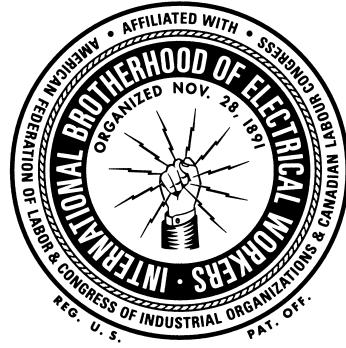


# IBEW Local 405

Cedar Rapids/Iowa City  
Volume 20, Issue 4  
April 2020

**News & Information**  
*Bill Hanes, Business Manager*



COVID-19 continues to affect our day-to-day lives. We have had a few jobs restrict entry and access to our members, but we have had many more just shut down in an effort to slow the community spread of the virus. We continue to see stories of new cases and the reality is that we are going to see this get worse before it gets better. Part of the current problem is the lack of testing that is being done. The Governor said last week that the State of Iowa has 600 tests available. We don't have enough tests available to see how widespread the COVID-19 virus has gone and that is going to compound the problem.

The Trustees made the decision two weeks ago to allow participants to be able to collect short-term disability if they or a dependent is quarantined by COVID-19. In addition to allowing the short-term disability we have waived the two week waiting period that is normally in place for disability. The State of Iowa is allowing unemployment insurance for those who are sent home or laid off due to COVID-19 if you otherwise qualify for unemployment. We have put links on our website to help members find their way through this during some tough times.

The March General meeting was cancelled to help slow down community spread. No decision has been made regarding the April meeting as of this time. The Executive Board will have its meeting and make the decision at that time. We will notify the membership by social media, the website and our Facebook page of whatever decision is made by the Executive Board.

Since I was quarantined with symptoms, I had to assume that I had exposed both Nichole and Rich to the same virus. In an effort to protect active members and Retirees I closed the Hall. It will remain closed until April 2nd. Rich, Nichole and I are all working from home. We have rolled the office phones over to cell phones to handle the questions that come in every day. Nichole is able to process and print dues receipts from her house and can process any necessary paperwork for short-term disability. If you are laid off, Rich can put you on Book without coming to the Hall. If you have any questions, reach out to one of us and we will help you get answers.

There are a lot of questions about how all of this is supposed to work. Many of you know that I was put into quarantine by my doctor due to symptoms of COVID-19. I have the high fever and the cough, but since I was not in respiratory distress they would not test me. I was sent to the Emergency Room for chest x-rays and a flu test. That test was negative and I was released with the diagnosis of a viral illness and instructions for COVID-19. It is incredible to see the total failure of the Federal and State Government in testing the population of Iowa to try to see how widespread the virus is and where it should put its resources to be the most effective.

# April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 RENEW Meeting 6:30 pm	3	4
5	6	7	8 E-Board Meeting 6:00 pm	9	10	11
12 Easter Sunday	13	14	15 General Meeting 6:00 pm	16	17	18
19	20	21	22 Iowa City Meeting 4:30 pm	23	24	25
26	27	28	29	30		

## Upcoming Meetings/Classes

At the time this newsletter was written we still planned on having our April meetings. However, as you know, things can and have been changing very quickly in the wake of COVID-19. We hope that things are almost back to normal by the time you are reading this, but it would be safe to double check and see if a meeting at IBEW Local 405 is still happening. If a meeting is going to be cancelled, typically it is put on the website [www.ibew405.org](http://www.ibew405.org) or Facebook, you can always call the Hall at (319) 396-8241 and ask.

CPR/First Aid Classes have been cancelled through April and will hopefully resume in the month of May.

## **Retirees Social Club**

The IBEW Local 405 Retirees Social Club has been cancelled for the month of April.

## **JATC Training Center News**

*Mike Carson-Training Director*

Due to the COVID-19 Virus, apprentice classes are postponed from 3/16/2020 to at least 4/12/2020.

JW continuing education classes are also cancelled through April 12<sup>th</sup>. Please watch the JATC website for updates on when classes will resume [www.crejatc.org](http://www.crejatc.org)

## **E-Newsletter**

The Hall now offers the monthly newsletter in electronic format.

If you would like to receive the newsletter via e-mail instead of in the mail, please e-mail Nichole at the Hall at [nclark@ibew405.org](mailto:nclark@ibew405.org).

