

Wellness 360 Weekly

Brothers and Sisters,

The Wellness Committee would like to provide our members with a “one stop shop” for information related to our wellness during this pandemic. We have comprised a list of important information and resources to help us get through this time together. If you have any further concerns or suggestions please let a wellness committee member know, and we will do our best to research any further needs that may arise. Already we have had a few officers reach out with great ideas so keep them coming. We are in this together!

Going forward, all of our emails will contain resources for officers who are in need of help. Whether you feel you are in crisis or if you just need to speak with someone to relieve some stress the advice will always be the same, DON'T WAIT! You are NOT alone. There are confidential resources available for you 24-7. You can utilize our Department's Employee Assistance Program or your three free sessions with Dr. Kelly. You can contact Dr. Kelly directly for those sessions with no department notification required. Remember she is available to do sessions over the phone or through Telehealth. You can contact COP 2 COP where you would speak confidentially with a LE peer over the phone. Below you will find other resources as well.

Cop 2 Cop

1-866-267-2267

CopLine

1-800-COP-LINE

Crisis Text Line

Text BLUE to 741741

Suicide Prevention Hotline

1-800-273-TALK

1sthelp.net

Unemployment For Family Members

During this time the state and federal governments have recognized the huge influx of workers being laid off for Covid-19 related issues. If you have a family member who has been laid off, or is unable to work due to Covid-19 related issues they could qualify for unemployment payments. See the chart below for qualification criteria. The site to apply for unemployment is: <https://myunemployment.nj.gov/>

COVID-19 SCENARIOS & BENEFITS AVAILABLE

Worker needs time to care for others		PAID SICK TIME				After or instead of	NJ Law: Family Leave Insurance myleavebenefits.nj.gov
		Federal Emergency Law: Childcare FMLA* dol.gov	Federal Emergency Law: Paid Sick Leave* dol.gov	NJ Law: Earned Sick Leave myaickdays.nj.gov	Unemployment Insurance myunemployment.nj.gov		
1	Employee unable to work because must care for child(ren) at home due to coronavirus closure	✓	✓	✓	✓	➡➡➡	✓
2	Worker is caring for family member who is diagnosed, or in isolation or quarantine with suspicion of exposure		✓	✓	✓	➡➡➡	✓
Worker is sick or loses work		Federal Emergency Law: Paid Sick Leave* dol.gov	NJ Law: Earned Sick Leave myaickdays.nj.gov	Unemployment Insurance myunemployment.nj.gov	After or instead of	NJ Law: Temporary Disability Insurance myleavebenefits.nj.gov	
3	Worker who has COVID-19, or symptoms of COVID-19	✓	✓	✓	➡➡➡	✓	
4	Person who is out of work because employer voluntarily closed	✗	✗	✓		✗	
5	Person who is out of work because employer was ordered closed	✗	✓	✓		✗	
6	Worker has less hours available due to business slow down or lack of demand	✗	✗	✓		✗	
7	Employer stays open in defiance of State closure or public health order, and worker refuses to work	✗	✓	?		✗	
8	Employer permitted to be open, but worker is afraid of gathering in a group and refuses to work (self-distancing)	✗	✓	✗		?	
9	Worker is advised by healthcare provider or public health authority to quarantine	✓	✓	✓	➡➡➡	✓	
10	Health care provider exposed at work and recommended by medical professional to self-quarantine	?	✓	✓	➡➡➡	✓	
11	Freelance, independent contractor or "gig" worker has no work or lost hours due to public health emergency	✗	✗	✓		✗	
12	Worker received 26 weeks of unemployment; worker remains unemployed	✗	✗	✓		✗	

✓ YES |
 ✗ NO |
 ? MAYBE (PLEASE APPLY; EVALUATED CASE BY CASE)



NJ.GOV/LABOR

LAST UPDATED: 3.30.2020

Employer pays sick leave and childcare FMLA; others require application to the State. You cannot receive pay or benefits from more than one program/law at the same time.

