



April 21, 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.

### **BIDDING REMINDERS – May 2020**

The May bid will close on Wednesday, April 22, 2020 [LAX base – 1200/Pacific and HNL base – 1500 HST]. We believe that there will be many of you on Reserve who may be unfamiliar with the Reserve process once the new month starts. We hope to have some Flica resources available to you in the next days once the bid closes.

### **EMOTIONAL SUPPORT - “Face of Anxiety” by Amy Rhodes**

Moderated by Lori Paul - retired Flight Attendant. This meditative session is offered through the Flight Attendant Drug and Alcohol Program (FADAP); all Flight Attendants are welcome to join the Zoom meeting.

Meditation and DBT, one-hour session

Wednesday, April 22, 2020 - 600 am/HST, 9 am/Pacific

Wednesday, April 29, 2020 - 600 am/HST, 9 am/Pacific

**Clink on this link to join - [ZOOM MEETING](#)**

ID: 168 058 984/Password: 309272

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

In this lecture, 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, 400 - 500 pm/Eastern [100 pm/Pacific, 1000 am/HST]

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

### **STIMULUS CHECK**

Looking for Your Stimulus Check? The IRS has started sending Economic Impact Payments (also referred to as stimulus payments). If you're looking for an update, please visit the IRS Coronavirus Tax Relief and Economic Impact Payment resource page.

[https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments?utm\\_source=eneews&utm\\_medium=email&utm\\_campaign=04-17-20](https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments?utm_source=eneews&utm_medium=email&utm_campaign=04-17-20)

### **AFL-CIO SURVIVAL GUIDE TO UNEMPLOYMENT**

As an affiliate of the AFL-CIO, they have provided this guide for our members.

[https://feaweb.org/wp-content/uploads/2020/03/paycheckBookletNEW\\_3.2020.pdf](https://feaweb.org/wp-content/uploads/2020/03/paycheckBookletNEW_3.2020.pdf)

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