

PRAIRIE PULSE

MARCH 2023



Kudos to everyone who wore red and participated in the Heart Walk at The Epic on Feb. 23. The Game of Wellness is on!

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Clean Air Art Contest

Win a gift card!

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At City Hall on March 8

Message from the Manager

From City Manager Steve Dye

SAVE THE DATE
VIRTUAL EMPLOYEE HEALTH FAIR
WEBINARS • PRIZES • SCREENINGS
MARCH 20-23
WWW.GPTX.ORG/HEALTHFAIR

Mayor's 5K Walk

Saturday, April 1, 9 a.m.

Farmers Market, 120 W. Main St.

Join Mayor Ron Jensen as he kicks off the 2023 Cyclin' with the Mayor series with the Mayor's 5K. All ages are welcome to participate and walk, run or go at a leisurely pace.

Upcoming Events

Tuesdays

Zumba

7 p.m.

Warmack Library, 760 Bardin Rd.

Free

To register, visit jrudd@gptx.org

Saturday, March 4

Badges and Books

10 a.m.-11:30 a.m.

Main Library, 901 Conover Dr.

Tuesday, March 7

City Council Meeting

6:30 p.m.

City Hall, 300 W. Main St.

Wednesday, March 8

Employee and Family Vaccine Clinic

9-11 a.m.

City Hall East

Conference Room C

Bring your insurance card and drivers license

[Register here](#)

Thursday, March 9

Mayor Ron Jensen's 2023 State of the City

6-9 p.m.

Ruthe Jackson Center

3113 S. Carrier Parkway

Visit grandprairiechamber.org

Saturday, March 11

Sound Healing

2 p.m.

Warmack Library, 760 Bardin Rd.

To register, visit jrudd@gptx.org

Prairie Trotters

Earn points in the Game of Wellness by signing up for the Prairie Trotters Club, a walking/running club where you can take one of the Grand Prairie Animal Service (GPAS) shelter dogs out on one of 3 pre-approved trails. This club not only assists our members in their wellness journey, but also provides our medium to high energy dogs exercise along with one-on-one time that they desperately need. Members can take 1 of 3 routes provided by the shelter and request additional dogs to take out during their shift after they return one from an outing. For a limited time, GPAS is offering waived fees for GPTX employees. Employees may use this [form](#) to sign up, please use your city email address.



Free On-Demand Video Courses

Udemy is an online learning platform of high-quality, on-demand video courses across 75 categories for upskilling in business, technology, and design. Achieve personal success with courses on health and well-being, the arts, language learning, and more. Free with your Grand Prairie library card, available at any library branch or online at gptx.org/library.

You Can't Beet 'Em!

Beets are a serious superfood, especially when it comes to immunity—which is important to support year-round, but particularly during cold and flu season. Beets of all shades are loaded with vitamin C, zinc, and other nutrients known for bolstering the immune system, and they're high in anthocyanins and beta carotene, pigment-lending compounds with powerful antioxidant properties. And don't discard those stems and leaves: They are a bonus source of nourishment and are particularly rich in vitamins A and K as well as calcium and potassium.



Prevention

Love is in the Air Art Contest

Get Fit GP invites city employees to show their love for clean air by creatively expressing ways they can reduce air pollution and improve their health. All forms of art are accepted. First, second, and third place winners will win a gift card!

Please submit your projects by Friday, March 17 at 5 p.m.

[Complete guidelines](#)

The Role of Exercise in Strengthening Your Immune System

Folk wisdom has long stated that exercise will reduce your chances of getting sick. But is that true? Two recent reports say, decidedly, yes.

A 2022 meta-analysis of 16 studies in the British Medical Journal (BMJ) included more than 1.8 million people around the globe. Researchers found that those who stayed physically active had a lower risk of severe illness from COVID-19 compared with people who were not active.

And a 2021 systematic review of 55 studies in Sports Medicine revealed that regular physical exercise boosted the immune system's ability to fight off "community-acquired infectious disease" in general.



These are some of the key findings.

31%

Percentage lower risk of contracting "community-acquired infectious disease"—including respiratory-tract infections, such as colds and pneumonia—among those who were habitually physically active. Sports Medicine also reported a 37 percent risk reduction in overall infectious disease mortality.

