (2 stages):

Strong muscles in the center of your body can help you avoid back pain throughout your day. Practice some simple moves that will help you look better, feel better and avoid back pain.



**Photo Credit:** This picture was taken by a City of Tacoma employee (Cassie Petty) on the Bertha May and Granite Lakes hike (mentioned in the previous newsletter). See more details on Page 2.

## TAKE THE COMPASS HEALTH ASSESSMENT

### DON'T MISS YOUR CHANCE TO SAVE UP TO \$480 IN 2019!

You are required to take the Compass Health Assessment if you hope to earn or continue receiving the [Wellness Incentive/Credit in 2019](#). This is a simple, quick, and engaging health assessment tool that takes 15-20 minutes to complete. There are approximately 50 questions available to gather information about several health related areas such as, alcohol, cardiovascular risk, nutrition, physical activity, stress, tobacco, weight, work productivity and more.

This process provides employees with personalized information about their strengths, weaknesses, and areas of risk. Your answers are kept private and will not be shared with the City of Tacoma.

### Here are ways to confirm that you've successfully completed your Compass Health Assessment:

- You will see your health score and the date it was completed at the end of the assessment. Please print that for your records.
- You will see points added to your Rewards Wheel on the Rewards page.

Visit [few.redbrickhealth.com](http://few.redbrickhealth.com) to complete the Compass Health Assessment and the other incentive requirements today.

**P2 HEART WALK T-SHIRT:**  
The winning design has been selected!

**P2 Employee Spotlight:**  
Cassie Petty and her family hike!

**P3 Wellness Webinars:**  
See the upcoming webinars available in August and September 2018



## City of Tacoma 2018 Heart Walk Shirt

The shirt designs were created by the City of Tacoma Media and Communications Office.

### Thank you to everyone who voted!

The winning shirt design is pictured below. It received 146 (35%) of the 413 votes.

Wellness Coordinator Shannon Carmody will reach out to all team captains to gather the sizes and quantities for the employees and family members who are registered for the 2018 Heart Walk. **Employees must register for a City of Tacoma team by August 15, 2018** if they would like to receive a free City of Tacoma shirt.



### How to Participate

Be part of the effort to save and improve lives! **The event is scheduled for Sept. 22, 2018.** Please visit the [City of Tacoma Heart and Stroke Walk Page](#) to register for or start your own City of Tacoma team.

### 2018 Team Captains

**City Attorney's Office:** Cheryl Comer

**ES & PW Director's Office:**  
Linnea Meredith

**Finance—Account us in!:** Carly Erkers

**HR Huff & Puff:** Angie Hardy

**Lost in Pace:** Ron Lowrie

**MSO—Don't Go Bacon My Heart:**  
Patty Holmquist

**Police:** Loretta Cool

**Tacoma Fire HQ:** Todd Magliocca

**TEAM IT:** Kathy Lapp

**Water for the Heart:** Jen Otis

**Young at Heart:** Maria Camilon-Price

## Employee Wellness Story Spotlight:

### Cassie Petty (Environmental Services, CTP)



**We shared a list of hikes in the June/July HealthVine and Cassie had a great story to share about one of the hikes!**

*I just have to share about Bertha May and Granite lakes. When I was in junior high, my dad would take me up to these lakes. We would park near Pothole Lake and the trail would take us up to Bertha May and Granite lakes. We would fish Pothole and Bertha May and my dad would scout for hunting (don't worry, he never got anything). My husband and I went up for a visit about 15 years ago and the parking area at Pothole was overgrown. It didn't look like I remembered it at all. All of a sudden I saw a husky dart across the "road" (if you could call it that) in front of the car. At first I thought it was a wolf but then I remembered a sign up at the lake about a lost dog. We ended up getting her in the car and when we contacted her people they said she had been up there for two weeks. They went back every day at first but they gave up. It was a pretty neat reunion.*

*Anyway, I think we might make the trip up this weekend.*

**And they did just that ... what lovely pictures!**



### Share your Wellness story/pictures!

Please email your story and pictures to [wellness@cityoftacoma.org](mailto:wellness@cityoftacoma.org).