* Effective April 1, 2020: New federal law requires covered employers to provide emergency paid sick leave to certain employees to care for themselves or a family member due to coronavirus illness, symptoms, quarantine or school/child care closure. The Federal Family and Medical Leave Act (FMLA) has also been amended to provide job-protected emergency paid leave to employees who are unable to work because their child does not have school or child care, due to coronavirus. See nj.gov/labor for details. The U.S. Department of Labor will be issuing further guidance and this document may be updated as more information becomes available.

A person who has, because of their employment, contracted COVID-19 at work could be eligible for Workers' Compensation and would file through their employer.

The information on this flier is meant to give a general picture of benefits and rights available in certain COVID-19 work-related situations. Documentation may be required.

Financial

The Federal Government has passed the C.A.R.E.S. Act 2020 (Corona Virus, Aid, Relief and Economic Security Act), which entitles most U.S. Citizens to an “economic impact payment” (advance **rebate** for 2020 taxes). For single tax filers making \$75,000 or less, you will receive a \$1,200 direct deposit into your account which is predicted to happen this week. For couples filing jointly, you will receive \$2,400. You will also receive \$500 for each dependent child you care for. There are guidelines and restrictions for these payments, which can be found at the following website:

<https://www.irs.gov/coronavirus>

Mortgage Relief

Governor Phil Murphy announced that financial institutions will provide mortgage forbearance and financial protections for New Jerseyans facing economic hardship as a result of COVID-19. Building on a similar initiative in California, Governor Murphy secured support from Citigroup, JPMorgan Chase, U.S. Bank, Wells Fargo, and Bank of America, in addition to over 40 other federal and state-chartered banks, credit unions, and servicers to protect New Jersey homeowners. More financial institutions are expected to sign on in the coming days. The New Jersey Bankers Association, CrossState Credit Union Association and the Mortgage Bankers Association of New Jersey have endorsed this initiative and are encouraging all their members to adopt these policies.

Under Governor Murphy’s proposal, New Jerseyans who are struggling financially as a result of COVID-19 may be eligible for the following relief upon contacting their financial institution. Below you will find more details on the relief program in the link to the Governor’s Office website. Call your bank and ask them if they are participating.

<https://www.nj.gov/governor/news/news/562020/20200328c.shtml>

Talking to your children

In our recent zoom conference with Dr. Kelly the topic of speaking to your children about the pandemic was brought up. Thank you to the brave soul that mentioned this concern as it is undoubtedly on the minds of most parents. The fact of the matter is, our children, no matter how young or old, are looking at us for guidance. Our reaction to uncertainty, unknown and an anxiety-filled world is being observed by our youth. It is important to understand that no matter what we tell our children, our behaviors, our moods and our overall energy is what will impact them the most. Would we want our children to capture a picture of resilience?

So, the two things we must do are communicate AND lead by example. Ground yourself so that your children can feel secure. What they will learn from you during this time will serve them in the future when they experience challenges and uncertainty in their lives. Below is a link to a guide provided by The National Child Traumatic Stress Network that can help parents navigate their conversations with their children.

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Emergency Child Care

The coronavirus public health crisis that we are facing has presented a number of child care issues for New Jersey residents who are defined as “essential.” Under Governor Murphy’s Executive Order No. 110, child care centers that want to remain open for emergency child care for essential workers had to apply to do so. A number of centers have applied to remain open for the critical work of serving the child care needs of essential employees. Below you will find a list.

<https://www.nj.gov/dcf/news/DCF.Emergency.Child.Care.Centers.xlsx>

Additionally, as part of the emergency, the state is launching an Emergency Child Care Assistance Program (ECCAP) to help support child care costs when a parent or guardian is an essential employee, regardless of your income. The Department of Human Services Division of Family Development is administering the program. There is an application process and we are waiting to hear back from a representative if there is a deadline for application. In the meantime you can find the information on the link below. Thank you Officer Morgan for forwarding this resource.

