

National Association of Letter Carriers

Branch 782

E.A. Baker Union Update



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CORONAVIRUS BULLETIN #1

APRIL 2020

This is an excerpt from a recent April 3, 2020 four-page message from NALC President Rolando:

“Much has changed in the past week since I last provided an update. Since then, it saddens me to report that two city Letter Carriers have passed away in New York due to complications from the coronavirus. In total, the Postal Service has lost eight employees to this virus. We send our deepest sympathies and heartfelt prayers to all their families, loved ones, friends and co-workers...”

...The safety and health of Letter Carriers, and their families, remains of the utmost importance to NALC. We continue to have constant communication with the Postmaster General and other management officials regarding the Postal Service’s overall efforts related to the outbreak and specific issues related to Letter Carriers. Most recently, NALC and the Postal Service agreed upon two more memorandums of understanding (MOUs) regarding COVID-19...”

The aforementioned MOUs address potential work rule changes which reflect social distancing; the hiring of Temporary Carrier Assistants (TCAs); an option for liberal changes of schedule and approval of leave in recognition of the disruption caused by the COVID-19 pandemic; the Families First Coronavirus Response Act (FFCRA) effective April 1; and other matters.

If you have any questions or issues to report, please contact a Branch 782 Officer; our National Business Agent Bryant J. Almario; or, use the COVID19@nalc.org email address.

Full text is available at <https://www.nalc.org/news/nalc-updates/body/4-3-20-statement.pdf>. You are strongly advised to review it for yourself. An upcoming web version of the Branch 782 newsletter will feature an even more extensive range of Covid-19 information for your review.



By Asistant Editor Paul Greenfield

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In time, each of us is going to be able to pause and gain some perspective on the impact of this global pandemic. No doubt, the number of affected individuals will be staggering.

What is more important is that the statistics only hint at the impact to lives. As of April 2, at least one of our Branch members is personally dealing with how to coordinate proper care and attention for a loved one. His mother has been diagnosed with Covid-19.

*Retired Carriers have some idea of what it is like to work for the Postal Service. Those who are still out on the street delivering to America have a heightened sense of what it means to be walking into a danger zone. Masks, gloves and santizer are products which **ARE** important!*

Each person who delivers mail throughout this country in this changing Covid-19 world has had to cope with a barrage of information from numerous sources. The media presents reports from all over the globe. There should be standups being given to keep you aware of any important information or directives from the Postal Service. There is much input that you will have to somehow digest. Each of you will react and deal in your own way.

Here is a thumbnail look at what a few of our Brothers and Sisters think in early April 2020.

Harrington's Corner

Some Letter Carriers were asked a few questions.

by Jeff Harrington,
93308 Letter Carrier

1. How long have you been carrying?
2. How has the coronavirus thing impacted what you do on a daily basis?
3. Do you have some degree of fear about what might happen to you if you get sick because of the virus?
4. Has the USPS given you what you need to feel safe as you go about your duties as a Letter Carrier?
5. Do you do things differently in this Covid-19 world (gloves, mask, hand sanitizer, etc.)?
6. Can you share some of the things that your customers are telling you when you are out on the street?
7. Are you taking this new world differently than you used to?
8. Any other short comments would like to add?



Letter Carrier Yuri Garcia



1. About 15 years
2. Well, once I come home from work I don't go anywhere. Since I work outside all day I have to quarantine myself inside the house.
3. Yes. My worry is that if I catch it at work and then I'll give it to my customers and my family members. I mostly worry that I'll pass it on to my love once of and my customer's
4. The Post Office keeps saying that we are essential; yet, they have not given us the essentials to be safe out on the street.
5. Yes. I have bought my own masks, spray disinfectant and hand sanitizer wipes.
6. I had a customer stop me and ask me, "How you doing? You doing OK?" They give me masks hand sanitizer. They seem to care more than management.
7. Well, I try not to watch too much tv news and I still try to enjoy the nice weather. I appreciate my job, and my health but I try not to stress too much about it
8. I feel like some of us like to work and we want to work. I feel that the post office has not done enough to keep us safe. They haven't been disinfecting the equipment and mail. What they should have be been doing is fumigation in the office.

Letter Carrier Mabel Bullis

I've been Carrier for 15 yrs. Fortunately, I have been blessed to be able to stay sheltering in place BUT its only because I have asthma. So this will answer 2 and 3. I didn't think it was serious and people were blowing it up unreasonably. In the back of my mind, I still feel that way. BUT, I am asthmatic and I'm still healing from my January flare up that took me down 5 days. I had to be on steroids and breathing treatments to help with my breathing. I have been confined to my house going on three weeks. My husband won't let me go anywhere because I will

be the first to die due to my underlying condition. I have been working since I was 16. *Being made to not work IS killing me.*

#8. Sheltering in place has helped us so much financially cause we havent been out spending. Banking everything!

