

## **Managers – please post.**

Thursday May 14, 2020

It's **Thankful Thursday!** We have so many things to be thankful for – we have a great team and dedicated staff, and we are providing the best care to our residents and clients. Let's each take a moment to celebrate our successes.

We wanted to share the following quotes hoping you will find some inspiration in today and for weeks to come.

- ❖ *“Today, I will focus on the things I’m grateful for in my life.”*
- ❖ *“Wake up knowing that wherever you go, whatever you do, these six little words will get you through. Whatever happens, I can handle it!”*

**We are thankful that you are on our team!**

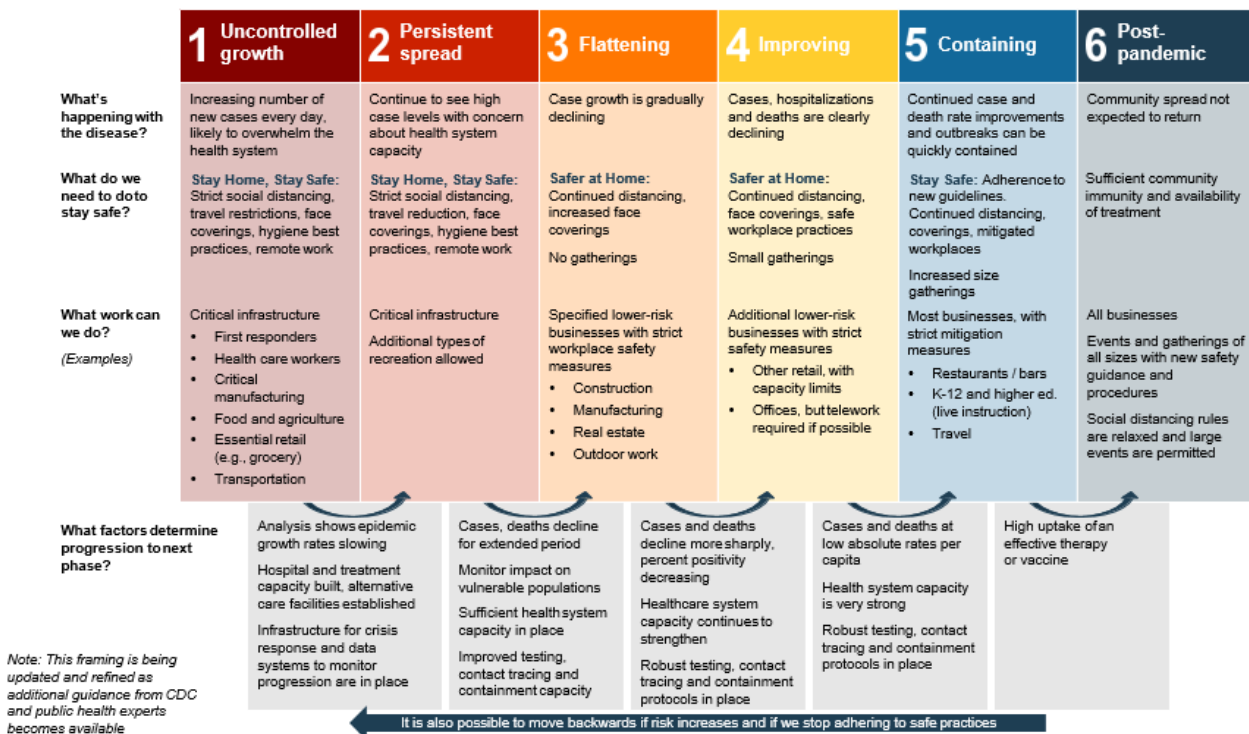
### **NEW Be Safe**

- It is highly recommended that you wear a cloth mask when you are at the grocery store, pharmacy, and other public buildings.
- **See your supervisor if you need a cloth mask.**

### **NEW State of Michigan Safe Start**

On May 7, Governor Whitmer released the Michigan Safe Start Plan that describes the six phases that are being utilized to make decisions about when to open various industries and the importance of Stay Home.

- The phases are as follows:
  - ◆ Phase 1 – Uncontrolled Growth
  - ◆ Phase 2 – Persistent Spread
  - ◆ Phase 3 – Flattening
  - ◆ Phase 4 – Improving
  - ◆ Phase 5 – Containing
  - ◆ Phase 6 – Post Pandemic
- The Michigan Safe Start plan is located at:  
[https://www.michigan.gov/documents/whitmer/MI\\_SAFE\\_START\\_PLAN\\_689875\\_7.pdf](https://www.michigan.gov/documents/whitmer/MI_SAFE_START_PLAN_689875_7.pdf)
- Here is a great diagram of the six phases:



## RECAP FOR WEEK OF MAY 11

### Kent County “Employee Back to Work Safely

CLS is participating in the Kent County-wide “Employee Back to Work Safely” health/symptom checker program designed to help the Kent County Health Department align with area hospitals in assessing the health of each zip code in the county.

- It is a process of every employer screening all employees before they work (like we have in place) using the same screening questions (per the CDC) and then downloading the data to MSU, which would aggregate the data and send to the Kent County health department.
- In the non-healthcare workplace this process will provide security to employees knowing that those they are working with passed the screening, and it provides data for the county to follow and have early detection of an increase in infection.
- All CLS entities have been screening employees prior to working since the beginning of the pandemic, so it will only be a matter of us downloading our data to MSU.
- No employee names are shared, only the number of employees screened and number of employees that failed the screening.

### Blue Care Network Reminder

Blue Care Network has extended the deadline for completing your health insurance qualification requirements to December 31, 2020. All employees will receive an updated letter from Blue Cross and Blue Shield.

Blue Care Network has also provided some great mental health resources:

- ◆ Blue Cross Blue Shield of Michigan continues to offer solutions for people who are experiencing the physical and mental effects of the COVID-19 pandemic. **Starting immediately and going until December 31, 2020**, members will have no-cost access to the COVID-19 module for **myStrength**, an online well-being tool. Here is the link: <https://bh.mystrength.com/bcbsmcvd19>.
- ◆ For many people, the coronavirus is causing people anxiety and the need for support and help. The myStrength COVID-19 module offers members stress management strategies, emotional support tools and even parenting tips for challenging times. Other features of the module include:
  - Coping skills during COVID-19
  - Mental well-being and resilience in difficult times
  - Keeping your relationships strong
  - Staying connected while social distancing
  - Simple ways to practice mindfulness

### **Stay Home & Stay Safe Update**

Hopefully everyone heard that the Stay Home order was extended last week to May 28, 2020.

- Stay safe by wearing a cloth mask when going to the grocery store, pharmacy or inside public buildings.
- Try to limit trips to stores. Only one person from the household should go to limit exposure opportunities.
- Keep washing your hands with soap and water for at least 20 seconds
- Use hand sanitizer when soap and water is not readily available, but follow-up with washing your hands with soap and water
- Try to keep your dirty hands away from your mouth, eyes and nose. Easier said than done!
- Keep social/physical distancing of 6 feet even when wearing your mask in public buildings, grocery stores, and pharmacies
- Take advantage of curb-side pick up when possible
- When in public buildings, follow the arrows that have been placed on the floor to minimize the opportunity for passing someone in the narrow aisles.
- Offer to pick up groceries and medications for someone who is at greater risk due to being a vulnerable adult or because of a complex medical condition.

Have a blessed day!