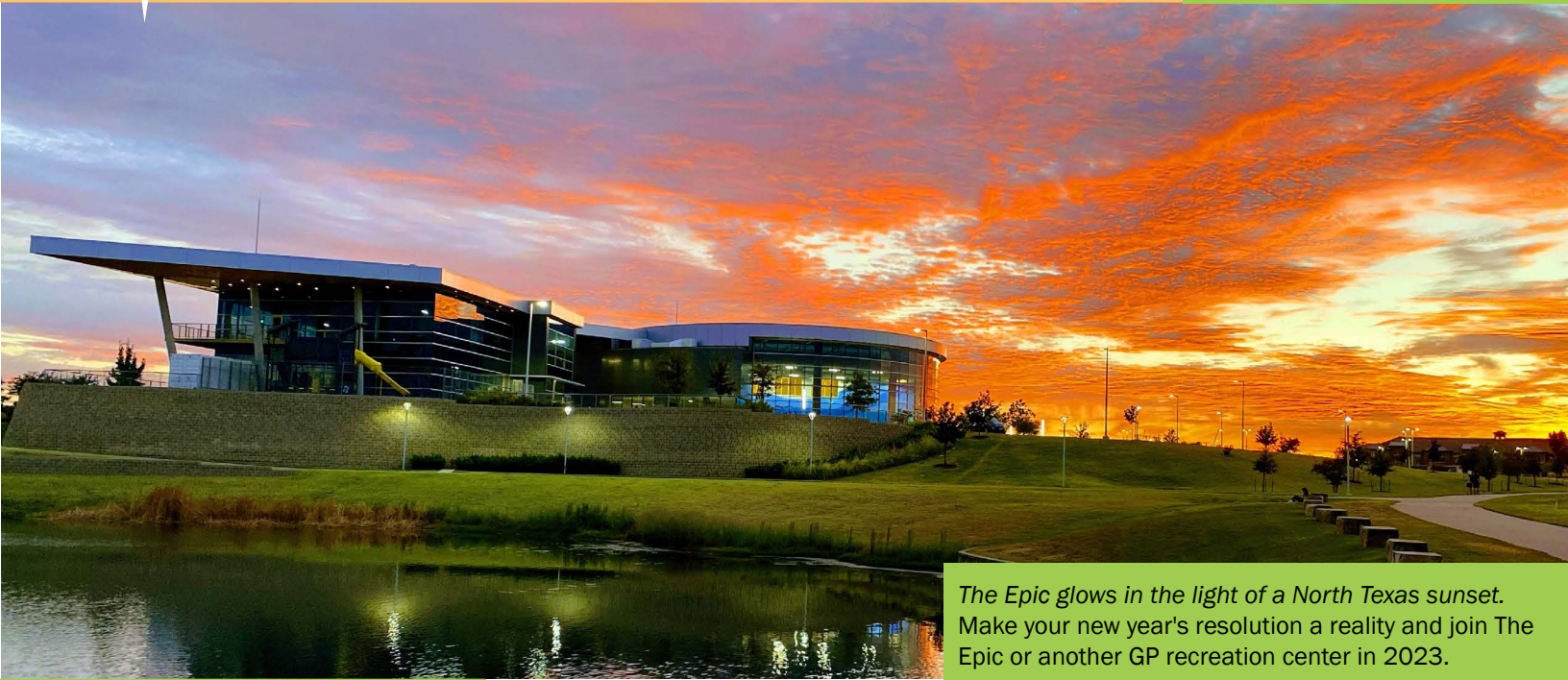


PRAIRIE PULSE

January 2023



The Epic glows in the light of a North Texas sunset. Make your new year's resolution a reality and join The Epic or another GP recreation center in 2023.

What's Inside

BigShots Golf Tees Off in GP

New entertainment venue

Know where to Go for Medical Care

Handy chart for decision making

GP Big Event

Volunteer for this citywide event

Flexible Spending

Receipts due by March 31, 2023

Message from the Manager

From City Manager Steve Dye

Prairie Paws is now...

Officially Animal Services

Employee Awards Banquet

Don't miss the Employee Awards Banquet

Thursday, Jan. 26, 2023

Doors open: 5:30 p.m. Dinner: 6 p.m.

