Hub City Happenings

Important Benefits and Wellness Reminders

When you need care, you should call your primary care physician first. But when seeing your regular doctor is not possible, it is important to be aware of your quick care options to find the place that is right for you and avoids financial surprises. If you participate in the United Healthcare medical plan, there are several options available to you at varying out-of-pocket costs.

One useful resource available at no additional cost is the 24/7 Nurse Line. The Nurse Line can be reached from the number on your health plan ID card and can help with choosing where to get medical care, finding a doctor or hospital, answering questions about medication, and offering advice on general health and wellness. Learn more about your care options and average costs at uhc.com/checkchoosego.

It’s that time of year again! Health@Work will be onsite offering flu shots to City employees. On Wednesday, October 18th, shots will be available at the following times and locations:

- 7:00 a.m.—8:00 a.m. at HPD
- 9:00 a.m.—10:00 a.m. at City Hall (Burhans Room)
- 3:00 p.m.—4:00 p.m. at HPD

Employees who are unable to attend the above times can receive a flu shot at Health@Work beginning October 18th.
Welcome New Hires!

William Barr—Light
Davy Urbina—Police
Justin Younker—Wastewater
Tyler French—Finance
Kaitlin Bell—DCED
Joseph Todaro—Police
Tyler Branche—Police
Mark Chaney—Police
Gladys Pleasant—Police
Bradley Miller—Wastewater

*New hires since July 1

Test your knowledge

You receive a call from a City resident who wants to know what home rehabilitation financial assistance is available. Where should you transfer the call?

A. Administration
B. Public Works
C. Planning & Code
D. Community & Econ. Development

Answer on Page 3

National Road Park Grand Opening

On September 12, 2017, the newest park in the City officially opened to the community. Located at 806 West Washington Street, the park is the first in the city with a ropes-based playground. The innovative play area promotes climbing, swinging, and fosters a sense of agility and achievement.

The park was converted from a vacant lot, and the playground itself was designed with input from neighborhood residents to honor the history of National Road. Come pay a visit and relax on a shady bench in the new welcome plaza while the kids enjoy the slide and climbing structures!

Certified Pool Operators

The City has four new Certified Pool Operators—Congratulations to Rodney Tissue, Mark Hadlock, Amy Riley, and Orion Kimberlin! All four took the two-day course at Hagerstown Community College and successfully passed the exam required of the State of Maryland Health Department to receive their certifications. The certification allows our staff to effectively supervise operations at Potterfield Pool and to stay current and compliant with Health Department regulations.

Congratulations on your achievement!
**CityFit! Wellness Program**

Valerie Means, City Administrator believes “overall employee wellness must be a top organizational goal...the employees are the number one City asset that will allow us to move forward”. The health and wellness of our workforce is important to us, so we offer programs throughout the year for employees to stay fit in every way. Aside from the quarterly challenges, employees can also receive up to $100 reimbursement for participating in approved recreation programs or activities, such as yoga classes, personal training or Weight Watchers. For ideas, log onto:

- City of Hagerstown Recreation: [http://www.hagerstownmd.org/145/Parks-Recreation](http://www.hagerstownmd.org/145/Parks-Recreation)
- Weight Watchers: [https://www.weightwatchers.com/us/](https://www.weightwatchers.com/us/)

Contact Susan Delauter at ext. 107 to request your reimbursement or for questions related to the Wellness Programs.

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### Employee Tour at R.C. Willson

For our third employee tour of the year, Human Resources is partnering with Utilities to offer a tour of the R.C. Willson water production plant. The tour will take place on Wednesday, October 25th, with two times available—9:00 a.m. and 1:00 p.m. The tour will take approximately one hour and will give a behind the scenes look at how water is brought in from the Potomac River and treated to go out to the customers in the City and surrounding communities.

Space on each timeslot is limited to 10 employees on a first come, first served basis. To reserve your space on the Willson tour, please contact Human Resources.

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### Stay Connected through HRconnection.com

The Human Resources department offers employees and their family members a one stop shop with 24 hour access to policies, benefits, forms, wellness programs, holiday schedules and a variety of resources through HRconnection. By logging onto this website, employees can find detailed information and forms related to their employment with the City of Hagerstown. To sign in, use the following:

- Website: www.hrconnection.com
- Username: cityofhagerstown (all lower case)
- Password: Benefits1 (capital B)

If you can’t find what you are looking for on HRconnection, contact a member of HR for assistance.
The Hub City 100 Miler is back for 2018! Registration for the event opens on 11/24/2017, and the event runs from January 13th—April 21st. Participants pledge to complete the equivalent of 100 miles in 100 days, and work toward a healthier lifestyle in the process.

