



# Newsletter

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## Working Hard for You: Success Coaches & Covid-19

After an accident totaled her car, this Southwest Michigan ERN employee didn't have a way to get to work. Her Success Coach, April Hall, connected her to Neighborhood Hubs. She qualified for the program and they purchased a car for her. "I love being part of a company and community that helps each other," she said.



**Is a work or home challenge causing you stress? Your Success Coach is here to help, onsite or remotely!**



**Address urgent needs.** Success Coaches report a rise in urgent needs from ERN member employees. Success Coaches help ensure that basic needs are met such as food, housing, utilities, childcare, and transportation. They are community resource specialists who can also connect you to state and federal funds. Address emergencies that jeopardize your job; move toward stability.

**Work on goals.** Take advantage of virtual ERN workshops and other online learning. Adapting to current situations and employee needs, Southwest Michigan ERN recently moved onsite Financial Wellness workshops with Kalsee Credit Union to a virtual platform, making it easier and safer for employees to attend during the pandemic. Ask your Success Coach about online opportunities.

**Lower stress.** With financial concerns, back to school, and health issues, it may be helpful to talk to your Success Coach. They can listen and help brainstorm solutions. If stress is affecting your sleep or making it difficult to manage responsibilities, they can connect you with a mental health professional. Get the tools you need to feel and function at your best.

### Marion Area Employer Resource Network®

**Our goal...**  
Creating access and resources for employee success at work and in life.

### Member Companies

- ◆ Kingston Residence of Marion
- ◆ Marion Technical College
- ◆ RHAM
- ◆ SilverLine Windows & Doors

### Strategic Partners

- ◆ Community Action Partnership
- ◆ Goodwill Industries
- ◆ Love in the Name of Christ
- ◆ Marion City Schools
- ◆ Marion County Job & Family Services
- ◆ Marion Technical College
- ◆ United Way of Marion County

Whether it's urgent needs, desired goals, or stress that's getting you down, contact your Success Coach to find solutions and create a plan. Ask about current onsite availability at your company. What are your needs? What are your goals? What are your dreams? *Source: ERN USA*



**Your Success Coach is available remotely.**

- Are you working at your company's location?
- Are you working at home temporarily?
- Are you laid off from your company?
- Are you overwhelmed with your current situation?
- Would connecting with a resource expert help ease your mind?

Your company provides an ERN Success Coach for free and confidential assistance with any home or work challenge.

**Natalie Longmeier  
Success Coach**

ern.marionmatters@gmail.com  
(740) 262-8356 (cell)

Have you or someone you know ever used a coach for sports, health, career or finances?

Your company offers Success Coaching services to assist with any personal, home or work challenge. You succeed - your company succeeds!

**Kingston Residence of Marion**

464 James Way, Marion

◆ Wednesday: 12:30pm-3:30pm

**RHAM**

205 W Center St, Marion

◆ Thursday: 10:30am-1:30pm

**Marion Technical College**

1467 Mt Vernon Rd, Marion

◆ Monday: 9:00am-12:00pm

◆ Thursday: 2:00pm-5:00pm

**Silverline Windows & Doors**

2549 Innovation Dr, Marion

◆ Thursday: 7:00am-11:00am

**Check with your Success Coach for current onsite availability due to Covid-19 - available remotely!**



OHIO ERN  
Employer Resource Network®



ERN USA  
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## Worried about Losing Public Assistance?

Being just \$1 over the threshold can render someone ineligible for public assistance. Where do you stand?

**Eligibility.** States that expanded Medicaid under the Affordable Care Act generally set the income threshold at 138% of the poverty level or \$2,453 for a family of three.

**Could you be affected?** Increased income could reduce or eliminate a family's eligibility, but the federal unemployment stimulus doesn't count as income in determining Medicaid eligibility. It is taken into consideration for the Supplemental Nutrition Assistance Program, but household size and daycare and medical expenses are also factored. The unemployment stimulus may also count for the Temporary Assistance for Needy Families program, though most states do count the \$600 federal supplement.

**Check with your Success Coach.**

"Locally, most of our social services only do a 30-day lookback for income verification," said Brad Selan, Success Coach (Ashland-Richland ERN). Depending on when redeterminations come up, I suspect many will be off any enhanced benefits no longer than 30 days to factor into their redetermination periods. Our local JFS has advised enhanced benefits will not factor into income qualifications for annual aid for 2021. The office has cautioned, though, it is a very fluid conversation and may change through the fall."

Source: *Ohio ERN; USA ERN; CNBC.com*

## Covid-19 & Boosting Your Immunity: Exercise

Researchers believe that exercise, nutrition, emotional and psychological wellbeing, and lifestyle choices can benefit your immune system.

**SARS-CoV-2.** The virus that causes COVID-19, is a novel pathogen, meaning those who contract it have no existing antibodies to mount a defense. Developing a strong immune system can sustain your body as it familiarizes itself with the virus if/when you get sick. **Keep moving.** Get 150-300 minutes per week of moderate intensity aerobic physical activity.

**Try indoor activities.** Crank up the music and walk briskly around the house, or up and down the stairs for 10-15 minutes 2-3 times per day. Dance, jump rope, do an exercise video, or use home cardio machines.

**Try outdoor activities.** Walk or jog around your neighborhood, go for a hike or bike ride, garden or do yard work, play active family games.

**Try muscle strength training.** Do a strength training video or simple muscle strengthening exercises around your house such as squats or sit-to-stands from a sturdy chair; or push-ups against a wall, the kitchen counter, or the floor. Try lunges or single leg step-ups on stairs. When watching TV, get up periodically and do a lap around your place or complete an active chore such as throwing clothes in the laundry, doing the dishes or taking out the garbage.

**Try Yoga.** Check out a yoga video from your library. Deep breathing and mindfulness can also reduce anxiety.

Source: *intermountainhealthcare.org*

## Philosopher's Square

"Planning is bringing the future into the present so that you can do something about it now." - *Alan Lakein*