



Team Chesapeake

Employee Newsletter

May 2017

A SPECIAL MESSAGE FROM THE CITY MANAGER

Let me ask you a question: When was the last time one of your peers thanked you for the work you do? As you consider that, let me also ask you this: when was the last time YOU thanked one of your co-workers for their efforts? There are no “right” or “wrong” answers here, but it is definitely something worth considering. Those two simple words, “thank you,” carry an immense amount of power. They provide acknowledgement for our efforts, validation that our work is appreciated, and assurance that we have not gone unnoticed.



Saying thank you is part of our commitment to customer service, and I trust that we are doing so at every opportunity when it comes to our dealings with the public. We need to thank our citizen-customers for their time, their support, and their inputs. Without them, we have no City; they deserve our thanks.

But it is equally important that we remember to thank each other, our teammates and colleagues. No single employee of the City can do their job alone. I would challenge you to think of one person among the 4,000 Chesapeake employees who works completely without help, input, or assistance from someone else. We need each other, giving 100% effort, so we can in turn give that same effort to our own roles. They say that the whole is often greater than the sum of its parts, and while that may be true, every part is vital to that whole.

As you go about your day, remember to acknowledge your peers – remember to thank them. It takes only a moment, but the impact can be profound and long lasting. A genuine “thank you” can brighten someone’s day and maybe energize them to greater success. There is a lot behind those simple words.

Let me start the ball rolling by, once again, offering you a sincere thank you for making Chesapeake a city we can all be proud to call home!

JAMES E. BAKER

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**Upcoming Holiday
Memorial Day
Monday, May 29**

CITY STAFF SPOTLIGHT

In each issue, Team Chesapeake highlights two of our fellow City employees. If you are interested in being "spotlighted" in our employee newsletter, email us at pubcomm@cityofchesapeake.net.

NAME: Kathleen Perry

DEPARTMENT: Animal Services

JOB TITLE: Animal Control Officer



How long have you worked for the City? 10 years

What is one interesting thing about your job? Coming in to work every day not knowing what the day will be like. Whether I will answer a call for a stray kitten, injured wildlife or loose livestock etc.

Name one thing that has been a highlight or something positive that has happened during your career with the City so far. I work with a wonderful team of people, with one goal to protect animals and find loving adopters for the animals at the shelter. I have seen this department grow over the last ten years from being in a small dark outdated facility, to a big and bright future of being successful!

What is one unique fun fact about YOU in general that others may not know? When I'm off work, my stress relief is being with more animals. I trail ride and camp with my horses.

NAME: Gene Edwards

DEPARTMENT: Libraries

JOB TITLE: Circulation Supervisor Major Hillard Library



How long have you worked for the City? 40 1/2 years

What is one interesting thing about your job? The people you get to meet and help every day. I am often the first point of contact when someone enters our building and you never know what you will be asked. I could write a book....hmmm...maybe when I retire.

Name one thing that has been a highlight or positive event in your career with the City so far. I have been so fortunate throughout my career to have worked with some amazing people, from cleaning staff all the way up to administration. These people have helped make me the person I am today and for that I will always be grateful.

What is one unique fun fact about YOU in general that others may not know? I am a huge movie buff and own over 1000 DVDs in my home library, from classic television shows to blockbuster movies.

NEWS OF NOTE

NEW COMMISSIONER OF THE REVENUE SWORN-IN

Frank King assumed his new duties on April 1 as the City's 4th Commissioner of the Revenue.

King assumed the office from the Honorable Ray A. Conner, who retired after 34 years of service. King joined the City in 1988 as a business tax auditor. He was appointed Chief Deputy Commissioner of the Revenue in 1997, a position he held until being sworn-in. His term as Commissioner of the Revenue runs until December 31, 2017.



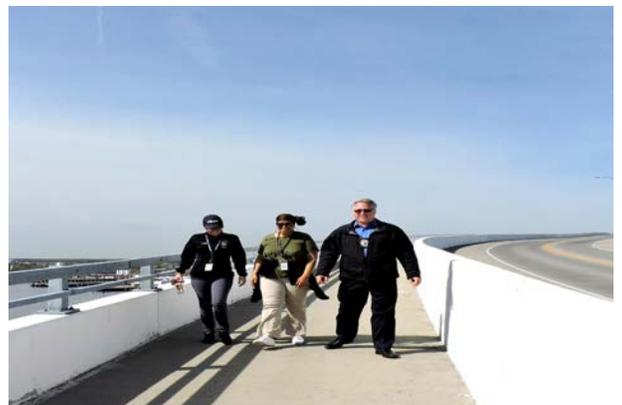
Chesapeake Circuit Court Chief Judge Randall Smith (right) conducted the swearing-in ceremony for Frank King, with retiring Commissioner Ray Conner assisting.

