



HR ROUND-UP

EMPLOYEE NEWS & INFORMATION

JULY 2016

JULY YEARS OF SERVICE

- AKARD, CRAIG R - 32
- HANDY, STEPHEN R - 32
- ROLOFF, JOHN P - 32
- SPENCER, MIKE D - 31
- ATKINSON, EDDIE A - 28
- CUTTY, JOHN P - 23
- THOMPSON, SHARON K - 21
- YOUNG, VERNON L - 20
- BREEDLOVE, JAMES E - 19
- FLOYD, MARK A - 17
- SELLERS, TERRY - 17
- HINTON, GLENN C - 16
- MORGAN, RENATE R - 16
- THORNTON, LEANN R - 16
- WEATHERLY, ERIC S - 16
- CARNEY JR, TROY L - 15
- DAVIS, BRAD - 15
- LAFRANCE, RUSSELL - 15
- PORTER, MICHAEL D - 13
- SHOTTS, BRIAN C - 13
- STUDEBAKER, RYAN D - 13
- CHEATWOOD, SHARON D - 12
- DIAZ, FERNANDO - 12
- BARREAL, LYNDA - 10
- DOOLEY, MICHAEL H - 10
- FRENCH, SHELLY - 10
- HARDIN, LANDON K - 10
- NEAL, LYNA D - 10
- ROGERS, MATTHEW W - 10
- WANT, BRANDON H - 10
- ADAMSON, CHRISTOPHER S - 9
- CRIGER, CHARLES - 9
- HALL, DARRIN - 9
- MCCUE, LINDA G - 9
- CAMP JR, ROBERT J - 8
- FISHER, KELEA L - 8
- LUCAS, PAULETTE M - 8
- SNODGRASS, JULIE L - 8
- WRIGHT, KATHRYN E - 8
- EMERSON, TERRY L - 7
- FIXICO, QUINTON D - 7
- TASSO, SAADIA J - 7
- WINHAM, MICHELE R - 6
- LOWE, CHRISTOPHER - 5
- SULLIVAN, THERESE - 5
- HOLMES, DONALD M - 4
- KNIGHTON, ELIZABETH M - 4
- TAHMAHKERA, JONEIL L - 4
- CAPPS, GIRARD C - 3
- DAWSON, JOSHUA - 3
- GRUBBS, SHEREYL K - 3
- NEY, COLLIN S - 3
- REDDING, ALICIA - 3
- SCHULTE, BRITTANY M - 3
- BROOKS, GARY A - 2
- CRAWFORD, ANTHONY W - 2
- LYDON, ALYSSA M - 2
- ALBERT, CECILE V - 1
- BLESSING, CHRISTOPHER W - 1
- BURTON, DARREL D - 1
- BYRNE, CORY D - 1
- CATER, MARILYN - 1
- FOREMAN, ANDREW W - 1
- HEMPEL, ROBERT E - 1
- KOUSMAN II, DONALD H - 1
- MAXSON, WILLIAM E - 1
- SOLENBERG, AUSTIN J - 1
- WELLS, JUSTIN W - 1

2016/2017 CITY OF LAWTON WELLNESS PROGRAM

Human Resources is excited to announce a new Wellness Initiative for Fiscal Year 2016-2017 as part of our City in Motion program!

Below is a summary of wellness events being held during FY 16-17.

Each event will count for a certain number of points; those employees who accrue at least 400 points during FY 16-17 will earn a day off during FY 17-18.

Participation is completely voluntary and not required.