Ruthe Jackson Center

3113 S. Carrier Parkway



Tickets are for sale at the following locations:

- Human Resources front desk - City Hall, 300 W. Main St.
- Public Safety Building (Stan Steadman) - 1525 Arkansas Lane
- City Service Center (Gena Naylor) - 1821 SH 161
- Housing (Joshua Jones) - 210 W. Main St.

Wellness is Coming

Wednesday, Jan. 11 • Veterans Event Center, 925 Conover Dr.

Choose a time that works best for you:

9 a.m.-10 a.m. • 10 a.m.-11 a.m. • 11 a.m.-noon

Join the WOW Committee for the 2023 wellness kickoff event. There will be big wellness announcements and giveaways. Mark your calendars and be on the lookout for more information!

Upcoming Events

Tuesday, Jan. 3 and Jan. 17

City Council Meeting

6:30 p.m.

City Hall, 300 W. Main St.

Wednesdays

Yoga for All

6-6:45 p.m.

Warmack Library, 760 Bardin Rd.

Email aholstead@gptx.org to register

Saturday, Jan. 7

Keep Grand Prairie Beautiful
Friendship Park Litter Clean Up

9 a.m.-noon

525 E. Polo

Register [here](#)

Saturday, Jan. 7

Growing Herbs Indoors

Gardening Class

2 p.m.

Warmack Library, 760 Bardin Rd.

Email jrudd@gptx.org to register

Thursday, Jan. 12-

Saturday, Jan. 14

Clearance Book Sale

10 a.m.-5 p.m.

All items are 25 cents

Main Library, 901 Conover Dr.

972-237-5700

Monday, Jan. 16

Martin Luther King Jr. Day

City Administrative Offices

Closed

Monday, Jan. 16

MLK Parade and Celebration

9 a.m.

Parade begins at City Hall
and continues to Dalworth
Recreation Center

Fast, Hassle-Free Virtual Care

If you're feeling sick, call your doctor. You may be able to schedule a visit by phone or online.

Avoid delays in seeking care by accessing Virtual Visits, available by phone, computer or mobile app. Virtual Visit doctors are specially trained to diagnose and treat many common illnesses. You will pay for each Virtual Visit according to your BCBSTX plan copay or coinsurance amount.

Here are just a few things Virtual Visits can do for you:

- Care from the safety and comfort of home – avoid exposure to viruses and germs
- Less time waiting – Speak with a doctor in less than 15 minutes. Appointments are required to see a behavioral health therapist (this may take up to 7 days)
- 24/7 Availability – Virtual Visit doctors are available nights, week ends, and holidays
- Top quality physicians – board certified doctors have an average of 15 years of experience and are specially trained in virtual care
- Prescription – Your Virtual Visit provider can send prescriptions to your preferred pharmacy and refill existing medications

Download the MDLIVE app today and set up your account for easy access! Or call 800-400-6354. You will need your medical insurance information to create an account or to speak with a provider. Visit mdlive.com for more information.

My Health Passport

The Get Fit GP community health initiative has partnered with local businesses to offer a free My Health Passport for anyone whose new year's resolution is to live a healthier lifestyle. The My Health Passport features many local discounts such as discounted gym memberships and buy one get one free offers to a variety of local restaurants. Offers on the passport are valid January 1, 2023 - February 28, 2023. [Get your passport](#)



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

BigShots Golf to Launch in GP

[BigShots Golf](#) will open a golf entertainment venue at SH 161 and Forum Drive, adjacent to IKEA, in late 2024. Features will include BigShots Golf's new prototype design which includes a two-story tee-line with 80 interactive, climate-controlled tee boxes and cutting-edge technology powered by TrackMan Range. Avid golfers will be able to play full rounds on virtual golf courses all over the world, while beginners, families, and children can take part in interactive games that give everyone a chance to win.



The venue will also include a 27-hole tech-driven indoor putting course and [Anthem Kitchen + Bar](#), an elevated sports bar with large screens for optimal viewing, unexpected menu items, such as the PB & Jam Burger, signature cocktails and craft beer.

GP Big Event Set for March 25

Volunteer at the Grand Prairie Big Event from 8 a.m. – noon Saturday, March 25, 2023. Teams of volunteers will help residents with qualifying service projects in this one-day city-wide community service project aimed to help those in need. Volunteers are preferred in pre-established groups, but smaller groups and individuals may also volunteer. Jobs may include yard work, spring-cleaning or litter patrol, or other work outside a home that requires no power tools. Deadline to register is March 1, 2023. All jobs are vetted in advance, in Grand Prairie, one-time only. gptx.org/bigevent.



