



## Upcoming Events

### **Saturday, Sept. 3 (every Saturday)**

8 a.m.-1 p.m.  
Farmers Market  
120 W. Main St.

### **Monday, Sept. 5**

Doggie Splash Day  
1-5 p.m.  
Splash Factory  
601 E. Grand Prairie Road  
Bring your family and furry friends  
\$3 per participant

### **Wednesday, Sept. 14**

Catalytic Converter Etching  
6-8 p.m.  
City Service Center  
1821 South SH 161  
\$15 per vehicle benefiting  
Crime Stoppers  
[Register here](#)

### **Thursday, Sept. 15**

Cyclin' with the Mayor  
Mountain Creek Ride  
6 p.m.  
Mi Familia Park, 2402 Cardiff  
Join Mayor Ron Jensen for a  
5-mile bike ride around Mountain  
Creek Lake.

### **Friday, Sept. 16**

Park(ing) Day  
*Presented by the Planning Division and Downtown Managers*  
8-10 a.m. - free coffee for the  
first 60 city employees  
11 a.m.-1 p.m. - free lunch  
Parking spaces just east of the  
Annex Building

## Airrosti Text Connect

### Free Access to Pain and Injury Chat

If you're experiencing any type of muscle or joint pain anywhere throughout your body, a knowledgeable and caring Airrosti provider is just a text message away. These highly trained providers are ready to answer your questions, help you understand the likely cause of your pain, and guide you on a path to recovery. There's absolutely no cost to you and no obligation to schedule with Airrosti.



To get started, simply text your name to 726-204-5447 or schedule a NO COST video chat with a provider at [airrosti.com/vip-chat](https://airrosti.com/vip-chat). Providers are available to assist you Monday through Friday, from 8 a.m.-5 p.m.

## Downtown

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Plans for downtown include:

- **The Calvary Baptist Church property** - the city council is looking into development opportunities
- **Turnback Program** - will reduce the number of traffic lanes on Main Street, divert through traffic to Jefferson Street and beautify landscape.

Although these projects are years away, the challenge for Chip and Camryn is to maintain momentum to keep downtown a priority.

When asked what the most rewarding part of their jobs is, Camryn said, "When I see people show up to our events and have a good time downtown, it's a really great feeling." Chip agreed, "The diversity of the crowds that we are able to attract downtown, seeing new people is rewarding because that's what it is all about— making those personal connections with businesses and our community."

Recently Chip and Camryn started a new music series called 'Music on Main,' as part of their yearly initiatives. The last two concerts will take place at the Farmers Market, 120 W. Main St. on Thursday, Sept. 1, and Thursday, Oct. 6, 6 p.m.-7:30 p.m.

Other upcoming events in the Farmers Market include:

### **Grand Fiesta Patrias Festival and Parade**

Saturday, Sept. 17, 9 a.m. to 2 p.m.

**Día de los Muertos**, Sunday Oct. 30, 6 p.m. to 10 p.m.

If you are interested in Chip and Camryn's work, follow them on Facebook, Instagram, and Twitter @downtowngptx or visit [gptx.org/downtown](https://gptx.org/downtown) to stay updated on all their latest events and projects.

# Toastmasters Open House

Wednesday, Sept. 28, noon- 1 p.m. (Doors open at 11:45 a.m.)

City Council Briefing Room, 300 W. Main St.

Light Snacks will be served. • For more info.: [grandorators.toastmastersclubs.org](http://grandorators.toastmastersclubs.org)

RSVP to Chiquita Taylor 972-237-8039 or email [ctaylor@gptx.org](mailto:ctaylor@gptx.org)



## Get More from Omada

Whether you want to lose weight, eat better, move more, or have more energy, Omada's science-based approach helps you shift your mindset and change your health. You will get a plan built around you, and the support of a dedicated health coach, weekly lessons, and a wireless smart scale – all at no cost if you are enrolled on the city's medical plan. Get started at [omadahealth.com/gptx](http://omadahealth.com/gptx).

## Catalytic Converter Etching

Wednesday, Sept. 14, 6-8 p.m. • City Service Center, 1821 South SH 161

\$15 per vehicle benefiting Crime Stoppers

[Register here](#)

## Did You Know?

1 in 3 American adults has prediabetes. That's more than 88 million people! 84% of people with prediabetes don't even know they have it. Prediabetes is when someone's blood glucose (sugar) level is too high but not high enough yet for a diagnosis of type 2 diabetes. Prediabetes can become type 2 diabetes if it is not treated. Visit [doihaveprediabetes.org](http://doihaveprediabetes.org) to take the risk test.

