

# Kingman Connection



SEPTEMBER 2013  
City of Kingman's Employee Newsletter

**Our Mission: "To Build a Bridge of Open Communication Between Employees Across All Departments"**

## **What is National Preparedness Month?**

National Preparedness Month (NPM) serves to encourage individuals across the nation to take important preparedness steps including: getting an emergency supply kit, making a family emergency plan, being informed about the different emergencies that may affect them, as well as taking the necessary steps to get trained and become engaged in community preparedness and response efforts. September 2013 is the tenth annual NPM.

If a disaster strikes, how will you and your family be ready? During the month of September, the Department of Homeland Security (DHS) and the Ready.gov teams are focusing on planning and preparing for disasters during **National Preparedness Month**.

### **Prepare. Plan. Stay Informed. Get Involved.**

There are actions that should be taken before, during and after an event that are unique to each hazard.

## **HEALTH & SAFETY THEME**

Identify the hazards that have happened or could happen in your area and plan for the unique actions for each. Local Emergency management offices can help identify the hazards in your area and outline the local plans and recommendations for each. Share the hazard-specific information with family members and include pertinent materials in your family disaster plan. Find out from local government emergency management how you will be notified for each kind of disasters, both natural and man-made. You should also inquire about alert and warning systems for workplace, schools and other locations. Methods of getting your attention vary from community to community. One common method is to broadcast via emergency radio and TV broadcasts. You might hear a special siren, or get a telephone call,

*(Continued on page 2)*

## **Ask HR...**

### **Stay Healthy, Immunize....**

Your health is a priority, and preventative care is important to overall wellbeing. We are now covering certain vaccines at OptumRX in network pharmacies at 100% coverage. Below is a list of vaccinations available through the program (not all the pharmacies participate, please call your in-network pharmacy provider to verify which of the vaccinations they provide):

- ◆ Hepatitis A & B
- ◆ Herpes Zoster
- ◆ Human Papillomavirus
- ◆ Influenza (flu shots)
- ◆ Measles, Mumps, Rubella
- ◆ Meningococcal
- ◆ Pneumococcal
- ◆ Tetanus, Diphtheria, Pertussis
- ◆ Varicella

See page 3 for information about Kingman's onsite Flu Shot clinic dates.

Did you know you can view all your medical claims online, print EOBs, see if your claim processed, access online dashboards, wellness information and use decision support tools so that you can make informed medical decisions all from the comfort of your home 24/7?

It's easy... Register online today and take advantage of this convenient, secure feature.



Did you know when you see a provider, you should receive an Explanation of Benefits (EOB) or notice of billing or statement of account? If you haven't seen either of these after 3-4 weeks of your visit, please contact your provider OR review your claim status at Meritain website OR if you need assistance, contact Human Resources.

## National Preparedness Month (cont.)

(Continued from page 1)

or in rare circumstances, volunteers and emergency workers may go door-to-door.

### Prepare—Get a Kit of Emergency Supplies

#### BUILD A KIT

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency. Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with



you. You will probably not have time to search for the supplies you need or shop for them.

You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.

### Make a Plan For What You will Do in an Emergency.

Plan in advance what you will do in an emergency. Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and your loved ones.

- ⇒ Develop a Family Communications Plan.
- ⇒ Create a Plan to Shelter-In-Place.
- ⇒ Create a Plan to Get Away.

There are actions that should be taken before, during and after an event that are unique to each hazard. Identify the hazards that have happened or could happen in your area and plan for the unique actions for each.

### Be Informed

Being prepared means staying informed. Check all types of media - Web sites, newspapers, radio, TV, mobile and land phones - for global, national and local information. During an emergency, your local Emergency Management or Emergency Services office will give you information on such things as open shelters and evacuation orders.



Mohave County Emergency Management has a Facebook page to keep you up-to-date on natural and other emergency issues. County Emergency Management can be reached by calling 928-757-0910 for information regarding how to be prepared for emergency situations in Mohave County.

Another excellent source of information on preparedness tips, lists, disaster kits, publications and much more is <http://www.ready.gov>, a great resource launched by DHS and FEMA.

## For Your Health & Well Being

### EARLY DETECTION SAVES LIVES!!!

#### Mobile Mammography

Provided on-site to City of Kingman eligible employees and dependents by:

*Assured Imaging Women's Wellness*

Onsite location dates and times:

City of Kingman, 310 N. 4th Street

- ⇒ September 30, 2013; 8:00 a.m.—5:00 p.m.
- ⇒ October 1, 2013; 8:00 a.m.—5:00 p.m.

