



Issues Brief

City of Yakima e-Newsletter

✦ City miCare Clinic Enjoys Successful First Year in Operation

The City of Yakima miCare clinic has been a popular place since opening its doors to City employees, medical plan dependents, and retirees a little over a year ago. With a utilization of rate of more than 85%, the facility has helped the City reduce its self-funded insurance plan costs.

The City of Yakima holds the distinction of being the first municipality in the state of Washington to open an onsite health clinic. The move received national recognition last year when the City of Yakima was named a winner of the 2013 National Public Employer Labor Relations Association's Pacesetter Award for its innovative effort to control healthcare costs.

Located at 103 S. 3rd Street, the clinic is operated by miCare, a subsidiary company of Montana-based Employee Benefits Management Services, Inc., which helps manage in-house clinics for both private and public sector organizations. Operating 26 hours a week, the clinic is staffed with two doctors, one mid-level practitioner, and a medical assistant.

By paying miCare a set rate for operating the clinic, the City is avoiding much of the overhead its insurance program historically had to pay to private healthcare providers. Utilizing the clinic for primary office visits, lab work, and prescription medication (dispensed both at the clinic and by mail order) saved around \$800,000 in 2013 and significantly reduced emergency room visits.



Since the Yakima miCare Clinic's grand opening last February, it has proven popular among patients and has saved the City money.

While cost effective in treating illness and injuries, the miCare clinic also emphasizes wellness, prevention, and disease management. Early screening for diabetes, high cholesterol, hypertension, prostate cancer, and obesity has helped identify nearly 700 previously undiagnosed conditions in patients visiting the clinic.

"Treating those patients now, instead of later, could save the City more than \$3.5 million in future health costs," said City Human Resources Director Cheryl Ann Mattia.

"We are very proud of the Yakima miCare clinic and the positive responses we are receiving from patients," said Mattia. "They like the convenience of scheduling their own appointments online, appreciate the personalized care they get at the clinic, and value not wasting time in a waiting room to see a doctor or other medical professional. We are always working on ways to make miCare better and increase the utilization of the services and benefits," said Mattia. "In the end, through the clinic the City is providing high quality care for its employees, retirees, and their families while saving money."

Lunchtime Live Concert Series Split into Two Sessions for 2014

After a successful debut in 2013, the *Lunchtime Live* concert series, which takes place on Fridays at Performance Park in Downtown Yakima, is being tweaked a little bit for its second go-around. Instead of running for 13 consecutive weeks as it did last year, the 2014 series will be split between a seven-week spring run and a five-week late summer/early fall run.

The first session of the 2014 *Lunchtime Live* series will start on May 2nd, about a month earlier than last year, and will run through June 13th. The late summer/early fall session will run from September 5th through October 10th.

The change to the popular concert series has been made in order to feature live, free, outdoor music performances in Downtown Yakima for more of the year and to avoid what are typically the hottest weather months for the Yakima Valley.

The crowd was baking in the noontime heat on a few of the dates last year, said City of Yakima Economic Development Manager Sean Hawkins. By taking a break during July and August, we'd hopefully avoid most of the hot weather this year. Plus, last year's series started in June and ended in August, said Hawkins. By splitting *Lunchtime Live* into two sessions, and when combined with the Thursday *Downtown Summer Nights* concert series, we'd have live, free, outdoor music for people to enjoy six months this year instead of three months like last year.



Yakima Morelia Jazz All Stars will kick off the 2014 Lunchtime Live concert series on May 2nd.

This year's *Lunchtime Live* series, which is being sponsored by Solarity Credit Union and Stewart Subaru, will kick off its run on **May 2nd** with **Yakima Morelia Jazz All Stars**, a group of musicians from Yakima and its sister city in Mexico. The group has performed in both the U.S. and Mexico and was the headline act on the second day of the 2014 Jazztival in Morelia, Michoacán, Mexico this past March. **Powerline** will bring its rock, blues, and country sound to the *Lunchtime Live* stage on **May 9th** and will be followed on **May 16th** by **James and Yesenia Hunter**, a duet that performs Afro Latin folk music.

