



City of Green Bay Employee Newsletter

Thank you for all that you do to make the City of Green Bay a wonderful place to work and a great place to live!

DECEMBER 2013

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MAYOR'S COLUMN

This is the time of the year when we enjoy the season of giving. Most of us have much to celebrate. In our caring community many food banks, charities, and civic organizations collect food and toys so those who are having difficulties will be able to celebrate the holidays.

Last week in conjunction with National Hunger and Homeless Awareness Week, I announced the "Stock the Sleigh" initiative.

All are encouraged to bring a non-perishable food item to the sleigh in front of City Hall at the corner of Walnut and Jefferson Street. There is also a box located on the first floor of City Hall at the Welcome Center.

Items will be accepted through Friday, December 6th, 2013.

Please take a moment to think of those who have less than you. Sharing and giving back always makes this festive season a little more meaningful.

As 2013 comes to a close, I wish each of you a Happy Holiday season. Thank you for all your time and dedication to the citizens of Green Bay.

Sincerely,

Mayor Schmitt



HEALTH COACH

Greetings from the Wellness Nurse!

Thanksgiving kicks off the official start of the Holidays...opportunities abound to partake of the exciting festivities and connections with friends and family.

But did you know? December is also the season for increased symptoms of depression and emotional struggles for many. Though only 1 in 10 adults in the U.S. report depression, it is estimated that two-thirds of people suffering from depression fail to seek care.

The earlier depression is detected and treated, the less likely it is to develop into a more serious problem that can impact one's job, career, relationships, and health. Symptoms may include sadness, difficulty concentrating, hopelessness, fatigue, changes in appetite, insomnia, irritability, and in some instances, thoughts of suicide. It is important to seek help when these feelings persist and begin to interfere with everyday life.

Follow these tips to stay at your peak.

Reduce stress – Make lists of the important things you need to do and then focus on them one at a time. That will keep you from feeling overwhelmed.

Socialize! Get out of the house and interact with people. Or make a call to someone who enjoys phone chatting. That will reduce stress, expand your interests, relieve boredom, and sharpen your mind— all of which can counter depression.

Exercise boosts the mood – Do it regularly to keep your mood up. Cardio and light weightlifting will get you going in the morning, and improve your alertness and energy all day.

Sound sleep will help counter depressive feelings. - The best moods occur after getting a solid eight hours of sleep, and reports show that you feel better when you sleep well.

Depression screening is the first step towards getting well. If you are experiencing any of these symptoms, please contact your provider for a screening. Looking for support to take that first step? Please call 24/7 Nurse on Call at (800) 528-7883 to schedule a confidential time to talk with Nurse Jane.

The City of Green Bay holiday wellness challenge, Maintain, Don't Gain is in full swing!

Congratulations to all who are staying mindful of their goal to maintain or lose weight this holiday season. Watch for the January post-holiday weigh in schedule to chart your progress. All who don't gain weight during this 6 weeks program will receive a \$5 gas gift card, and one person will win the \$50 grand prize. Good luck to all!

Wishing you warmth and health this holiday season,

Your partner in health,
Jane Weber, RN, BSN
City of Green Bay Nurse Coach

DPW Employees Family Snow Plow Painting

On Saturday, October 26, 2013, DPW hosted our 1st annual family snow plow painting gathering at the west side municipal garage. Employees were able to bring their children and/or grandchildren to DPW and be treated with snacks, cookies, juice and balloons all prior to painting the plows. There were two plows prepped to be painted. One plow was dedicated to be painted with an American flag and the other as "rocks" in which the children could write their names. The painting lasted about 45 minutes and the children returned to the front office for more snacks, coloring books and colors. DPW will be proud to display these plows this winter as a symbol of the city, employees and their children/grandchildren all coming together.



live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at M3.

Children's Health: Toy Safety

When purchasing toys for children, it is important to consider several safety factors. Toys should be appealing and interesting to a child, age-appropriate, well-constructed, durable and suited for that particular child's physical, mental and social capabilities.

Safety Regulations

The U.S. Consumer Product Safety Commission (CPSC) sets mandatory toy safety regulations, as follows:

All Ages

- Electrical toys should have no shock or thermal hazards.
- Toys should not contain toxic materials in or on them.
- Toy paint should not contain traces of lead.
- Art materials used by children under 12 should be non-hazardous.
- Latex toys, games and balloons must contain warning labels regarding the choking and suffocation hazards.

Ages 3 to 6

- All toys and games with small parts must be labeled to warn of the choking hazards.
- All toys and games with balls less than 1.75 inches diameter must be labeled to warn of choking hazards.
- All toys and games with marbles must be labeled for choking hazards.

Under Age 8

- Electrically operated toys should not have heating elements.
- No toys should have sharp points or edges.

