



Smoking Cessation - Quit Smoking for Good

Join the Great American Smokeout on November 16

The American Cancer Society sponsors the great American smoke out on the third Thursday of November each year. The challenge is for smokers to give up cigarettes for 24 hours. So, if you or a loved one smoke cigarettes, consider joining the movement and take the first step towards quitting cigarettes forever. We all know that smoking and tobacco use is bad for us, but here are some facts for you to consider.

- **Cigarette smoking is a leading preventable cause of mortality**, responsible for over 7 million deaths worldwide and over 480,000 deaths annually in the United States. Although up to 1/2 of all people who smoke can be expected to die from a tobacco related illness, smoking cessation is associated with a mortality benefit for individuals, irrespective of age, gender, race, or ethnicity.
- Smoking is a major risk factor for many types of cancers and **smoking cessation reduces the risk of 12 cancers**, including cancers of the lung, larynx, head and neck, esophagus, stomach, colon, liver, pancreas, kidney, bladder, cervix and acute myeloid leukemia. The excess cancer risk decreases gradually after an individual stops smoking, dropping to approximately 1/2 compared with those who continue to smoke 10 to 15 years after cessation and continues to decrease thereafter.
- **Smoking is estimated to be responsible for roughly 33% of all cardiovascular deaths** in the United States. However, smoking cessation is associated with a rapid and substantial reduction in risk of cardiovascular events, including myocardial infarction, sudden cardiac death, and stroke for both individuals with and those individuals without a prior history of cardiovascular disease.

For more information on how to quit smoking call the American Cancer Society at 1-800-227-2345 or follow this link, <https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html>

Oklahoma Tobacco Helpline

The trained staff at the Oklahoma Tobacco Helpline don't lecture or judge, they simply provide you with the free tools and support available so you can customize your quit experience. The State of Oklahoma offers free services including nicotine gum, patches, or lozenges through the Oklahoma Tobacco Helpline. Call the helpline at 1-800-784-8669, 24 hours a day, seven days a week or visit OKhelpline.com.



Leadership U Development Program

Leadership U is a one-of-a-kind development program in which selected employees participate in unique networking and professional enrichment opportunities. Established in 2012 to develop future leaders across our organization, Leadership U (LU) takes a comprehensive, hand-on approach to refining and developing leadership potential over the course of 9 months. Participants take a deep dive into the complex and diverse innerworkings of City operations and culture, allowing participants to break down traditional barriers that exists between departments and brainstorm collaborate solutions, building lasting bonds of comradery and teamwork. The program allows for extensive self-inventory to hone leadership skills and concludes with a graduation ceremony in which Cit leaders and the graduates' peers and loved ones gather to commemorate the achievement of participants.

Last month, after a record-breaking number of employees applied for the program, the selected participants for the brand new LU Cohort #7 kicked off their LU journey with an exciting opening day event featuring a discussion panel with Senior Leadership, networking, and teambuilding. The bonds that are formed during the experience have continually been one of the highlights for many participants.



Quotes from alum:

"I wholeheartedly recommend Leadership U: the skill development offered by LU is comprehensive and tailored to real-world challenges. From strategic thinking to emotional intelligence, I've found the skills I've gained to be immediately applicable in my role, enhancing my effectiveness and confidence" – Jon Galchik

"One of the best parts of being in Leadership U was connecting with employees who take pride in their work and want to make a positive impact for the organization and the community. When you're around people who are passionate about their jobs then you have a greater appreciation for the work that they do and it's inspiring." – Wendy Martin



LEADERSHIP U ALUMNI GROUP

An exciting part of the legacy of the program is the Leadership U Alumni (LUA) group which has recently been gaining momentum on a number of exciting development initiatives. All LU alumni are welcome to participate in the various networking and development opportunities, as well as the LUA Teams page. Upcoming LUA projects have potential for huge positive impact across the City, such as an onboarding program that will continue above and beyond new employee orientation to truly welcome new employees helping them settle in and get to know our culture. There's no shortage of continued development and networking opportunities in LUA, and in fact the next social event will be filled with bowling, networking and fun at Dust Bowl downtown!

COHORT 7

Congratulations to the newest cohort of Leadership U!