2016 / 2017 City of Lawton Wellness Points



Target Date	Wellness Activities	Participation / Verification	Points
2016			
Jul 5 th	2016/2017 City in Motion Wellness Program Kickoff	Attendance	10
Jul 8 th	Using BCBS Online Tools Seminar (BAM System)	Attendance	25
Jul 18 th – Aug 11 th	Walking for Wellness Challenge	Walk 8 of 16 with Group / 200 Min per wk	25
Aug 26 th	City of Lawton Blood Drive	Donor Participation	15
Sept 9 th	Preventive Screening Seminar (BCBS)	Attendance	25
Sept	Fitness After Hours	Attend 2 (of 4) Hours Per Month	25
Sept - Oct	Flu Shots	Proof of Participation	20
Oct 2 nd	11 th Annual Spirit of Survival Race	Proof of Participation / Volunteer	60 / 35
Oct 13 th	Health & Wellness Fair (Flu Shots, Dental & Eye Screenings)	Attendance	60
Oct 17 th - 20 th	Biometric Screenings - Catapult	Catapult Participant Report	60
Nov 11 th	City of Lawton Blood Drive	Donor Participation	15
Nov 22 nd – Dec 13 th	Stop Stress This Minute Lunch & Learn Sessions	Attend 3 (of 4) Sessions	25
Dec 7 th	Prevent Driving Under the Influence	Signed Pledge	15
2017			
Jan 13 th	Dietician - Healthy Cooking Demo (Breakfast)	Attendance	20
Jan 27 th	Diabetes and Blood Pressure Awareness Seminar (BCBS)	Attendance	25
Feb 10 th	Dietician - Healthy Cooking Demo (Lunch)	Attendance	20
Feb 10 th	Go Red for Women - Wear Red Day / American Heart Assoc.	Word Search	15
Feb 23 rd	City of Lawton Blood Drive	Donor Participation	15
Mar 21 st	Dietician – Healthy Cooking Demo (Dinner)	Attendance	20
Mar 22 nd – Apr 19 th	Eat Right for Life Challenge Lunch & Learn Sessions	Attend 4 (of 5) Sessions	25
Apr 28 th	Tobacco Cessation Seminar (BCBS)	Attendance	25
May 12 th	Managing & Building Credit Lunch & Learn	Attendance	25
May 15 th	City of Lawton Blood Drive	Donor Participation	15
May 23 rd	Get a Good Night's Sleep Book & Digital Detox Lunch & Learn	Attendance	20
Jun 9 th	Retirement Planning Lunch & Learn	Attendance	25
2016-2017	Wildcard Alternative (5k, Bike Race, etc / City Approval Required)	Proof of Participation	20

Day Off Incentive – Earn 400 of 650 Possible Points

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- Calendar 6
- Training 7

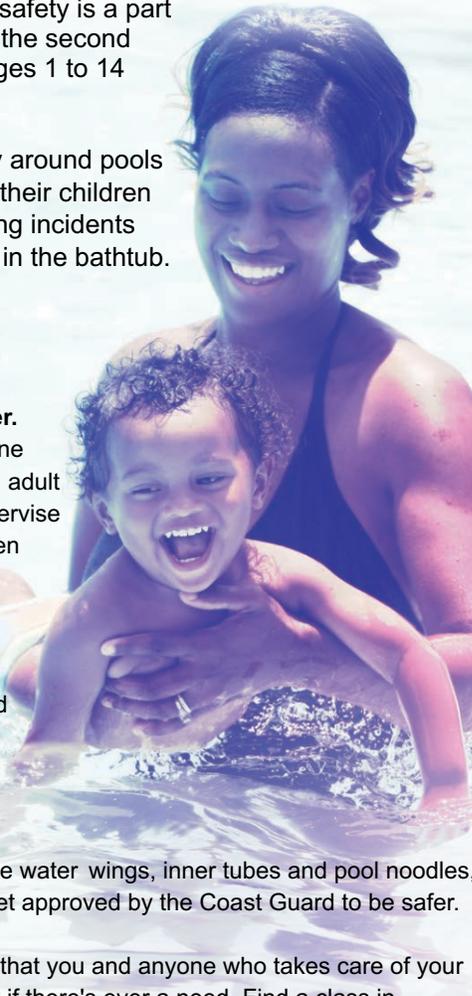
Protect Children Around Water – All the Time

Whether you live in a climate that's warm year-round or you enjoy outdoor activities during the summer, swimming and water are likely to be a big part of family fun. But the importance of safety around water cannot be overstated. Water safety is a part of daily life no matter where you live. Drowning is the second leading cause of unintentional death in children ages 1 to 14 (Injury Facts ©, 2016).

While many are aware of the importance of safety around pools and at the beach, parents also need to supervise their children near bathtubs. Nearly 30 percent of home drowning incidents occur when a child falls into a pool or is left alone in the bathtub. (Injury Facts, 2016).