Tips for Parents

Parents can take a number of steps to help reduce their child's risk for toy-related injuries:

- Make sure to refer to age and safety labels.
- Keep deflated balloons and broken balloon pieces away from children.

- Keep objects that can easily fit into a child's mouth out of reach.
- Read all toy warnings and instructions.
- Keep a child's ability in mind, rather than age, when purchasing toys.
- Avoid purchasing toys with sharp or rigid points, spikes, rods and dangerous edges.
- Repair or replace any damaged or defective toys.
- Supervise children's craft projects, as scissors and glue are among the most dangerous products.



Did You Know...?

You can report a dangerous toy. If you think a toy or product is hazardous, contact the CPSC at 800-638-2772 or www.cpsc.gov.

Recreation Events

The weather is cooler but our programs are hot!

- ◆ Try a new fitness class! We offer land and aqua Zumba, Yoga and Body Pump.
- ◆ The WLS offers a variety of preschool classes including, music, art and education
- ◆ We offer a variety of basketball introductory classes for ages 4-9 at various sites. All information can be found on our website.
- ◆ Register for winter swim lessons at Edison Pool. Classes start in January.
- ◆ Check out our Open Gym sites at various schools.

Visit our [website](http://www.greenbay.wi.gov/parks) for complete programming information: www.greenbay.wi.gov/parks

COMMUNITY WALKS AND RUNS

Saturday, December 7

Race: Jingle Bell Walk/Run for Arthritis

Location: UW-Green Bay Kress Events Center

Time: 8 a.m.

Website: www.arthritis.org

Just walking for fun? Check out this website to calculate your walking /running route. www.mapmyrun.com



WELCOME NEW EMPLOYEES

Please take a moment to welcome our newest employees!

Adam Brezinski
Park Maintenance Worker



Jeff Burkhard
Laborer



Shawn Potts
Laborer



Scott Breitenbach
Laborer



Stacey Wade
Custodian



Sue Campshure
Clerk



Sarah Neville
HR Assistant



22ND ANNUAL GBPD GARAGE CHRISTMAS COOKOUT!



Wednesday, December 11

We'll be serving all sorts of delicious food: hamburgers, brats, chili, salads, and of course DESSERT!
But we need YOU to provide presence!!



Time:
11:00 am - 1:00 pm

Cost:
\$5 per person

Location:
Green Bay PD Garage

RSVP By:
Thurs., December 5th

Contact:
Sherry Bosar, 448-3234
SherryBo@greenbaywi.gov



HAPPY ANNIVERSARY!! NOVEMBER ANNIVERSARIES

Thank you for your dedicated service!

5 Years

Nicholas Peterson
Forestry

20 Years

Timothy Giesler
DPW Operations

Kevin Servais
Water

25 Years

Terry Eckstein
Fire Department



Tis the Season to 'Deck The Halls'

Every year, hospital emergency rooms treat about 14,000 people for injuries such as falls, cuts and shocks related to holiday decorating. Each year the Green Bay Metro Fire Department begins a Holiday Wreath Program from Thanksgiving to January 1st. For every residential fire, a green light in the wreath is replaced by a red one. These average between 10 -14 per year, with last years' ending at 14.

Holiday Safety Tips:

COOKING:

Unattended cooking accounts for many of the residential fires this time of year. Stay in the kitchen while you are cooking!

If you do have to walk away from the stove, turn the burners on low or off until you return.

Having a working smoke alarm, will insure you have time to react if a fire does start.

LIGHTS:

Before crawling up on the roof to string Christmas lights, take note of your surroundings. Keep ladders, equipment, and yourself at least 10 feet from all power lines and overhead electrical wires. Using a dry, wooden ladder when hanging lights will reduce the chance of an electric shock.

TREES:

When purchasing an artificial tree, look for the label "Fire Resistant" Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly. You will know a pre-cut tree is fresh on the lot if: Only a few needles come off when pulled 6" from the end of a branch ; the trunk butt is sticky with resin; when bent between your fingers, the needles do not break.

Cut 2" off of the base of the tree. Keep water in the tree stand at all times.

Never place the tree near radiators, fireplaces or other heat sources.

Keep trimmings with small removable parts or those that resemble candy or food, out of the reach of small children and pets. Pieces can be easily swallowed or choking can occur.

WOOD BURNING FIREPLACE:

There is nothing like the crackling of a blazing fire to complete the Holiday Atmosphere.

Have your fireplace chimney inspected on a yearly basis. Soot buildup can easily cause a chimney fire. Before lighting the fire, remove all greens, boughs, papers, and other decorations from the fireplace area.

Check to see that the flue is open

Carbon Monoxide is a silent killer. Make sure you have a Smoke detector and CO detector on every level of your home and that they are in working condition.

HAVE A SAFE HOLIDAY AND ENJOY THE BEAUTY OF THE SEASON

Sources: EHS Today; CPSC; GB Metro Fire