CHESAPEAKE HEALTH DEPARTMENT NEWS

The Chesapeake Health Department has introduced a No Hit Zone concept to the City as the first widespread effort of its kind to foster a consistent, caring and safe environment wherein no man, woman or child would strike another. Champions For Children: Prevent Child Abuse Hampton Roads is bringing the No Hit effort into Hampton Roads as its major 2017 – 2018 project. As part of Public Health Week, and in support of National Child Abuse Prevention Month, Mayor Kransnoff issued a proclamation at the Pinwheel Garden ceremony April 3, along with Dr. Nancy Welch, Director, Chesapeake Health Department, and Dr. Lucien Lombardo, Professor Emeritus of Criminal Justice at Old Dominion University.



As part of Virginia Public Health Week, Chesapeake Health Department hosted its first National Start Walking Day on April 5 in Elizabeth River Park, by crossing the South Norfolk Jordan Bridge. Chesapeake Animal Services was on hand with dogs for adoption. The event was attended by several City employees from the Wellness Committee. They plan on making this an annual event!



SAFETY CORNER

MAY IS ELECTRICAL SAFETY MONTH

Since 2007, more than 30,000 workers have been injured in workplace electrical accidents nationwide; 503 fatalities. While electrical accidents aren't the leading cause of job-related injuries/accidents, they are highly disproportionate in lethality and cost.

Did you know... If the grounding pin is missing from an electrical plug/extension cord, that plug/cord shall be taken out of service until repaired? Missing ground pins/prongs are a tragedy waiting to happen.

Ground pins provide dangerous electricity a path to ground to prevent injury/death. If that pin is missing, the path through the cord is lost and any person who makes contact with the shorted piece of equipment (vacuum cleaner, drill, fan, etc...) will receive a dangerous, possibly fatal electrical shock. Regularly inspect all electrical equipment cords and extension cords for damage.



115 Volts Can Kill

Stories below provided by OSHA describe actual cases in which workers were injured or killed

- At approximately 4:20 p.m. on September 26, 2016, Employee #1 (25 year old male) was working on a fluorescent light fixture. The power source was not locked out, and Employee #1 was electrocuted and killed when he touched a live wire.

- At 8:14 a.m. on August 18, 2016, an 18 year old employee was erecting an aluminum ladder to paint a metal roof when it contacted an overhead power line. The employee was electrocuted and died.

- At 3:50 p.m. on April 7, 2016, a 35 year old employee was installing an air duct. While manipulating the duct, one of its sharp flanges sliced through an electrical cable carrying 120 volts of electricity. When the lighting cable was contacted, the employee was electrocuted.

- At 6:30 p.m. on August 7, 2015, a 33 year old employee was repairing a small break in a sprinkler line. When the employee found a PVC pipe that he thought was the damaged pipe, he cut through it with a hand held cutter. The pipe that the employee cut turned out to be an electrical conduit containing what was believed to be a 110-volt wire supplying power to an outside light. The Employee was electrocuted.

For additional information/materials, please contact Mark Butler, Safety Officer, at 382-6445.

Employee Alert Hotline

(757) 382-6550

When inclement weather or other conditions cause changes to City operating schedules, the Hotline has the news you need.

PUBLIC SAFETY HOST “SUPER HEROES DAY” FOR SICK CHILD

On Saturday, March 25, the Police and Fire Departments teamed up to host a Super Heroes Day for Addy Killingbeck and her family, to support them in Addy’s battle against cancer.

Held at Fire Station #8 in Deep Creek, Public Safety pulled out all the stops and gave the Killingbeck family demonstrations of SWAT operations, Police K-9 unit, Police boat, firefighting operations, and many other hands-on activities.

Special guests included some REAL super heroes, too- Spider Man, Wonder Woman, Snow Queen Elsa, Princess Anna and Star-Lord! The event ended with a firehouse cake and ice cream party for everyone involved. Spirits were lifted - mission accomplished!



HUMAN SERVICES CELEBRATES ST. PATRICK'S DAY

Unit 110 of the Department of Human Services recently donned green hats and clovers in celebration of St. Patrick's Day. Looking good ladies!

AWARDS & RECOGNITIONS

CHESAPEAKE FLEET MAINTENANCE RECEIVES AWARDS

Chesapeake Fleet Maintenance (CFM) was named one of the 50 Leading Fleets for 2017 by Government Fleet magazine and the American Public Works Association. The awards program, sponsored by Ford Motor Company, recognizes operations that are performing at a high level, particularly in fleet leadership, competitiveness and efficiency, planning for the future, and overcoming challenges. Government Fleet will announce rankings for the top 20 fleets in June. CFM was named one of the 50 Leading Fleets for 2016.