150

Minimum number of minutes of moderate-intensity physical activity per week that was found to be of benefit, according to the BMJ. Seventy-five minutes of vigorous-intensity exercise produced similar results. Regular, moderate to vigorous physical activity is associated with reduced risk of community-acquired infectious diseases and infectious-disease mortality; enhances the first line of defense of the immune system; and increases the potency of vaccination.

Experience Life

The Best Temperature for Slumber

"The National Sleep Foundation suggests 65°F as the ideal sleep temperature," says Dr. Anna Wani, M.D., and assistant professor in the department of family and community medicine and the department of pediatrics at UT Southwestern Medical Center who specializes in sleep medicine. "We'd go broke in Texas trying to do that in the summer, but the cooler the better. The cooler our bodies get a night, the easier it is to get to our deepest and best sleep." Our bodies naturally experience a temperature drop during sleep and when you cool your bedroom, your body gets the message that it's time for some shut-eye. If the room is too hot, it makes the thermoregulation process harder and can result in a sweaty and restless night.

Employee and Family Vaccine Clinic

Wednesday, March 8, 9-11 a.m. • City Hall East, Conference Room C

Bring your insurance card and drivers license

Available vaccines: COVID, Shingles 1st or 2nd dose, TDap, Pneumonia, B12 (\$20)

[Register here](#)

Message from the Manager

As spring approaches and we begin to have nicer weather, we'll have even more opportunities to get outside and stay attentive to our personal well-being. Whether you made resolutions for this year or are just continuing with your wellness regimen, please don't forget to focus on your physical and mental health. Staying fit helps us be more productive in service to our families and citizens.

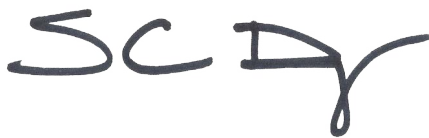
Our city's new EpicCentral development on the west side of SH 161, between Arkansas and Warrior, will soon be a great place to get out and enjoy good food and fun. Loop 9 Barbecue opens on March 6 and several other restaurants will open as follows:

- The Finch – May 1
- Vidorra – July 1
- Serious Eats – Sept. 1
- Brunch Restaurant – Dec. 1

The big grand opening for the entire EpicCentral area, including the water and light show, will be scheduled soon. Meanwhile, the Parks, Arts and Recreation Department and EpicCentral attractions have spring break sneak peek activities planned including music and entertainment on the main stage March 8-19, family-friendly games and activities on the GrandLawn at The Epic, food, craft classes, vendors, face painting and pickleball clinics at Chicken N Pickle, expanded hours at Bolder Adventure Park March 12-17, and EpicWaters will be open daily March 2-27.

The Game of Wellness is going strong thanks to the many employees who attended the Heart Walk. I'm very aware that the House of DeLeon is winning with the House of Hills not far behind, so I challenge the House of Dye to pick up the pace! Kudos to the Wellness Committee for creating this fun competition.

Thank you to all employees for the exceptional public service you provide each day to improve quality of life in our great city.



Steve Dye, City Manager

Flexible Spending Accounts

Don't forget to submit receipts no later than March 31, 2023, for qualifying expenses incurred from January 1, 2022 through December 31, 2022. Visit naviabenefits.com to submit your receipts today. Use the City's code to create your account: CTG

Upcoming Events

March 17-19 and March 24-26
The SpongeBob Musical
Uptown Theater, 120 E. Main St.
[Tickets and info.](#)

Tuesday, March 21
City Council Meeting
6:30 p.m.
City Hall, 300 W. Main St.

Saturday, March 25
The Big Event
Citywide Volunteerism Day
8 a.m.-1 p.m.
[More info.](#)

Saturday, April 1
Farmers Market - Opening Day
120 W. Main St.
8 a.m.-1 p.m.
GrandFunGP.com/farmersmarket

Saturday, April 1
Shred Day
Shred documents for \$5 per box
8-11 a.m.
City Service Center
1821 South SH 161
For more info. email: crimepreventionunit@gptx.org

Saturday, April 1
Catalytic Converter Etching
8 a.m.-11 a.m.
City Service Center
1821 South SH 161
\$15 per vehicle
Register: grandprairiepolice.org

Saturday, April 1
Mayor's Community 5K
9 a.m.-noon
Farmers Market
120 W. Main St.
For more info., email bsegovia@gptx.org