I give much love to all my fellow Brothers and Sisters who are continuously out there being "essential " to the world.

Letter Carrier Max Hawksley

1. Carrier 4 years.
2. Impacted my daily routine. Can't use the bathrooms I'm used to. Can't eat where I used to.
3. Very worried about what happens if I get sick and can't work for 2+ weeks.
4. They have given me masks, sanitizer and gloves and the information I need to stay educated and as safe as I can.
5. I use lots of hand sanitizer, but gloves are a burden and the masks fog up my glasses so I dont use them.
6. Customers are thanking me for doing my duty, telling me to stay safe. They are happy to see me working still.
7. I'm trying to be extra safe and careful so myself, and my loved ones by extension, do not catch Covid.
8. All we can do is keep being safe and working hard.

Letter Carrier Amie Rice



1. 3 years
2. I'm more aware of my surroundings
3. No
4. Yes
5. Yes. I have been wearing gloves and washing/ sanitizing my hands as much as possible.

6. A lot of my customers work in the medical field and are nervous they will catch the virus.
7. No
8. A lot of customers are offering me gloves and sanitizer and I am thankful for those customers

Letter Carrier Jeremy Reed

1. About 4 years
2. Daily life has changed. No more school for my son. Co-workers are on edge as well as customers
3. I'm really concerned about getting sick because I don't want to spread it to my son who has asthma. I'm very worried about it.
4. I feel it's work as usual. A pair of gloves and a mask that's not regulated for Covid19 isn't enough.
5. Yes. My family is afraid I'm going to bring Covid-19 home. So I have to strip down and shower as soon as I'm home just to put my family at ease.
6. Most customers say, "Be safe out there!" and offer their supply of the USPS.
7. It's an uneasy time in my home, stressed about going to the store for food, working daily. So, yes, I'm on edge every time I step outside.
8. NBA, MLB, NFL superstars, celebrities, the rich, politicians have all been tested for Covid-19. Please tell me why essential employees (such as USPS) are not being tested to help ease the minds of the public or even stations across the nation. I just feel the whole "Be Safe Out There" isn't enough and it's a matter of time before one Carrier in Bakersfield is infected and then this will really hit home. Post office boxes should be utilized to limit contact, issue everyone a 30 day hold until this blows over, something....

Letter Carrier Yolanda Agredano

1. Been with Post Office for 23 years.
2. Not being able to socialize as I'm used to bothers me.. I don't like being secluded. I feel like I'm in Soledad all over again
3. Not really fearful... We're all going to die... Sounds bad but true..
4. I honestly don't feel the Post Office has done enough. For one, I suggested doing stand ups over PA instead of having us all clumped up. Then, April 1, they bring in a Taco truck where again everyone is close together in order to eat.
5. I'm using things like Sanitizer gloves which I never really used before.. Keeping a spray bottle to wash my hands as often as I can
6. My customers are awesome.. Constantly giving me gloves, lotion, hand sanitizer, some homemade food from Dr. office where they work... They truly appreciate that, although we're not as important as first responders, we're putting ourselves out there to do our jobs.
7. Yes... I try to keep my distance from my elderly people because — although I'm in good health — doesn't mean I haven't touched something that could harm them...and distancing from my immediate family is hard.
8. Listen to the recommendation of social distancing... Why risk those whom you love? Life is short. Don't make it shorter because of boredom or stupidity... This will pass quickly if we all just do what we're supposed to do.



2020 NALC HBP Info

At a glance...



NALC Health Benefit Plan	1-888-636-6252
*Hospital Pre-Certification	1-877-220-6252
Mental & Substance Precertification	1-877-468-1016
Prescription Drug Program	1-800-933-6252
CVS/Caremark Specialty Pharmacy	1-800-237-2767
Durable Medical Equipment	1-855-511-1893
"24/7 Nurse Hotline"	1-877-220-6252
CVS/CareMark Pharmacist	1-888-636-6252
Solutions for Caregivers (24/7)	1-877-468-1016
CIGNA PPO Locator Line	1-877-220-6252
CIGNA Organ Transplant Approval	1-800-668-9682
Quit for Life (Tobacco Cessation)	1-866-784-8454
CIGNA Health Rewards (Discounts)	1-800-558-9443
CIGNA Plus (Dental Discount)	1-877-521-0244
Disease Management Program	1-800-227-3728
OPM Retirement Info Center	1-888-767-6738
Federal Information Center	1-800-333-4636
Social Security Administration Info	1-800-772-1213
PostalEase Human Resources USPS	1-877-477-3273
Quest Lab Services (Bakersfield)	(661) 631-8520
LabCorp Lab Services Bakersfield	(661) 631-9258
Shared Services Option 5 live person	1-877-477-3273
Medicare	1-800-633-4227
Suicide Hotline	1-800-784-2433
Suicide?? Talk With Someone...	1-800-273-8255