Protect Your Children

- **Be attentive when your children are near water.** Teach children never to go near or into water alone an adult should always be present. Designate an adult (or two) to be a "water watcher" and actively supervise children who are swimming. Drowning can happen silently, in seconds, and in just an inch of water.
- **Stay nearby. When infants and toddlers are in the water, adults should never be more than an arm's length away.** Gather all items you need before starting a child's bath. And at pools, even though there may be a lifeguard, it is important to watch over older children as well.
- **Get a good life jacket.** Traditional pool floats, like water wings, inner tubes and pool noodles, aren't designed to keep kids safe. Use a life jacket approved by the Coast Guard to be safer.
- **Know what to do in an emergency.** Make sure that you and anyone who takes care of your children are trained in CPR, so you'll all be ready if there's ever a need. Find a class in your area.



Learn to Swim

- **Start your baby out early.** You can introduce your little one to the water as early as 6 months old.
- **Sign your children up for swimming lessons.** Formal lessons can help reduce the risk of drowning, especially for kids ages 1 to 4.
- **Make sure your child knows the basics.** Everyone should learn how to float and tread water, and should also know how to figure out how deep the water is.
- **Teach kids the differences between swimming in a pool and swimming in open water.** Pools or areas specifically set up for swimming are best for young swimmers. Open water in the ocean, creek or other bodies of water can have uneven surfaces, larger waves and strong currents that can make swimming more difficult.
- **Keep children out of a hot tub or spa until they can stand on the bottom with their heads above the water.** They should also not use the hot tub or spa longer than 5 minutes at a time, especially at the maximum temperature of 104 degrees.

For Children and Parents

- **Always watch your child while he or she is bathing, swimming or around water.**
- **Gather everything needed** (towel, bath toys, sunscreen) before the child enters the water; if you must leave the area, take the child with you.
- **Empty all buckets, bathtubs and kiddie pools of water immediately after use** and store them upside down and out of your child's reach.
- **Install a 5-foot-tall fence with self-closing gate latches around your pool or hot tub.**
- **Consider installing door alarms** to alert adults when a child has unexpectedly opened a door leading to a pool or hot tub.
- **Keep a phone and life preserver near the pool or hot tub in case of emergency.** Just be sure to keep your focus on your children if the phone rings. The call can wait.

Follow Pool Rules

- **Teach children to get into the pool feet first** unless they know for sure that it is more than 9 feet deep. Only then is it safe to dive, and only when an adult is watching them.
- **Stop horseplay around the pool.** Don't let your kids run or ride bikes near the edge of the pool.
- **Don't let kids eat, drink or chew gum in the pool.** They might end up choking. For more on choking hazards visit makesafehappen.com/choking.
- **Teach children to never use a pool, hot tub or spa that's missing a drain cover.** They should let a parent or lifeguard know if a drain cover is broken, loose or missing, and avoid the water until the cover has been fixed.

NATIONAL SAFETY MONTH 2016

The National Safety Council is a proud partner of the Make Safe Happen program.



MAKE SAFE HAPPEN®

National Safety Council | 1121 Spring Lake Drive | Itasca, IL 60143 | (630) 736 - 9112 | nsc.org

FAST STAT:

Drowning is the 2nd leading cause of unintentional death among children from one to four years old, accounting for 30% of all preventable deaths in this age group. The elevated drowning risk continues through the early teens, accounting for 14% of all preventable deaths for children aged five to fourteen.

Source: *Injury Facts*®, 2016

POOL AND BATH WATER SAFETY VIDEOS:

Visit makesafehappen.com/pools for helpful videos.

CDC's Response to Zika

Zika: The Basics of the Virus and How To Protect Against It

About Zika

Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). People can also get Zika through sex with a man infected with Zika and it can be spread from a pregnant woman to her fetus. People can protect themselves from mosquito bites and getting Zika through sex. This fact sheet explains who's most affected and why, symptoms and treatment, and how to protect against Zika.

How Zika Spreads

The mosquitoes that carry Zika are aggressive daytime biters, but they can also bite at night. A mosquito becomes infected when it bites a person already infected with Zika. That mosquito can then spread the virus by biting more people.

