

In The Trenches

Protecting Facilities, Families and the Future
August Newsletter 2020



MISS DIG 811 will be celebrating 811 Day with the United Shore Professional Baseball League as the Eastside Diamond Hoppers vs. Utica Unicorns at 7:00 PM on August 11th. MISS DIG 811's Eric Urbain will be throwing out the first pitch at the Jimmy John's Field on 811 Day!

MISS DIG 811 will be giving away tickets

for the game so make sure to check out our Facebook and Twitter!

You can stream all the action by clicking the link below:

[Play Ball!](#)



Hitting the Road and Checking Tickets !



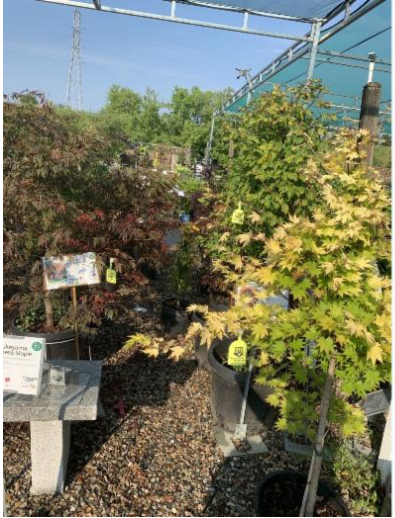
On the Road Again! The MISS DIG 811 vehicles are back on the road doing Ticket Reviews. The Education Specialists and Community Outreach team are reviewing tickets to verify start dates, locating marks, no marks, potholing and more. MISS DIG's 811 team is busy each day visiting different sites to ensure safe measures are taken.

14 Day rule

Place your tickets early and make use of the 14-day window. Public Act 174 of 2013 requires a dig ticket to be placed three business days but not more than 14 days before excavation occurs. By placing tickets early, facility owners and their locators can plan ahead and will be better prepared for increased locate volume. For our Remote Ticket Entry users, be mindful of the dig start field; use your scheduled dig start rather than the minimum three business days. If you place tickets through our online single address service, e-Locate, you will not see a dig start field since the legal dig start date and time cannot be

determined until the MISS DIG 811 employee processes the e-Locate. However, if you are placing your tickets early using e-Locate make note of the actual dig start in the Additional Comments field. If you create multiple tickets on the same day but do not plan on starting all the projects on the same day, please stagger the start dates on your tickets to better reflect when the project will begin. Remember, you can place a ticket up to 14 days in advance of your start date.





Tree Tag Campaign Going Strong

The MISS DIG 811 Education Department visited several English Gardens to drop off tree tags. Founded by three brothers-in-law in 1954, English Gardens is proudly family owned with six retail garden centers and a landscaping company in Metro Detroit. If you would like more information about receiving tree tags, please contact the MISS DIG 811 Education Team at:



education@missdig811.org

Certification Training Offered via Webinar

Certification training offered via Webinar in light of the Coronavirus outbreak and the need to keep social distances, MISS DIG 811 is offering its half-day 'Safe Excavation Practices' certification training via webinar. This 3-4 hour training will cover the same material that is currently offered through our video-

based on online training and in-person seminars. Upon completion, participants will be 'MISS DIG 811 Certified' on subjects ranging from ticket creation, locating information, Public Act 174, and more! State licensure continuing education credits are also available for a variety of excavation and municipal disciplines. Become a damage prevention expert from the comfort of your home or office! Sign up for an upcoming webinar today. Webinars take place every Wednesday from 9:00 AM to 12:00 PM.



Safe Excavation Practices Webinar

COVID -19 Pandemic Continues On



Due to the on going COVID-19 pandemic, Governor Whitmer has now extended the state of emergency for Michigan until August 11, 2020. Coming up with a coronavirus strategy to help cope with stress from this no-end-in-sight pandemic may require new thinking in order to stay resilient to dial down your stress and

anxiety over situations that are out of your control. Effective problem-solving increases positive emotions, self-confidence and motivation. It also lessens the psychological impact of stressors.

As society opens up, you need to weigh the pros and cons of shopping, eating in restaurants, or seeking medical treatment, informed by the best available evidence. Problem-focused coping can help you make decisions about whether an activity is safe and consistent with your personal values and the needs of others.

While a vaccine at the ready is lacking, doctors and hospitals have upped their game since the start of the pandemic, improving treatment to help stem the tide of virus-related deaths.

In these uncertain times, it can be easy to focus on frightening news and worry about the future. Here are some steps you can take to refocus and maintain a healthy mental well-being.

Step 1: Focus on what you CAN control. These habits will help give you a feeling of order and productivity: Stick to a routine that includes healthy eating and exercise, Give a positive outlook on current events, Find ways to be active, Limit how much you watch the news or look at social media, Connect with the important people in your life, Maintain a clean and healthy living environment.

Step 2: Let go of things you CANNOT control. You can maintain a good frame of mind by not dwelling on things you cannot change, such as: How others react to current

events, Actions other people take, which you believe to be good or bad, Other people's theories and predicting the future, Negative outlooks and opinions from others.

Get more tips on dealing with stress and anxiety during these challenging times by visiting MIBluesPerspectives.com.

To get help maintaining a healthy mental balance, myStrength is an online tool that can be used on your phone, computer or mobile device. myStrength is FREE for Blue Cross members and can help you achieve well-being from virtually anywhere.

With myStrength, you can: Learn strategies to manage heightened stress, Discover tips for parenting during challenging times, Find ideas to manage social isolation, Get additional mental wellness tools and information.

Visit bh.myStrength.com/bcbismcvid19 to get started.

If you are feeling stressed, mental health appointments are also available through Blue Cross Online Visits.

Visit BCBSMOnlineVisits.com to learn more.

You can also get more tips, advice and information by visiting MIBlueMember.com/COVID19

COVID-19 Testing Location Information:

michigan.gov/coronavirus/

RTE Forums

- Refresh your skills
- Join an RTE Forum Webinar
- Two RTE Forums held each month
- August topic: Working in a mobile home park or apartment complex
- RTE Forums- Tuesday, August 25th at 1:00 PM and Wednesday, August 26th at 9:00 AM



For more information or to register contact Sandy Gunville at sgunville@missdig811.org or Stephanie Boe at sboe@missdig811.org



Shop the MISS DIG 811 Store

Spread the 811 message in support of MISS DIG 811's efforts by ordering some cool branded items available in the MISS DIG 811 store on our website. Check out the MISS DIG 811 Fandana and MISS DIG 811 mask. Browse through available items





to order by clicking on the button below:

www.missdig811.org

MISS DIG 811 on Hire It Done Radio Show

Eric Urbain's guest spots on
Hire it Done is on the air for the last show!
Tune into the The Ticket with Adam Helfman on
97.1 FM on Saturday:
August 8

