

The Days of Winter are Numbered!

The spring (vernal) equinox will occur on Monday, March 20, at 5:29 a.m. CDT, just 20 days away. Hang in there!

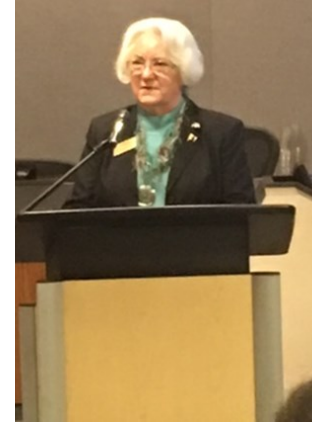
News & Views

February 28, 2017

The City of New Hope's Employee Newsletter

The State of the City is - Excellent!

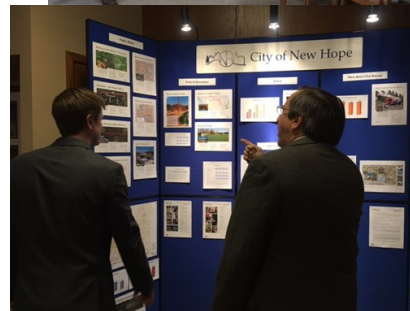
City Manager **Kirk McDonald** and Mayor **Kathi Hemken** presented the State of the City to Twin West Chamber of Commerce members, owners and employees of the local business community, interested residents, and visitors from other cities. In a word, the State of the City is Excellent!



The president of the Twin West Chamber of Commerce welcomed everyone and introduced Kirk and Kathi.



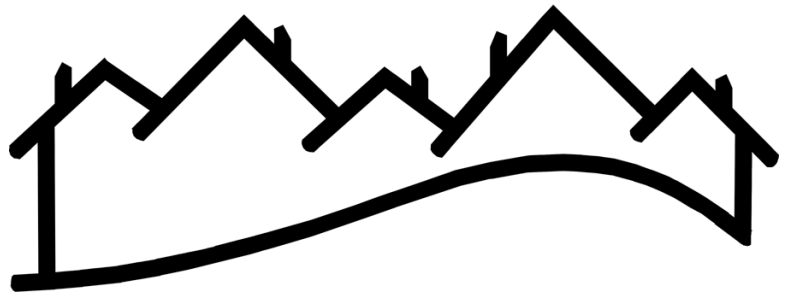
No State of the City would be complete without some humor and this year was no different.



Many thanks to **Jerry Beck** for his many hours of work and his expertise putting together the slide presentation, photos, and narrative, and to the CD staff for the display board and program details.

A variety of the many city projects from 2016 and earlier were presented with photos and information about each, both on the display board and in the PowerPoint presentation, showing the progress made by the city in the last few years.

Coming and Going...



Bye, Dave

Dave Friskney started at the city on October 29, 1991 as a full-time police officer. He came with experience as a part-time officer at Hastings and various security positions before that.



Over the years, Dave has received many letters from residents thanking him for his professionalism, compassion, concern, expertise, and ability to quickly assess a problem and solve it. They expressed deep gratitude for the way Dave was able to stay calm, evaluate a situation, and bring it to the best conclusion. In addition, he received thanks from the New Hope Police Chiefs (he worked with three of them), New Hope Captains, New Hope Sergeants, and even the chief of the Minnesota State Patrol, and from other municipalities, for his part in many situations, ranging from a peeping Tom, to cardiac arrest, delivering a baby “pre-hospital”, to suicide, burglary, and assault. And, these are just the ones for which he received written thanks.

Along the way, Dave spent about a year in investigations but most of his 26-year career was on the streets. He also served in LELS #77 leadership for several years. He was nominated for Employee of the Quarter in April 2012 for going the extra mile to help a resident in dire straits who could not provide for herself. And, in 2005 he received the Medal of Honor from the State Chiefs Association for his actions dealing with an armed suspect in 2004.

After a very full career, it is time for Dave to relax a bit, to lay back, and to have much more flexibility in his schedule. No more 12-hour shifts! Dave’s last day with the city is today, February 28, 2017.



We will certainly miss Dave, who seemed to always be at his best as a police officer.

All the best to you, Dave!!
Enjoy your well-deserved retirement.

