

Highland Reservoir 2 tours



Rick Svoboda, supply systems supervisor, second from left, shares information about the inner workings of Highland reservoir No. 2 during a tour held on Tuesday, Jan. 15. From left are Allison Bruhn, water utility worker; Svoboda; Heinrich Fox, pumping engineer; Jennifer Wilkins, water utility tech., and Amanda Leier, engineering aide. Additional tours were held that afternoon and on Jan. 16.

Andy Vang is new security officer

When you walk out to your car through the main lobby after work, be sure to greet our new safety and security officer, Andy Vang, in the SPRWS car.

Andy started work for us on Jan. 7 after serving for 10 years as a security officer at parks and recs.

He will monitor the parking lot from 4 p.m. to 6 p.m., and is available for vehicle escorts if needed. After his duties here, he will then make rounds on our facilities throughout our distribution system.

He reports to Hayley Heidelberg.
Please welcome Andy to the utility.



Andy Vang

Healthy Saint Paul well-being incentive program underway

The Healthy Saint Paul well-being program has started for 2019. You earn points for taking part in various activities. For earning 200 points, employees earn a \$300 Health Retirement Account contribution to use in 2020.

Earn another 100 points, and get another \$600 contribution, for a total of \$900 contributed to your HRA. These incentives will show up on your 2020 HRA statements. This money can be used to pay for medical and dental expenses not covered by insurance.

In addition, Medica will give you a \$20 gift card for every 100 points you earn, up to \$100.

The program started Jan. 1 and goes to Sept. 30.

You can earn 100 points each for doing the biometric screening and an online health assessment.

You can earn 75 points for taking part in three phone calls with a phone coach or completing nine weeks of the Omada program if you haven't already participated.

There are various other activities you can do to earn more points to get to 300. The city's website at healthy.stpaul.gov has all the details.

There may be walk-up appointments available for the free biometric testing at the water utility on Jan. 24. If you aren't able to get in, you can still get a voucher for a free screening with your doctor. Go to healthy.stpaul.gov and look under biometric screening for steps to arrange that testing.

To take the online health assessment, go to mymedica.com. You need your Medica ID card if this is your first log in, or if don't recall your user name or password.

Once registered, click on the Health & Wellness tab. Then select "start your health assessment." It will take 15-20 minutes to complete.

If you took the assessment in the past, you will need to click on the retake button to reset it.

For more information on the program, go to the Healthy Saint website healthy.stpaul.gov.

Utility posts opening for vehicle mechanic

The utility is looking for a vehicle mechanic.

The person hired in this position will be responsible for the repair, maintenance, and servicing of cars, trucks, and specialized equipment, including small engines, pneumatic drills, gas saws, pumps, plate compactors, trailers and the like.

The applicant must possess evidence of the successful completion of a vehicle training program or the completion of a four-year auto mechanic apprenticeship or equivalent.

Must possess and maintain a valid class B or A commercial driver's license with no restrictions for airbrakes. The CDL can not have suspensions or revocations within the last two years. If the applicant does not possess a CDL, one must be obtained within 12 months of appointment.

The application must be made online at stpaul.gov/jobs by 4:30 p.m. on Tuesday, Jan. 22.

For more information, contact Sandy Kimbrough at jobs@stpaul.gov or 266-6510.

Utility has free work out areas, holds two yoga classes weekly

If you are feeling the effects of having eaten too much over the holidays, or not getting enough exercise during the winter months, the water utility has ways to help you lose weight and get in shape.

Did you know that we have free workout areas and locker rooms with showers in the plant and administration buildings for use by all employees? Or free yoga classes?

The main exercise room in the treatment plant has free weights, treadmills, rowing machines, elliptical trainers and both LeMond RevMaster racing-style and upright exercise bikes.

A treadmill, recumbent exercise bike, and elliptical trainer are located on the main floor of the administration building, along with a scale to weigh yourself to track your progress.

There are also yoga classes in the main exercise room in the treatment plant every Monday and Wednesday at 12:05 p.m. Bring a yoga mat and proper workout attire if you want to participate on your lunch hour. The yoga classes are gentle.

Saint Paul offers low-cost memberships

If you want to belong to a fitness center outside of the water utility, Saint Paul Parks and Rec's fitness center membership offers access to fitness rooms and indoor walking tracks at Saint Paul recreation centers for only \$30 a year for residents and those who work in the city of Saint Paul.

Non-residents can join for \$60 a year.

Contact a participating recreation center for more information: www.stpaul.gov/departments/parks-recreation/recreation-centers/fitness-center-memberships.

Free yoga classes offered

City updates parental paid leave policy for 2019

The city has updated its paid parental leave policy for 2019, giving both parents four weeks of continuous leave following the birth or adoption of a child. This is in addition to, and not a replacement for, any other leave for which an employee is eligible. If both parents work for the city, both parents are eligible to take the paid leave.

This policy gives parents additional flexibility and time to bond with their new child, adjust to their new family situation, and balance their work obligations.

Paid parental leave is available to certified, provisional and appointed employees who are FMLA eligible. An employee is FMLA eligible if s/he has

been employed with the city of Saint Paul for at least twelve months and has worked a minimum of 1,250 hours during the 12-month period prior to the leave.

The leave must be used within twelve weeks following the birth or adoption of a child.

Paid parental leave will not reduce eligibility for other types of paid and unpaid leaves such as sick leave, vacation, personal leave, holiday, and short-term disability.

Eligible employees should review their collective bargaining agreement (if applicable) and contact Racquel Vaske in human resources with any questions on the updated policy.