



CITY OF MADISON HUMAN RESOURCES



The header image features an image of six people sitting on the edge of a dock in a lake, their bodies and the dock in shadow, as they appreciate a pink-and-purple sunset on the horizon.

Benefits Newsletter Summer 2023

Hello from the Human Resources Benefits team, and welcome to Issue #4 of the HR quarterly Benefits Newsletter!

This edition of the HR Benefits Newsletter includes information about:

1. Spotlight on Kurt Rose, the new Employee and Labor Relations Manager
2. Summer Wellness: Well Wisconsin, the DNR's Fun Free Weekend, staff suggestions, and more
3. Retirement Planning Nuts and Bolts Sessions upcoming in June

1. Spotlight on Kurt Rose, the new Employee and Labor Relations Manager

Please join Team HR in welcoming Kurt Rose, who has been the City's Employee and Labor Relations Manager since April 2023!

Kurt Rose was born and raised in Milwaukee, WI. He attended the University of Wisconsin-Whitewater obtaining a Bachelor's of Art in Speech with an emphasis in Organizational Communications, a Master's of Science in Occupational and Environmental Safety and Health and graduate certificates in Human Resources Management and Professional Ergonomics. Kurt began his career in Human Resources with UW-System and held progressive HR roles with UW-Extension, UW-Colleges and UW-Madison for 12 years. Prior to joining TeamCity, Kurt was the Director of HR Operations with the Madison Metropolitan School District. Additionally, he holds 5 professional certifications in Human Resources

including a certificate in Internal Investigations and certifications in strategic human resources business partnership and professional human resources.

Outside of work, Kurt is active in the Madison community. He serves as the President of the Urban League of Greater Madison Young Professionals, and is on the board of the directors for the Madison Ballet. The Sable Flames recognized his civic involvement with the 2020 Richard L. Garner, Jr. Community Service Award. He was recognized as a part of the 2020 InBusiness Madison 40 under 40 class and most recently as one of Wisconsin's Most Influential Black Leaders of 2022.

As the City's Employee and Labor Relations (ELR) Manager, Kurt leads the ELR team, which covers Accommodations, Benefits, FMLA/Leave, and Labor Relations. Kurt manages your City ELR team members:

- Tameaka Bryant, Employee and Labor Relations Specialist
- Brittney Hayes, Leave and Benefits Assistant
- Katarina Klafka, Benefits Program Assistant
- Tory Larson, Occupational Accommodations Specialist
- Melissa Mooney, Benefits Clerk-Typist
- Denise Nettum, Benefits Analyst

If you have any questions about Accommodations, Benefits, FMLA/Leave, and/or Labor Relations, please reach out to HR at hr@cityofmadison.com, benefits@cityofmadison.com, or 266-4615.

2. Summer Wellness

Wellness Opportunities through Well Wisconsin

The Well Wisconsin team from the Department of Employee Trust Funds (ETF) has shared some summer wellness opportunities with the City for 2023:

- **2023 Well Wisconsin Incentive:** Have you earned your \$150 incentive? Visit www.webmdhealth.com/wellwisconsin and log in to get started. Discover more by watching the [2023 Well Wisconsin video](#).
- **Achieve Goals With a Health Coach:** When it comes to making changes, we can all use some help. A WebMD health coach can be the beneficial guide you need to get the real results you're looking for. WebMD coaches are trained health professionals, ready to support you whatever your goal—whether you want to lose a few pounds, sleep better, get some help managing stress or manage a chronic condition like diabetes or asthma. [Get started today](#) by calling 800-821-6591 or sending a confidential message on www.webmdhealth.com/wellwisconsin. Anyone eligible for Well Wisconsin can connect with a coach.
- **Webinar: Dive into Well Wisconsin:** Dive into good health this summer with Well Wisconsin. You are invited to join a webinar on June 5 from 1 – 1:30 p.m. to learn about the program offerings and how you can use it to achieve your well-being goals. You can [register here](#).

- **Stressless Challenge:** Rest, relax and restore your well-being during Well Wisconsin's Stressless challenge. Taking "me time" can help you become more mindful, which can help you sleep better, stay on top of stress and improve your heart health. Registration for this 28-day challenge, starts Aug. 16 and the challenge begins Aug. 30, 2023.

DNR Free Weekend THIS WEEKEND!

Enjoy the great outdoors with the [Fun Free Weekend](#) at the state parks **this weekend!**

From the DNR: "Wisconsin is home to 50 state parks, 15 state forests, 44 state trails, 84,000 miles of rivers and streams, roughly 15,000 lakes and so much more. For the first weekend every June, you can explore it all with state park admission fees, fishing licenses and trail passes waived."

The DNR [events calendar](#) shows events happening at state parks all year long, while the [biking page](#) of their recreation website gives great ideas and information for anyone interested in biking more this summer! Check out the list of bicycle touring trails, which lets you know what terrain to expect, the length of the trail, if a fee is required, and if electric bicycles are allowed.

Wellness suggestions from City colleagues:

- "One thing that I like to do in the summer is take walks through Elver Park. I enjoy the scenery of watching kids play on the playground or the basketball court. I know that taking these walks are helping me reduce anxiety and stress, improve heart health and just improve my overall well-being."
- "My family and I really enjoy camping. Every August, I go to an amazing Women's Week Camp, and my family and I will try to take a camping trip together at least a couple times each summer. The best part of summer camping? Swimming in the lake!"
- "Summer starts my favorite activity – biking. I'm always happy when I can put my bike rack on my car. I love road and trail riding, including the former railroad corridors."
- "For other folks who maybe aren't as fond the summer heat – when it's breezy, I love sitting outside in the shade with a good book and a glass of pink lemonade. When it's especially hot it's time to head to the lake or the pool for a swim... or to sit inside (by a fan) with a good book and some more lemonade. And for everyone – if you're spending time in the heat, make sure you're staying hydrated, refreshed, and protected from the sun!"

Thinking about how to stay refreshed this summer? Our HR staff members enjoy this [easy watermelon lemonade recipe](#) from A Couple Cooks!



Photo shows a glass pitcher of red lemonade garnished with mint leaves, sitting on a brown wood cutting board against a black background.

3. Retirement Planning Nuts and Bolts sessions upcoming in June

2023 is the second year the City has offered Retirement Planning Nuts and Bolts, a three-part series course aimed at City employees who are considering retirement within the next few years. Especially if you are thinking about retiring within a year, this course will be an excellent resource!

Course Description: This course is a 3 part series that covers all of the major benefits, issues and concerns City employees have about retirement. The first session highlights City processes and benefits, and applying for your annuity through Employee Trust Funds. The second session goes through financial planning for retirement, deferred compensation, and health reimbursement accounts. The final session is about the psychological process of retirement, and provides recommendations that will help employees transition into retirement in a smooth way.

This course is a three-part series. By registering for this series, you are committing to June 7, 14, and 21.

Presented by: Human Resources
Contact HR@cityofmadison.com

June 7, 14, and 21 | 9:00 – 11:00 AM

[REGISTER](#)

Please don't hesitate to reach out to HR if you have any questions!



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<http://www.cityofmadison.com/human-resources>

