



By Steve Schneider

## SPRWS comes out strong in 2015; Looking forward to a great 2016

Here comes the end of another year. At SPRWS, we continue to provide great service to all of our customers and each of you continue to do your part in making that happen. As I mentioned at the employee conference, we all play roles in the organization and each of those roles is critical to our success.

This year has been one of challenges that would certainly cause lesser organizations significant issues. From the continued decline in water consumption to increased costs of operations; from increased customer expectations to the implementation of a new finance and timekeeping system; from increased regulatory requirements to a significant influx of new employees; all of these were challenging, yet we end the year providing great service to our customers and the organization is as strong as ever.

Thanks to each of you and your contributions to our success, we continue to move the organization forward. I look forward to a great 2016 and the beginning of the increased investments in the plant and in our buried infrastructure. These initiatives will go a long way in positioning SPRWS for success in our “forever” business of providing drinking water to all of our service area.

I wish all of you and your families the best this holiday season.

## Chain saw training given to Vadnais employees



**Top, Jim Olive (with chain saw) from Chain Saw Safety Specialists shows Vadnais staff the proper way to cut down a leaning tree to make it fall in the direction desired on Dec. 8.**

**Left, Herman Audett, water utility worker, practices using a chain saw on an already felled tree as part of the training session while others from the training session look on. From left are Corey Hovath, Jake Schlusser, Rob Ralston, and Tom Murphy, all water utility workers.**

# Ramsey Coronado: Spotlight on Healthy Saint Paul

*Ramsey Coronado was recently interviewed for an article for Healthy Saint Paul and featured in their Dec. 10 Spotlight. Here is his interview.*

Ramsey Coronado has worked for the city as a water utility technician for three years. He is originally from Houston, Texas, and attended college in Tucson, Arizona.

He is often asked what brought him from two of the warmest places in the country to one of the coldest. Primarily, his decision to move here was because of the opportunity to work with the water department. He admits, however, it was also based on the experience he had doing internships here in Minnesota on the Mississippi River during the summer months. The winter is somewhat longer, and it does get a bit colder here than he expected! Nevertheless, he finds his job very rewarding working with the engineers and other contractors as they improve water services for the community.

Last year, to complete the activity requirement for Healthy Saint Paul, Ramsey chose health coaching.

He had prior experience using a fitness coach at his gym. It was helpful for him then to have someone

provide guidance and motivation. He consequently saw the value in choosing health coaching to achieve and maintain his better overall health.

Ramsey appreciated the Health-Partners health coach with whom he worked. She was knowledgeable in various aspects of health and provided relevant information and resources. There is accountability when using a health coach, which Ramsey feels is important in following through with what you say you are going to do to reach your goal. They talked about what motivated him, and he received great feedback. He said talking with a professional can give you a better or different approach and will help keep you on track.

For employees who have never used a health coach and may feel unsure of the process, he would reassure them that it is a valuable tool to improving and maintaining your health.

And, who doesn't want to be healthy?



**Ramsey Coronado**

## Sign up for biometric screenings in January

Now is the time to sign up for biometric screenings onsite. They are free and you don't have to travel to your doctor's office. The screenings are one of the requirements you must complete in 2016 to get your VEBA incentive money of \$900 for 2017.

The screenings are set for January 13 and 20, but you must schedule them in advance.

Go to [www.hsscreeningreg.com](http://www.hsscreeningreg.com) and log in using the username St Paul (no period and a space between St and Paul). The use the password "healthy".

Click on create a new account. You will need both a phone number and an email address to register.

You will need to schedule about 15 - 20 minutes for the appointment. Medical staff will take measurements of your blood glucose levels, body mass index, height, weight, and your cholesterol levels.

This information is kept confidential.

You can schedule these appointments during work hours and at any city location that works best for you.

But you must schedule the appointments in advance. Talk to Racquel Vaske at 266-6815 if you need more information.

## Massages available onsite every two weeks

Chair massages are available onsite every two weeks at the water utility.

From 9 a.m. to 1 p.m. on the Wednesday prior to payday, Roger Mound is in the east conference room on the first floor of the administration building. There is a sign up sheet in the cafeteria.

The massages are done in a private room while fully clothed and seated upright. Light music plays in the background while Roger works out those aches and pains from sitting at your desk for too long, or from lifting heavy objects.

Maybe you're a weekend warrior that is still a bit stiff from your activities. Or maybe you suffer from chronic pain.

Roger welcomes all employees to take part in his therapeutic massage techniques. He is a certified Associated Bodywork & Massage Professional.

The massages can last either 15 minutes or 30 minutes. A 15 minute massage is \$18 while a half an hour costs \$30.

Employees must use their own time to take part in the massages.