So Long, Kaeley

Kaeley Cazin, Administrative Specialist in Community Development, has resigned. She will go to work for Anoka County, where she had interviewed before coming to New Hope.

Kaeley worked for St. Louis County as a Senior Financial Worker prior to coming to New Hope. She will have a similar social welfare position at Anoka County.

Kaeley has been with the city since April and even in that short time, made a difference in her position and in the CD department.

Her last day at New Hope is March 3rd. We will miss Kaeley and wish her well in her new position.

Recruiting Update

- ❖ The city is currently recruiting for the Director of Public Works position. Eight applications were received including two from out of state. Of the eight, one was disqualified for not meeting the minimum qualifications and one withdrew. The other six are invited to interview with the Management team on March 1. The Personnel Board is scheduled for March 7, a tour of the Public Works facility for certified candidates on March 9, and final interviews with the city manager on March 10. A management skills assessment and background check will take place the week of March 13 for the preferred candidate.
- ❖ With the agreement of the Personnel Board, staff has offered the Community Development position to an Office Specialist certified candidate. This enables the city to have someone on board more quickly and with less cost than a full recruitment. CD will have two Office Specialists for now. In the not too distant future the city will recruit internally for the Community Development Admin Specialist position.
- ❖ Certified candidate Brandon Bell has been hired as an Office Specialist for the Community Development department. He is scheduled to start on March 27.

3 More Stuff...



New Website Coming to New Hope

New Hope has contracted with CivicLive to develop a brand new website for the city.

The website will truly be 'brand new' with all new content rather than simply moving existing content. To bring this huge project to fruition, a committee has been formed to develop guidelines for the site which will be designed by CivicLive but will be written by representatives from each department. Department reps will also keep the content up-to-date on an ongoing basis.

A representative from CivicLive met with the committee in New Hope on February 9 to set out the parameters of the project and establish the process. From here on, most of the communication between the city and CivicLive will be done remotely.

A subcommittee has made a list of items to have on the site such as a simple but dynamic front page, search buttons across the top and possibly also the side of the front page plus a magnifying glass icon (search engine), language translation, and a calendar or a link to a calendar. Photos will likely rotate and change each time the site is opened. One of the very high priorities is to have a site that is accessible on desktops, tablets, and mobile devices.

The committee is meeting weekly with CivicLive via Skype and a projected calendar is in place to keep the project moving along. Due to the intense workload to complete the project, the 'go-live' date will probably be this fall.

No matter how long it takes, this project will be well worth the effort and will bring the New Hope website into the 21st century.

New Police Facility and City Hall Project

The new police facility and city hall project is moving along through a number of steps.

The "core" group, consisting of department heads, city clerk, communications coordinator, and city engineer have been meeting with WOLD on the schematic design phase. They have been reviewing basic layout options for city offices, council chambers, and the police department, along with reviewing the space allocation needs for each department. The mayor is serving as council liaison to the group.

Two committees have been formed to study the needs of the pool and Civic Center Park.

At the end of each phase, recommendations will be presented to council.

Personnel Pointers

What is Deferred Comp and How Will it Benefit me?

Deferred compensation is a way to set aside money pre-tax for your retirement. A payroll deduction is set up so you never see the money so you are less likely to miss it. Meanwhile, it is building so by the time you retire, there is a nest egg awaiting you.

Since the money is contributed to deferred compensation on a pre-tax basis, it is taxed when it is distributed to you, usually a partial distribution each year. Since you will be retired, your tax will probably be lower than when you were an active employee, therefore, the amount of tax is lower than when the money was contributed.

A nice feature of deferred comp is that a contribution can be changed at any time.

Those who participate in deferred comp find it to be a wonderful way to supplement retirement income without noticing the contributions along the way.

If you have any questions or would like to sign up or change your contribution, feel free to contact Eve or Rich. Changes can be made to your contribution amount at any time during the year.



Spring Forward

Daylight Saving Time starts Sunday, March 12, at 2:00 a.m.

Computer



o r n e r r Tips from Solution Builders

- ❖ **For everyone:** at least once a week, end the day by closing all applications and clicking on RESTART when you leave. When you return to work and boot up, the restart will be complete.
- ❖ **For those with a laptop:** when booting up, always use the button on the dock, not on the laptop. These tips could help keep your machine happy!

