**July 7,** **2022 -** [https://meet.goto.com/mapeLocal0601](https://meet.goto.com/mapeLocal0601" \t "_blank) United States: [+1 (646) 749-3122](tel:+18722403212)  Access Code: 279-379-573

Start time 12:05 PM End time 1:00 PM

***Meeting Summary***

Date, Time & Location: Wednesday, July 7, 2022 – [[https://meet.goto.com/mapeLocal0601](https://www.gotomeet.me/MAPELocal601" \t "_blank)](https://meet.goto.com/mapeLocal0601)

Next Meeting Date, Time & Location: Noon-1:00 p.m., Wednesday, **August 3, 2022**, online via Go to Meeting.

|  |  |  |
| --- | --- | --- |
| **Topic** | **Key Points Raised** | **Decision/Action** |
| Lisa Slaikeu, Vice-President | Welcome | No action |
| Charitable Contributions – Rose Nordin | For this year only, we are moving everything back a month. Normally, we’d distribute the nomination forms in June and July for a vote in the August monthly meeting. However, I missed the June form and policy distribution. So, we are distributing the forms in July and August for a final vote in the September monthly meeting.  Per the November 2019 policy, these are the main points (the policy was included with this month’s local 601 agenda from MAPE central):   * The Local 601 2022 annual budget for charitable contributions is $1000. Requests do not carry over to the next year. * The maximum distribution per organization of $100.00. * There is only one nomination period in which to nominate an organization to receive a charitable contribution from local 601. * All requests are to be submitted to Jason Bonnett, our local 601 President, for distribution to the committee. * The deadline to submit requests is the end of business day (5:00 pm) on Wednesday, August 24th, which is two weeks prior to the September 7th meeting. That is when we will be holding the vote for approval.   As always:   * The requestor must be a MAPE member; nonmembers may not submit requests. * Requests must include the organization’s EIN number and must be submitted using the official form. Failure to use the form or exclusion of EIN number may delay requests. * Only requests for 501(c)3 qualified organizations will be considered. To determine if your organization qualifies, use the research links included on the 2nd page of the e-form. * A final summarized list will be provided with the September 7th meeting agenda before we vote at that meeting. Those who nominated each charity will be given an opportunity to speak about their organization if they choose. * The Charitable contributions policy and nomination request e-form will be distributed from MAPE central along with the meeting agenda for the July and August meetings. * Note that forms are typically distributed in June and July for an August vote – for this year it is July and August for the September vote.   Membership Assistance and Charitable Contributions Committee members:   * Beth Brostrom ([beth.brostrom@state.mn.us](mailto:beth.brostrom@state.mn.us)) * Nathan Hierlmaier (<mailto:nathan.hierlmaier@state.mn.us>) * Sheldon Klugman (<mailto:sheldon.klugman@state.mn.us>) * Rose Nordin (<mailto:rose.nordin@minnstate.edu>) * at least one vacancy - if interested, submit name to Jason Bonnet - committee members are appointed by the President   Contact a committee member or Jason Bonnett ([jason.bonnett@state.mn.us](mailto:jason.bonnett@state.mn.us)) with questions. | No action |
| EAP Presentation – Landyn Prescott-Miles – EAP Workplace Coaching Consultant | [EAP presentation](https://transcripts.gotomeeting.com/#/s/8a7b220310236de1df4c90a7f3630d5c6e2cf2f4bb5991c7d35fa541a2ae4d7e) was recorded. <https://mn.gov/mmb/segip/>  EAP is the umbrella and then we have two branches that are underneath: EAP Work/Life Services and EAP-Workplace Coaching. EAP Work-Life services: 800-657-3719 EAP-Workplace Coaching: 651-259-3841  EAP Work-Life Services is where we’ll spend the bulk of our time. Our current contractor is LifeMatters and they are 24-7-365 (24 hours a day, 7 days a week, 365 days a year). This is available for employees and their dependents (as long as they are living in your house and they are your dependent, they are eligible for this service).  EAP-Workplace Coaching is run by employees of the state at Minnesota Management and Budget (MMB). They are resources to respond to critical incidents (examples: someone dies or gets assaulted at work).  Both EAPs are professional and 100% confidential. The only time confidentiality is broken is when something dangerous is going to happen but we will let you know. Prompt access, solution-focused. Cost: free to user. Services are completely voluntary (we are trying to get the word out about this that none of what we offer is mandated). Again, services are offered 24-7-365.  **Privacy!** No one outside of the person contacting EAP will be informed of that contact with EAP without permission. Neither supervisor, family, co-worker, human resource office, nor anyone else … *except* when a human life is in serious danger, or a child or vulnerable adult is at risk of serious abuse or neglect. That contact is private unless someone is in imminent danger!  Here’s what you can ask for:  EAP Work-Life: These services are available to you and your dependents, so that’s again, those people you live with, and those kiddos that are in college up to age 26.  