

FRIDAY, MAY 8, 2020



Southern Ute Indian Tribe Employee **BENEFITS BUZZ** *keeping you informed.*



Fidelity Investments via ZOOM

Below you will find details on how you can hear from Fidelity Investments consultant David Westol. After each presentation, you will have the opportunity to also ask your retirement plan related questions!

Monday , May 11, 2020 at 10am

Meeting ID: 933 1408 3910 Password: 819232

To join meeting via desktop, click here:

<https://fmr.zoom.us/j/93314083910?pwd=U2hreEl5M1dYZTBWOVJPVTVKSCtpUT09>

To join via phone, call : US: +1312-626-6799 Meeting Code 933 1408 3910#

Thursday, May 14, 2020 at 10am

Meeting ID: 942 5967 7482 Password: 117990

To join meeting via desktop, click here:

<https://fmr.zoom.us/j/94259677482?pwd=Qzl3U2lCYjBjOWlibHNpSXNyEs3Zz09>

To join via phone, call: US: +1301-715-8592 Meeting Code 942 5967 7482#

You can view your retirement account, or speak to a Fidelity investment consultant any time by logging into your personal account at netbenefits.com or by calling Fidelity at 1/800-603-4015.

May is Mental Health Month, and we invite you to join in on a little Benefit related company fun!

Introducing... the **#SUITMeMinutes**, a mental well-being campaign.

Why are we doing this?

We want to encourage everyone to take a few minutes each day to do something that offers them a healthy break. It can be a walk, listening to a podcast, yoga, connecting with a friend, a few minutes of fresh air, or other activities that promote self-care and wellness. This will be a unique way to support one another – and to show friends and colleagues that they are not alone!

So, how does this work?

Post a picture to the social media platform of your choice and use hashtag **#SUITMeMinutes**! That's it.

One great option for you to consider is hosting a virtual walk among your friends!

If you participate in this campaign and use the hashtag **#SUITMeMinutes**, send the photo via email to your benefit representative and you are automatically entered in a drawing for an Amazon gift card!



Mental health: Signs that someone may need help

Managing daily routines, coping with emotions like fear and anxiety, and dealing with uncertainty can affect everyone differently. According to the National Alliance on Mental Illness (NAMI), it is more important than ever to pay attention to the health and emotional well-being of family and friends. The following information includes signs that may indicate a need to seek professional help and ways to support loved ones or yourself.

Helping a friend or loved one

Staying connected with loved ones by phone, video chat or email is a meaningful step you can take to help them feel less isolated and lonely. Talk to them about how they are feeling, listen carefully and pay attention to signs of distress or changes in mood or behavior.

When to suggest professional help

Certain emotions or behaviors may signal the time to encourage a family member or friend to seek professional help, according to Beacon Health Options, a behavioral health services company. Here are some signs that someone should seek help:

- Struggling to work, parent or keep up at home
- Unable to handle stress with normal coping strategies
- Difficulty maintaining a healthy appetite or experiencing significant weight loss
- Using drugs or alcohol to cope
- Engaging in risk-taking behaviors
- Unable to focus
- Sleeplessness
- Lack of interest in activities that once brought enjoyment
- Panic attacks
- Fear of being around others, even children or family
- Mistrust of people they normally confided in or counted on
- A sense of guilt and unworthiness
- Restlessness or agitation
- Anger and violent outbursts

If a friend or family member talks about suicidal or homicidal thoughts, please take those statements seriously and immediately call a professional for help.

What you can do to help

- Suggest professional help, and for SUIT employees, please provide our Employee Counseling benefit information. All Tribal Employees and household members receive 8 free counseling sessions.

ComPsych

1-877-616-0508

Group Code is CN3906K

- Make a meal or pick up groceries.
- Offer to set up a counseling appointment for them.
- Call and check in daily while distress continues.
- Research support networks to share with your friend or family member. Don't forget to use Aunt Bertha as a resource! Here is the link: anthembcbs.auntbertha.com

Please contact your benefits representative with questions or for more helpful resources.

Permanent Fund
Veronica Lasater
970/563-2426

vlasater@southernute-nsn.gov

The Growth Fund
Malinda James
970/563-5065
mjames@sugf.com

Sky Ute Casino Resort
Holly Tracy
970/563-1320
holly.tracy@skyutecasino.com