4 Who Says Kirk doesn't Know Beans?

After several years of trying, **Kirk McDonald** was named champ of the annual Chili Fest sponsored by the city hall Employee Club. Kirk received the coveted Chili Champ trophy and bragging rights until the next Chili Fest.

In addition to Kirk, **Aaron Chirpich**, **Mark Severson**, and **Jessi Weber** brought homemade chili and all were delicious. **Walker Crawford** brought homemade corn muffins and beer bread which were also delicious!

Employee Club provided cookies and cupcakes plus elusive sour cream and cheese toppings. Since the sour cream and cheese did not make it to the event, there was be another event to eat it up! See Taco Thursday photos.

Thanks to all the cooks and **Valerie Leone** and **Walker Crawford** for purchasing the desserts, paper goods, and supplies!



So Much Fun, We Did It Again! Taco Thursday, February 16

Employee Club provided the fixin's, including the elusive sour cream and cheese which made it out of the refrigerator this time. See photos on

Speaking of Food...

Save the date for the **Employee Appreciation Lunch** given by the management team: **Thursday, May 11.**



Thank & Congrats!

Ongoing Food Drive

The ongoing food drive with donations going to NEAR has collected 93 pounds of food and \$92 so far in 2017.

As usual, all donations of new, unopened, non-perishable foods are appreciated.

Many thanks to all who donate food and/or participate in Wacky Wednesdays each month by donating \$5 to wear jeans that day.



PD Does it Again!

The New Hope Police Department has successfully passed the compliance review conducted January 24, 2017 by the Minnesota Board of Peace Officer Standards and Training (POST).

This review covered three main areas of importance:

1. To review POST mandated policies and ensure they include the appropriate content.
2. To determine that all licensed peace officers have received the mandatory Use of Force and Firearms training as required by Minnesota statute.
3. To verify that all peace officers who are not exempt, have or will receive training in Emergency Vehicle Operation/Pursuit Driving as mandated by statute.

Thanks go to Captains Slawson and Crocker, Sergeant Stanley, Officers TenEyck, Eernisse, and Cazin, all of whom played a part to help prepare for the review.

Job well done keeping up with all the training and all the records to confirm it!



Taco Thursday



Taco Thursday, February 16, was a big hit with just about all the food eaten up by hungry participants. With that kind of response, another Taco day is probably on the horizon!

Thanks to **Valerie Leone** and **Walker Crawford** for doing all the shopping, cooking, and organizing! Special thanks to Walker for his homemade Mexican Tres Leches Cake which was delicious!





From a blog by Betsy Niemela, a Pharmacy Programs Manager at HealthPartners.

Why did the cost of my prescription go up?

Just like you compare gas prices before filling up your tank, you can compare the cost of your medicine at different pharmacies.

You're running low on gas, and there are two gas stations nearby. Do you stop at the closest one? The one with the best coffee? Or the one advertising the lowest price? If you're like me, lowest price usually wins.

Getting a prescription filled is a lot like filling your gas tank. Did you know that prices can vary from pharmacy to pharmacy for the same medicine? And, these prices can change often. Also, similar to the gas stations, the larger, well-known pharmacy chains don't necessarily have the most competitive prices.

Just like gas stations, pharmacies can set their own prices for medicines. They have to stay within a certain range determined by the type of medicine it is and agreements they have with your particular health insurance plan. Manufacturing shortages and supply issues can also affect medicine prices – just like oil prices. The bottom line? If you're spending a lot of money to fill regular prescriptions, it pays to find the best deal.

2 Ways to shop

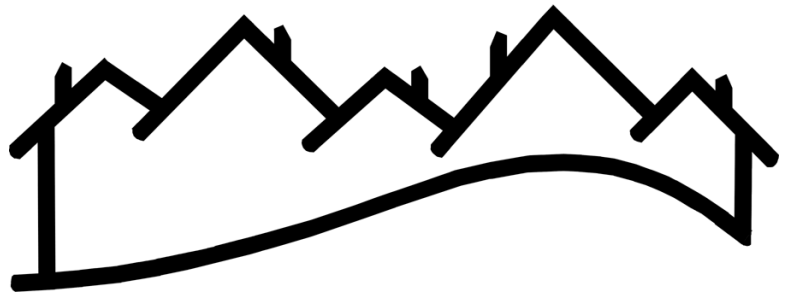
Unlike gas stations, pharmacies don't post their prescription prices on brightly lit signs out front. There are still ways to find out how much your medicine will cost before you make the trip.