If you have specific requests around gender, color, religion, sexual orientation, language, or anything like that, say those things specifically because we will work to find someone that fits your preferences and needs. You can also talk about specific methodology and treatment techniques. For example, you had a really traumatic experience and you know EMDR (*Eye Movement Desensitization and Reprocessing*) or Talk Therapy is what you want to try. Also, asking for family, individual or couples’ counseling; these are things that are also available to you. When it comes to counseling, you get 6 free sessions, per issue, per year. So, I like to tell people it’s a really complicated way of saying “it’s unlimited.” You can just keep calling us and we will just keep giving you sessions.  You get in-the-moment support, because the people answering the phones are all counselors/therapists. They can listen to you and walk you through your issue. They can talk to you and issue you a referral. You can also ask for resources in your area – you can ask for YOGA, meditation, gyms, wellness centers… family and couples’ interventions – there are all kinds of things you can ask for in counseling services.  LifeMatters: (contract service – a vendor that is outside the state and provides a service for us) There are articles, videos, information and resources. If you want more or specific information, call to talk to someone.  website: mylifematters.com  username and password: stmn1  Workplace Coaching: (internal state employees – available to all agencies, boards, and commissions under the state umbrella) We provide training for topics such as resilience, self-care, managing mental health in the workplace, and a lot more. Facilitated Conversations - we can do peer-to-peer and large group conversations. We want people to know they can come to us to work through issues together. Listening sessions (Town Hall meetings) – we work with leadership to develop responses around what they’ve heard at those listening sessions. Support Workplace Initiatives – if there’s anything going on in terms of job fairs, health fairs, or if there’s training that is needed. Or, if there is some big initiative or some big thing starting, we want to be sure to be supporting people with those things.  Health Assessment and Coaching – currently you can get points for doing your health assessment and that goes toward your deductible. And then there’s coaching through Virgin Pulse.  Diabetes Prevention and Management – we have the Omada program in which you can join if you’re prediabetic. If you’ve been diagnosed as prediabetic, it is a lifestyle program that helps with weight, meal planning, exercise, all kinds of good things. We have about an 87% success rate with people not developing diabetes after participating in the Omada program. I do tell people that if you join Omada, you get a scale and it is a stalker. I’m not going to lie to you… if you do not check in on that scale, it buzzes your phone and tells you, “hey, you need to weigh yourself.” So, just be prepared for some accountability. But, it is a really good program.  Employee Assistance Program (EAP) – free service that is available for you and your dependents. It covers financial, legal, counseling, concierge services (convenience services, such as looking for a plumber, child or elder care, special party planning).  Health Resources - flu prevention program, Diabetes prevention (management part – reduced insulin and appointment costs).  Worksite Wellbeing – ergonomics and having a healthy work environment.  Workplace Coaching – there are 5 of us answering your questions to make sure you have a satisfying work experience. We do work very closely with HR, leadership, training, so if there are things in those areas you feel would be really beneficial if we did “X,” let us know. We would love to connect with them to see what we could do to support you.  **I think it’s important to note that when I talk about privacy, it is so important to us that people use the EAP that you do not even have to use your real name. We just want to make sure that if you’re calling, that you’re getting the help you need. There are so many things that we can do to help people and so many headaches that we can help to prevent you from having if you just give us a call.**  Q & A:   * Q: Is there anything we can get, like “legal zoom” that allows us to get inexpensive estate planning completed? wills, etc. * A: Yes – wills specifically are part of our EAP vendor program. So, if you go on their website, you’ll be able to log on and get some questions answered. I think they have a form you can fill out and get notarized and that is your will. If that does not work for you, you can always call the EAP and let them know you’re looking for someone to help you develop a will or do some estate planning. They either provide you advice in the moment; or, you either get a half hour free legal advice in the moment. If it turns out you need an attorney, they will give you that consultation; if you’re still interested, they will refer you to an attorney. And by calling EAP first, you get 25% off the attorneys’ retainer fees. It actually saves you money if you chose to