Know Where to Go

SmartER Care helps guide you to know where to go for medical care and can make a big difference in cost and time. The 24/7 Nurseline helps identify options when you or a family member has a health problem or concern.

How Your Options Compare	Examples of Health Issues
Virtual Visits Convenient and lower cost	Allergies, cold & flu, nausea, sinus infections, asthma, pink eye
Primary Care Physician Your PCP knows your medical history best	Fever, sore throat, minor burns, stomachache, ear or sinus pain, physicals, shots
Retail Health Clinic Convenient, low-cost care and pharmacies	Infections, flu shots, skin problems, sore & strep throat, minor injuries/pain, allergies
Urgent Care Clinic Immediate care for non-life-threatening issues	Animal bites, abdominal pain, sprains, strains, cuts, stitches, urinary tract infections, migraines, headaches
Hospital Emergency Room For Serious or life-threatening issues	Chest pain, stroke, seizures, head or neck injuries, severe pain, uncontrolled bleeding, breathing problems, broken bones

If you're not sure where to go for care, or you just have a question, call the 24/7 Nurseline to speak with a registered nurse toll-free at 800-581-0368. Call any time, any day of the week.

Message from the Manager

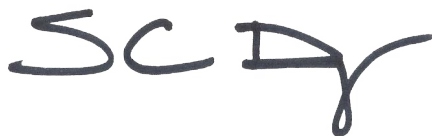
I hope everyone had a restful and happy holiday. I'm really excited about our 2023 as we have some tremendous entertainment and shopping venues open or forthcoming including Bolder Adventure Park, Andretti Indoor Karting and Games, Bass Pro Shops and most recently announced, BigShots Golf. EpicCentral will also really take off this Spring with a grand opening that will debut some dynamic new restaurants including Loop 9 BBQ, Vidorra, The Finch, and Poach'd. Highlighting the EpicCentral development, a new nightly water light show the likes of which do not exist anywhere between Grand Prairie and Las Vegas. Hilton Garden Inn, Homewood Suites, and a 13,000-square-foot conference center are scheduled to open this Fall.

As we enter a new year, I encourage you to submit items for the IDEAS incentive program. If you have input on efficiency and cost-saving measures that would benefit the city, please visit the IDEAS Incentive Program on the Raving Fans site and enter your submission. The IDEAS Committee will review the idea and the employee(s) that submitted the proposal will be rewarded monetarily or with a reward of similar value.

Also, if you know an employee who makes outstanding contributions to improve, beautify and/or positively impact our city's programs business operations and/or community, please consider nominating them for the GP&Me program on Raving Fans. If approved by the City Manager's Office, recipients of GP&Me recognition are rewarded with days off.

Thank you for providing excellent customer service and all that you do to make us THE best city in Texas and beyond.

Sincerely,



Steve Dye, City Manager

Animal Services Update



Prairie Paws Animal Shelter is now Grand Prairie Animal Services. The name change will make it easier for residents to locate us, online and in person. Our trapping policy and dead animal pick-up process is changing. Please visit gptx.org/paws to find the latest updates.

Upcoming Events

Thursday, Jan. 19

City Employee Seed and Plant Swap

Sponsored by Solid Waste and Recycling

10 a.m.-1:30 p.m.

Council Briefing Room
300 W. Main St.

Saturday, Jan. 21

Keep Grand Prairie Beautiful
Beacon Hill HOA Litter Cleanup
9 a.m.-noon

4848 Thames

Register [here](#)

Saturday, Jan. 28

Keep Grand Prairie Beautiful
Fish Creek Cleanup Challenge
8 a.m.-1 p.m.

Register [here](#)

Tuesday, Jan. 31

City Council Member Jacquin
Headen Town Hall Meeting
6-8 p.m.

The Epic Warehouse
2960 Epic Place

Wednesdays, Feb. 22-March 8

Adult Ukulele Lessons

6-7 pm.

Shotwell Library, 2750 Graham
Check out a ukulele or bring your own. Registration opens February 8. Email Camille at cplemmons@gptx.org or call 972-237-7542.