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STATE HOUSE WATCH

Join us on May 30, 2022, from 5 pm-6 pm on WNHN 94.7 FM for NH's State House Watch. SEA President Rich Gulla will speak with Senator Donna Soucy District 18 representing Manchester, wards 5-9.

Senator Soucy and President Gulla will have a candid conversation about small business-friendly policies, passing fiscally responsible state budgets, working to ensure public safety, expanding economic opportunity and quality, and good-paying jobs. This includes supporting workforce training and focusing on policies that help New Hampshire recruit and retain workers.

Join us on Monday, May 30th from 5-6 pm or listen to the rebroadcast on Tuesday, May 31st 8 am!

Apart from being a union member, there are two other ways you can contribute to a stronger union. Start donating today or increase your current donation amount.

INCREASE YOUR SEA PAC CONTRIBUTION TODAY!

If you are an active member of SEA/SEIU Local 1984, please click the link here and fill out our SEA PAC Authorization.

SEA PAC funds are often used for the following:

- Donations to political candidates, both Democrats, and Republicans, who support working families
- Advertisements on TV and radio
- Organizing initiatives on the ground - that's all of you!

Why is SEA PAC important?

- Involvement in politics is how we change the structure of power and improve lives
- Money is important to winning political battles - we need to pool our resources to be powerful

Make a donation of $10 or more to SEA PAC or increase your current donation to SEA PAC and receive a SEA backpack! Donate here today!

It's important to note that dues money is not and cannot be given to candidates running for office; only SEA PAC funds are used for the above.
YOUR COLLEGE DEGREE IS WITHIN REACH!

INTERVIEW WITH AN SEA/SEIU COLLEGE GRAD

The SEIU Free College benefit allows our union members and their families to earn an Associate's degree or certificate or complete their bachelor's degree online for FREE - pay nothing for tuition, fees, or books!

Online learning provides the flexibility needed to succeed from busy, working moms and dads to recent high school graduates.

In an everchanging world, new ways to work and attend school are gaining traction. So while online learning is not a new concept, it has more potential than ever before.

We caught up with SEA/SEIU member Tanya Phillips from Chapter 56, Belknap County Nursing Home, who recently graduated from the SEIU Free College program. Tanya attended Eastern Gateway Community College online and received her Associate's Degree in Business Management with a specific focus on healthcare management this past December.

Why did you enroll in the program?
• I was already attending Granite State College for a bachelor's degree in healthcare management when the union program came out, so I decided to switch.

How easy/hard was it to enroll and start the program?
• It was a little time-consuming, and it actually took a little longer than expected; I had to come up with more information to enroll than I had to with Granite State, but after that, it was fine.

What was your major and, how many courses did you take, how many semesters?
• My major was Business management with a focus in healthcare management. The classes were compressed classes, six weeks long instead of 12 weeks long. So, I could only take one class at a time. Sometimes I tried to take two classes at a time but that was rare. Classes overall were not too hard, some obviously, were more challenging than others. The program took me about three years, I transferred to Eastern Gateway in October of 2018 and graduated in December of 2021.

What were some of your favorite parts of the program and what were some of the challenges?
• I enjoyed the Principles of marketing and microeconomics. I also liked how it was all online because I am an introvert and this made it easier for me. and the ease of schedule was nice. As for the challenges, sometimes trying to get a hold of the professors was a bit difficult.

Was it worth it?
• Absolutely. It was well worth it.

If you had any tips to give to other members working through or interested in this program what would they be?
• Stick with it.

Overall, how did the program help you?
• I learned a lot. I feel like I accomplished something big in my life and showed my family that anyone can do it!

Congratulations!
SEIU UPDATES

Climate, Jobs, and Justice Summit 2022

SEIU's Summit on Climate, Jobs & Justice ~ April 9th

The summit will be two hours and feature Mary Kay Henry, Rocio Saenz, Gerry Hudson, and other keynotes. Additionally, there will be some great breakouts on various topics such as climate and health, green training programs, climate and immigration, and more.