**15 minutes could save your life!**

Assured Imaging Women's Wellness is the leading provider of mobile digital mammography in the United States.

To make your appointment and verify insurance, please call **1-888-233-6121**

**Eligible NAEBT covered employees and dependents age 40 and over, mammogram is covered 100%.**

**For eligible NAEBT covered employees and dependents under the age of 40, mammogram will be billed to their preventive benefit at approximately \$134.21.**

**Get your annual screening and be entered to win a Coach purse!**

## For Your Health & Well Being



**Flu Season is just around the corner. Who needs a flu vaccine, YOU!! Even healthy people get the flu. Protect yourself and your loved ones.**

The City of Kingman will be offering a Seasonal Flu Shot Clinic on **Tuesday, September 10, 2013**

**We are hosting two sessions:**

**Public Works - Break Room 7:00am—8:00am**  
**Council Chambers 8:30am—10:30am**

For all members of the NAEBT medical benefit plan, the flu vaccination will be covered 100%, at no cost.

The pneumonia vaccination is also available at no cost to members over the age of 65 or members aged 19-64 with risk factors. If you do not meet the age criterion, the pneumonia

vaccination will be billed to your annual \$500 preventative benefit. Please refer to [www.healthcare.gov](http://www.healthcare.gov) for more information on how the pneumonia vaccination is covered or call Meritain at (800)762-2234.

You may choose to receive the flu shot (one dose vaccine for age 4 and older), the pneumonia vaccine (administered subject to CDC guidelines) or both. You should not get the shot if you have had a serious allergic reaction to eggs or to the shot, an active infection or illness such as fever or acute respiratory problems, and/or a history of Guillain-Barre Syndrome. Note: *Children must be at least age four*

This on-site clinic is not open to the general public, but city employees and/or their dependents who are not covered under our health plan are eligible to participate. The cost will be \$30 flu shot/\$90 pneumonia. Healthwaves will accept other insurances but please call Healthwaves to verify or call for more information at 866-968-1886.



**Don't let the flu bug catch you!**

## Save-the-Date

## Recipes for Success...



### Chicken-Sausage Jambalaya

Calories per serving: 345  
 Yield: 6 servings (1-1/2 cups per serving)

This Recipe is Diabetic, Low Calorie and Low Saturated Fat

#### Ingredients:

- 3/4 pound skinless, boneless chicken breast halves, cut into pieces
- 1/2 teaspoon black pepper
- Olive oil-flavored cooking spray
- 1 teaspoon olive oil
- 10 ounce turkey breakfast sausage
- 2 1/2 cups chopped onion (about 2 large)
- 2 1/4 cups chopped celery (about 6 stalks)
- 1 3/4 cups sliced green onions (about 7)
- 1 cup chopped green bell pepper (about 1 large)
- 2 garlic cloves, minced
- 2 chicken-flavored bouillon cubes
- 3 1/3 cups hot water
- 3 tablespoons fat-free Italian dressing
- 1-1/4 cups uncooked long-grain rice or whole grain rice

#### Preparation:

Sprinkle chicken with black pepper. Coat a Dutch oven with cooking spray; add oil. Place over medium-high heat until hot. Add chicken; sauté 3 minutes. Remove chicken; set aside. Combine sausage and next 5 ingredients in pan. Cook over medium-high heat until sausage is browned. Stir in chicken. Dissolve bouillon cubes in hot water; stir in dressing. Add to pan, and bring to a boil. Stir in rice. Cover, reduce heat, and simmer 20 minutes or until rice is tender and liquid is absorbed. Toss before serving.

<http://www.health.com/health/recipe/0,,10000001732846,00.html>

## For Your Health & Well Being

Kingman will once again host Prostate On-Site Project, aka POP!

**MEN 40 YEARS AND OLDER**

Or younger if you have prostate cancer in the family

This benefit is provided for City of Kingman Employees & Eligible Dependents covered on our medical plan.

Appointments required -  
**CALL TODAY!!!! 1-800-828-6139**

#### ON-SITE LOCATION DATE & TIME:

**Public Works, 3700 E Andy Devine**

⇒ **Thursday, October 10, 2013 - 6:00am-10:00am**

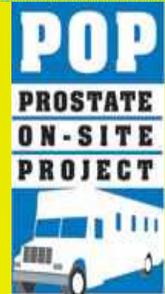
The cost of the Prostate Specific Antigen (PSA) testing is covered at 100%, no cost for age 40 or older. The exam will be charged to a member's preventative benefit at \$64.45 and if 39 or younger, the PSA test would be covered under the preventative benefit at \$18.71.