NALC Health Benefit Plan
 20547 Waverly Court
 Ashburn, Virginia 20149

NALC Prescription Mail Order Drug Program
 P.O. Box 94467
 Palatine, Illinois 60094-4467

NALC Drug Prescription "Claims" Filing
 P.O. Box 521926
 Phoenix, Arizona 85072-2192

OptumHealth Behavioral Solutions
 P.O. Box 30755
 Salt Lake City, Utah 84130-0755
 Questions: 1-877-468-1016

NALC Consumer Driven Health Plan and Value Option*
 P.O. Box 18223
 Chattanooga, TN 37422-7223
 Phone: 1-855-511-1893

MARK RAMIREZ
 NALC Branch 782 Health Benefit Plan Representative
 (661) 204-5592

Latest Covid-19 updates from the NALC? See the national NALC website. Also, stay in touch with your Branch 782 Officers if you have questions!

April 03, 2020 – Manhattan Letter Carrier passes way

63-year-old letter carrier Frank Leong, a member of Branch 36 in New York City, passed away recently from complications related to COVID-19. Brother Leong was a 25-year Letter Carrier who worked at Church Street Station in Manhattan. NALC mourns with Brother Leong's family, friends, coworkers and members of Branch 36.

March 26, 2020 – Bronx Letter Carrier passes away from coronavirus

NALC is deeply saddened to learn that 50-year-old letter carrier Rakkhon Kim, a member of Branch 36 in New York City, passed away Wednesday, March 25, from complications related to COVID-19. Brother Kim was a resident of Northvale, NJ, and he worked at the West Farms Station of the Bronx, NY Post Office. He recently celebrated his 23-year anniversary as a letter carrier in November.

Source: NALC Website "Latest News and Updates" <https://www.nalc.org/>

See more in the newsletter...

Then — like most of us — he was slammed by world events!

Everett started his career in Compton, California and he then transferred to Bakersfield on 12/30/1989. He retired on 3/27/2020 and was looking forward to a number of things in his new retired life.

(l-r) Ray Moya, Everett, Crystal Simpson, John Rugno and Alvie Ramjos kneeling in front



Congratulations! Everett Jennings USPS hire date: 1/31/1987

Even in the midst of this crazy Covid-19 pandemic, life does indeed still does move along!



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E.A. BAKER UNION UPDATE
Special Edition
Covid-19
Bulletin #1
More to follow...

Want the web version? E-mail a request to the Editor-guy at brziii@aol.com

March 27, 2020

This is an excerpt from a recent message from NALC President Rolando:

"...The Covid-19 crisis is both a public health crisis and an economic crisis. The U.S. Postal Service is a vitally important tool for combatting these twin calamities.

In ordinary times, the Postal Service plays an important role in our economy and our health care system. It handles 1.2 billion prescription drug shipments a year – that’s nearly 4 million each and every day, six days a week. It also delivers hundreds of millions of lab tests and medical supply shipments -- from blood testing strips and insulin needles to contact lenses. In a major public health crisis like the one we face today, the Postal Service is even more important. This week the CDC is sending a mailing to every American household to give our citizens the information they need to protect themselves and their loved ones from the Covid-19 virus. The FDA is working on a self-testing nasal swab that must, once available, be efficiently delivered to 159 million delivery points across America. There is no substitute for the Postal Service’s universal delivery network...

the USPS is a source of comfort and a welcome sign of normalcy to the American people. That has been true during recoveries from hurricanes, tornadoes, floods and other disasters in the past, and is now true as we grapple with the current national crisis...

...All American leaders, Democrats and Republicans alike, should work together to ensure that this pandemic does not destroy the U.S. Postal Service, a true national treasure. NALC is a ready and willing partner."

Source: <https://www.nalc.org/news/nalc-updates/statement-by-nalc-president-fredric-rolando-the-postal-service-is-vital-in-this-crisis>