This year, there will be weekly e-casts to offer motivational tips, recipes, and ways to help you reach your goal of 1 mile or 20 minutes of activity each day. Participants can track miles on paper, online, or through the Challenge Runner app.

Weekly prizes of fitness passes, accessories, gift cards, etc. will be awarded for the duration of the challenge. Grand prize winners will be selected at the end and prizes will include bikes, kayaks, and more!

Participants can register as individuals for just $10! Registration with a t-shirt is just $20, or with a long sleeved t-shirt is $25. Participants can also register with a dog for $25 to receive a t-shirt and dog bandana.

For more details, visit www.hagerstownmd.org/hubcity100

Fall Wellness Programs

The City of Hagerstown Employee Wellness Program has been updated for Fall 2017. The updated posters will be placed in various locations throughout the city.

New this quarter, we are committing to making a difference in our community. Each quarter, we will select a community agency and solicit donations for that organization on behalf of City employees. This quarter, our selected organization is the Humane Society of Washington County. Their wish list is available at http://hswcmd.org/donate/wish-list and each department will have a collection area for donated items. Let’s make a difference together!

Still going strong are the “Life on the Move” and Real Appeal wellness programs—contact Susan Delauter at ext. 107 for more information.

In the area of financial wellness, we have invited Catherine Pfeilsticker—our deferred compensation 457 plan representative—to demonstrate the new Empower website and talk about the new features available to employees to help plan for retirement. Catherine is scheduled to be here on Thursday, October 26th in the Burhans Room at City Hall. Sessions will be held at 8:00 a.m. and 2:30 p.m.

Employee Assistance

The Employee Assistance Program (EAP) is available to all benefits-eligible employees, and it provides more than just confidential counselling. Some of the other services offered by the EAP include:

- Financial planning
- Legal resources
- Child care and elder care arrangements
- Pet care arrangements
- College planning
- And more...

Access the EAP 24/7 by phone or online:
- Call: 800.272.7255
- Online: guidanceresources.com
- City of Hagerstown ID: COM589

Did you know...?

The Fit Room at Fairgrounds Park offers more than just exercise classes. Some other interesting classes include:

- Avoid Heartburn Naturally—learn heartburn’s causes and how to heal your gut so you can enjoy food
- Healthy Eating Strategies for Busy Families—a 3-part series to learn how to shop for and prepare tasty and quick healthy meals
- Lose the Stress, Lose the Weight—learn to make stress work for you to control cravings and regain energy

Find out more at: http://www.hagerstownmd.org/905/Recreation-Programs
There is always something to do in Hagerstown! Stay connected through www.hagerstownmd.org under ‘Community Calendar’, or through facebook.com/CityofHagerstown.

Mark your calendars for these upcoming events:

- **October 14th**—1:00 p.m.—4:00 p.m.
  
  Harvest Hoedown at Fairgrounds Park (Free)

- **October 28th**—11:00 a.m.—1:00 p.m.
  
  Howl-o-ween Dog Costume Parade at Fairgrounds Park ($5 Pre-registration / $7 On-site)

- **November 18th**—Starting at 12:00 noon

  Turkey Cup Golf Tournament
  
  2-Person teams compete for great prizes! ($35/team)

- **December 1st**—6:00 p.m.—9:00 p.m.

  City Park Lighting (Free)

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**HIP Award**

Congratulations to Malcolm Gross!

Malcolm was nominated for a High Impact Performance Award for his outstanding contributions to the Parks & Recreation Department this year. Malcolm has been willing to come into work at the drop of a hat to lead tours at the Hager House, as well as providing floating coverage for the Potterfield Pool, Train Museum, Golf Course, and City events as needed.

To nominate an employee for a HIP Award, please contact Human Resources for details.

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**8th Annual Chili Cook-Off**

Do you think you have what it takes to make the best chili in the City? Do you just want to taste all the amazing recipes in the competition? Mark your calendars—the 8th annual Chili Cook-Off is coming!

**When:** Thursday, November 9, 2017

**Time:** 11:30 a.m.—1:30 p.m.

**Where:** City Hall—Second Floor

Last year, the Employee Favorite was Emily McFarland’s *There Will Bean-o Left* chili and Eric Deike took the Favorite Chili Name banner with his creative entry *Trump’s “Drain the Swamp” Chili*. Who will our winners be this year?

To compete, fill out an entry form and return it to Dani Frye in Administration. Each competitor will need to provide one full crock pot of chili and any desired toppings. Winners will receive prizes!

Don’t want to compete? No problem! Join us at City Hall and taste your way through the competition before casting your votes for best chili and favorite name. There will be cornbread, tortilla chips, desserts, and bottled water to go with all that chili. Tasting is by donation and all proceeds go to the City’s campaign to benefit United Way of Washington County.

Please contact Dani Frye at ext. 112 with any questions.

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**Upcoming Events**

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