

PRAIRIE PULSE

February 2024



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CONGRATULATIONS TO EMPLOYEE AWARDS BANQUET WINNERS!

Group Teamwork:

Landfill and Water Utilities

Group Innovation:

Get Fit – Public Health and
Environmental Quality

Individual Innovation:

Jonathan Jefferson
Parks, Arts & Recreation

Individual Integrity:

Samuel Nolasco
Fleet Services

Individual Service:

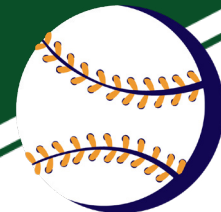
Bobby Spurgin
Fleet Services

Individual People:

Laura Gomez
Parks, Arts & Recreation

City Managers Awards

Angi Mize, Purchasing Manager
Ray Cerda, Parks, Arts & Recreation Director
Noel Rodriguez, Parks, Arts & Recreation



Upcoming Events

SATURDAY, FEB. 3

Pirates on the Prairie
6 p.m.
Uptown Theater
120 E. Main St.
[Tickets and Info >](#)

MONDAY, FEB. 5 THROUGH THURSDAY, FEB. 8

Rape Aggression & Defense
Training for Women
CVE Public Safety Training
Complex, 310 W. College St.
Free! Email rads@gptx.org
to register.
[More info >](#)

TUESDAY, FEB. 6

City Council Meeting
6:30 - 8:30 p.m.
City Hall, 300 W. Main St.
[Watch Online >](#)

THURSDAY, FEB. 8

Mayor Pro Tem John Lopez
Town Hall Meeting
6-8 p.m.
Moseley Elementary School
1851 W. Camp Wisdom Rd.
Attend In-Person or Virtually
[Zoom >](#)

TUESDAY, FEB. 13

Galentine's Day:
Women's Night In
6-7:30 p.m.
Main Library, 901 Conover Dr.
Crafts, tea and activities - free
Email aholstead@gptx.org
to register.

TUESDAY, FEB. 20

City Council Meeting
6:30-8:30 p.m.
City Hall
300 W. Main St.
[Watch Online >](#)

GP Welcomes New City Attorney

Maleshia McGinnis was appointed as the City of Grand Prairie's new City Attorney at the City Council meeting on Jan. 9.



McGinnis has been practicing municipal law for more than 22 years and has served as City Attorney for North Richland Hills since 2016, serving as chief legal advisor to the City Council, the City Manager's Office, City Secretary's Office, city staff and all City Boards and Commissions. Prior to serving North Richland Hills, McGinnis served nearly 15 years in the Fort Worth's City Attorney's office, working her way up from Prosecutor to Sr. Assistant City Attorney/Section Chief. During her tenure in Fort Worth, she was head of the General Services Section for five years and legal advisor to the city's Economic Development Department and the Fort Worth Sports Authority.



Nutrition

The WOW Committee is kicking off the year with nutrition as the focus of Q1. Good nutrition is essential in keeping current and future generations of Americans healthy across their lifespans. People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.

[Click here](#) to submit your quarterly pledge for a chance to win a prize! One winner will be selected at random each month of the quarter.

Flexible Spending Accounts

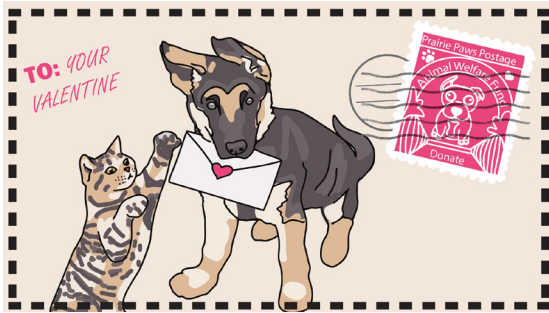
Don't forget to submit receipts no later than Sunday, March 31, for qualifying expenses incurred from January 1, 2023 through December 31, 2023. Visit naviabenefits.com to submit your receipts today.



Wear Red Day

National Wear Red Day is Feb. 2nd. Snap a photo of you wearing red and email to WOW@gptx.org for a chance to win a prize.

Valentines Benefit Animal Services



Send a love letter to your Valentine with Animal Services Postage.