Hear from experts on climate and environmental justice and distinguished guests. Learn about SEIU's national climate program and the exciting work of our locals as we fight for clean air, clean water, and climate justice.

Click here for the Registration link for this event.

On Monday, the UN released a startling report in the NY Times that shows how much closer we are to the cliff than we thought and how it will be the poor across the globe that will bear the greatest burden.

Read the article here:

An estimated 9 million lawful permanent residents (green card holders), including many SEIU members, are eligible to apply for U.S. citizenship and have the potential to make a huge impact in future elections – but they must apply to naturalize now!

Join SEIU, iAmerica, and our partners at National Partnership for New Americans (NPNA) on Wednesday, March 23 at 12pm PT/3pm ET for a livestream Q&A with an immigration attorney who will answer questions from the community about the process of applying for U.S. citizenship.

RSVP:
http://www.facebook.com/events/390496302416212

In honor of Women's History Month, we're talking with immigrant women voters and calling on all eligible green-card holders to naturalize this year. Then join us for a Q&A session with an immigration attorney to answer your questions about the process of applying for U.S. citizenship.
New Hampshire Supreme Court Appeal

Approximately two years ago, the SEA won two unfair labor practice charges in front of the Public Employee Labor Relations Board (PELRB). The first regarded a letter from the Governor to employees influencing them how they should vote on a fact-finder report, and the second was the Governor’s refusal to place the fact finder’s report on the governor and council agenda to be voted upon. The State appealed the finding that it committed an unfair labor practice, direct dealing, and otherwise interfering with the union’s administration.

On March 15, 2022, the SEA legal team presented oral arguments regarding these matters. As soon as we know the outcome, we will let you know.

Fact-Finder Reports

The fact finder’s reports regarding the NHLC, DOT, and DOS have been submitted to the Joint Committee on Employee Relations (JCER) to have the legislature vote on the reports.
NH'S RETIREMENT SYSTEM

NHRS: Past, Present, and Future

To fully understand where the New Hampshire Retirement System is at this point in time and where it is headed, it’s important to know how we got here. This presentation reviews some significant events in the history of the retirement system, explains how many long-ago decisions continue to resonate, and examines some of the critical steps taken over the past 15 years to ensure the errors of the past would not be repeated today or in the future.

https://www.youtube.com/watch?v=wFhRhhj8uAk
Time to start boiling your maple sap, plant your seeds, clean up from the winter, and mow your lawns. All of these activities encourage many of us to stay up for long hours, be outside for increased hours and continue to juggle our time between what needs to get done and the number of hours in the day. Many times with the change of seasons it is extremely difficult for us to get the amount of rest we need as we get pulled in so many directions. Sleep is foundational in supporting getting these activities and many others completed.

Did you know, besides the above activities mentioned, research has shown one of our biggest sleep distractions is our 24-hour access to the internet? Mobile internet accessibility has become one of the largest distractions of us getting the rest we need let alone when we pair it with other activities of our daily lives. For most adults having less than 7 hours of quality sleep per night can lead to a number of health care concerns such as weight gain, heart disease, and mental illness among others.

“Disconnecting” or having devices out of arms reach has become hard for many individuals. Many of us use our mobile devices as our morning alarm, calendar, and social media support which is why putting them down or away for periods of time is extremely difficult. Getting enough sleep for a continuous period of time is so important. There are many different things each of us can do to help support our daily activities and still be able to unwind for a period of rest. There are some great suggestions in this month’s flyer to help support us putting down or decreasing the amount of time we are on devices. (see attached) Try of few of these suggestions over the next few weeks and see if you can improve your time and quality of sleep.

