

THERE'S A Y IN FAMILY

IMPORTANT UPDATES FROM HUMAN RESOURCE AND PAYROLL
FOR YOU, OUR DOOR COUNTY YMCA FAMILY



Y family,

Words cannot express our gratitude for your support and dedication to the Door County Y. The past few weeks have been filled with uncertainty and a sense of fear, but you have been patient and have adapted quickly to the constant changes. We want you to know how much we miss you and to give you a quick update on what we are doing to serve our community and prepare for the weeks to come:

- Our remaining staff is hard at work with continued deep cleaning and undertaking maintenance projects that will ensure our facilities are in wonderful condition when we reopen.
- Our Sturgeon Bay facility has acted as a blood drive location for the American Red Cross, who is in dire need of life-saving blood. We have been humbled to see our community rally to do what they can to support our health care system.
- In collaboration with the Boys and Girls Club, Door County Medical Center and other community organizations, our program centers are acting as meal distribution sites. This program serves around 600 meals per day to anyone in need of a healthy meal.
- We have provided our members access to Y360 and are also creating videos of our local specialty classes. If we continue to provide resources for our members, it is our goal that they continue to find value in their membership and #StayWithUs.
- When COVID first shut down all non-essential businesses, the Barker Center transitioned operations into a child-care facility for those workers on the front lines of the virus. Since then, we have found that with many high school and college students back at home, the demand for child care had drastically diminished. After three weeks of operating and enrollment dropping to less than six, we have decided to discontinue the program as of April 3.

We continue to do mission-based work by serving our community and the arising needs due to COVID-19. Our hope is that, despite the temporary situation, you are still proud to be a part of the Door County YMCA team. We are looking forward to the day we can be back together - this too shall pass.

Keep the faith,

Sherri Dantoin

Unemployment Resources

THESE 5 Y IN A FAMILY
 UNEMPLOYMENT BENEFITS FROM LABOR RESOURCES AND PERSONAL
 HOW TO GET ONLINE FREQUENTLY ASKED QUESTIONS

We've teamed up with the business knowledge development resource, to set up together a collection of tips, important facts and FAQs that we hope you will find helpful. All information originates from the MI Department of Workforce Development website and is current as of 3/23/2020. Should you have additional questions about unemployment in general, we would welcome the opportunity to assist you. Case-specific inquiries should be directed to the DWD in the state of administration of claim benefits.

WHEN SHOULD I APPLY?
 Apply for unemployment benefits when:
 • You are totally unemployed,
 • You are partially unemployed (our weekly earnings are reduced), or
 • You expect to be laid off within the next 13 weeks and would like to start your benefits year early.

All claims based on work done in Wisconsin are filed through Wisconsin, even if you now live in another state.

IMPORTANT: Your claim begins the week you apply. To avoid any loss of benefits, apply the first week you are unemployed. Do not wait until the week is over.

This information and more are covered in the DWD's How to Apply and Eligibility Frequently Asked Questions document.

MAKE THIS INFORMATION READY TO APPLY

1. Social Security Number
 2. State ID Number
 3. Driver's License Number
 4. Current Employer Name and Address
 5. Current Employer Phone Number
 6. Current Employer Email Address
 7. Current Employer Website
 8. Current Employer Business Hours
 9. Current Employer Business Type
 10. Current Employer Business Description
 11. Current Employer Business Address
 12. Current Employer Business Phone Number
 13. Current Employer Business Email Address
 14. Current Employer Business Website
 15. Current Employer Business Hours
 16. Current Employer Business Description
 17. Current Employer Business Address
 18. Current Employer Business Phone Number
 19. Current Employer Business Email Address
 20. Current Employer Business Website

UNEMPLOYMENT BENEFITS
 How to Apply and Eligibility Frequently Asked Questions
 APPLY ONLINE at: myunemployment.wisconsin.gov

WHEN TO APPLY

- You are totally unemployed.
- You are partially unemployed (your weekly earnings are reduced).
- You expect to be laid off within the next 13 weeks and would like to start your benefits year early.

HOW TO APPLY

1. Log on to the Internet browser.
2. Read and accept Terms and Conditions.
3. Create a new user name and password.
4. Log in to access online benefit services.
5. Complete your application.

Apply Online During These Times:
 Monday - Friday: 8:00 AM - 7:00 PM
 Saturday: 9:00 AM - 2:00 PM
 Sunday: 10:00 AM - 2:00 PM

After You Complete Your Application:

- You will receive a claim confirmation and verification form to be mailed.
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Lincoln COMPSiGH
 Fostering Resilience

Tips for Improving Resilience

Work with family and friends:
 Having strong connections with family and friends can help you cope with stress and improve your mental health.

Get support and resources from your employer:
 If you need help dealing with a personal or professional challenge, your employer may be able to provide support and resources.

Stay active:
 Regular physical activity can help reduce stress and improve your mood.

Practice gratitude:
 Focusing on the things you are grateful for can help you maintain a positive outlook.

Take breaks:
 Taking short breaks throughout the day can help you stay focused and energized.

Seek professional help:
 If you are struggling with stress or mental health issues, seeking professional help is a sign of strength.