Zika virus can also spread:

- During sex with a man infected with Zika.
- From a pregnant woman to her fetus during pregnancy or around the time of birth.
- Through blood transfusion (likely but not confirmed).



Zika Symptoms

Many people infected with Zika won't have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, joint pain, or red eyes. Other common symptoms include muscle pain and headache. Symptoms can last for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.

Why Zika is Risky for Some People

Zika infection during pregnancy can cause fetuses to have a birth defect of the brain called microcephaly. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth. There have also been increased reports of Guillain-Barré syndrome, an uncommon sickness of the nervous system, in areas affected by Zika.

How to Prevent Zika

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Here's how:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes [inside and outside your home](#).
- Treat your clothing and gear with permethrin or buy pre-treated items.
- Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents. Always follow the product label instructions.
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.
- Do not use insect repellents on babies younger than 2 months old.
- Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- [Prevent sexual transmission of Zika by using condoms or not having sex.](#)

Current Zika Outbreak

Zika outbreaks are currently happening in many countries and territories. The mosquitoes that can become infected with and spread Zika live in many parts of the world, including parts of the United States.

[Specific areas where Zika](#)

[virus is spreading](#) are often difficult to determine and are likely to change over time. If traveling, please visit the [CDC Travelers' Health website](#)

for the most recent travel information.

www.cdc.gov/zika



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

STAY HEALTHY AND SAFE WHEN CAMPING

Camping is a great way to enjoy the outdoors, stay active and spend time with family and friends. These tips can help you make sure that your camping trip is not only fun but safe.

- Check with your doctor to see if you are up to date on your shots.
- Get the facts about your camp spot.
- Check the weather before you leave home.
- Make sure family or friends know your plans.
- Plan for a crisis when packing.

Packing Checklist:

- Bug repellent that has DEET or picaridin
- Cell phone, map, compass or GPS
- Copy of your health records and crisis contacts
- Extra clothes and blankets
- First-aid kit, hand-sanitizer
- Flashlight and extra batteries
- Healthy food
- Shirts and pants in light colors and sturdy shoes
- Pocket knife and mirror
- Prescription drugs
- Special items such as a life jacket if you'll be near or in water
- Sunglasses and sunscreen
- Tent and plastic cloth for the ground
- Water and water-purification tablets

Other Outdoor Safety Tips:

- Stay away from wild animals.
- Never swim or hike alone.
- Don't drink from streams or other bodies of water.
- Don't drink alcohol.
- Stay on marked trails.
- Carry an emergency kit and whistle.
- Teach children what to do if they become lost.
- Let someone at the camp site know if you leave.

Food and Fun: Practice Prevention

Take food safety on the road when you go camping or hiking. Follow these food safety steps:

- Keep cold foods cold and hot foods hot.
- Keep raw foods away from cooked foods.
- Wash hands and dishes often.
- Cook foods to proper temperatures.

Mosquitos may be the biggest danger you face during camping this summer. Protect yourself from serious viruses spread by mosquitos such as Zika and West Nile by using bug repellents and protective clothing. If you've been recently bitten by a mosquito and experience any troubling symptoms, see a doctor immediately.

Sources: Centers for Disease Control and Prevention, California Department of Parks and Recreation, Georgia Department of Natural Resources



Wellness Works

Summer 2016

Safety Tips for Lost Kids

Camping trips or travel to the beach are fun ways to spend time with your kids during the summer. But nothing strikes more fear in a parent than the thought of losing a child. While this is a lesson no parent should ever have to learn, one of the most important things you can teach your child is what to do if they become lost. The following tips are important for both children and parents to know.

What to Teach Your Child: A 3-step Plan

1. Stop, stand still and look around. Mom or dad may be able to find you quickly if you remain where you are.
2. If you can see mom or dad, go back to them right away.
3. If you get lost, try to find a policeman or other safe adult. Or find a safe building, like a store, and go there to ask for help.

