

April 16, 2020



In This Issue:

ANNOUNCEMENTS

ICRA 8-Hour Refresher and 8-Hour Awareness

Eligible UBC members can now use the International Training Centers' [Learning Management System](#) to take the 8-hour ICRA refresher online (for members who have completed the 24-hour course previously).

Additionally, anyone who has not taken the 24-hour course is able now able to take the 8-hour ICRA Awareness course at the same link above.

UBC members who are ICRA-trained provide much needed expertise in this crisis to ensure that proper protocol is followed and necessary containment measures are being taken.



COVID-19 Preparedness Qualification

The ITC is offering a new COVID-19 Preparedness Qualification online course that covers guidelines & procedures outlined by OSHA. The course is available to all members through the CITF Learning Management System. Members can [access the course online](#).



Wellness Center Virtual Visits

The Carpenters Wellness Center is offering **virtual visits!**

- Primary care, sick visits, return-to-work needs
- Routine follow-up
- Chiropractic
- Physical therapy



Curbside Pharmacy:

- Prescriptions
- Over-the-counter
- Dial 314-955-9355 option 7 when you arrive

As a reminder, the Center is no longer accepting walk-ins. You **MUST** have an appointment. When you arrive, please call 314-955-9355 option 5 for curbside check-in.

The Center does not currently have COVID-19 testing. If you have concerns about COVID-19, you can speak to a nurse by calling 314-955-9355 option 6.

New Temporary Hours:

Monday-Friday: 8am - 5pm

Saturday: CLOSED

Teladoc and Mental Health

Did you know counselors and therapists at Teladoc can prescribe medication and even make recurring appointments? This allows you to develop a relationship with the provider and get the care you need, all from wherever you feel most comfortable.

Common conditions treated by TELADOC's Mental Healthcare providers:

- anxiety
- depression
- PTSD
- stress and work pressures
- grief
- panic disorder
- family and marriage issues
- substance abuse
- trauma resolution
- ADHD



How TELADOC's mental health services work, with NO COST to you:

1. Choose online provider
2. Schedule a virtual visit
3. Meet with a Care Provider by phone or video
4. Ongoing treatment as needed

Download the App in your phone's App store, call 1-800-DOC-CONSULT or visit **TELADOC** online.

Need a Distraction? Participate and Earn!

While the world around us is a bit out-of-the-ordinary right now, the **U.S. CDC is emphasizing the importance of staying safe, both physically and mentally**, during these challenging and stressful times.

So, we have a plan we'd like to share with you to help keep you focused on something other than our global pandemic. We'd like to help you take charge of your health and reward you for doing so!



We've revamped our Incentive Program, loosening the requirements to help you engage and succeed in reaching those health goals like you never have before. To be eligible to earn points, you must first:

1. **Set up an account** within the **Wellness Program Portal**.
2. Complete your **Personal Health Assessment** in the program portal.

3. **Log your annual wellness visit** in the portal and
4. **Submit your annual health screening** by contacting [Carpenters' health coach](#).

Once you've completed the required tasks listed, you may **earn a \$250 gift card** when you complete and succeed in reaching minimum points required in Preventive Care, Healthy Habits, Wellbeing and participate in at least one Challenge by the end of September 2020. Our Walking Challenge begins May 4; watch for sign-ups beginning next week!

More details available in the Wellness Portal at wellness.carpdc.org.

VSP is Open and Ready to Serve You

Like other vision centers, Carpenters Vision Center is currently closed for walk-in traffic. That doesn't mean your eye needs stop here.

VSP's COVID-19 response for members

If you have an immediate need for essential eye care services, have lost or broken glasses, or need a contact lens refill, please contact [Carpenters Vision Center](#) and leave a message at [314.955.2182](tel:314.955.2182), or contact a VSP network doctor near you.*

*If you need help finding a doctor, please call VSP Customer Care at 800.877.7195 or visit [VSP online](#).



NEWS

Critical Work

St. Louis-based Tarlton Corp., working for the U.S. Army Corps of Engineers, is converting a [Quality Inn hotel in North County](#) into an overflow hospital to treat non-acute COVID-19 patients. The facility, if needed, would serve as backup for patients referred by St. Louis-area hospitals and would be staffed by members of the Missouri National Guard.



Tax Fraud

Tax Day might have been moved due to COVID-19, but the pandemic has exposed the devastating impacts of tax fraud and misclassification.

As states and hospitals face unbelievable shortages of critical protective equipment, the \$8.4 Billion revenue shortfall due to tax fraud would undoubtedly have enabled the government to better respond to the crisis--or avoid it in the first place.

Misclassified workers, those commonly illegally classified as independent contractors, are denied the kind of unemployment insurance benefits needed by 16 million Americans out of work.

Learn more about how you can #StopTaxFraud at stoptaxfraud.net.



Resources

Everything has changed. Businesses are struggling and we all have to find new ways of doing things. Here's a helpful [resource list for contractors](#) offering everything from free legal consultation, to software that can help your office staff work from home.