Monthly Wellness Webinar Series

This month we focus our webinars on Healthy Sleep: Supporting your lifestyle through healthy sleep. This month, we’ll share why we all need sleep, how sleep supports our daily lifestyle, identify what your daily goals should be related to sleep hours, and learn about some great benefits that you can be taking advantage of.

| Wednesday | March 23 |
| Tuesday | March 29 |
| Wednesday | March 30 |

These webinars will provide brief education on the monthly topic, tips on recognizing signs and symptoms, assist in goal setting to improve your overall wellness, and sharing what benefits and resources are available to you. Webinar login information can be found here.
Individualized Nurse Health Coaching (In-person and virtual)

Lori Hubbard is currently scheduling in-person worksite health coaching appointments. If you would like to schedule a date for her to come and provide Onsite Health Coaching, please reach out, and she can get your work location scheduled. She is now booking through June.

She is also scheduling health coaching appointments at many locations following “Know Your Numbers,” which will be starting later this month. Please be looking for times and dates to be posted at your location. Virtual Health Coaching appointments can be scheduled for any available time. To see the available daily schedule, please follow the LiveHealth Online instructions here.

Confidential appointments can be scheduled for a 30-minute timeframe. There is NO COPAY and can cover any healthcare-related question. For virtual appointments please enter “SONHHEALTHCOACH” to schedule your appointment today. The Service Key is case sensitive and can be entered through mobile or desktop access with LiveHealth Online.

Take advantage of this great NO COST benefit and stay healthy!

Don't Forget Your Sahara Challenge!

Mobile Health is hosting our next team challenge from March 1st to March 31st. The Sahara challenge - where you can virtually travel through the world's largest desert!

During the Challenge, team members can walk, run and participate in other activities that they will report in Mobile Health manually or by linking an activity tracker for daily reporting. Activity reported is converted to steps and is applied to your team's progress in the Challenge.

Log into your Mobile Health app and click on Sahara Challenge from the menu to get started.

We'll see you in the Desert!
Committee Schedules

- CFPG will now meet on the first Tuesday of every quarter at 5:00 PM. The next meeting will be on April 5, 2022.

- Constitution and By-Laws Committee meets on the last Tuesday of the month at 5:30 PM, the next meeting will be held on March 29 at 5:30 PM via Google Meet.

- Social Activities Committee will meet on the first Monday of the month from 5-6 PM. The next meeting is scheduled for April 4, 2022, @ 5:00 PM.

- The Social Activities Book Club meets on the first Monday of each month at 6:00 PM, immediately following the Social Activities Meeting. The next meeting will be on April 4, 2022, @ 6:00 PM.

- NH Faith & Labor Coalition meets on the third Wednesday of the Month at 12; the next meeting is on April 20, 2022.

- Clinicians United NH, Associate Members Chapter meets at noon on the first Monday of the month; the next meeting is on April 4, 2022.

- Conservative Members Committee meets on the second Tuesday of each month at 5:30 PM; the next meeting is April 12, 2022, at 5:30 PM.

- The Organizing Committee meets on the first Wednesday of every month; the next meeting is on April 6 @ 5:00 PM.

- The Retirement Committee will meet April 19 from 5:00 - 6:30 PM the link to join is: https://us02web.zoom.us/j/81067911659

- Stewards Committee meets on the third Thursday of every month at 5:30 PM next meeting will be Thursday, March 17th.

- The next Board meeting will be on Thursday, April 14, 2022, from 1:00 PM - 5:00 PM. You may join at: https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JMSXZVFeUcUuFC3QT09

- All Board, Chapter Presidents, and Council Meetings have been scheduled for 2022 and the links are on the website calendar. Chapter Presidents and Council Meetings will each have a recurring link, however, registration is required for these events.

BOOK CLUB

The next book club meeting will be on April 4 from 6:00 PM - 7:00 PM, the first Monday of the month. The next read will be Wish You Were Here, by Jodi Picoult. If you are interested in joining the book club and wish to be sent the link to join or added to our email list, please email Andrew Moore at amoore@sei1984.org.