Seattle-based **Ghosts I've Met** will add its indie folk vibe to the *Lunchtime Live* series on **May 23rd**. The

May 30th show will feature **Shoot Jake**, a blues/rock/soul/funk group that was the opening act for the 2013 *Lunchtime Live* series. American quintet **Blackheart Honeymoon** will perform on **June 6th**. Yakima is one of the stops on the Seattle-based band's spring regional tour, which will help prepare the group for its national tour later this year.

The first session of the 2014 *Lunchtime Live* concert series will wrap up with the **Rod Giles Band** on **June 13th**. Led by frontman Rod Giles, who has performed with such greats as Tommy Castro, Coco Montoya, and Curtis Salgado, the blues group is a favorite at Northwest venues big and small.

All *Lunchtime Live* shows will take place at Performance Park, which is located on the corner of 2nd Street and S Sgt. Pendleton Way, and will run from 11:45 am to 1:15 pm. Food will be for sale from Yakima restaurants *Carousel* and *Russillo's* during the shows.

Hawkins said the lineup for the second session of the *Lunchtime Live* series will be unveiled later this year. Performers for the 2014 Downtown Summer Nights series will be announced soon.



Frontman Rod Giles and his band will close out the first Lunchtime Live session on June 13th.

Getting Rid of Unwanted Drugs and Documents is Easy...and Free

All across the U.S., people with outdated, unused, or unwanted prescription drugs can get rid of them for free on Saturday, April 26th during the U.S. Drug Enforcement Administration's (DEA) eighth National Prescription Drug Take-Back Day.

Two drop off sites will be open in Yakima from 10:00 am to 2:00 pm. One drop off site will be located in the parking lot at 207 South 3rd Street across from the Richard A. Zais, Jr. Center for Law and Justice. Another drop off site will be located in the parking lot of the Solarity Credit Union branch at 401 Tieton Drive.

There is no limit to the amount of prescription medications that can be dropped off at the Yakima locations.

That same day at the Solarity Credit Union drop off site (401 Tieton Drive) in Yakima and at a drop off site at the Sunnyside Justice Center (401 Homer Street), Yakima County Crime Stoppers will also be accepting outdated personal documents, which will be shredded for free.

Getting rid of old personal documents is an easy and practical way to avoid becoming a victim of identity theft, said Yakima County Crime Stoppers President Dave Purcell. By bringing their documents to one of our drop off sites, people can be assured that they will be shredded and disposed of properly, said Purcell.



***National Drug Take-Back Day is April 26th.
Two drop off sites will be open that day in
Yakima.***

Up to two banker boxes or three shopping bags of documents per person will be accepted at the Yakima and Sunnyside drop off sites between 9:00 am and 1:00 pm on April 26th.



***CI Shred is partnering with Yakima
County Crime Stoppers to get rid of old
personal documents on April 26th.***

The DEA conducted its first National Prescription Drug Take-Back Day in 2010 to both curb the misuse of prescription drugs and to reduce the number of prescription drugs improperly disposed of. Since then, participation in the event has consistently grown. In total, almost 3.4 million pounds (1,700 tons) of prescription drugs have been turned in through the program.

More Americans currently abuse prescription drugs than the combined number of those who use cocaine, hallucinogens, and heroin. The Take-Back Day program also helps reduce the number of prescription drugs that are flushed down the toilet or thrown out with the trash. Prescription drugs that end up in the sewer

system or landfills can result in contamination of both groundwater and surface water supplies.

Having people bring prescription drugs that they no longer use or no longer want to a drop off site is a much better alternative than getting rid of them any other way, said City of Yakima Communications & Public Affairs Director Randy Beehler. The drop off sites provide a free, anonymous, no-questions-asked option to dispose of old pills and medicines safely.

More information about Yakima County Crime Stoppers can be found on the organization's website at <http://www.crimestoppersyakco.org/>. Additional details about Drug Take-Back Day can be found on the DEA website at http://www.deadiversion.usdoj.gov/drug_disposal/takeback/.