



*We're lighting the way to a brighter future!*

2025 Bedford Street · Johnstown, PA 15904 · 814-262-0732 · Fax: 814-262-0837 · [thelearninglamp.org](http://thelearninglamp.org)

## Employee Communication – 4/14/2020

"I hope you all had a nice Easter weekend and got to enjoy the beautiful weather yesterday. This crisis has been extremely stressful for a lot of our employees. Our health care provider, UPMC, offered some helpful guidance on how to overcome stressful situations. Below are some tips:

- Deep breathing – increases oxygen and calms nervous system.
- Humor – helps brighten your day.
- Gratitude – helps maintain a positive outlook.
- Positive mantras – encouragement helps tackle negative emotions.
- Physical activity – lowers stress-inducing hormones.
- Meditation – helps focus and calm the mind.

As always, The Learning Lamp's Employee Assistance Program (EAP) is available for those in need. Employees are eligible for 6 free sessions per year. Sessions are currently being offered virtually. Call 814-266-3196 for the Johnstown office and 814-701-2898 for the Somerset office.

We are also aware how stressful the unemployment system has been. It is very backed up from the large number of claims. We hear your frustration as it is taking longer than expected to receive PIN numbers and therefore weekly benefits. Please be assured the UC office will get the information out to you as quickly as they can and will back pay any money that is owed to you. If you have a more specific question, please feel free to contact me. Thank you again for your patience during this time."



The mission of The Learning Lamp is to engage all children in the support they need to succeed. The Learning Lamp is a 501(c)(3) nonprofit organization, donations to which are tax deductible to the fullest extent permitted by law. The official registration and financial information of The Learning Lamp may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania; 1-800-732-0999. Registration does not imply endorsement.