Jodi Picoult is the author of twenty-six novels, including a number of #1 New York Times bestsellers. She lives in New Hampshire with her husband and three children.

A deeply moving novel about the resilience of the human spirit in a moment of crisis.

Diana O'Toole is perfectly on track. She will be married by thirty, done having kids by thirty-five, and move out to the New York City suburbs, all while climbing the professional ladder in the cutthroat art auction world. She's not engaged just yet, but she knows her boyfriend, Finn, a surgical resident, is about to propose on their romantic getaway to the Galápagos—days before her thirtieth birthday. Right on time.

But then a virus that felt worlds away has appeared in the city, and on the eve of their departure, Finn breaks the news: It's all hands on deck at the hospital. He has to stay behind. You should still go, he assures her, since it would be a shame for all of their nonrefundable trip to go to waste. And so, reluctantly, she goes.
The CFPG committee is still receiving requests for knitted items, and we are distributing them as fast as possible to the Franklin/Tilton areas' St. Gabriel's Parish, the Concord Friendly Kitchen, and the Claremont TLC Recovery Center.

Because we are receiving these requests, we are still looking for anyone who would like to donate knitted items or warm wearables to help the citizens of NH stay warm through the rest of the cold winter months. To donate or for more information, please contact Tam Feener at tamarafeener@metrocast.net.

In light of another year of covid looming around, the Campaign for Public Good is looking to our chapters to help with making a monetary donation to the NH Food Bank.

To donate or for more information, please contact Tam Feener at tamarafeener@metrocast.net.

You can find the donation form here.

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Be on the lookout for backpacks!

Spring and summer sales will be right around the corner! Please keep the CFPG back-to-school backpack drive in mind if you spot a deal!
The 29th Annual State Employees Association’s 5K Road Race and Fitness Walk is taking place on Saturday, April 2, 2022!

We are currently in need of race day volunteers! If you would like to assist on race day in support of the Race Committee and all your union friends participating, come join the fun, reach out to Jennifer Day at JENNIFER.M.DAY@des.nh.gov. We could really use some extra hands.

This race is held in accordance with the Governor’s Road Race Guidelines and is professionally timed by Granite State Race Services. The course is a five-kilometer route through the State Office Park on Hazen Drive in Concord. Register here: www.runreg.com/sea-5k.

All net proceeds from the race benefit Operation Santa Claus (OSC).

Please consider getting involved - volunteering, running, or becoming a proud sponsor of this event! We would love to have you!

This year, the SEA 5K will be the first race of the Capital Area Race Series (CARS.) Joe Kasper, CARS Chairman, said, “The SEA 5K is a wonderful addition to the Concord Area Race Series. It’s a faster, flatter track so that participants can focus on having fun and getting out to support a good cause. In addition, there is much diversity in the runners, with our youngest participant being six years old and our oldest being in their late 70s. It is a great event, and we’re thankful for everyone who helps organize it and who participates.”

For more information on the race day details, please get in touch with Jennifer Day at jennifer.m.day@des.nh.gov.
We are excited to announce that we are exploring the possibility of starting a Veterans Group/Committee here within the SEA!

Veterans today have a lot of interests, resources, and needs. Sometimes they need support, and sometimes it's providing assistance to others.

Have you gone back to school, purchased a house, found good health care resources? Have you retired, or are you looking to make plans for your care as you age?

All of these items and more are things that the group can discuss, but make it your own - you decide based on where you are in life. You can share how you're navigating through them with other veterans!

In 2022, we are making an impact. If you are interested in forming this veterans' group we can explore doing service projects, planning fun events, or just meet to talk about the experiences only vets understand.

If you'd like to know more or would like to make suggestions, please contact Justin Jardine at jjardine@seiu1984.org.
SOCIAL ACTIVITIES

If you have a passion for creating a social, collaborative, and engaged membership, become a part of the Social Activities Committee or join us for an event, everyone is welcome!

