

April 21, 2016

TO: City Manager, Mayor and City Council Members

FROM: All Department Heads
Connie Gaylor, Administrative Coordinator

SUBJECT: Thursday Update

The following information is provided to you as a summary of activities for the week of April 18, 2016 and as an announcement of activities in the coming weeks:

1. As a reminder, the Government Affairs and Public Works Committees of City Council have their meetings to Monday, April 25 at 4:30 and 5:30 p.m., respectively. The Parks and Recreation Committee has cancelled their regularly scheduled meeting. Due to the rescheduled meeting date there will be no May meetings for these Committees.
2. Public works staff continued the second round of the Spring Brush Pick-Up Program this week as residents who receive Tuesday Rumpke services were collected. This popular service will continue for the next three weeks for residents with Tuesday through Friday Rumpke services respectively.
3. Faith Lynch presented on the Montgomery Citizens Leadership Academy (MCLA) at the Blue Ash Montgomery Rotary Club meeting on Tuesday, April 19. Many members of Rotary are also MCLA graduates, including Dave Hershberger, Don Heithaus and Jack Hamilton who were all in attendance. Faith spoke of the outcomes of the program, the enduring legacy of the Montgomery Citizens' Leadership Academy and recruited for MCLA 10. We received a MCLA application immediately following the meeting with seven applicants so far and more to follow. Faith appreciated the opportunity to address this important community partner.
4. Katie Smiddy, our new Finance Director officially started with the City on Wednesday but has already volunteered her time working with the ladies in the tax department during the busy tax season. Katie, we welcome you to our team!
5. City Council and City staff was fortunate to host Tony Gardner, the Executive Director of the Commonwealth Center for High Performance at the City from Tuesday, April 19 through this afternoon. This was Tony's first visit to the City since 2010 and he was able to assist us with the High Performance Organization (HPO) model as well as our work culture. Tony has always had a good relationship with the City and we were happy to have him back to provide guidance to us with our work efforts.
6. Tracy Roblero will be meeting with representatives from Traditions Group and McGill Smith Punshon on Friday to discuss the shared parking analysis at the Vintage Club. This meeting is a follow-up to a meeting with The Christ Hospital last Friday conducted by Wayne Davis and Terry Donnellon. The team will be running different parking scenarios with the hopes of reaching out to The Christ Hospital next week to continue discussions.

7. The Montgomery Police Department in conjunction with the Drug Enforcement Administration (DEA) will be hosting a Prescription Take-Back Day on Saturday April 30 from 10:00 a.m. to 2:00 p.m. in Lot C of Bethesda North Hospital, located at 10500 Montgomery Rd. This event aims to provide a safe, convenient and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.
8. Last week, 28 employees successfully completed our first Fitbit program of the 2016 Wellness program year, this was a 93.3% completion rate. Throughout the eight week period 30 employees competed as teams and individuals to achieve 10,000 steps or more each day and to improve their overall body composition. Overall the 28 employees lost a total of 80.5 pounds and walked 16,202,032 steps. Prizes were given out to the most successful team as well as two individuals who excelled greatly in steps taken and pounds lost. With permission we can acknowledge that Dianne Smith of the police department was our top body composition improvement winner, losing 12.5 pounds and Chris Ross of the fire department recorded 56 days of walking 10,000 steps or more each day. Great job to not only the winners but also to all who participated in the program. All 28 employees that successfully completed the program were awarded 25 points on their TriHealth scorecard and will be awarded 350 points on their Humana Vitality scorecard. For more details on the outcomes, please see the attached slide.
9. Please find attached Montgomery-related news articles that appeared in the local media since our last update.

Should you have questions or concerns regarding this information, please do not hesitate to contact me.

C: Wayne Davis, City Manager
Mayor and City Council Members
Department Heads
Terry Donnellon, Law Director

Fitbit Challenge # 1 Outcomes

- February 15th – April 10th (8 weeks)
- 30 participants signed up for the challenge with 28 completing the challenge - **93.3% Completion Rate**
- Had to weigh-in and weigh-out and actively participate over the 8 week period
- Total lbs. lost = **80.5 lbs.** , Average weight loss per participant **3.22 lbs.**
- Most lost by 1 individual = **12.5 lbs.**
- Largest percentage improvement of biometrics by 1 individual = **6.8%**
- Average body composition change = **- 2.5%** body fat lost
- Total inches lost = **12 inches**
- Total steps taken= **16,202,032 steps**
- Total days of 10,000+ steps = **957**, Average per participant = **34**
- Most days of 10,000+ by 1 individual = **56 days (1 person)**
- Overall Winning team had **215** days of 10,000+ steps for a total of **3,351,964 steps**



Police ready for Drug Take Back Day

» Blue Ash: 10 a.m. to 2 p.m. - Bring your pills for disposal to The Blue Ash Police Department at 4343 Cooper Road. (The DEA cannot accept liquids or needles or sharps, only pills or patches.) The service is

» The City of Montgomery Police Department, partnering with the Drug Enforcement Administration and Bethesda North Hospital, will conduct a Prescription Drug Take Back Day from 10 a.m. to 2 p.m. Saturday, April 30, at the Bethesda North Hospital south parking lot.

The Montgomery Police Department, Bethesda North Hospital and the DEA will provide a venue for residents who want to dispose of unwanted prescription drugs. This is a great opportunity for those who may have missed the previous events, or have subsequently accumulated more unwanted, unused prescription drugs,

to safely dispose of them in a controlled manner.

This is a free service and drop-offs are anonymous. Tablets, capsules and all other solid dosage forms will be collected. Intravenous solutions, injectables and syringes will not be accepted.

“We encourage residents to take advantage of this national Drug Take Back Event and address a vital public safety and public health issue. Residents can help us remove a potential source of controlled substances known to be abused. According to the Partnership for a Drug-Free America, every day, on average, 2,500 teens abuse prescription drugs. A majority of those drugs are obtained from family, friends and the home medicine cabinet,” Montgomery Police Sgt. Mike Plaatje said.

During the first National Prescription Drug Take Back Event in 2010,

4,000 state and local law enforcement agencies in all 50 states disposed of more than 121 tons of pills turned over by the American people. This effort was hugely successful in providing a venue to remove potentially dangerous prescription drugs from our communities. According to the 2009 Substance Abuse and Mental Health Administration’s National Survey on Drug Use and Health, seven million Americans abuse prescription drugs. By removing unwanted or unused prescription drugs from the nation’s medicine cabinets, communities and their citizens can address a vital public safety and public health issue.

The public is also reminded that they can also dispose of the same medications every day of the year in a disposal unit located within the Safety Center lobby.