Time for Change

Corporate greed, not COVID-19, has brought down the economy. That's **the assessment of some experts**, who say that now is the time for American workers to wake up and demand a change from the business-as-usual playbook. *"We have to stand up and demand that corporations and the wealthy don't hoard their profits at the expense of everyone else."*



CONSTRUCTION «HOTLINE»»»

 **Kansas City**
(816) 595-4164

 **St. Louis**
(314) 781-2356
ext. 1050

STAY SAFE

EVENTS AND PROGRAMS

Updates

Many CRC events/fundraisers have already been cancelled. Please check the regional council's **COVID-19 update page**, where we will post new information as it comes in.

— UPDATE —



COVID-19
(Coronavirus)

2020 Golf Tournament

Your generosity is needed now, more than ever. Help support the Carpenters Scholarship Fund by planning to attend our annual golf tournament in September.

Saturday, Sept. 12 at Forest Park

\$100 per person / \$400 per team

Brian Doerr (314) 644-4800 ext. 5248

[Download the entry form here](#)



2020 CARPAC Clayshoot

Saturday June 13

As of now, the annual southern Illinois CARPAC Clayshoot is still

scheduled.

Organizers will assess the situation at the end of April. Check back here for future information.

CARPAC
Southern Illinois
CLAYSHOOT
Sat. June 13



2020 Bass Tournament

CANCELLED

Rescheduled for April 24, 2021



St. Louis CJAP Exploring Program

The Carpenters' Joint Apprenticeship Program is working with the Exploring Program of the Greater St. Louis Area Council, Boy Scouts of America to start a workforce development program. This program will expose high school students to the skills and great opportunities that a career in carpentry provides.

Interested in more information in leadership or have a high school youth who wants to participate?

[Find out how to get involved.](#)



Silver Dollar City Discount

Save up to 15% on tickets to Silver Dollar City, White Water and the Branson Belle Showboat when you enter code **25421** at silverdollarcity.com/save.



COUNCIL CALENDAR

Council Events

Local Meetings*

**All Local meetings are suspended indefinitely, except those above because they will have elections for delegates to the UBC General Convention. Business at these Local meetings will be restricted to only the election, and no food or drink will be provided.*

TRAINING



ICRA

We can't afford to lose. It's that simple. The Carpenters Regional Council has the ability to train its members with a skill no one else has - yet. Our union is leading the way developing new innovative training and techniques that teach our membership how to reduce contamination while working on expansion and renovation projects in busy hospitals and other healthcare facilities. Become a part of the growing healthcare construction boom.

info@carpdc.org.

New **ICRA Best Practices in Health Care - 24 Hour Qualification** classes have been posted to carpdc.org

Please register for these classes by following the instructions for the ICRA classes in your area.



UBC LEADERSHIP

Carpenters leadership training gives our members the communications, coaching and mentoring skills we need to carry our union into the future. Held at the UBC's International Training Center in Las Vegas, these comprehensive courses have already helped thousands of carpenters learn practical on-the-job tips.

[Learn more here](#) and spread the word.

TRAINING NOTICE

For the safety of our members and staff all apprenticeship training schools are closed to students through May 1. Staff will still be available by phone or email to answer questions and provide assistance.

We ask that apprentices, members and applicants do NOT visit our facilities at this time. Contact information for each school is available at carpdc.org.

****ONLINE TRAINING OPPORTUNITIES****

UBC ITC Online Courses

ICRA Refresher: Members may now get their 8-hour ICRA Refresher online through the CITF Learning Management System. UBC members who are trained provide much needed expertise in this crisis to ensure that proper protocol is followed and proper containment measures are being taken. Access it by [clicking here](#).

Trouble logging in? This [resource document](#) can help.

COVID-19 Preparedness Qualification: This course covers guidelines and procedures outlined by OSHA. The course is available to all members through the CITF Learning Management System. Members can access the course by [clicking here](#).

**Please note, this course is not optimized for mobile or tablet. Desktop or laptop computers are recommended.*

Online Computer Courses

Because all Training Centers are currently closed for training, CJAP has added additional online training opportunities for our members. Now is a great time to refresh your safety training, advance your skills or get your upgrade.

Apprentices who complete all four (4) courses will receive 1-Unit of training for completing and passing ALL FOUR courses in this recommended order 1) Computing Fundamentals, 2) Living Online 3) Word, 4) Excel.

Visit carpdc.org for more information and how to sign up for these online classes.

AdvanceOnline Training Courses

Free AdvanceOnline Training includes the following bundled courses:

- OSHA Focus Four and Electrical Hazards
- OSHA – Exposures to Health Hazards
- OSHA – Managing Safety & Health and Fall Hazards
- OSHA – Introduction and Material Handling Hazards
- OSHA – Preparedness and Response to Hazards
- All Bundles listed above

For more information or to sign up, visit carpdc.org.

AdvanceOnline OSHA-10 and OSHA-30

Check out the details on [carpdc](http://carpdc.org) and sign up for this online OSHA training. This training is free as long as it is successfully completed.

All AdvanceOnline Training Course questions should be directed to AdvanceOnline Customer Service as outlined on our website.

Carpenters Regional Council

800.332.7188

carpdc.org