



# BC INSIDER

3.30.2020

What's Happening around the City of Boulder City

## COVID-19 Resources

It's normal to feel worried about safety when facing an unknown threat like the COVID-19 virus. With COVID-19 in the news everyday, it's only natural to have some anxiety. This is especially true since so much about the virus is unknown right now. Be kind to yourself and respect your fears. It may help you to remember other stressful situations you've been through before, and how you coped. It can help to remember:

- It's normal to feel anxious about safety for yourself, your family, friends and even strangers.
- Deep sadness, grief and anger are normal reactions.
- Owning your feelings can help you cope and stay strong.
- Focusing on your strengths and abilities can help you deal.
- It's healthy to accept help from community programs and resources.
- Everyone has different ways of coping and meeting their needs.

My Life Values, Boulder City's Employee Assistance Program (EAP) offers resources for dealing with these uncertain times. You can call My Life Values 24/7 confidential support line at 800.284.1819 or TTY: 711, or visit the website:

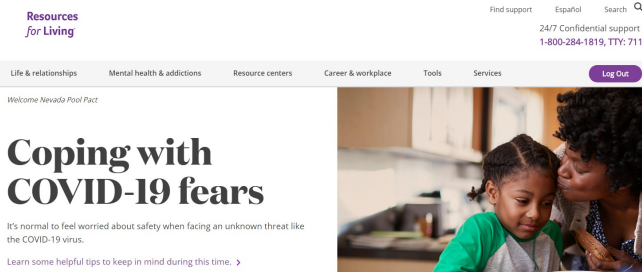
[www.mylifevalues.com](http://www.mylifevalues.com)

**Username: poolpact**


**Password: eap**

## Blood Needed

Many of you are asking how to help... here is one option! Sign up to donate blood! Boulder City Fire Department is hosting a drive on Saturday, April 4, 2020. Sign up at [www.bloodhero.com](http://www.bloodhero.com) and enter code BC Fire or call 877.25.VITAL (877.258.4825) today.



# BLOOD DRIVE




Boulder City  
Firefighters  
Association

Saturday, April 4th  
10:00 A.M. - 2:00 P.M.  
Elaine K. Smith Center

APPOINTMENTS ARE STRONGLY ENCOURAGED  
SO WE CAN MAINTAIN DONOR FLOW WITH THE  
SOCIAL DISTANCING REQUIREMENTS

GIVE BLOOD TODAY | [vitalant.org](http://vitalant.org)  
Eligibility questions? Call 877.258.4825

Schedule an appointment to DONATE BLOOD at [www.bloodhero.com](http://www.bloodhero.com) enter code: BCFIRE or call 877-25-VITAL (877-258-4825)



## City of Boulder City Communications

401 California Ave.  
Boulder City, NV 89005  
(702) 293-9302  
[www.bcnv.org](http://www.bcnv.org)



[www.facebook.com/bouldercitynv](https://www.facebook.com/bouldercitynv)  
[www.twitter.com/bouldercitynev](https://www.twitter.com/bouldercitynev)  
[www.instagram.com/bouldercitynevada](https://www.instagram.com/bouldercitynevada)  
[www.linkedin.com/company/city-of-boulder-city](https://www.linkedin.com/company/city-of-boulder-city)  
[www.youtube.com/channel/UCgEON0MKpEKY51mWjSVtAw](https://www.youtube.com/channel/UCgEON0MKpEKY51mWjSVtAw)