On April 6, Chesapeake Fleet Maintenance was awarded the Governor's Public Green Fleet Award by the Governor's Office, Virginia Department of Mines Minerals and Energy, and the Virginia Clean Cities Coalition. The award recognizes governments and fleets that excelled in the adoption of alternative fuels, reducing greenhouse gas emission, and reducing petroleum use.

NAFA Fleet Management Association and The 100 Best Fleets in the Americas, presented Central Fleet Management the #1 Fleet in the Top 100 Fleets award. Michael McColgan, Fleet Service Coordinator accepted the award at the the NAFA's 2017 Institute & Expo, on April 26 in Tampa, Florida.



George S. Hrichak, Fleet Manager of Central Fleet Management accepts the Governor's Green Fleet Award from Christopher Mueller and Michael Phillips with Virginia Clean Cities.

RECENT PUBLIC SERVICE AWARDS RECIPIENTS

- Kevin W. Prine (Real Estate)
- Laurie D. Carter (Real Estate)
- Mary L. Moneypenny (IT)
- David E. Jurgens (Public Utilities)
- Theodore F. Garty (Public Utilities)
- Twanasha M. Murray (Public Utilities)
- Joshua D. Millner (Public Utilities)
- Miller Jones (Public Utilities)
- Donta E. Jones (Public Utilities)
- Garry C. Adams (Public Utilities)
- Vance O. Caudle (Public Utilities)
- William A. Phillips (Public Utilities)
- John Perkins (Public Utilities)
- Kathleen J. Washington (Human Services)
- Elise H. Pugh (Human Services)
- Aaron L. Griggs (Human Services)
- Estrella S. Lucas (Human Services)
- Clyde O. Hunter, Jr. (Library)
- Debra R. Couch (Library)
- Steven E. Lawson (Public Works)
- Charles E. Whitehurst (Public Works)
- Fred T. Credle (Dev and Permits)
- Jay D. Keplinger (Dev and Permits)
- Nickloas W. Jordan (Dev and Permits)
- Mark D. Curry (Dev and Permits)
- Mandy A. George (Fire)
- John M. Eader (Central Fleet)
- David M. McColgan (Central Fleet)
- Christopher Pascal (Sheriff)

CHESAPEAKE HONORS VOLUNTEERS

On April 25, City leaders celebrated the service of City volunteers at the Annual Volunteer Reception at City Hall. During the reception, the Mayor and other Members of City Council, as well as the City Manager, recognized all volunteers who, in calendar year 2016, have given their time, talent, and resources to help strengthen the City of Chesapeake and the community.

Cake and punch was offered to all in attendance and following the reception, volunteers were also recognized in the City Council meeting.

In 2016, Chesapeake volunteers contributed 213,122 hours of service to City departments at a value of more than \$4.9 million.



City Manager James Baker recognizes the service of City volunteers at the Annual Volunteer Reception.

2016 VOLUNTEERS OF THE QUARTER

Dana Rogers

Volunteer of the First Quarter

Dana Rogers, a volunteer with the Division of Community Programs for the last five years, works diligently to support Chesapeake children and families, advocating for abused and neglected children.

Russell Bigney

Volunteer of the Second Quarter

Russell Bigney, a volunteer with CERT since 2014, works at the Fire Department's Community Central Supply. Russell has donated more than 300 hours in the warehouse.

Jerry Dozier, Durant Kreider, Ed Bass and Melvin Parker

Volunteers of the Third Quarter

This group of volunteers worked at the Human Services, Division of Community Programs, conducting an engine repair/carpentry job skill camp for the youth of Chesapeake. The camp included 13 youth from the City, most on juvenile probation and from single parent homes.

Keith Goff

Volunteer of Forth Quarter

Keith Goff, a volunteer with Animal Services since 2014, performs work that is not glamorous or particularly fun. Keith cleans the cages of dogs that are stray, scared, and displaced from their families.

EMPLOYEE BENEFIT UPDATES

My Healthy Weigh offered by Chesapeake Regional Healthcare Lifestyle Center



After receiving requests from employees for a body weight management program, the City has awarded a contract to Chesapeake Regional Medical Center to offer My Healthy Weigh. My Healthy Weigh is an eight-week nutrition, fitness, and behavior modification program designed to help employees make healthier lifestyle choices. The program includes group classes, exercise sessions, a two-month membership to Chesapeake Regional’s Lifestyle Center, weigh-ins, waist measurements, and a food log reviewed and evaluated by a registered dietitian.