Prediabetes can often be reversed if it's caught early by making health lifestyle changes, such as:

- Weight management – Losing just 5-7 percent of your body weight can lower your risk for type 2 diabetes.
- Eating healthier – Roast, broil, grill, steam, or bake. Avoid frying. Don't forget that low fat doesn't have to mean low flavor.
- Getting active – Get at least 2.5 hours of physical activity every week. Taking 3-minute walks 5 days per week is a good goal to start with.
- Quit smoking – Make a list of all the reasons to stop smoking (There are a lot!). Enroll in the city's tobacco cessation program at [quitnow.net](http://quitnow.net) to begin the program and kick the habit!



## Don't Miss Park(ing) Day

*Presented by the Planning Division and Downtown Managers*

Friday, Sept. 16

Municipal Court Parking Lot



8-10 a.m. - Travelin' Tom's Coffee (free coffee for the first 60 employees)

11 a.m.-1 p.m. - Free food truck lunch for city employees only

Parking day is a global event that encourages individuals to repurpose parking spaces and transform them into social places.

*Original PARK(ing) Day concept by Rebar.*



## Message from the Manager

In the Proposed FY22-23 Budget, we have included a 3 percent merit raise for all city employees that will be considered for formal approval by the City Council on September 20. The Council is supportive of this raise, so I am optimistic that it will be approved in the final budget. If approved, the pay increase will be seen on your October 28, 2022 paycheck.

I'm excited to remind you of two programs that are centered on rewarding employee effort and innovation.

### GP&Me

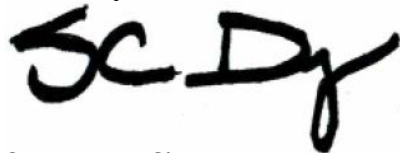
Time off with family and friends is so important. This program recognizes employees with 1-5 days off for outstanding contributions that improve, beautify and/or positively impacted our city's programs, business operations and community. If approved by the City Manager's Office, recipients will be notified by Human Resources. Nominate an employee for GP&Me on the Raving Fans site [here](#).

### IDEAS Incentive Program

I've found that the best ideas usually come from those doing the work. We've introduced the IDEAS Incentive Program to solicit ideas that might save taxpayer dollars and/or make our city's operations more efficient. If you have an idea, the IDEAS Committee will review it and the employee(s) that submitted the proposal will be rewarded monetarily. Submit your IDEAS proposal on the Raving Fans site [here](#).

A big THANK YOU to all employees who are working this Labor Day weekend. Your dedication to our city is noticed and appreciated. And to everyone who has the long weekend off, please stay safe and enjoy!

Sincerely,



Steve Dye, City Manager

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## Online Retirement Counseling

You can now schedule a virtual or phone counseling session with a TMRS representative to answer questions regarding TMRS benefits, monthly retirement benefit estimates, and your retirement options. For online counseling, all you need is a computer or mobile device. A webcam or camera phone is not required but will allow you to see your representative and any documentation they share with you. Your family members and financial advisor are welcome to attend.

Virtual or phone appointments are available Monday through Friday from 7 a.m.-6 p.m. Visit [tmrs.com](http://tmrs.com) to schedule your appointment today.

## Upcoming Events

### Sept. 16-18 and Sept. 23-25

Rodgers and Hammerstein's  
*State Fair*

Presented by the Grand Prairie  
Arts Council

7 p.m.

[Uptown Theater](#), 120 E. Main St.

### Saturday, Sept. 17

Grand Fiestas Patrias Festival  
and Parade

9 a.m.-2 p.m.

Farmers Market

120 E. Main St.

Vendors, music, photo booth,  
mascots, mariachi, DJ,  
folkloricos, food, culture and  
parade.

### Saturday, Sept. 17

Paws in the Park and  
Movie on the Lawn

6-11 p.m.

Grandlawn at EpicCentral  
2960 Epic Place

This event will include a splash  
zone for dogs and owners will  
have the opportunity to gather  
information on how to care for  
their dogs. [GrandFunGP.com](http://GrandFunGP.com)

### Saturday, Sept. 24

Clean Prairie Fall Sweep

Volunteer to help make Grand  
Prairie litter free.

[Register here](#)

### Wednesday, Sept. 28

Grand Orators Toastmasters

Open House

Noon-1 p.m.

City Hall

City Council Briefing Room

300 W. Main St.

RSVP: 972-237-8039 or

[ctaylor@gptx.org](mailto:ctaylor@gptx.org)