



SEIU 517M
PUBLIC EMPLOYEES

The **E-Former**

The Official Electronic Newsletter of
SEIU Local 517M

May 2020

Staff Directory

Please contact the appropriate staff person using the phone directory below:

Dues & COPE Deductions:

Andrea Valerio - 989.797.4241

Labor Relations Questions:

Region 1:

Clint Bryant - 989.797.4258

Region 2:

Christine Stressman - 616.696.2141

Andy Johnson - 269.978.1994

Region 3:

Dominic Barbato - 313.314.6511

HSS Unit:

Janice Cosey - 313.456.2911

Scientific and Engineering Unit:

Howard Gordon - 517.267.2070

Technical Unit:

Kevin Karpinski - 517.267.2088

Executive Director:

Jeremy Tripp - 517.267.2065

Information Services/PDF/Member

Benefits:

Dave Corrie - 517.267.2090

Lansing Office Manager:

Olivia Toretta - 517.267.2095

Telemedicine Encouraged and Costs Covered

On March 12, 2020, Governor Gretchen Whitmer announced an expansion of access to telemedicine for Michiganders by immediately allowing Medicaid beneficiaries to receive services in their home while the state combats the spread of Novel Coronavirus (COVID-19).

In addition, insurance plans like Blue Cross Blue Shield of Michigan, Blue Care Network of Michigan, Priority Health, Meridian, CVS Health, McLaren, and Health Alliance Plan also announced that they will waive the costs and encourage the use of virtual care and telemedicine. They will also waive cost-sharing for COVID-19 testing.

For State of Michigan employees, a summary of Telemedicine specifics was prepared by Civil Service to easily access telemedicine information for the various health plans available to state employees. [View the information.](#)

Final Notice—Apply for the SEIU Scholarship by May 31st!

By Dave Corrie, SEIU Staff

This is the final month that applications will be accepted for the SEIU Local 517M 2020 Scholarship Program. The Scholarship helps dues-paying members in good standing, their children, or grandchildren with college expenses.

Eight \$500 non-renewable scholarships will be awarded based on successful completion of the application process and meeting certain criteria. Awards will be made via a lottery system from all eligible submissions. Scholarships are awarded without regard to gender, race, religion, sexual orientation, disability, or political affiliation of the applicant. Scholarships are limited to one per household for each academic year.

Applications and supporting essays must be received by May 31, 2020. The winners will be notified July 1, 2020. For full details and the application, [please click here.](#)

STAY SAFE — STAY INFORMED

www.seiu517m.org

Twitter at: [@SEIU517M](https://twitter.com/SEIU517M)

Facebook at: [SEIULocal517M](https://www.facebook.com/SEIULocal517M)

Latest COVID-19 Information is Available on our Website

By Dave Corrie, SEIU Staff

SEIU Local 517M is working diligently to keep you informed with the latest information on the spread of COVID-19 and the steps taken to contain the virus from the Governor's office and SEIU International.

We have dedicated a section of our website as a resource to members containing this information. Information around this outbreak is changing rapidly so there are daily updates to the site.

Please keep checking back for the latest information at:

<http://www.seiu517m.org/2020/04/23/covid-19-updates-and-resources/>

Stress Management for Workers Exposed to Covid-19 Risk

Created by the International Critical Incident Stress Foundation

Provided through the State Traumatic Incident Stress Management Committee

- Talk openly with family and friends...both about real and imagined concerns
- Learn as much as you can
- Learn from trusted sources
- Limit unhelpful media consumption
- Physical self-care (rest, sleep, eating well, monitor your health)
- What has worked to cope in the past?
- Spiritual Support (if important to you)
- Use anxiety management techniques
- Monitor your attention to detail
- Monitor fatigue and energy level...REST
- Consider hotlines for peer support when necessary
- Structure time
- Exercise
- Monitor and talk with colleagues about feeling helpless/hopeless/inadequate
- Consider "buddy system" of peer support
- Maintain contact with family if separated
- Talk
- Journal to express reactions
- Avoid self-medication

Mark Your Calendar for the SEIU 517M Scholarship Golf Outing

The Annual SEIU Local 517M Scholarship Golf Outing is scheduled to be held on Friday, August 14, 2020 at Wheatfield Valley Golf Course in Williamston.



We are monitoring the COVID-19 situation and expect that restrictions will be lifted by the time the outing is scheduled to happen.

We will keep you updated on the status of the Outing due to changes of the Stay Home—Stay Safe order.

Until then, it doesn't hurt anything to get it into your calendar now!

Helping your Child Cope with the COVID-19 Pandemic

Created by the International Critical Incident Stress Foundation

Provided through the State Traumatic Incident Stress Management Committee

Children may be impacted by the pandemic in a number of ways. It is important to remember that children don't have to know someone who is ill to be stressed. The fear of being infected, or having parents or loved ones being ill, or seeing media coverage of the pandemic may lead to some common and predictable reactions. Many reactions will get better naturally with extra support. Parents and other caregivers play a key role in the recovery process. Many children's reactions are based on parents and care takers reactions.

Remember to model healthy coping for children. Common reactions may include:

- Fear of the event happening again to them or their family
- Difficulty sleeping or nightmares
- Changes in eating habits
- Becoming irritable or angry in a way that is not typical for the child
- Mood changes that are not typical, like being much more emotional than usual
- Problems concentrating
- Expressing feelings about the pandemic in play or art
- Physical complaints like headaches or stomachaches
- Acting younger than before (regression)

Parents and caretakers play an important role in the support that is necessary for resilience. Children can and do "bounce back" from traumatic events. Below are a few ideas about how to help a child cope with their reactions to the pandemic:

- Discuss what is happening honestly, but simply. Avoid overwhelming with information
- Monitor children's reactions over time...they may change as time goes on
- Ask the child what they are thinking and feeling about what is happening
- Listening is key! Avoid discounting or minimizing feelings
- Let them know that it is ok to feel and react
- Maintaining a daily schedule while at home can help support and stabilize stress reactions Normal routines help
- Talking, writing, and art are ways children can express their reactions. Encourage this
- Answer questions that your child asks in age appropriate ways
- Provide reassurance about fears/ safety. Remind them that what is being done to keep them safe and encourage them to do the things are recommended to have an active role in protecting themselves (depending on their age and ability)
- Remind your child that this is not an everyday event and that there are people who help make the community safe (First responders, Healthcare professionals, etc.)
- Monitor and limit your child's exposure to media coverage of the event
- If you have concerns about your child's reaction to this event, seek professional support

Calendar of Upcoming Union Events - May, 2020

May 4: SEIU Local 517M Executive Board Meeting Conference Call.

May 7: Human Services Support Unit Board Meeting Conference Call.

For more information on the above and future events, consult our on-line calendar at:
<http://www.seiu517m.org/events/month/>