



McGohan Brabender Daily Update

Today is Wednesday, April 22, 2020

IMPORTANT REMINDER

Employers sponsoring group health plans are obligated to notify their employees and family members when changes occur to the group health plan, such as the changes made recently in response to the COVID-19 pandemic. Please notify your employees of those changes as soon as possible, if you haven't already. Resources are available under the carrier section of our COVID-19 Resource Center on our website.

[Click Here for McGohan Brabender's COVID-19 Resource Center](#)

ADDITIONAL FUNDING - PASSED BY SENATE

The next step is the House of Representatives, then on to President Trump's desk. No delays are expected. Of the \$484 billion total aid, over \$300 will be to

replace the Paycheck Protection Program, \$60 billion is tagged for the Small Business Administration, and the last \$100 billion will be shared with hospitals and more COVID-19 testing.

[Senate Has Passed Newest COVID-19 Aid Bill](#)

JOYAGES: START POSITIVE HABITS

SCHEDULE IT, PRACTICE IT, EVERY SINGLE DAY

As we try to flatten the pandemic curve by staying home, it gives us unprecedented opportunities to practice a positive routine. Either we make an adjustment to our current routine, or start something completely new. Joyages co-founder, Ray White shares how to adjust accordingly to keep you thinking, feeling positive throughout the COVID-19 lock down.

[Strive for Positive Habits](#)

SIDE AFFECTS PODCAST FINDING CONTROL IN THE CHAOS

Join Kenzie and Scott on MB's Side Affects with Laura Putnam, CEO of Motion in Fusion, to learn how to proceed as normal as possible as we

stay at home or shelter in place as COVID-19 continues to run its course. Laura shares how important it is to know the facts, and at the same time, know this is nothing we can control directly. Our freedom is how we respond to this pandemic as individuals and as a collective. We are all in this together.

[Stay Positive and Control the Chaos](#)

LIVE WELL, WORK WELL

Meditation can calm your mind, ease your stress, and maintain your mental health. The coronavirus pandemic has increased our stress levels with no ending in site at this point. Click below to learn some successful tips of meditation.

[Meditation Tips to Remove Stress](#)

COVID-19 "HOW TO STOP THE SPREAD"

We obviously need our essential supplies, either by having them delivered, or venturing out to the supermarket, here are some tips how to receive without getting the virus at the same time.

[How to Receive Deliveries](#)

[How to Shop for Your Essentials](#)

SPECIAL LEARNING WEBINAR

Thursday, April 30th

LEADING THROUGH DISRUPTION

In this “new-Coronavirus world”, the words of Charles Darwin have never been more true: “It is not the strongest of the species that survives, nor the most intelligent, but rather the one most adaptable to change.” Spots are still available for this MB Special Webinar.

Thursday, April 30th, 10:00 AM - 11:30 AM

[Please Click Here to Register for Webinar](#)



HAPPY EARTH DAY- 50 YEARS

Earth Day started in 1970, with the purpose of focusing on the Earth's environment. In 1990, it went viral. Today our big blue marble needs us to concentrate on the humans that reside here. Take care of you, and that will help me. We all are important to this Earth. Stay safe.

McGohan Brabender

3931 S. Dixie Drive Dayton OH 45439



This email was sent to kfell@mcgohanbrabender.com

Want to change how you receive this email?
Update your [preferences](#) or [unsubscribe](#) from this list

McGohan Brabender emails are powered by **Cerkl®**