1. Online tools:

Many health plans offer an online tool which lets you search for a medicine and see the per-day costs at different pharmacies in your area. You can even do this on your smartphone right from your doctor's office. Keep in mind that your final out-of-pocket cost will depend on how your health insurance covers medicines under your health plan.

2. Call

If you have pharmacy questions, you can call [866-836-6938](tel:866-836-6938) and ask to talk to a HealthPartners Pharmacy Navigator.



Employee Opinion on Pharmacy Selection

By Walker Crawford

While I believe the tips Ms. Niemela has shared (on page 6) are valuable, I would encourage you to make one other consideration in selecting your pharmacy. This opinion is based on 1 ½ years as a pharmacy technician and having a family member that is a pharmacist. In my experience, there is great benefit to having only one pharmacy fill all of your prescriptions. And, preferably it is one where you interact with a pharmacist in person, or at the very least on the phone, routinely.

In today's world of specialties, it is unusual for any of us to have one doctor for all of our needs, and even if we do, you might be surprised at the limited training in pharmacology received by physicians. This is the reason most clinical teams now include a pharmacist. Pharmacy information systems review your medications for known interactions and a good pharmacist takes it a step further and thinks through how your medications are affecting your body to ensure they are not fighting each other for desired results. There have been many times that a pharmacist has worked with a doctor to reduce the number of medications a patient is taking to accomplish even healthier results. From a National Institutes of Health (NIH) study, "Filling prescriptions at multiple pharmacies was associated with lower medication adherence across multiple chronic medications, and a small but statistically significant increase in drug-drug interactions (DDIs) among concurrent pharmacy users." For the full study, go to <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4115075/>.

Having one pharmacy will allow the pharmacists that work there come to know you and be someone you can call on with many questions. Physicians cannot know all or think of everything on your periodic visits. Having another knowledgeable medical professional that you see every 1-3 months can contribute positively to your well-being!

Have your say. Send your guest editorial to
Eve for possible inclusion in a future issue.



Wellness 2017

Rewards for Biometric Screening

The 55 employees who have completed the biometric screening have each received their reward.

- ❖ A \$50 gift card to Dick's Sporting Goods was preferred by 37 people
- ❖ A \$60 gift card to Whole Foods was gobbled up by 16 people
- ❖ Two Garmin fitness trackers were requested and rewarded

New employees and those who were unable to do the screening in January can still take advantage of it. Just alert Eve that you are interested and a convenient appointment can be made with the Hy-Vee dietician.

Congratulations to all who have taken the screening and received their reward, and to those who will do so in the future!

Wellness is a GOOD thing!





City of New Hope

Wellness 2017 Plans

Next event:

- ❖ Lunch & Learn
- ❖ Wednesday, March 22, 11:30 a.m.
- ❖ Topic: "The Many Looks of Caregiving" presented by St. Therese

Tentative Schedule of 2017 Events

- ❖ Wednesday May 24 Lunch & Learn - weight loss struggles
- ❖ Saturday June 24 Community Health Fair in conjunction with North Memorial, held at West Metro Fire Rescue District, possible tie in with the Farmers Market
- ❖ Wednesday July 26 Lunch & Learn, "Name that Veggie" presented by Hy-Vee
- ❖ Wednesday August 23 Summer Picnic and Games
- ❖ Wednesday September 27 Healthy Potluck and Medicare expert to speak
- ❖ Wednesday November 29 Lunch & Learn - presentation on stress reduction

Details of each event will follow in future News & Views.

Wellness is a GOOD thing!





Pizza Buffet Fundraiser for New Hope Police Explorer Post #915

**Join us Monday, March 6, 2017
from 5:00-7:30PM at Frankie's
in New Hope.**

3556 Winnetka Ave N.

****Tickets are \$10.00. Dinner includes pizza, salad,
breadsticks & soda. Tickets can be pre-purchased
at the New Hope Police Dept. or Frankie's the night
of the event.****