<https://www.childcarenj.gov/Emergency>

Building resilience

In the weeks to come we will be talking about building resiliency through mindfulness. One of the best ways to ground yourself is through meditation. There is science behind this people! So, forget any inaccurate ideas about this practice and just try it. You have nothing to lose!

Lori and Jon Posner of the Center for Mindful Health & Acupuncture located here in town have very generously offered FREE on line live meditations. They take place 4 times a day: 8 AM, 1 PM, 6 PM and 9PM daily. Classes are a 1/2 hour with the option of staying longer for questions and coaching. These meditations are specifically designed to help people return to a place of calm and balance while increasing their ability to be resilient in this chronically stressful time period. If you are home include your spouse!

Simply log onto their website <https://mindfulhealthacupuncture.com/>

and click the free on line mindful meditation pictured below, choose a class and follow the instructions. People can log on individually at home, in the office, in their parked car.

[\[https://connect.xfinity.com/appsuite/api/image/mail/picture?folder=default0%2FSent&id=699589&uid=e285f5851fd84fa2834498f7ee394fd5%40Open-Xchange\]](https://connect.xfinity.com/appsuite/api/image/mail/picture?folder=default0%2FSent&id=699589&uid=e285f5851fd84fa2834498f7ee394fd5%40Open-Xchange)

Exercise

Special thanks Officer Molina for offering the great idea of borrowing our PD's gym equipment and for our Administration's support. If you haven't already reached out to Det. Hatler and are considering utilizing some of the weights that we have here please touch base with him or reference his most recent email for further details

Due to the closure of gyms, fitness centers and parks, we must resort to maintaining a healthy workout regiment at our home. Along with taking walks/runs (while maintaining social distance) there are a variety of trainers who upload workouts on Youtube. In a previous email Det. Halter mentioned several free online classes to include Peloton and Mamba Sports Academy. Sgt. Burdette has recommended Athlean-X, created by Jeff Cavaliere. Jeff is a physical therapist and strength coach who consistently uploads workouts on his Youtube channel. A lot of them don't require gym equipment. These are FREE to view and contain great information about how to correctly workout muscle groups without injury with maximum results. You can find his Youtube page here:

<https://www.youtube.com/user/JDCav24/featured>



Nutrition

Your immune system is your BEST and LAST line of defense if you become ill. Consider what you are fueling your body with. Stay well hydrated try for ingredients that are nutrient rich. Please utilize the newly purchased refrigerator in the patrol room to bring in healthy meals and snacks.

Smoothie Station: In our wellness corner you will find a new Nutra Ninja. There are premade smoothie ingredients in ziplock bags inside of the freezer. Each bag contains a combination of fruits and vegetables that you can blend with water or almond milk and or even BYOP add your own protein supplement. We will be sending out different smoothie recipes for our officers to try out. If you have one yourself please submit it to Officer Schmidt.

This week's smoothie is called the "Superfruit Smoothie" which has an excellent source of antioxidant Vitamin C. Ingredients include: Frozen spinach, kale, Strawberries, blueberries, raspberries, cherries and pomegranate arils. Simply dump the contents of bag into the nutri ninja and add almond milk to cover. You can also use water instead of almond milk if you prefer. Blend to the consistency that you like. PLEASE USE GLOVES AND CLEAN UP AFTER YOURSELF.

Stress and anxiety levels are at an all time high, and "stress eating" will catch up with all of us in no time. Maintaining a healthy diet not only boosts our immune systems it affects our moods, sleep and overall perception of ourselves. This is something that we have been mentioning very often, so by now hopefully we all realize how critical it is to maintain a healthy diet. Please see this article which breaks down stress, overeating and weight gain:

<https://www.webmd.com/diet/features/stress-weight-gain#1>

Wash those hands!

A special shout out to Officer Borbidge who came across this video and shared with members. It reviews the proper hand washing technique that most of us have probably never thought too much about but is definitely relevant now.

<https://www.youtube.com/watch?v=cbX0xwKORjk>



As always Stay Safe and Stay Well!

WELLNESS 360

