

# City CONNECTION

September 17, 2014

A Weekly Publication for City of Phoenix Employees

Meet this week's featured employee, **Phoenix Historic Preservation Officer Michelle Dodds**. View her "On the Job" video at <https://www.phoenix.gov/phxtv/phxtv-media/video/1757>.

## **Diversity Brown Bag focuses on domestic violence awareness**

Domestic Violence: Awareness Leads to Help" is the topic of the next Faces of Diversity Brown Bag series from noon to 1 p.m. Friday, Sept. 19, at City Council Chambers.



Employees are invited to join Doreen Nicholas for a riveting discussion to understand domestic violence and abuse, recognize the signs of an abusive relationship and learn about victim resources.

Domestic violence and abuse can happen to anyone and often escalates from threats and verbal abuse to violence. While physical injury may be the most obvious danger, the emotional and psychological consequences of domestic violence are also severe. Abusive relationships can destroy self-worth, lead to anxiety and depression and make victims feel helpless and alone.

Nicholas has more than 30 years of experience in domestic violence awareness. She also serves on the executive board of the Arizona South Asians for Safe Families and is a faculty member of the Arizona Victim Assistance Academy.

For more information, call 602-262-7716 or 602-534-1557/TTY or visit [phoenix.gov/eod](http://phoenix.gov/eod).

## **Nationwide Retirement Solutions can help with retirement planning**

Planning for retirement doesn't have to be complicated. It all starts with a few ideas and some help. Nationwide Retirement Solutions, the administrator for the city's 457 and 401(a) plans, can provide assistance and convenient resources.

One of the easiest ways to get help and learn about retirement planning is to attend one or more planning and investment-education classes. Conducted by Nationwide plan service representatives, the classes can help you understand your options through the city's plans so you can make informed decisions.

The city's online training catalog lists class topics and descriptions as well as the upcoming schedule. The link to the catalog can be found on the Inside Phoenix home page, in the middle of the left column. Enroll online through eCHRIS, with your supervisor's approval. Department supervisors also can schedule on-site group workshops by contacting Nationwide's local office.

Most of the class information can be found at [phoenixdcp.com](http://phoenixdcp.com), which includes a schedule of Nationwide's on-site group workshops, retirement planning tips and tools, articles, and important forms.

If you would like to schedule a one-on-one meeting with a local Nationwide representative, contact Nationwide's local office at 602-266-2733 to request an appointment.

## Sign up for a fitness or financial-planning class this fall

October's training schedule includes financial-planning and Fit-4-Phoenix classes. Registration and class schedules are available through eChris self-service (obtain your supervisor's approval before enrolling).

The following classes have openings:

- College Planning for Your Children (FM3290) - Learn how to address the high cost of college through maximizing financial aid and investment alternatives, such as the new Educational IRA.
- Family Financial Strategies (FM3080) - Identify the potential gap between the income that you are on track to have in retirement and the income you will actually need.
- Yoga (WW5600) - Learn yoga basics. Wear comfortable shoes and clothing. Bring a mat or large towel and water.
- Fitness Friday Toning (WW6050) - Bring light weights or two food cans to use as weights. Wear comfortable shoes and clothing; bring a mat or large towel and water.
- Pilates (WW5400) - Learn the basics of pilates. Wear comfortable shoes and clothing. Bring a mat or large towel and water.
- Make Your Workouts Count (WW6150) - Learn how to maximize the benefit of your time at the gym or on the walking trail
- Deep Stretch Relaxation (WW5200) - Wear comfortable shoes and clothing. Bring a mat or large towel and water.

## NEWS BRIEFS

**You're invited to talk transportation with the city.** The website [talktransportation.org](http://talktransportation.org) is a project of Public Transit and Street Transportation departments and is an important way for the public to get involved in the future of transit service and city street infrastructure. The ideas generated from [talktransportation.org](http://talktransportation.org) will be reviewed by the Citizens Committee on the Future of Phoenix Transportation and incorporated into a citywide transportation plan that is slated to go before the City Council by the end of the year. You can win rewards for participation. Register today at [talktransportation.org](http://talktransportation.org).

**City employees can assist Valley residents who have been affected by recent flooding through their Community Service Fund Drive donations.** Here is a list of suggested organizations and their agency codes: Arizona 2-1-1 Information and Referral (#71495); American Red Cross (#1403); Salvation Army (#1455); Cultural Cup Food Bank (#1862); St. Mary's Food Bank (#1414); Association of Arizona Food Banks (#7006); United Food Bank (#1463); Interfaith Cooperative Ministry (#195); and Habitat for Humanity, Central Arizona (#95). For information on how to donate, visit the Inside Phoenix home page and click on the CSFD website link.

## PEOPLE

The September issue of "Green Living" magazine features the city's new chief sustainability officer, **Mark Hartman**...Leave donations are being accepted for **Debra Oliver** and **Jaime Garcia** with Street Transportation. Submit leave donations through eCHRIS.

## MARK YOUR CAENDAR

**Monday, Oct. 6** - City Manager's Future Leaders Forum Lunch Series: "Working with Community Organizations and Activists" presented by Jim Burke, Parks and Recreation; Chris Hallett, Neighborhood Services; and Aaron Carreon Ainsa, City Prosecutor. Noon to 1 p.m. City Council Chambers. Register on eCHRIS (course code CMLF06).

**Thursday, Sept. 25** - Green Gardening Group: "Seeds for Your Fall Garden." Noon - 1 p.m. Calvin C. Goode Building, 10 East. Information: 602-273-2005 or email [gail.latour@phoenix.gov](mailto:gail.latour@phoenix.gov).

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