Screening includes: PSA (Blood Test), DRE (Digital Rectal Exam), Testicular Exam and a Doctor Consultation.

**After skin cancer, prostate cancer is the #1 form of cancer in men and the #2 cause of cancer death after lung cancer .**

**PARTICIPANTS WILL BE ENTERED INTO WIN A 32" FLAT SCREEN PROSCAN TV**

**GET TOUGH! GET CHECKED! GET GOING!**





## SAFETY ROUND-UP



## September Birthdays



### Slips, Trips, and Falls

Falls are one of the leading causes of unintentional injuries in the United States, accounting for approximately 8.9 million visits to the emergency department annually (NSC Injury Facts 2011).

Most people have a friend or relative who has fallen, or maybe you've fallen yourself. Falls are the second-leading cause of unintentional death in homes and communities, resulting in more than 25,000 fatalities in 2009. The risk of falling, and fall-related problems, rises with age and is a serious issue in homes and communities. Take the time to remove slip, trip and fall hazards in the office and at home to keep safe. Below are a few safety tips on how to avoid a slip, trip, or fall.

#### Take these safety steps:

- Take your time and pay attention to what you are doing.
- Adjust your stride and pace to the walking surface and task.
- Walk with your feet pointed slightly outward ("like a duck") on wet or slippery surfaces.
- Use a flashlight when entering a dark, unlighted space.
- Make sure you can see over loads you are carrying or pushing.

#### Practice Good Housekeeping:

- Clean all spills immediately.
- Plainly mark spills and wet areas.
- Sweep or mop debris from floors.
- Remove obstacles from walkways and keep them free of clutter.
- Arrange furniture to provide open walking pathways.
- Secure mats, rugs, and carpets that do not lie flat.
- Close all file cabinets and storage drawers consistently.
- Cover cables that are placed over walkways.
- Keep working and walking areas well lit.
- Report burned-out bulbs and faulty switches.
- Keep frequently used items in easily reachable areas.
- Wear shoes with good support and slip resistant soles.
- Never stand on a chair, table or other surface on wheels.

#### Common locations for falls:

- Doorways
- Ramps
- Cluttered hallways
- Areas with heavy traffic
- Uneven surfaces
- Areas prone to wetness or spills
- Unguarded heights
- Unstable work surfaces
- Ladders
- Stairs

Dennis Miller	1
Paul Zach	1
Joe Dorner	2
Oscar Lopez	2
Donald Doughty	3
Lisa Falcsik	4
Greg Henry	5
Donald Manseau	6
Evan Kunert	7
Mike Meersman	7
Craig Ellingson	8
Cheryl Smith	8
Dan Winder	8
Dustin Osborn	11
Maxine Hart	11
Mac Nelson	11
Frank Corral	13
Jim Bailey	14
Dan Spivey	14
David Hatrick	21
Wayne Johnson	21
Sandy Williams	22
Jesse Garcia	24
Pat Brock	27
John McFarland	27
Cheryl Burnside	28
Brian Workman	28
Steven Witzel	29

#### FY 2012/2013

#### Worker's Compensation Employee Slip/Trip/Fall Claims

Total of 20 strain claims reported. Of this, 8 were a direct result of a slip/trip/fall accident.

Medical costs for the slip/trip/fall claims were \$75,320.

71 work days were lost and 93 days were return to work with restrictions.

\$9,602 in wages were lost on 3 of the 8 claims.



# Appreciation

**Bonus Award Recipient: Andrew Rucker, Kingman Fire Department!!** Congratulations Andrew! Andrew is a recent recipient of a bonus award in recognition of his dedication to organizing, building, and training not only the Kingman Fire Department but neighboring departments such as NACFD and GVFD. His training components, particularly in Rapid Intervention Training, along with Mayday drills, have been a great asset to the Kingman area fire departments. He has taken the task upon himself to research, find a site, set up, and build props for training components that places the teams in the most realistic situations as possible. Firefighters all over the world die in these type of situations and being regularly drilled, prepares the teams for such events. Great Job!

**We believe The City of Kingman has some of the most outstanding employees in the community. Your co-workers and the customers we serve agree! We would like to share some of the thoughtful words received about our dedicated team.**

Pam Vande Krol

Thank you for putting in the extra hours and assuming a very intense work load this summer to cover for the vacancies in our department! Your willingness to help in any way is noticed and appreciated very much!

Thank you!

**Grateful**

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Jessie Garcia, Paul Forsyth, Richard Winn,  
Dan Dill

Thank you for building and fabricating a new Putt Putt Golf Game for the Carnival and other Special Events the Recreation Department puts on for the public.

