



# PHX CONNECT

The Weekly Connection Newsletter for City of Phoenix Employees • June 7, 2017

## HELP SAVE LIVES

*Did you know: every three seconds someone needs blood!*

One gallon of blood fulfills Arizona’s patient needs for only 15 minutes. Premature babies, trauma victims, and patients suffering from cancer, leukemia and heart disease all require lifesaving blood transfusions. On average, it takes four donors to provide the blood needed by a single patient requiring a transfusion.

Help United Blood Services declare independence from blood shortages this summer. Blood donations traditionally plummet during the hot summer months. It’s not too late to sign up.

### Details:

- ◆ Thursday, June 8 and Friday, June 9
- ◆ 8 a.m. - 2 p.m.
- ◆ City Hall Assembly Rooms
- ◆ Make an appointment online with sponsor code **PHXGOV** ... or just walk in.

*You can make a difference ... it’s not too late to become a hero!*

## THIS WEEK IS ...

Thursday - [National Upsy Daisy Day](#)

Friday - [National Donald Duck Day](#)

Monday - [National Children’s Day](#)

## WORKING IN THE HEAT



The first of what will be many weeks of near-record heat is almost over. But before the next round of excessive heat warnings is announced, please consider the following ways to keep yourself safe from the heat, especially if you are working outdoors for any length of time:

**Hydration:** Drink plenty of water before, during and after outdoor activities. Outdoor workers should drink four cups of water each hour, even when you are not thirsty.

**Sun Protection:** Use sunblock with at least SPF 30 protection. Cover up with proper clothing, wear a wide-brim hat and ultraviolet protection sunglasses. Consider water-dampened clothing, cooling vests or reflective clothing.

**Heat Exhaustion:** Know the signs and use the buddy system to spot symptoms. They include muscle cramps, headache, dizziness and weakness. Milder symptoms can be treated early by resting in a shaded area. However, if anyone loses consciousness or appears confused or uncoordinated, call 911 immediately. These are signs of heat stroke and can be fatal if not treated right away. Talk to your supervisor about any concerns you may have regarding your work and the heat.

Visit [Phoenix.gov/heat](http://Phoenix.gov/heat) for more details and please read [City Manager Ed Zuercher's message](#) about the summer weather. Plus follow #PHXheat on social media all summer long.

# PHOENIX @WORK WEDNESDAYS

**Gary Kahland**  
**Information Technology System Specialist**  
**Human Resources**



Gary started in 1997 for the Civic Plaza (now Convention Center). He left for eight years, but returned in 2013 to join Human Resources.

Gary loves to travel with his husband Jim, a city of Phoenix retiree. (See picture below from Netherlands).

Gary works on the PeopleSoft 0(eCHRIS) team improving the system, fixing issues and testing upgrades.



Major accomplishment Gary is proud of:  
*Finishing a degree while working full-time.*

**Fast Facts**

Favorite thing about working for the city of Phoenix:  
*"...working for an organization that strives to be inclusive and forward-thinking ..."*

- ◆ Favorite popcorn topping: **More of a Milk Duds guy**
- ◆ Cannot start morning: **Without brushing my teeth**
- ◆ Favorite restaurant: **Udupi**
- ◆ Misses the TV show: **The Golden Girls**

Famous person he looks up to:  
*Harvey Milk - for speaking out, standing up and paving the way. "Hope will never be silent."*

Check out all of the profiles on our amazing city employees by clicking on [this link](#).

**Have an idea for the next PHXConnect?**  
 E-mail us: [phxconnect@phoenix.gov](mailto:phxconnect@phoenix.gov)

## CONGRATS!

The city of Phoenix Fit4Phoenix Employee Wellness Program will be recognized with the "Healthy Arizona Worksite Silver Award" by the Arizona Department of Health Services at their annual event on June 15. The Healthy Arizona Worksite Award recognizes businesses that are making efforts to positively affect the health and well-being of their employees, their families and their community through evidence-based worksite health initiatives.



## BIG RECOGNITION

The city of Phoenix is honored to have been named the highest-performing city in the nation by *Governing Magazine*. [Watch Inside Phoenix](#) to find out more about this award.



## JOB OF THE WEEK

**Featured Listing:** Utility Technician Trainee (\$14.46 - \$17.69 / hour)

*"Participates in a 12-month structured program to learn the skills required to perform water and wastewater service repairs and activities. Must be able to work irregular hours and shifts; perform heavy manual labor for extended periods of time; work in cramped spaces, such as trenches and manholes; and work in a variety of difficult environmental conditions such as heat, cold, mud, and dust. Recruitment is ongoing."*

Each Monday, the city posts jobs available for current employees to consider. [Here's the link](#) to the most recent Job Opportunities.