

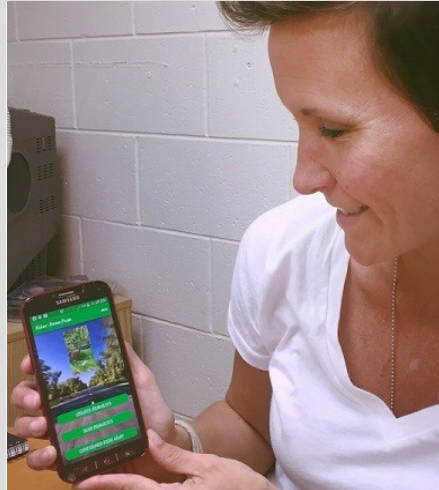
Success Coaches Offer Transportation Assistance

Have you experienced being late or missing work due to needing gas or a reliable vehicle? Perhaps you are having these issues now or just want a back up plan if they happen in the future. Your Success Coach is an expert at accessing community, state and federal resources. Your company cares about your overall success. You succeed, your company succeeds!

Ride sharing.

Southwest Michigan ERN and Great Lakes Bay ERN employees now have the opportunity to use ERN USA's Driven to Succeed co-worker ride sharing app. This job saving tool is now available for individual ERNs to purchase for member company use. "This app provides an additional tool for

Kelli Adams, Southwest Michigan ERN Lead Success Coach, helps employees navigate the "Driven to Succeed" app to find a reliable ride to work or earn money giving rides on the way.



employees to utilize in overcoming transportation barriers," said Lead Success Coach, Kelli Adams (Southwest Michigan ERN). It will help secure their employment and improve retention for our employers." Driver's earn extra cash while picking up others on the way to work. Fees are decided between the driver and rider. If your ERN doesn't have the app yet, your Success Coach can still assist in connecting employees for ride sharing.

Consider starting a ride share board. Save money and build work relationships.

Vehicle purchase.

If you need a vehicle, your Success Coach can help determine eligibility for local and state programs. Many ERN employees have received quality, reliable vehicles through their Success Coach.

Auto repair. If you need costly repairs, local auto repair programs may be ready to help. You could also eligible for state funds to cover

West Michigan Employer Resource Network

Our goal...

Creating access and resources for employee success at work and in life. We partner with employees who work for:

Member Companies

- ◆ Aspen Surgical
- ◆ Holland Home
- ◆ Lacks Enterprises
- ◆ Ranir, A Perrigo Company
- ◆ Sunset Retirement Community & Services

Strategic Partners

- ◆ AAC Credit Union
- ◆ ERN USA
- ◆ Kent County DHHS

repair costs. Don't let transportation issues slow you down. See your Success Coach to set up a reliable ride to work. **Meeting options.** Ask about your Success Coach's current onsite availability. Onsite times may still be restricted due to Covid-19, but they can also meet with you remotely by phone or video. *Source: ERN USA; SWMERN; GLBERN*



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.

Christie Swick, Success Coach
Christie@ERNSuccessCoach.com
616-250-7965 (cell)

Aspen Surgical

6945 Southbelt Dr SE, Caledonia

◆ Friday: 8:30am-5:00pm

Lacks Enterprises

1648 Monroe Ave NW, Grand Rapids

◆ Thursday: 1:00pm-5:00pm (1st)

◆ Thursday: 8:30am-12:00am (2nd)

4365 52nd St SE, Kentwood

◆ Thursday: 8:30am-12:00pm (1st)

◆ Thursday: 1:00pm-5:00pm (2nd)

Holland Home

2100 Raybrook SE, Grand Rapids

◆ Wednesday: 8:30am-5:00pm

Ranir, A Perrigo Company

4701 East Paris Ave SE, Grand Rapids

◆ Tuesday: 8:30am-5:00pm

Sunset Retirement Community & Services: Waterford

1725 Port Sheldon, Jenison

◆ Monday: 8:30am-5:00pm

* 1st/2nd = week of the month

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



Did You Miss the July 15th Tax Deadline?

Expecting a refund? If you are entitled to a refund, there is no penalty for filing late.

Expecting to pay? Penalties and interest began to accrue on any unpaid tax due as of July 16, 2020. File a return as soon as you can and pay as much as possible to reduce penalties and interest. Electronic filing options, including IRS Free File, are still available on IRS.gov through **October 15, 2020**.

Payment options. At the IRS' webpage, <https://www.irs.gov/payments>, you pay by entering your bank account number or credit/debit card. View your balance and payment history. You can also pay by wire, check, money order, or cash.

Can't pay now? Apply for a monthly payment plan, see if you qualify for an "offer in compromise" to settle your debt for less, or request to delay collection. "Not facing responsibilities doesn't make them disappear - just find a solution!" said Natalie Longmeier, Success Coach, Marion Area ERN. If you haven't filed taxes because it's taken a back seat to other priorities during the pandemic, or you'll owe and haven't filed because you can't pay them, don't panic." Set up a payment plan. See your Success Coach about how to reduce monthly bills or tap into resources. By assessing your whole situation, you may just save enough to afford your monthly tax payment.
Source: USA ERN; MAERN

Boost Your Immunity: Sleep & Cytokine Release

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

Developing a strong immune system can sustain your body as it fights against viruses to stay healthy.

How does sleep help? When you sleep, your immune system releases cytokines. Some cytokines play a role in how your immune system functions. Lack of sleep may alter cytokines and affect the immune system response.

How much sleep is needed? The amount per person may vary, but most adults need 7-8 hours of quality sleep each night. Teens and younger children need about 10 hours.

Have trouble sleeping? Follow sleep hygiene tips for a better night's sleep:

- Go to bed and wake up at the same time each day
 - Get up, write down what is making your mind race - a solution or what not to forget to do; then try sleeping
 - Don't watch screens or read in bed
 - Stop drinking caffeine by noon
 - Exercise before 2 pm every day to promote sleep, but avoid rigorous exercise in the evening
 - Turn off bright lights and the TV
 - Have a comfortable mattress
 - If your bed partner snores, try remedies to stop the snoring
 - Alcohol, cigarettes and some over the counter medications can cause fragmented sleep
- Sources: USA ERN; www.sleepassociation.org*

Philosopher's Square

"Don't put off until tomorrow what you can do today."

– Benjamin Franklin.



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