## **Delinquent Members**

The following members are delinquent in their dues as of *March 23, 2020*: **Rick Blood, Jeramy Gorman, John McCrane, James Reel, Nolan Roberts, Alan Rutan, Roger Steichen and Aaron Wier.**

## **Mercy EAP**

Typically, I try to put something in the newsletter from Mercy EAP. It is usually seasonal in nature or revolving around current events. I wanted to find a pertinent health write-up in the wake of COVID-19. By now we all know about social distancing, sanitizing and hand washing, but what about anxiety? Mercy EAP didn't have a ton of info about it, but the CDC website actually has a page dedicated to anxiety surrounding COVID-19. There is so much information that I couldn't fit it all on one page. But I have put what I believe to be the most relevant information on the next page. For more information, the website I found this on is <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>.

## **Important Contact Info...**

### **IBEW Local 405:**

Cedar Rapids Office Phone: (319) 396-8241  
Cedar Rapids Office Fax: (319) 396-3083  
E-mail to Resign: [ibew405@ibew405.org](mailto:ibew405@ibew405.org)  
Website: [www.ibew405.org](http://www.ibew405.org)

### **Cedar Rapids JATC:**

Main Phone: (319) 654-9238  
Website: [www.crejatc.org](http://www.crejatc.org)

### **Wells Fargo:**

Rhonda McCombs: (319) 286-1831

### **Mercy EAP:**

(319) 398-6694

### **Auxiant:**

Main Phone: (319) 398-3283  
Main Fax: (319) 866-9889

**Vanessa:** Ext. 1221 For:  
Union Services or HRA

**Devin:** Ext. 1208 For:  
COBRA Coverage

**Jacey:** Ext. 1220 For:  
Short Term Disability

**Jordan:** Ext. 1299 For:  
Vision Claims &  
Prescription Safety Glasses

Express Scripts:  
Prescription Coverage:  
(855) 849-6653

Wellmark:  
Customer Service: (800) 524-9242  
Group #: 56700 (Alliance Select)

Delta Dental of Iowa  
(800) 544-0718  
Group #: 92485

# **Managing Anxiety & Stress**

## **Stress and Coping**

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. **Everyone reacts differently to stressful situations.** How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

### **Stress during an infectious disease outbreak can include:**

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

### **Things you can do to support yourself:**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

**Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**

### **For people who have been released from quarantine:**

Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include:

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine. [You can help your child cope.](#)

### **For parents**

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

# **Members in Arrears**

## **As of March 23, 2020**

### **A&B Electric**

Jeremy Oberreuter

### **Acme Electric**

Marcus Beard  
Rochelle Castorf  
Brian Copeland  
Brandon Domeyer  
Michael Dominick  
Lowell Meier

### **Baker Electric**

Scott Clark  
Dallas Grant

### **Baker Group**

Elijah Kaine

### **ESCO Electric**

Trevor Bowen  
Aaron Pealer

### **Gerard Electric**

Derek Dunkin  
Hunter Mann  
Billy Murphy  
Joseph Pecoraro  
Daniel Purkeypile  
Darrell Spencer

### **Hawkeye Electric**

Jacob Durgin  
Mark Gallagher  
Travis Harre  
Dylan Palmersheim  
Justin Schowalter  
Trevor Sholes  
Kirk Wilson

### **Justice Electric**

Kyle Durgin  
Kevin Kipp  
Ronald Miller

### **Munson Electric**

Jeremy Severin  
Troy Tampir

### **Nelson Electric**

Robert Golden  
Richard Jeray  
Keith Kaiser  
Cole Kurtenbach  
Marcus Opfer

### **Paulson Electric**

Matthew Biewen  
Blake Colton

### **Premier Electric**

Gerald Mittan

### **Tech Solutions**

Russell Olson  
Robert Sumner

### **Streff Electric**

Ryan Hanes

### **Trey Electric**

Mitchell Mckusick  
Chase Stinger  
David Kass

### **Tri-City Electric**

Justin McVay  
Adam Turnis  
Aaron Vulich

### **Out of Work**

Noah Adams  
George Baldonado  
Kenneth Burr  
Jeramie Ellefson  
James Goldbeck  
Adam Green  
Douglas Grimsman  
Lance Handel  
Brian Henning  
Robyn McCauley  
Matthew Michael  
James Morrison  
Dana Pasker  
Ryan Roth  
David Ruhs  
Frank Shannon

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Cedar Rapids, IA 52404**

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