What Should You Do If You Lose Your Child

1. Try to keep calm and not panic. You may forget something important, like what your child is wearing, which could help locate them more quickly.
2. Many places, like parks and beaches, have specific lost child procedures to help reunite parents and children. Try to find a person of authority right away.
3. Don't wander too far from where you last saw your child. If you have another adult with you, ask them to look around while you stay put.
4. Always go with your instincts. Be sure to alert the police or you may lose precious time in locating your child right away.



**BlueCross BlueShield
of Oklahoma**

Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Services Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Stormwater - Municipal Employee Training

Oklahoma Department of Environmental Quality requires stormwater training for municipal employees. This is because many of our everyday activities could contribute to stormwater runoff pollutants. It is important to identify current work practices that could cause stormwater contamination and devise remedies.

One area that all divisions must be aware of is spills/leaks. If not properly controlled, spilled material could adversely impact the drainage system and receiving waters. The best protection is pollution prevention. When possible, handle materials indoors, under cover and away from drains. Berm storage areas so that if a spill occurs, the material is contained. Regularly check container condition. You should also have cleanup materials readily accessible. If a spill occurs, use

rags or absorbent material for liquids and a broom for dry materials. Block nearby drains to minimize impact. Never wash materials into storm drains. Document and report incident, cleanup methods and measures taken to prevent future events. Our actions have an impact on water quality. City workers should set the example for the rest of the community. Stormwater runoff is the biggest source of water pollution but you can be the solution. Protect our natural resources today so that we can enjoy them tomorrow. **Remember only rain down the storm drain! Report illicit discharges, leaks and spills to the Stormwater Hotline (580)581-3565 or office (580)581-3478.**

Potential pollutants likely associated with specific municipal facilities

Municipality Facility Activity	Potential Pollutants									
	Sediment	Nutrients	Trash	Metals	Bacteria	Oil & Grease	Organics	Pesticides	Oxygen Demanding Substances	
Building and Grounds Maintenance and Repair	X	X	X	X	X	X	X	X	X	X
Parking/Storage Area Maintenance	X	X	X	X	X	X	X		X	
Waste Handling and Disposal	X	X	X	X	X	X	X	X	X	
Vehicle and Equipment Fueling			X	X		X	X			
Vehicle and Equipment Maintenance and Repair				X		X	X			
Vehicle and Equipment Washing and Steam Cleaning	X	X	X	X		X	X			
Outdoor Loading and Unloading of Materials	X	X	X	X		X	X	X	X	
Outdoor Container Storage of Liquids		X		X		X	X	X	X	
Outdoor Storage of Raw Materials	X	X	X			X	X	X	X	
Outdoor Process Equipment	X		X	X		X	X			
Overwater Activities			X	X	X	X	X	X	X	
Landscape Maintenance	X	X	X		X			X	X	



**Clean Air Lawton
in partnership
with AEP-PSO
wants to recognize
your efforts to
Take Care of Our Air!**

Clean Air Lawton in partnership with AEP-PSO wants to recognize your efforts to

Take Care of Our Air!

Simply take a photo of yourself doing something that *Takes Care of Our Air* and post it on our Facebook page (facebook.com/LawtonMPO) along with a brief description of the photo, and your choice of Grand Prizes, and you will be entered into the *Take Care of Our Air* Contest. Entries will also be accepted by mail, include a contact phone number, and address your entry to Clean Air Lawton, Planning Division, 212 SW 9th St. Lawton, OK 73501.

Grand Prizes

To be eligible to win a Grand Prize, your contest entry must specify which Grand Prize you wish to win. There is a limit of one Grand Prize per person.

Two people will win a **Hot Air Balloon Ride** and will each be allowed **one guest!**
One person will win a **One Night Stay with Dinner and Breakfast for 2 at the Lawton Hilton Garden Inn!**
One person will win **\$100 in EZ-GO Gas Cards!**
One person will win a **10 Gallon Tree from Treehouse Garden Center!**

Monthly Prizes

The winners will be drawn from all eligible entries received in that month. There is a limit of one monthly prize per person.

June* A **One Hour Massage by Zoe Green LMT from WellFast Urgent Care Centers**
July A **7 Gallon Tree from Treehouse Garden Center!**
August A **\$50 Gift Card for Bedrock Nursery!**

*The drawing for the June prize will be at Freedom Fest!

