



April 23, 2020

Dear Fellow Flight Attendants:

The following are items and resources for our group. Please continue to reach out to us with your questions and concerns. Our AFA leadership makes every attempt to answer your questions with expediency.

NATIONAL GROUP PROTECTION (NGP & CAIC), COVID-19 CLAIMS

Please know that we got an update from NGP in terms of any COVID-19 claims:

- 1) Members can file Short Term Disability claims for any reason a doctor says they cannot do their job at Hawaiian
 - o It can be because they have COVID-19 or that they are a high risk and should not work
 - o We are also seeing disability claims for members who can't work because of mental service (stress/anxiety)
- 2) The key to any and all disability claims, is that it has to be supported by a doctor
 - o Claims CANNOT be filed by a member who is just choosing to stay home
 - o Claims can also NOT be filed for member who took a voluntary leave and are not earning an income or to cover a reduced income

All claims have to be supported by a doctor stating why an insured cannot do their job, when the leave started and when they might return. Should you have any questions, please call NGP 800.344.9016

SUPPORT SERVICES – provided by the INTL office

Our International (INTL) Office has provided a new slate of support services through its EAP Department. There were several inquiries for this month's sessions; it is good to hear that you are interested! Please know we appreciate your feedback and can forward your thoughts, concerns and interest to the INTL Office. [For more information, please see the attached flyer.]

MAY LEAVES, LOW TIME FLYING and VOLUNTARY FURLOUGHES

A Big MAHALO to those of you who were able to help the company by taking a Leave, Low-Time Line or Voluntary Furlough. We had approximately 285 Flight Attendants participate in this month's round for the COVID-19 Letter of Agreement. Inflight COVID-19 Hotline: 808.835.3383, 4 am – 9 pm/HST. If you have Unemployment issues and concerns: Alana.Goo@Hawaiianair.com or #808.222.9797

WORKERS MEMORIAL DAY – April 28, 2020

This is a day when we remember workers killed or injured on the job and renew our commitment to fight for strong safety and health protections. This year's observance comes as we are in the middle of a safety and health crisis. Not only are hundreds of working people dying each day as a result of the COVID-19 pandemic, often due to exposure at work, the response of the Trump Administration has been to weaken or suspend workplace protections.

The theme of this year's Workers Memorial Day is "Protect Our Rights, Speak Up for Safe Jobs." The AFL-CIO has posted resources, including flyers and artwork that you can use as you commemorate the day, at <https://aflcio.org/about-us/conferences-and-events/workers-memorial-day>.

These past weeks have been difficult for all of us. As we look ahead, please continue to take care and practice safe social distancing!

In Unity, Sharon, Scott, Joni, Jaci-Ann, Josh
and the Entire AFA Leadership



Support Service for Flight Attendants

“Stress and Health: What Actually Gets Injured? The Impact of Stress on Our Daily Lives and Building Resilience” by Kevin McCauley

In this presentation, we will explore the physiology and pathophysiology of stress and trauma, how this science translates into effective strategies to minimize the impact of stress on our lives, avoid turning stress into trauma, and build resilience in order to live a long life.

Thursday, April 23, 2020-4:00 pm-5:00 pm EDT

You must register before the lecture: <https://catalog.pesi.com/item/59173>

The Benefits of the Human-Animal Bond During COVID-19- Join us for Yappy Hour! BYOP (Bring Your Own Pet): (Sponsored by Nova Southeastern University) with Ariann Robino, Ph.D., LPC, NCC
Monday, April 27, 2020 | 5:30 P.M.
Register at <https://www.nova.edu/sharkchats/index.html>

Coping with COVID-19: Mental Health Tips for Children and Families
with Scott Poland, Ed.D. (Sponsored by Nova Southeastern University)
Tuesday, April 28, 2020 | 12:00 P.M.
Register at <https://www.nova.edu/sharkchats/index.html>

School's OUT... Why Social and Emotional Connectedness are More Essential than Ever

with Anna K. Owens, Ph.D. (Sponsored by Nova Southeastern University)

Wednesday, April 29, 2020 | 2:00 P.M.

Register at <https://www.nova.edu/sharkchats/index.html>

“Face of Anxiety” by Amy Rhodes Moderated by Lori Paul-retired Flight Attendant

Incorporating meditation and DBT as it relates to anxiety

Wednesday, April 29, 2020-12:00 pm EDT-1:00 pm EDT

Join **Zoom Meeting-ZOOM MEETING**

Meeting ID: 168 058 984/Password: 309272

“Peaceful Landings” by Sabrina N’Diaye

Virtual healing on managing emotional, spiritual, stress, and physical challenges during uncertain times

Thursday, April 30, 2020-11:00 am-1:00 pm EDT

Email for registration-<https://forms.gle/LsAdxkMWZoC6QTG98>

“Mind-Body- Spirit” by Sabrina N’Diaye

Virtual healing on self-awareness, boost your immune system, and learn how to compliment self

8-week session beginning on Monday, May 11, 2020-3:00 pm-5:00 pm EDT

Registration information to be advertised early May

Parents as Teachers: How to Keep Your Sanity

with Ralph E. (Gene) Cash, Ph.D., ABPP and Shannon Worton, Psy.D.

(Sponsored by Nova Southeastern University)

Wednesday, May 13, 2020 | 12:00 P.M.

Register at <https://www.nova.edu/sharkchats/index.html>

“Peaceful Landings” by Sabrina N’Diaye

Thursday, May 7, 2020-11:00 am-1:00 pm EDT

Thursday, May 21, 2020-11:00 am-1:00 pm EDT

Virtual healing on managing emotional, spiritual, stress, and physical challenges during uncertain times

Registration information to be advertised early May