go that route. So, even if you know you need an attorney, call the EAP first because you’ll at least get the 25% off the retainer fee. * Q: Is any information that we share with you, also shared with our respective employer? * A: For me as the EAP Workplace Consultant, when I’m working with teams, say I’m working with two individuals that are struggling to have a good working relationship, we’re going to work that out. I’m going to let leadership know that I’ve met with you. I’m not going to let them know anything else beyond that. Generally, what happens is a supervisor says, we have these employees that we’re having trouble with, can you meet with them? We will meet with them and go back to that supervisor and tell them that we met with them, and that is all we tell them. If you as a participant decide you want to have more of a conversation with your supervisor, we can invite them to that meeting and they can be part of it. Or, you can share that information with them; but, I’m not going to be the one to share it with them. So, hopefully that helps. In some instances, it might be an issue that would be resolved in 7 sessions instead of 6. We will call the EAP and extend into 7 sessions instead of 6 – no big deal. These are all services that are paid for by the EAP, so it’s free. * Q: Does the state pay more if more employees use EAP? Will our insurance costs go up if more people use EAP? * A: No – it is a completely separate thing. When we contract with our EAP service, and we contract with them for 5 years (actually 3 years and we do extensions… anyway), it is a set fee. So, if tomorrow, 3000 people call the EAP and yesterday, 300 people did, it is the same, exact price. They are contracted to provide us with the same services no matter what. So, if there are more people using EAP, it does not impact how much we pay for that service, and if people are using EAP, it is separate from your Health Insurance plans. So, however you use your insurance plan or whatever that looks like, that is a completely different number and it does not impact the EAP at all. And vice versa, the EAP does not impact the price of your health plan. * Q: If any of us here or any that were not able to join have any questions that we want to channel to you directly, (1) is that ok and (2) can you provide your email address to us so we can share this information to the rest of our local? * A: It is absolutely ok. You can send me questions or give me a call. I can also be found on Teams for those of you that access to me via Teams. Landyn Prescott-Miles ([landyn.prescott-miles@state.mn.us](mailto:landyn.prescott-miles@state.mn.us)) Phone: 651-334-2732 * Q: Are there limits to the number of sessions an employee can utilize in a year, or does it depend on the service? * A: Technically, it’s unlimited. If you want to go to therapy because your dog is sick, you could go to therapy and have those 6 free sessions. And then say, you’re stressed out at work, you get another 6 free sessions. Then, your daughter is struggling with school. That’s another 6 sessions. You just keep asking for sessions and we can keep adding them. That’s the counseling part. It’s the same, kind of, for the legal and financial. If you call, you get a free half hour counseling session, or legal session. For legal, you get that free legal session and if it turns out you need a referral, you get the referral and then the 25% off. Financial services are the same thing, you can call them as many times as you want to get consultation on financial issues, if you need to be referred to someone within the community, they will certainly do that. However, there are experts within our community that understand all the nuances of financial services so they can generally help you on the phone, and that’s also unlimited. So, you can pretty much use the EAP as often as you want. We will not stop you. * Q: Can you share the number for work life services again? * A: 800-657-3719   Lisa: Now that we’re more well-informed, we can help ourselves and our co-workers. We are thankful and appreciative of you spending time with us.  Contact Lisa Slaikeu ([lisa.slaikeu@state.mn.us](mailto:lisa.slaikeu@state.mn.us)) or Jason Bonnett ([jason.bonnett@state.mn.us](mailto:jason.bonnett@state.mn.us)) with questions. | No action |
| Adjourn | Do you have student loans? Join us at the August 3rd membership meeting to listen to a presentation by Dee Baskin & Heather Vlieger of the Loan Repayment Assistance Program of Minnesota (LRAP Minnesota) to learn more about the PSLF program and what you can do to pay off your loans sooner.  Next Meeting: Noon-1:00 p.m., Wednesday, August 3, 2022, online via Go to Meeting |  |

|  |  |
| --- | --- |
| **President** – Jason Bonnett  Email: jason.bonnett@state.mn.us | **Membership Secretary –** Sharrilyn Helgertz  Email: sharrilyn.helgertz@state.mn.us |
| **Vice-President –** Lisa Slaikeu  Email: lisa.slaikeu@state.mn.us | **Regional Director – vacant**  Email: |
| **Secretary** – Rose Nordin  Email: rose.nordin@minnstate.edu | **Chief Steward** **–** Debra Hagel  Email: debra.hagel@state.mn.us |
| **Treasurer** – Michael Zajicek  Email: michael.zajicek@state.mn.us | **MAPE Business Agent** – Alex Erickson  Email: alexerickson@mape.org |