



HUMAN RESOURCES

HR CONNECT: RESOURCES, TIPS AND TOOLS FOR CHALLENGING TIMES.



Please remember to avoid using the Janney network for live streaming.

JANNEY VALUES MOMENTS

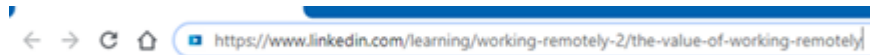
We at Janney would like to recognize the tremendous support of our IT department for their efforts over the last few weeks. IT has helped our Janney team successfully set up working remotely on top of other day-to-day IT issues. Setting up remote access for majority of Janney is no small task, so we want to thank each and every member for their hard work, dedication, and patience. Thank you IT!

LEARNING

When working remotely, it can be challenging at times to remain productive. The LinkedIn webinar “Productivity Tips” features ideas and insight on how to remain or increase productivity in a virtual work environment.

You can access this webinar as follows:

- Copy this link: <https://www.linkedin.com/learning/productivity-tips-finding-your-productive-mindset>
- Open the Google Chrome Internet Browser as the link will take you to Internet Explorer, but the program runs better in Chrome.
- Paste the link into the Google Chrome search bar.



Reminder: Tomorrow, April 9 at 12pm Dom DiGiacomo and Colin McWilliams will be holding a brief conversation focused on best practices to effectively conduct remote meetings.

In order to register for this session, please open the meeting invitation attached and click “Accept.” A link to join the WebEx session will be provided on the morning of April 9.

WELLNESS

Stay Fit While Staying In

Just because you are staying in does not mean you cannot be physically active. Exercise is not only good for your body but it can also relieve stress, anxiety, and depression.

Take a Walk

With the weather getting warmer, why not get out of the house and take a walk? Walking can boost your immune system, ease joint pain, improve cardiovascular health, and improve your mood. Best of all, most everybody can get out and walk. No skill needed!

Find Your Zen with Yoga

Practicing yoga can provide both mental and health benefits. Yoga incorporates meditation and breathing which can lead to improved mental

health but also boasts benefits such as improved flexibility, muscle strength, and weight reduction.

Try yoga at home today with this free online resource. <https://www.doyogawithme.com/>

Need a More Intense Workout...Try CrossFit

Crossfit is a form of high intensity interval training incorporating strength and conditioning workouts made up of functional movement. Try CrossFit exercises for free at <https://www.crossfit.com/at-home/workouts>.

Decide which exercise is right for you, but most importantly keep moving for physical and mental well-being.

Sources: www.healthline.com / <https://osteopathic.org/what-is-osteopathic-medicine/benefits-of-yoga/>

TAKING A BREAK



while in the comfort of their homes.

April 6 through April 10 is [National Wildlife Week](#). Take some time to celebrate animals!

[Philly Zoo at 2](#): Each weekday at 2 pm EST, Philadelphia Zoo staff and zookeepers will host a live-streaming event that will put viewers up close to animals all



Friday, April 10 is National Siblings Day!

Give your brother or sister a [virtual hug](#).

If you are lucky to be at home with them, [recreate a childhood photo](#)!



Friday, April 10 is also National Golfer's Day. Work on your game from home!

[Join the #GolfAtHome Challenge to get multiple 1 Hour Golf classes](#)

[Use a wire hanger to improve your putting](#)

PRECAUTIONS AGAINST CONTRACTING VIRUSES

- Wash your hands often and thoroughly for at least 20 seconds with soap and water or use an alcohol-based (at least 60%) hand sanitizer.
- Cover your mouth and nose with a handkerchief or tissue when you cough or sneeze.
- Avoid touching your face, mouth, nose and eyes.
- Avoid close contact with people who might be ill.
- Stay away from crowded areas.
- Practice good health habits like eating nutritious food, getting adequate sleep and keeping physically active.

NEWS AND HEALTH INFORMATION

Centers for Disease Control and Prevention (CDC)

- [CDC Homepage](#)
- [COVID-19 Landing page](#)
- [COVID-19 What You Should Know Resources](#)
- [Best Practices: How to Prepare and Take Action to Protect Yourself and Your Community](#)

World Health Organization (WHO)

- [WHO Homepage](#)
- [WHO COVID-19 Landing page](#)
- [Travel Advice](#)

Helpful Articles

- [How the coronavirus can and cannot spread](#)

- [How to make your own hand sanitizer](#)
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EMPLOYEE ASSISTANCE

Here When You Need Us: ComPsych Guidance Resources

ComPsych is Janney's Employee Assistance Program (EAP) partner. Contact ComPsych to speak with a counselor if you or a loved one need to speak to a counselor.

Call: 888-533-9872 Online: guidanceresources.com
App: GuidanceNowSM Web ID: JanneyEAP

Unable to work due to illness?

If you experience an illness that leaves you unable to work for more than six consecutive work days, please contact Matrix to file a short-term disability claim and notify Janney Human Resources.

Matrix Intake Line for Short-Term Disability [\(877\) 202-0055](tel:8772020055)
Janneyhumanresources@janney.com

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