For employees interested in participating in the My Healthy Weigh program, please [click here](#) to complete a short survey. More information will be released throughout the month of May regarding pricing and sessions offered (times and location) based on survey responses. As sessions are announced, more information will be provided regarding payment plans and incentives toward signing up. For more information contact Lauren Brown, Wellness Coordinator, at lrbrown@cityofchesapeake.net.

RESOURCES TO USE WHEN NON-WORK RELATED ILLNESSES OR INJURIES OCCUR AFTER OFFICE HOURS

When non-work related illnesses or injuries occur after hours or when the physician’s office is closed, Optima Health plan members have access to an After Hours Nurse Advice Line and MDLIVE. Not sure which resource to use? Read the chart below for more information.

	After Hours Nurse Line	MDLIVE
Available Services	Telephonic consultation with a professional nurse who can assess your medical situation, advise you as to where to seek care, and may suggest self-care options until you can see your physician. In any life-threatening emergency situation, dial 911.	Virtual appointment with a Medical Doctor. The doctor may prescribe medication(s) if needed to treat condition. Examples of appropriate concerns for a visit include fever, headaches, cold, flu, etc. In any life-threatening emergency situation, dial 911.
Resources Needed to Access Service	Telephone	Computer or Telephone
Cost	FREE	\$10/copay for those enrolled on the HMO, POS or PPO plan or \$39 for those enrolled on the HDHP. MDLive must be accessed through Optima website.
Availability	After 5:00 p.m., weekends, holidays	24 hours a day/7 days a week

GET MOBILE WITH THE DELTA DENTAL MOBILE APP

Getting Started

Delta Dental's mobile app is optimized for iOS (Apple) and Android devices. To download the app on your device, visit the App Store (Apple) or Google Play (Android) and search for Delta Dental. You will need an internet connection in order to download and use most features of the free app.

Using the App without Logging In

Without logging in, anyone can use Delta Dental Mobile to access the Dentist Search, Toothbrush Timer, LifeSmile Score risk assessment, and Cost Estimator.

Logging In to View Benefits

Delta Dental subscribers can log in using the username and password they use to log in to the website. If you have not registered for an account yet, you can do that within the app. If you have forgotten your username or password, you can also retrieve these via Delta Dental Mobile.



SCAN TO DOWNLOAD
DELTA DENTAL MOBILE

WELLNESS TRIVIA

Thanks to those who participated in the last Wellness Trivia. Our winner was Alicia Garrido with Human Services. She won a wellness pack that included a water bottle, stress dumbbell and lunch box. The correct answer was 20: Digestion involves a complex series of hormonal signals between the gut and the nervous system and it seems to take about **20** minutes for the brain to register that you are actually full. This means that if you are eating too quickly, it may not allow your body enough time to register that you are full.

Here is this edition's Trivia Question...Good Luck!

May is Mental Health Awareness Month. Sleep is essential to the maintenance of mental health. Getting enough quality sleep at the right times can protect your mental health, physical health, quality of life and safety. While recommendations of sleep vary from person to person, on average adults should get 7-8 hours a day of sleep. True or False: After several nights of losing sleep—even a loss of just 1–2 hours per night—your ability to function suffers as if you have not slept at all for a day or two.

Email your answer to Lauren Brown, Wellness Coordinator at lbrown@cityofchesapeake.net. Those with the correct answer will go into a drawing for a wellness pack. Winners will be contacted and answers will be announced in the next Team Chesapeake.

WALKING WEDNESDAY

Build more steps into your day by joining us for Walking Wednesdays at City Hall! Employees meet in the main lobby of City Hall at noon and leave at 12:05 p.m. for the walk. The walk route changes each week and all levels are welcome. The walk is typically 30 minutes; however, you are able to join for as long or as little as you would like.

In the event of inclement weather, an alternate activity is offered. Interested in walking groups, but not located at City Hall? Email Lauren Brown at lrbrown@cityofchesapeake.net to get more ideas on walking groups.



Above: Employees from Economic Development enjoying a Walking Wednesday during their break.

Left: Employees at City Hall taking a walking break during Walking Wednesday.



CARE AND WELLNESS EXPO

Friday, June 2, 2017
11:00 a.m. - 1:00 p.m.
City Hall Courtyard

Games • Food Trucks • Pie Throwing • Farmers Market • Win Prizes
Hawaiian Shirt Contest • Wellness Challenge Kick-Off
Dunk Tank (dunk the City Manager) • Department Displays

ALL EMPLOYEES INVITED TO ATTEND

Free Shuttle Service from off-site locations. Sign up via mccolgan@cityofchesapeake.net