

## 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.

### Southwest Michigan Employer Resource Network

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

#### Member Companies

- ◆ Bronson Kalamazoo
- ◆ CLS
- ◆ Eimo Technologies
- ◆ Heritage Community of Kalamazoo
- ◆ KRESA
- ◆ Landscape Forms
- ◆ Schupan
- ◆ TH Plastics

#### Strategic Partners

- ◆ Kalsee Credit Union
- ◆ ERN USA
- ◆ Michigan Works! Southwest
- ◆ WE Upjohn Institute

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. They are available by phone, text, and email. 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.

**Betsy Sanchez, Success Coach**  
Betsy@ERNSuccessCoach.com  
269-270-2038 (cell)

Due to Covid-19, many ERN member companies have Success Coaches working remotely. We will resume workplace onsite success coaching when safe for each company.

Success Coach, Betsy Sanchez, is available exclusively (for now) by phone, text, email or online meeting for companies at the following companies:

- ◆ **Bronson Kalamazoo**
- ◆ **CLS Image**
- ◆ **Eimo Technologies**
- ◆ **Heritage Community of Kalamazoo**
- ◆ **KRESA**
- ◆ **Landscape Forms**
- ◆ **Schupan**
- ◆ **TH Plastics**

ERN® Success Coaches are effectively assisting employees around the country with any challenge or need they have at work or home.

Seeing a Success Coach is free for you and confidential - a benefit from your employer. When employees succeed, the entire company succeeds!



## Worried about Losing DHHS 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 \$1,436 a month for a single adult and \$2,453 for a family of three, for example.

**How can Success Coaches help?** ERN Success Coaches are DHHS case workers, former case workers, can navigate the DHHS system, or have close connections with DHHS workers. Connecting with your Success Coach first can be a convenient way to start the ball rolling. They can look into your eligibility for Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families program (TANF).

**The latest DHHS news.** Christie Swick, Success Coach (West Michigan ERN), shared that, "The unemployment/pandemic income does count in your Medicaid budget. However, Michigan made the decision to not close any Medicaid cases to ensure that, if you get sick, you can get the medical care they need. Even if someone is over the income limit for Medicaid, and their Medicaid is already active when they become over the income limit, DHHS is not closing the Medicaid coverage until further notice. They are, however, closing food assistance and child care for those who go over the income limit."

Source: USA ERN; WMERN

## 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](http://intermountainhealthcare.org)

