

## City offers trove of wellness ideas and resources for employees

The city offers a variety of wellness resources as we all deal with the new reality of living within the confines of a pandemic.

For a host of information and assistance covering emotional health, flex and health savings account money, dealing with market volatility, setting up your home office for ergonomic health, and more, go to <https://tinyurl.com/HR-help>.

### Behavioral Health Resources

Taking care of your emotional health will help you think clearly and react to the need to protect yourself and your family. If you, or a covered dependent, are struggling with a behavioral health concern, reach out to the resources below available through your Medica plan:

### Employee Assistance Program (EAP)

If you need help with life's new challenges, EAP master's-level specialists are available 24/7 to speak with you privately. You have access to five counseling sessions per issue per year covered at 100 percent.

To talk with an EAP specialist, call 800-626-7944.

### Medica Behavioral Health

Medica Behavioral Health staff can help you get the right care when you need it, 24 hours a day, and your call is confidential. The large network includes providers at all levels of counseling and treatment.

Call Medica Behavioral Health at 800-848-8327.

### Amwell, 24/7 Online Clinic

Get care online from home, work or anywhere. Connect with a provider from your computer or mobile device for most behavioral health concerns.

During a video consult with Amwell, a therapist or psychiatrist will ask you a series of questions to determine the best treatment plan.

To get started, create an account with Amwell by calling 844-733-3627 or visit [amwell.com](https://amwell.com).

### Medica's Live and Work Well Website

The Live and Work Well site is available 24/7 for confidential access to professional care, self-help programs, and a variety of helpful information. Go to [LiveAndWorkWell.com](https://LiveAndWorkWell.com). To view the educational content and provider search, enter access code MEDICA.

## Other Healthy Ways to Cope

### Get your Body Moving

Walk, run, ride a bike, dance, get outside and do something to move your body. It will help.

### Meditate

It's a good way to bring yourself into the present, breathe and be aware of what your body is doing. Meditation is simpler to do than you might think. Try the breathing exercise at [www.mymeq.com/access/StPaul](https://www.mymeq.com/access/StPaul).

### Listen to Music

Music can have a profound effect on both the emotions and the body. Faster music can make you feel more alert. Upbeat music can make you feel more optimistic. A slower tempo can quiet your mind and relax your muscles. Read more and try some music therapy at <https://tinyurl.com/mtmruyc>.

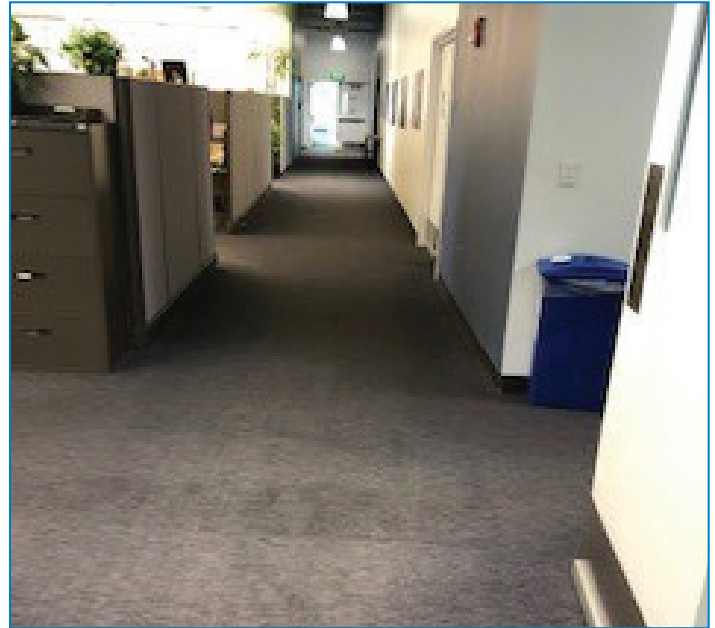
### Get the Gratitude Attitude

Being grateful can be really hard when you have financial stress or when you have anxiety about the future. Even so, if you can, find one thing to be grateful for each day and say it out loud or write it down. It'll feel unnatural at first, but then it starts to become a little more comfortable.

# Deep cleaning prepares for possible positive Covid 19 report



*The water utility hired a private firm to come and give some common areas of the water utility a deep cleaning. The cafeteria break room pictured above and the hallway in the customer service area were given a*



*thorough scrubbing and sanitizing on April 17. Intensive cleaning such as this may become the new normal for the foreseeable future to make our work places as safe as they can be.*

In preparation for what might be the new normal for the foreseeable future, the utility brought in vendors that specialize in cleaning and disinfection to clean some areas of the administration building and dewatering buildings. The vendors also cleaned four vehicles used by employees that may have been exposed to the coronavirus.

The goal was to get an idea of timing and cost for these services. It appears that the vendor did nice work and that their staff will be available if the utility needs to clean any areas due to specific events or a general deep cleaning before employees and the general public are brought back into the facilities.

Staff will begin to look at the administration lobby, engineering service desk, and other areas where there will be public interaction when allowing public interaction resumes.

Staff will evaluate processes, facilities, and business conduct to determine what changes need to be made to ensure employees and the public remain safe during these encounters.

Staff will also be looking at work spaces to determine if alterations are necessary to keep social distancing intact.

This will include areas in every part of the utility.

## Water utility welcomes new employees, photos now here

The water utility hired Jeffrey Spatafore as a vehicle technician (heavy truck & equipment).

He started on April 13 and reports to Todd Hansford in the maintenance garage.

Photos for the following staff who started on March 30 are now available for you to get acquainted.

Michael Schiller-Feidt, a vehicle technician (heavy truck & equipment).



Jeffrey Spatafore



Michael Schiller-Feidt



DJ Spears



Matthew Stephenson

DJ Spears and Matthew Stephenson are water utility workers.

Please welcome all of our new staff when you see them.