

# THE BRIDGE



August 1 | Issue 52

Welcome to the Employee Newsletter!

## Employee Assistance Program

Enhance Family Balance and Relationships with Others  
Harmonizing Family Relationships

Balancing the demands of parenting and working full-time can often feel overwhelming, leaving little room to catch your breath. The constant juggling of various priorities can strain both your personal and professional life. VITAL WorkLife has a comprehensive suite of resources to help prioritize your well-being, all entirely covered by your EAP.\* Below are some tools to tap into:

- [Parent Coaching](#)
- [Legal Assistance and Financial Consultation](#)
  - [Get to know Legal Assistance](#)
  - [Get to know Financial Consultation](#)

Easy and confidential access to [BetterHelp resources](#)

You can access any resources from your VITAL WorkLife Well-Being Resources by visiting your

[Member Website](#) and logging in with the below information:

Your Member Website Username: hastings

Your Member Website Password: member

\*Legal Assistance may require additional fees.

**Season of Flourishing: Nurturing Relationships with Others**

[Download our calendar](#) to discover a range of impactful daily tasks that are aimed at enhancing your connections with those around you, from your loved ones to your coworkers and beyond! Let it serve as a roadmap to keep

yourself on track and turn each day into a meaningful stride towards a more enriched and harmonious life.

Remember to input your mobile app company username if you haven't registered already:

Company Username: hastings

**TIP: Print out the calendar and display it in your work or personal space! It fits best on Legal Size paper.**

### **Resources to Support the Educators in your Life**

Can you believe it? The back-to-school season is almost here! We know this time can be both exciting and overwhelming for the amazing educators in our lives. That's why we've put together **a new article** outlining strategies to create a positive learning environment while also taking care of their own well-being.

**Do you have an educator in your family?** Your VITAL WorkLife EAP includes **Educator Peer Coaching**. This means your family members can chat with someone who truly understands the unique challenges educators face, offering support and guidance whenever they need it.

## **Q12 Employee Survey**

### **View the results**

If you have any questions, please contact Kelly Murtaugh

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## **New Hire**



**Heavy Equipment Mechanic Brandon Lubinski.** Brandon joined the Public Works team on July 29. Brandon graduated from Wisconsin Indianhead Technical College with a vocational degree in Agricultural Power and Equipment Technician. He previously worked as a lead technician for Universal Services. Welcome to the team Brandon!

## Kudos Korner

From Chief Wilske - The Police Department was desperately in need of some 'spring cleaning' in areas and the men's locker room was at the top of the list. Over the years this space has accumulated footwear that is no longer used, dust on top of the lockers that could have been turned into a quilt, windows and screens with so many bugs that they were no longer filtering light, dusty lighting and a shower area that made you feel dirtier coming out than going in. Officer Matt Green sent out an email 30 days in advance requesting if items on the floor were still wanted, take them and the space was going to be cleaned. On July 29th, Officer Green took three hours out of his shift, shampooed the carpet, cleaned the windows and screens, cleaned the lighting and gave extra detail to the shower area. The transformation is amazing! This is probably the cleanest locker room in Dakota County. Thank you for seeing an issue and solving it Officer Green, you are a true asset to the City and PD.



## Throwback Thursday

[See who's included in this month's TBT](#)



## Management Team Meeting Highlights

- The Civic Arena roof project is complete; we are waiting on the shipment of refrigeration components.
- An AED will be installed at the Pickleball/Tennis courts in the near future.
- National Night Out is Tuesday, August 6.

- Coffee with a Cop is next week at Starkson's.
- Plans are being finalized for Water Treatment Plant #1; possible site options for Water Treatment Plant #2 are being reviewed.
- Planning is underway for the reconditioning of the Water Tower located in the Industrial Park.
- Design work for Hwy 61 will begin in the near future; early work may begin in 2026, with the main part of the project slated for 2027/2028.
- Dakota County has reached the state threshold for disaster relief funding for partial reimbursement of costs associated with the earlier flooding.
- 2025 Departmental budgets have been submitted and are under review. The Finance Committee of the Council will meet on August 14 and 21 to hear highlights of the budget needs for 2025.

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# City Council and Commission Updates

[City Council August 5, 2024 Agenda](#)  
[Sign up for e-notifications](#)

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## Wellness Spotlight: Movement for Every Body

- [Fitness for Every Body](#)
- [Tips to Stay Hydrated All Summer Long](#)
- [What is High-Intensity Interval Training](#)
- [Recipe - Chia Fresca](#)
- [Challenge -](#)

## Dates to Know August

- August 1** - DOGust Universal Birthday for Shelter Dogs
- August 2** - National Ice Cream Sandwich Day
- August 3** - National Mustard Day
- August 4** - U.S. Coast Guard Birthday
- August 6** - Farmworker Appreciation Day
- August 7** - National Purple Heart Day
- August 8** - International Cat Day
- August 9** - International Co-Working Day
- August 10** - Celebrate Your Lakes Day
- August 13** - International Lefthanders Day
- August 14 - National Wiffle Ball Day

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