



CONTRACTOR CONNECTION



April May June 2020

This Is A Good Time To Evaluate Relationships

By Todd Richardson
CEO EDGE Mentoring



The term “social distancing” has been one repeated in recent weeks in the context of how to reduce the risk of contracting COVID-19.

According to the Centers for Disease Control and Prevention, social distancing means “remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.”

Businesses are practicing social distancing by closing offices and directing employees to work from home. Schools are shutting their doors and having children work online. Churches are canceling services. Music festivals and community events are being postponed. Entire countries are restricting travel and person-to-person interaction.

Social distancing is a prudent way to manage the risk of contracting a disease like the coronavirus, but it is a dangerous way to live. The reality is, Americans have been practicing their own form of “social distancing” the last few decades.

Millennials are the loneliest generation on record—nearly half of all millennials claim to have no close friends. Millennials are isolated from one another, valuing

screen time over face time and preferring thousands of virtual acquaintances over a handful of true friends.

Boomers and GenXers aren’t doing much better when it comes to engaging in meaningful relationships.

We are in the midst of a loneliness epidemic, and calls for social distancing related to minimizing risk of contracting the coronavirus are not going to do anything to counter the increasing perils of loneliness and isolation. In fact, being quarantined at home, separated from your co-workers, shut out from your classes and fellow students, and kept away from others in your community will only exacerbate feelings of loneliness and isolation.

While you are being a good citizen by diligently practicing social distancing, consider ways to counter feelings of isolation and loneliness:

- Reach out to a previous mentor you haven’t spoken with recently. Thank him or her for the role that person played in your life and reconnect on what is happening in his or her life.
- If you typically work in an office, video chat with one or more co-workers each day. Ask how they are doing in their new work environment. Inquire about things other than work. Show genuine interest in their well-being and their life outside of work. You don’t need to be invasive, but instead simply show interest in them by taking the time to reach

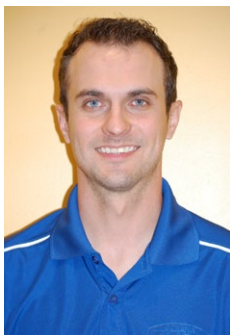
out. As author Bob Goff says, “Three minutes of authentic conversation is the antidote to loneliness.”

- Address your own feelings around isolation and loneliness. Ask yourself whether you have more meaningful relationships now or a decade ago. If less now, why is that the case? You cannot address what you don’t acknowledge. Conduct a self-check on where you stand.
- Use the time you have at home to forge a strategy for combating your own isolation and loneliness. Consider becoming a mentor to others or seek out a mentor.

Be intentional about forging relationships. EDGE Mentoring has been forming and nurturing mentor relationships for over five years and would be a good place to start in finding mentoring connections.

Let’s not waste a good crisis. Fears around the coronavirus will ultimately subside. Social distancing mandates will be lifted. But loneliness and isolation will persist. Use the circumstances of today to remind yourself to focus on meaningful relationships. •

Richardson will be one of the speakers at the Indiana PHCC Convention in French Lick on September 18.



THE PRESIDENT'S PERSPECTIVE

Adam Meny is President of the Indiana PHCC. Adam is a licensed plumbing contractor PCI1003582 with SR Meny, Inc., Haubstadt



Hello Everyone!

We all know this is a difficult time right now regarding the COVID-19 Pandemic. It is not only affecting families, but our businesses as well. It is an awful tragedy, affecting hundreds of thousands of people. It is also having a global impact on our economy. Lives are changing a day at a time. There are so many unknowns and fears. I hope everyone is staying strong during this difficult time.

Even though our line of work is considered "essential" doesn't mean that everyone's companies is thriving to full potential. COVID-19 has challenged not only our business, but many others to think outside the box. It is not allowing us to work our normal day to day business.

According to Brookings analysis of Department of Homeland Security, Metropolitan Policy Program, Plumbers are 27.4% exposed to diseases every day. Our face to face interactions are rated at 86.2% and working in close proximity of others is rated at 74.3%. That is a **HIGH** rating for social interactions. After seeing those ratings, we need to keep in mind we need to be taking social distancing (6 feet apart) seriously, even if we still have a job to do. As you are probably aware, here is a list of things you can do to protect yourself as well as others.

- Wash your hands for 20 seconds with soap and water. (Do not touch your eyes, nose or mouth if your hands are not clean.)

Plumbers are 27.4% exposed to diseases every day. Our face to face interactions are rated at 86.2% and working in close proximity of others is rated at 74.3%.

- Cover your nose and mouth when you cough or sneeze.
- Avoid close contact with others.
- Stay home and self-isolate from others if your work is non-essential.

At the end of the day, not only is it our responsibility to adjust each day, but to keep our employees safe.

My company, SRMeny, is only taking emergency calls. We are avoiding house calls, if nonemergency, and we are taking precautions as far as dressing in mask, shoes covers, gloves and maintain social distancing. Not only are we trying to keep our employees

safe, we are keeping our families safe as well. The minute I get home; my wife makes me put my clothes straight into the washer, shower and clean the doorknobs before I can hug my children or her.

It is a scary world right now, but we will conquer this together. Losing business is a huge deal, but the uncertainty of not knowing what the future holds is terrifying.

Remember to stay strong for your company, family and friends during this time. Although making a profit for your company is important, it is not always the answer to every problem.

With all that being said, just remind yourself your customers are important, but your life matters more; especially when the factor is unknown. If you are taking precautions and doing your part while working to make a living each day, then this shall too pass. Our nation is strong, don't give up on hope just yet.

Adam Meny
PHCC President

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Grow WithIN PHCC: INDIANA PHCC STATE CONVENTION

Plans are underway for the Indiana PHCC State Convention on **September 17-18** in French Lick.

Outstanding speakers have been secured and we look forward to the time we can spend together.

The theme is **Feed - Lead - Succeed** and will focus on ways to feed your workforce pipeline, attracting, retaining and developing talent; developing your leadership skills that are needed now more than ever, and giving you tools to succeed in passing your company to the next generation.



There will be working roundtables to help get you information from

your peers on things like developing tech training programs in your own company and getting more from your supplier.

We will be planning some fun times as well to let you blow off steam and laugh because we all need that these days!

All you need to do now is mark September 17 and 18th on your calendar.

2020 ANNUAL CONVENTION

Grow WithIN PHCC



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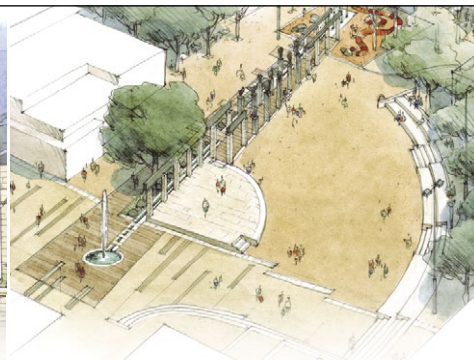
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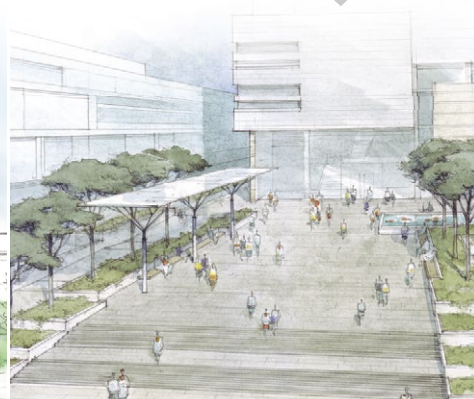
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