From now until Thursday, Feb. 8, sign up to send a Valentine to a loved one from a dog or cat at Grand Prairie Animal Services (GPAS) at \$10 each.

Each Valentine will include an adorable photo of a dog or cat from GPAS, a sweet note and the animal's pawprint.

All funds raised will benefit the Grand Prairie Animal Services Welfare Fund.

[SUBMIT YOUR ORDER >](#)

A Whole New Way to Get Healthy

Omada is a personalized program designed to help you reach your health goals, whether that's losing weight or improving your overall health. You'll get a dedicated health coach and the latest technology to support you in making lasting changes that fit your life, one step at a time. Omada is available to eligible employees* at no cost. You'll receive your own personalized program, professional health coach, connected smart scale, weekly online lessons and an online community to help you reach your goals.

Visit omadahealth.com/gptx to learn more.

**Eligibility: Employees and dependents 18+ and enrolled on the city's medical plan.*

Live Heart Healthy

Nearly one in two adults has high blood pressure. Yet, only one in four has it under control. If left uncontrolled, high blood pressure can increase a person's risk for heart disease, stroke, heart failure, kidney disease, pregnancy complications and cognitive decline later in life.

Here are 7 Strategies to Live a Heart-Healthy Lifestyle:

- 1 Learn Your Health History
- 2 Eat A Healthy Diet
- 3 Move More, Sit Less
- 4 Quit Smoking
- 5 Take Medicines as Directed
- 6 Choose Your Drinks Wisely
- 7 Monitor Your Blood Pressure at Home

See [7 Strategies to Live a Heart-Healthy Lifestyle](#) for details on how to lead a heart-healthy lifestyle!

Message from the City Manager

Congratulations to all our employee award nominees and winners. I had a great time at the employee awards banquet celebrating the remarkable achievements of our employee family. We have accomplished so much over the past year thanks to your hard work and dedication to serving our citizens. I truly appreciate all of you, and the World Class, Raving Fans Service you consistently provide. Our core values of service, people and integrity should be at the heart of everything we do, to guide us in our daily efforts to make a positive impact on people's lives.



I am thrilled to announce that we will be introducing in February; Grand Prairie Proud, an initiative aimed to highlight and emphasize the pride you display every day in providing a wide array of services to our citizens as an employee of the City of Grand Prairie. Our city would not be the same without each and every one of us working together, demonstrating the pride that makes us special collectively and individually.

Thank you for your commitment and dedication, that's what makes Grand Prairie the great city it is. Your hard work today, plays a vital role in shaping our community and making it a better place for everyone tomorrow.

Bill Hills
City Manager

On-Site Cardiovascular Screenings

City Hall East – Conference Room A
Thursday, Feb. 8 | 8 a.m. – 5 p.m.

February is Heart Health Month. Cardiovascular disease is a silent killer. Early detection is key! Vascular screenings can help identify risks that could lead to stroke or heart attack.

Screenings include:

Carotid ultrasound – screens for plaque in the carotid arteries to detect and help prevent strokes

Duplex ultrasound of extremities – screens for narrowing or blockage in the lower extremities

Contact Cathey at catheyc@premiercorporatewellness.com to schedule an appointment.

Upcoming Events

SATURDAY, FEB. 24

The Zeppelin Project
Led Zeppelin Tribute Band
7 p.m.

Uptown Theater
120 E. Main St.

[Tickets and info >](#)

THURSDAY, FEB. 29

Hoops for History
Basketball Game
5:30-8 p.m.

Dalworth Recreation Center
2012 Spikes St.

Free event

The Dalworth Recreation Center basketball team will take on the Grand Prairie Police Department in an awesome night of fun and fellowship.

THURSDAY, FEB. 29

GPFAA Jazz Band Winter Concert
7 p.m.

Uptown Theater
120 E. Main St.

[Tickets and info >](#)

SATURDAY, MARCH 2

Keep Grand Prairie Beautiful
2-3 p.m.

Main Library, 901 Conover Dr.
Learn about gardening and work on plat-related activities.

Email jrudd@gptx.org to register.

TUESDAY, MARCH 5

City Council Meeting
6:30-8:30 p.m.

City Hall, 300 W. Main St.

[Watch Online >](#)