Great jobs Fellas!!!

**Thanks**

Bill Couch

Thank you for helping a woman whose electric wheelchair had broken down near the hospital. You not only helped her get her wheelchair out of the street, you also drove her to her truck.

Job well done!!!!

**Gratitude**

**Kudos**

Russ Kuehner, Stan Mills, Doug Letcher

Thank you for your hard work, Kingman Police Department experienced their first "leak free" monsoon. We appreciate a job well done. Thank You!!

Scott Yocum, Spike Zerr,  
John Duszynski, Bill Bonfield,  
James Clemens, Harry White

Thank you for keeping our trucks up and going with this heat. Scott you have a great team!!

**To nominate someone for a "smiley" - send an email to Linda HR.**



## Golf Tournament Results



### August 21— Realtors

#### 1st place: 31 (-4)

Roy Ratliff  
Keven Duford  
Cherish Sammeli  
Brad Abraham

#### 2nd place: 33 (-2)

Doug Potokar  
Bill Johnston  
Chris Weaver  
Harry White

#### 3rd place: 35 even

Russ Brooks  
Barry Jones  
Dotty McNulty

#### Closest to the pins

#10 Roy Ratliff  
#14 Dotty McNulty  
#17 Charley Brown

### July 31— Week #10

#### 1st Place (tie): 32 (-4)

Dan Theel  
Burley Hambrick  
Charley Brown

Roy Ratliff  
Pat Moore  
Bob Kanthack

Dan's team won—Play off on #9

#### 2nd Place: 33 (-3)

Karen Lopez  
Mike Bradley  
Bill Barnes

#### 3rd Place (tie): 34 (-2):

Dwayne Cardiff	Doug Potokar
Mike Godfrey	Keith Eaton
Dotty McNulty	Jeff Baker

Bill Fogg  
Frank Burarra  
Russ Brooks

#### 4th Place: 36 (Even)

Porter Williams  
Harry White  
Bill Johnston

#### Closest to the pins

#6 Dan Theel  
#8 Bill Barnes

### August 14— Week #11

#### 1st Place 32 (-3)

Arron Scott  
Bob Kanthack  
Russ Brooks

#### 2nd Place: 33 (-2)

Dan Theel  
Harry White  
Nathan McDaniel

#### All Tie 34 (-1):

Brad Weaver  
Bill Barnes  
Bill Johnston

Brad Abraham  
Mike Meersman  
Bill Toschlog

Kathy Dunton  
Vickie Scavazzo  
Roy Ratliff  
Bill Fogg

Bob Casson  
Burley Hambrick  
Cotton Winters

#### Closest to the pins

#10 Dan Theel  
#14 Mike Meersman  
#17 Arron Scott

## New Employee Corner

Kristen Gonzales    Finance—Accounts Payable/Payroll Clerk

Lisa Falcsik    Municipal Courts—Court Clerk

Elwood Hurley    Kingman Fire—Firefighter

# Welcome Aboard!

## DEPARTMENT NEWS

## DEVELOPMENT SERVICES

## DEPARTMENT



The Development Services Department encompasses the Planning and Zoning Division, and the Building Division of the City. The Department provides staff support to the Planning and Zoning Commission, the Board of Adjustment, the Building Board of Appeals, the Clean City Commission, the Tourism Development Commission, assists the city manager with the Economic Development and Marketing Commission, and assists the Parks and Recreation Department with grants for the Historic Preservation Commission.

The Planning Division consists of the director, a principal planner, a grants coordinator and an administrative assistant. The Building Division consists of a Building Official, two plan checkers, two field inspectors, and a planning technician.

With the Kingman economy is showing improvement from the tremendous slump that bottomed out in 2010. The Department's workforce has been cut in half since 2006. A planner position is open and will be added in September.

In terms of total number of building permits issued, overall building activity is up 16-percent from this time last year. In terms of building valuation, we are up 207-percent. New single-family housing starts are up 53.6 percent (63 permits through July), which is 51.8-percent in valuation. There have been seven new commercial building starts thus far this year which exceeds all of 2012. The valuation of the commercial permits is up over 1466-percent from this time last year.

With lack of a economic development director, the Development Services Department is assisting the City Manager's Office with economic development work. The City has been instrumental along with area manufacturers and Mohave County in establishing the Kingman and Mohave Manufacturing Association (KAMMA). The City has provided seed money to help KAMMA to be incorporated. Through KAMMA's efforts, the need for a mobile training unit was identified and the City Council allotted a portion of its Community Development Block Grant monies to assist Mohave Community College with the acquisition of a mobile training unit. The mobile training unit is scheduled to be completed in October 2013.