## Upcoming Employee Assistance Days

- Aug. 21 @ Solid Waste Management Lunch Room from 6:45 a.m. to 11 a.m.
- Aug. 22 @ Tacoma Municipal Building Computer Lab from 8 a.m. to 1 p.m.
- Sept. 5 @ Tacoma Municipal Building Computer Lab from 8 a.m. to 4 p.m.
- Sept. 6 @ Tacoma Public Utilities Computer Lab from 8 a.m. to 12:30 p.m.

## Upcoming Yoga Classes

We are pleased to share that the YMCA will be offering two free onsite Yoga classes for City employees. If at least 10 employees are interested in continuing onsite Yoga (at each location), they will offer a 6-week program. Employees will determine the day and time of the weekly class(es). There will be a minor charge for the program (example: if there are 10 employees, the cost per class will be \$7.50 per employee, which equates to \$45 per employee for the 6 week program). The more employees, the lower the cost.



**Interested?** Please RSVP to [Shannon Carmody](#) and let her know which free trial class you'd like to attend.

- Aug. 21 @ Tacoma Municipal Building from 12 p.m. to 1 p.m.
- Aug. 29 @ Tacoma Public Utilities from 12 p.m. to 1 p.m.

**Trial Class Description:** Restorative Yoga style emphasizes healing the body and mind through use of supported postures. It's for a person who loves technical intricacies and is also great for people who are new to yoga or have any issues with their health.

## Cost-Free, Convenient, Confidential Consultation and Work-Life Resources

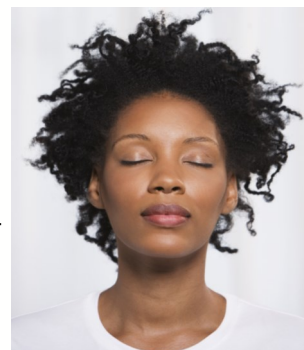
The Employee Assistance Program (EAP) provides cost-free, convenient and confidential consultation and work-life resources for you and your eligible dependents to help manage life's challenges. You can access the EAP 24 hours a day, seven days per week by phone or at [FirstChoiceEAP.com](http://FirstChoiceEAP.com).

### Webinar Opportunities:

**Minimizing Worry to Maximize Your Life:** We all worry at times. But, if you constantly stress over everything in your life you may be developing a chronic worry habit that can lead to physical and mental health difficulties, including stress-related illnesses, generalized anxiety disorder, and depression. In this webinar, we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.

**Managing Negative People:** Negativity in one employee can spread, affecting the climate of the entire workplace and increasing the emotional burden of your job. While managing negative people is tough, there are methods which enable you to keep your cool, defuse employee negativity, and create a positive culture in your workplace.

**Relaxation Techniques:** We live in a life of constant stress and striving. We run a mile a minute. We forget to breathe. The cost of stress on your health, finances, relationships and work are extraordinary. During this webinar, they'll discuss a number of simple mental, physical and relational relaxation techniques that will help you gain perspective and maintain your mental, physical and financial health and well-being.



**Website:** [FirstChoiceEAP.com](http://FirstChoiceEAP.com)

**Username:** cityoftacoma

**Click on the [Webinars](#) tab in the middle of the homepage to view these webinars and other archived webinars.**

## Upcoming Wellness Webinars

**Estate Planning:** Estate planning is not just for the wealthy. It's about ensuring your assets go to whom and when you want; protecting and controlling assets if you become incapacitated; and clearly communicating your opinions and decisions in order to minimize confusion, stress, and fighting among loved ones. You can build an effective estate plan around some key documents. **August 28th at 9 a.m. or 12 p.m.**

**Digestion 101:** Worried about how you're digesting your food? Come learn the basics of proper digestion and how to enhance your own. **September 14th from 11:30 a.m. to 12 p.m.**

**Health Care in Retirement:** Health care costs in retirement are likely to be your biggest expense. ICMA-RC will help you understand the potential costs and how to take meaningful steps to be prepared. **September 25 at 9 a.m. or 12 p.m.**

**Stay tuned for registration information, which will be distributed by your Wellness Coordinator.**