Weekly Prizes

Weeks are Wednesday to Tuesday. Winners will be drawn from all eligible entries received during that week. Drawings will be on Friday. There is a limit of one weekly prize per person.

Week 1	June 1-June 7	2 Entrees, 1 Appetizer, and 1 Kids Meal at Santa Fe Cattle Co. from WellFast Urgent Care Centers!
Week 2	June 8-June 14	Dinner for 2 at Texas Roadhouse from WellFast Urgent Care Centers!
Week 3	June 15-June 21	A \$25 Gift Basket for What's Poppin from WellFast Urgent Care Centers!
Week 4	June 22-June 28	2 Entrees, and 2 Drinks at El Chico from WellFast Urgent Care Centers!
Week 5	June 29-July 5	Dinner for 2 at Texas Roadhouse from WellFast Urgent Care Centers!
Week 6	July 6-July 12	A Set of energy efficient LED Light Bulbs from Easton's Ace Hardware!
Week 7	July 13-July 19	A 5 Gallon Tree from Treehouse Garden Center!
Week 8	July 20-July 26	A \$25 Gas Card from Marks Phillips 66!
Week 9	July 27-Aug 2	A Set of energy efficient LED Light Bulbs from Easton's Ace Hardware!
Week 10	Aug 3-Aug 9	A \$25 Gift Card to AMC Theatres!
Week 11	Aug 10-Aug 16	A \$25 Gift Certificate for Massad's!
Week 12	Aug 17-Aug 23	A \$25 Gas Card from Marks Phillips 66!
Week 13	Aug 24-Aug 31*	A Set of energy efficient LED Light Bulbs from Easton's Ace Hardware!

*Week 13 runs from Wednesday to Wednesday



facebook.com/LawtonMPO

For contest rules and air quality tips visit cleanairlawton.org



YOU OTTER GIVE BLOOD



To donate \$10 to Global Blood Fund text BLOOD to 52000

City of Lawton Blood Drive

**Friday, August 26
Noon - 4 PM
In the Banquet Room**

To schedule your appointment contact
Chase Massie or Sherri Poolaw



T-SHIRT BACK



For Text 2 Give terms and conditions, visit www.globalbloodfund.org/help/Text-2-Give

Kamryn has sickle cell disease. She relies on blood from donors like you to stay healthy while she waits for a marrow match. When you take time out of your busy schedule to donate, you give HOPE, HEALTH, and HEALING to people like Kamryn!



Photo ID Required



obi.org

Oklahoma Blood Institute
Texas Blood Institute
Arkansas Blood Institute

txbi.org

arkbi.org



*While Supplies Last

MARK YOUR CALENDARS

August 5th:

Customer Service Training
10AM - 11AM

July 18th - August 11th:

Walking for Wellness Challenge

August 19th:

Effective Interviewing
(Supervisor Training Series)
9AM - 11AM

August 26th:

City of Lawton Blood Drive
12PM - 4PM

HRROUND-UP: Employee News & Information



DATE	CLASS TITLE	LOCATION	TIME
July 14th	Defensive Driving	Banquet Hall	8:00 A.M. - 10:00 A.M.
July 6th	Harassment Free	Banquet Hall	8:00 A.M. - 10:00 A.M.
July 19th	Getting Along	Banquet Hall	8:00 A.M. - 10:00 A.M.
Aug 9th	Lockout/Tagout	Banquet Hall	8:00 A.M. - 10:00 A.M.
Aug 18th	Heat and Illness	Banquet Hall	8:00 A.M. - 10:00 A.M.
Aug 23rd	Harassment Free	Banquet Hall	8:00 A.M. - 10:00 A.M.
Aug 29th	Defensive Driving	Banquet Hall	8:00 A.M. - 10:00 A.M.
Sept 8th	Defensive Driving	Banquet Hall	8:00 A.M. - 10:00 A.M.
Sept 13th	Harassment Free	Banquet Hall	8:00 A.M. - 10:00 A.M.
Sept 23rd	CPR	Banquet Hall	8:00 A.M. - 10:00 A.M.
Sept 29th	Getting Along	Banquet Hall	8:00 A.M. - 10:00 A.M.