Along with the permit processing activities, the Planning Division has completed the General Plan Update and the public hearing process is underway. The General Plan Update is to be on the November 2014 ballot for ratification.

Rich Ruggles and Sherie Sixkiller-Wing, with assistance from Eddie Tapia, provide staff support to the Clean City Commission, which does a tremendous job in trying to clean up the City. Trash clean-ups, the Adopt-a-Block Program, Hazardous Waste Disposal programs and other community beautification efforts are all through the Clean City Commission's efforts.

The Community Development Block Grant (CDBG) program is administered by Bill Shilling. This program provides a housing rehabilitation program for low and moderate income households, along with install sewer lines in the "Notch" area. The previously mention mobile training unit was also funded in part by the CDBG program. In the past, the Boys and Girls Club has received assistance from CDBG monies. The Central Commercial Building renovation was a CDBG funded project.

# 40th Annual Andy Devine Days Parade Kingman – “Tough Enough to Wear Pink” Saturday, September 28th 10 a.m.



The City of Kingman will be celebrating again this year by observing Western Week. City employees are encouraged to wear their western wear during the week of Sept 20th—24th to show their community spirit.



## Andy Devine Days Rodeo Celebrates Its 26th Year!

The Andy Devine Days PRCA Rodeo is in its 26th year here in Kingman Arizona, brought to you by the KINGSMEN, a group of local businessmen dedicated to the preservation of our area's ranching and rodeo western heritage.

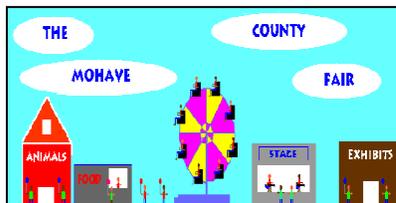
You are invited to enjoy all the fun and entertainment brought to Kingman during Western Week, including the dances, parade, chili feed, and of course, the Rodeo!



Andy Devine Days  
2013 PRCA Rodeo  
September 28 and 29  
12:00 PM both days  
Mohave County Fairgrounds



# 2013 Mohave County Fair



### TIMES

Thursday, Sept 12 - 10AM-10PM  
Friday, Sept 13 - 10AM-10PM  
Saturday, Sept 14 - 10AM-10PM  
Sunday, Sept 15 - 10AM-6PM

### PRICES

62+ \$2.00  
3 & Under Free  
4-11 \$2.00  
12 & Over \$5.00  
  
Parking \$2.00



## City of Kingman's Employee Newsletter

# Employment Anniversaries

Chief Chuck Osterman	Fire Dept	37 years	David Reif	Police	9 years
Mike Jennings	Info Systems	24 years	Donny Witt	Info Systems	9 years
Rusty Cooper	Police	22 years	Tom Bacoka	Water Oper	9 years
Rob Owen	Hurf Adm	21 years	Todd Foster	Police	9 years
Joe Dorner	Fire Dept	20 years	Frank Corral	Transit	9 years
Dave Lash	Dev Svc	18 years	John Duszynski	Fleet	8 years
Jack King	Police	16 years	John Wells	Sanitation	8 years
David Rivedal	Fire Dept	14 years	Robert Furr	Sanitation	8 years
James Clemens	Fleet	13 years	Sheri Furr	Transit	7 years
Paul Zach	Sanitation	13 years	Dillon Jenkins	Police	7 years
Gene Yerby	Water Oper	11 years	Duncan Rose	City Attorney	4 years
Carl Cooper	City Attorney	11 years	Genaro Herrera	Fire Dept	1 year
Mike Coldiron	Dev Svc	11 years			
Susan Dugo	Engineering	10 years			
John Morris	Police	9 years			
Mark Chastain	Police	9 years			

## SEPTEMBER 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Flu	11 	12	13 	14
15	16	17	18 	19	20	21
22	23	24	25 	26	27 	28
29	30					

Holiday:  
HAPPY LABOR DAY!!!  
Monday, Sept 2nd



Pay Days  
Friday, Sept 13th  
Friday, Sept 27th

### Scheduled Meetings & Events

Insurance Committee Meeting—  
9/12 10:00 a.m.

General Safety Committee  
Meeting — 9/24 9:00 a.m.

City Golf League  
9/11 & 9/25  
3:30 Tee Times

Newsletter Deadline 9/20

Western Week  
9/23—9/27

40th Annual  
Andy Devine Days Parade Saturday 9/28  
10:00 a.m.—Beale St.