- **Jake Brown** – IT
- **Doug Carner** – TFD
- **Tonya Cromwell** – HR
- **Kycia Davison** – Customer Care
- **Dwayne Dixon** – Water & Sewer
- **Shawn Glen** – Water & Sewer
- **Darin Glodo** – 911
- **Billy Hursh** – TPD
- **Chris Kovac** – Water & Sewer
- **Julie Lynn** – TFD
- **Tine McIntosh** – HR
- **Molly Parkhurst** – Water & Sewer
- **Alisha Rider** – HR
- **Paul Stratton** – Parks
- **Jesus Villareal** – 911
- **Brett Wallgren** – Public Works
- **Catherine Youngman** – Water & Sewer



11 Fall Season Safety Tips to Help You and Your Family Enjoy the Autumn Fun

Fall is one of the best times of the year. Leaves are changing colors, the air is getting brisk, and Thanksgiving is almost here. Autumn offers plenty of ways to have fun with the family. Remembering some important fall safety tips helps ensure you can make the most of the season without illness or injury. Whether you're enjoying a scenic drive to view the leaves, are decorating for Thanksgiving, or want to enjoy a few more moments in the outdoors before winter arrives, there is no shortage of things to do in the fall. By following these fall safety tips, you and your family can enjoy a festive season and stay healthy.

Be Careful with Heaters

Space heaters are one of the most frequent causes of house fires and burns. Though they do a great job of warming up a chilly room in the fall as temperatures dip, you need to be cautious. Be sure to leave plenty of room around the heater to avoid fires and give it room to vent. Never leave your space heater unattended and always turn it off when leaving the room for an extended period.

Give Your Furnace a Tune-Up

Your furnace is essential when winter temperatures arrive. Autumn is a perfect time to check in on your furnace since you probably haven't used it for several months. You may even want to contact a professional to give your system a check-up and ensure it is safe and efficient.

Avoid Burning Leaves

Dealing with a pile of fallen leaves is a hassle. However, burning them is a bad idea. Burning leaves releases dangerous chemicals into the air that can lead to lung disease or cancer. It is also illegal in many places. In fact, burning leaves and other yard debris is one of the main causes of wildfires in many states. It's best to play things safe and dispose of your leaves in another way.

Keep an Eye on Your Candles

Candles can help add a cozy feeling to your home during the cool fall months. It's important to remember that they are also an open flame. Candles can quickly get out of control if they are placed near flammable materials or get knocked over. Be sure to keep your candles away from such materials and in a place where children or pets can't reach them. Always blow out your candle before leaving your home or going to sleep.

Beware of Slippery Roads

Although most people associate poor road conditions with ice in the winter, fall can bring its own set of problems. From wet leaves to fog and ice to rain, road conditions can be just as treacherous. Always be aware of this and monitor your speed and traction while driving. If you're unsure, it's better to slow down rather than risk getting into an accident.

Look for Ticks

Most people assume that ticks go into hiding as the temperature drops. However, this isn't true. Ticks love to live in piles of dead leaves and pine needles. They typically remain active until temperatures begin to drop below freezing or snow covers the ground. If you plan on enjoying outdoor activities in the fall, be sure to check yourself for ticks afterward.

Be Cautious Around Ladders

Ladders present a huge risk for falls and serious injuries. If you are using a ladder to help decorate your home or to do yard work, it is important to do so safely. Be sure your ladder is the right height and is placed on level ground following the manufacturer's instructions. It's also a good idea to always keep at least three points of contact with the ladder. Finally, never step on the top rung of the ladder. If possible, have someone with you when using the ladder. They can help to hold it steady and call for help if an accident happens.

Practice Knife Safety

With all the slicing and dicing, it is no surprise that knife cuts are a significant threat to your fingers when preparing Thanksgiving dinner. To avoid cuts:

- Give yourself plenty of space
- Ensure the area and tools are dry to prevent slippage
- Use sharp knives to reduce the amount of force required
- Cut away from your body
- Ensure blades are in a safe location and visible (do not throw into soapy water)

Get Your Flu Shot

One of the best ways to keep yourself healthy in the fall is to get your flu shot. The flu often gets pushed aside when talking about serious illnesses. However, it can be life-threatening, especially for the elderly and those with other medical conditions. Getting your flu shot is quick and easy and could save your life or the life of someone around you.

Plan ahead for the holiday

Thanksgiving is a good time to check your medical information, as it's the beginning of a popular travel season. Enter your medical information into an app on your phone, or write your medical problems, allergies, and medications on a wallet card. That way, if you find yourself in a hospital far from home this holiday season, you can help the emergency department personnel provide good and timely care for you and your family.

Drink Responsibly

Alcohol is often a part of holiday celebrations. Never drink and drive, as each drink impacts your ability to safely operate a vehicle. Designate a driver and get home safely. Also, bear in mind that alcohol makes several of the above activities even riskier.

Follow these safety tips to reduce your risk of injury and enjoy the festive season with family and friends.