If you have any questions regarding unemployment, please reach out to Sherri Dantoin at sdantoin@doorcountyyymca.org.

Notice for staff currently enrolled in our Medical Insurance plan.

As you know, your health insurance benefit will continue through April 30, 2020; however, you will not be charged for your share of the premium for April due to us receiving a premium waiver for the month from YMCA Employee Benefits.

Starting May 1, if you not back to work, you would be eligible to continue medical benefits under our continuation of coverage (COBRA) program. You have 60 days to decide whether to enroll in COBRA. If you have questions about benefits continuation, please see the attachment or contact Sherri Dantoin at sdantoin@doorcountyyymca.org.

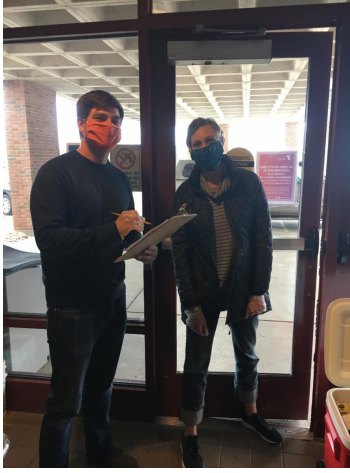
Click here to view the premium rates and things to think about related to COBRA ([see attachment](#))

Supporting Our Community

Door County Meals Cooperative

In partnering with the Door County Meals Cooperative, the Sturgeon Bay Program Center is a food distribution site Monday through Friday from 3:00 pm - 5:30 pm.

The Northern Door Center is an ongoing food distribution site Monday through Friday from 3:00 pm to 5:00 pm.



DOOR COUNTY MEALS COOPERATIVE

PROVIDING MEALS AND SUPPORT TO ALL

A COLLECTION OF COMMUNITY ORGANIZATIONS DEDICATED TOWARDS PROVIDING MEALS FOR THOSE IN NEED

MEAL SITE PICKUP LOCATIONS

- ALGOMA COMMUNITY WELLNESS CENTER
- SOUTHERN DOOR HIGH SCHOOL - DOOR #9
- CORPUS CHRISTI PARISH - W. MAPLE DOOR #2
- STURGEON BAY YMCA
- SEVASTOPOL HIGH SCHOOL
- FISH CREEK YMCA
- LAKESHORE ADVENTURES BAILEYS HARBOR

PLEASE REMAIN IN YOUR VEHICLE UPON ARRIVAL
Monday - Friday, 3:00 - 5:30 - FREE

Meals are FREE to Children 18 & Under
Offered through the USDA's Summer Food Program

Adult Meals are Provided through
the Generosity of Community Donations

Donations can be sent to the Door County Community Foundation
and directed towards door county meals cooperative
www.DoorCountyMeals.org

In Cooperation With:



Virtual Classes & Wellness Opportunities

Stay fit and healthy while at home!

We know that staying fit and active is our best way to build a strong immune system and stay healthy. Below are several options to help keep you active and working out at home during our COVID-19 closing.

New classes are continually added.

WHEREVER YOU ARE,
WE'RE HERE FOR YOU!



WWW.DOORCOUNTYYMCA.ORG

Fitness On Demand

Land Arthritis with Christine

Pilates with Tonya

SPRING SESSION

Due to the uncertainty regarding re-opening and the state's current "Safer-at-Home" Order, the 2020 Spring Session has been cancelled.

Once we are allowed to re-open, we are hoping to offer try-it classes based upon instructor availability. Until then, stay safe and stay well.

Visit our MyY Virtual Resources page for virtual and on-demand fitness classes FREE to you during this time.

Safer at Home | Activities

Cooking at home more than normal..give these recipes a try.

No Bake Monster Cookie Energy Bites - [click here for recipe](#)

Strawberry Salad- [click here for recipe](#)

No Bake Monster Cookie Energy Bites
These monster cookie energy balls are soooooo good!

Prep Time 10 mins	Total Time 10 mins
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Servings: 16

Ingredients

- 1 1/2 cups large oat flakes
- 1/2 cup peanut butter
- 1/3 cup honey
- 1/4 cup mini M&M's
- 1/4 cup mini chocolate chips
- 1/2 tsp vanilla

Instructions

1. Add all of the ingredients to a medium sized bowl and stir well until everything is combined.
2. Roll into 1-1 1/2" balls and set them on a silicone baking mat or parchment paper. Wash your hands after every 4 balls to help keep the ingredients from sticking to your hands.
3. Refrigerate for 20 minutes to help them harden. (Optional).
4. Store the leftovers in a zip lock bag in the fridge.



★★★★★
5 from 3 votes



BREATHE DEEPLY 
Deep breathing increases oxygen to your brain and calms the nervous system.

FOCUS
on what you CAN control.

GET THE FACTS
Be careful of what you read online. The U.S. Centers for Disease Control and Prevention (CDC) has a website dedicated to information about the Corona Virus.

LIMIT YOUR SCREEN TIME
Set healthy boundaries on your social media time and how much news you are consuming.

ASK FOR HELP
If you are feeling overwhelmed or you feel like you can't control your worry, call 211. You will be able to speak to a trained professional who wants to help you.



STAY CONNECTED



www.DoorCountyYMCA.org