

Statewide UUP Looking for Information on Volunteering Efforts

Mac hopes you are enjoying the sunshine as much as he is.



Our statewide office is looking for information on any projects by members of our chapter, or cooperative efforts with a community effort, to make face masks and gowns, or to locate protective equipment for our members at the hospitals. If you are a member of UUP and know of or are part of any volunteer effort to help in this crisis, please email me at oneuup@oneonta.edu and I will put you in touch with our union reporter. Thank you all for everything you are doing to help each other during this time !

Kerry

We can't underestimate the extreme emotional trauma that many people are feeling now.

We thank [Headspace](#) for their partnership to offer New Yorkers much-needed free meditation and mindfulness content as a mental health resource.

Check it out here: www.headspace.com/ny

COVID-19 is a challenge to our mental health.

Starting today, New Yorkers can get free meditation and mindfulness resources through Headspace.

Visit headspace.com/ny

STAY HOME. STOP THE SPREAD. SAVE LIVES.

Virtual Conversation With Dr. Morris This Week

President Morris will offer employees an additional opportunity for virtual conversation with her this week. The meeting will take place Wednesday, April 8, at 9:00 a.m.

[Join Conversation](#)

+1 631-215-3388 United States, Brentwood (Toll)
Conference ID: 893 314 54#

NYS on PAUSE Extended [\(click here for more info\)](#)

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What You Need to Know

- ◇ Governor Cuomo has directed the state nonessential workforce to continue to work from through April 29th.
- ◇ Statewide school closures are extended until April 29th.
- ◇ The NYS Board of Regents has cancelled the June 2020 Regents exams.
- ◇ The state is increasing the maximum fine for violations of the state's social distancing protocol from \$500 to \$1,000 to help address the lack of adherence to social distancing protocols.
- ◇ Governor Cuomo is asking the federal government to allow the USNS Comfort hospital ship to be used for COVID-19 patients.
- ◇ The state is partnering with Headspace, a global leader in mindfulness and meditation, to offer free meditation and mindfulness content for all New Yorkers at www.headspace.com/ny.
- ◇ The First Responders Fund has been created to assist COVID-19 health care workers and first responders with expenses and costs, including child care. Donations can be made electronically at <https://www.healthresearch.org/donation-form/> or by check sent to Health Research, Inc., 150 Broadway, Suite 560, Menands, NY 12204. Please specify the donation is for "COVID-19 NYS Emergency Response."
- ◇ New Yorkers without health insurance can apply through NY State of Health through May 15, 2020; must apply within 60 days of losing coverage.
- ◇ New Yorkers can call the COVID-19 Emotional Support Hotline at 1-844-863-9314 for mental health counseling.
- ◇ Testing is free for all eligible New Yorkers as ordered by a health care provider.
- ◇ Your local health department is your community contact for COVID-19 concerns.

HELP STOP THE SPREAD OF THE NOVEL CORONAVIRUS

Protect Yourself and Others

Practice Social Distancing Even if you feel well, stay at home as much as possible. In public, keep at least 6 feet distance from others. Avoid unnecessary appointments.	Wash Your Hands. Cover Your Cough Cover your cough and sneezes. Use your elbow or a tissue. Avoid touching your eyes, nose and mouth.	Take Caution with New Yorkers At-Risk Take special caution to avoid exposing the elderly and people with underlying health conditions. Avoid visiting those most at risk, call instead. Offer help with groceries and other goods.
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MAKE A PLAN & BE PREPARED