We're looking to host movie nights, organize casino trips and motorcycle runs, and so much more. Share your ideas with us!

Planning and hosting fun social events for members is proven to increase member engagement! Social Activities also help build stronger relationships with members and local businesses within the community.

JOIN US TODAY!

BULLETIN BOARD CONTEST

Don't forget to check your work site bulletin boards and update your space for union information with some new swag!

Reach out to your organizers for assistance if needed.

Once it is updated, take your pictures and send them to Andrew Moore at amoore@seiu1984.org

SEA Social Activities & Networking Events

Looking for some fun this year, or do you want to know more about your community?

Join the SEA Social Activities Committee as we come together to brainstorm, collaborate, and create something special. A social activity committee simulates a real collaborative process and allows members to get to know one another. We're looking to host movie nights, organize casino trips and motorcycle runs and so much more, come share your ideas with us!

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A FUN AND COLLABORATIVE COMMITTEE FOR SEA MEMBERS AND GUESTS

Contact Rebecca Ladd (texting is best) at 603-581-5977
EARN AN ASSOCIATE’S DEGREE, OR CERTIFICATE, OR COMPLETE YOUR BACHELOR’S DEGREE ONLINE FOR FREE—PAY NOTHING FOR TUITION, FEES, OR E-BOOKS!

Earn an Associate’s degree or certificate—for free!
Complete your Bachelor’s Degree—for free!
Pay nothing for tuition, fees, or e-books – a savings of at least $20,000!
Open to eligible SEIU members and their families.

Choose from several online programs offered by Eastern Gateway Community College (EGCC) and Central State University (CSU)

Your college degree is within reach!

Federal, state, and employer grants don’t always cover the full cost of earning a degree online. SEIU is proud to partner with Eastern Gateway Community College and Central State University to help eligible students fill the financial gap.

https://www.seiumb.com/education/seiu-free-college-benefit
Educate borrowers and deliver a high level of loan counseling and processing services. Our counselors provide a confidential, one-on-one individual session to determine what federal program is right for you. We assist clients by handling and processing the necessary paperwork for all Federal programs. Helping our clients better understand their student loan repayment options is our team's goal.

For over a decade, TSLHG has been helping public service workers with their federal forgiveness applications. During this time, we've been A+ rated on the Better Business Bureau, garnered hundreds of five-star Google reviews, and have helped numerous satisfied customers nationwide.

Interested members can then schedule a complimentary consultation with one of our state-licensed counselors.

The Process:
- Educate borrowers and deliver a high level of loan counseling and processing services.
- Our counselors provide a confidential, one-on-one individual session to determine what federal program is right for you.
- We assist clients by handling and processing the necessary paperwork for all Federal programs. Helping our clients better understand their student loan repayment options is our team's goal.

IMPORTANT UPDATES:
Just Announced: Student Loan Repayment to Restart After May 1, 2022
Federal student loan flexibilities for the COVID-19 emergency have been extended through May 1, 2022.

PSLF Waiver: On October 6, 2021, the Department of Education announced a change to the Public Service Loan Forgiveness (PSLF) program rules that, for a limited time, may allow you to get credit for payments you’ve made on loans that wouldn’t normally qualify for PSLF. This waiver period is temporary and will end on October 31, 2022. To gain more information on this limited waiver period, including any actions you may need to take to gain access to these benefits, visit https://tslhg.com/appointment/

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To learn more click here: www.seiumb.com/education/seiu-free-college-benefit

To schedule an appointment click here: https://tslhg.com/appointment/
SEIU℠ DISCOUNT TICKET BENEFIT

Find out more about the new and exclusive benefits available to you as an SEIU member. To learn more visit our website at seiu1984.org.

Celebrate a New Season of Savings & Discovery with the SEIU Discount Tickets Program

Here’s a Special Gift - ON US!

TAKE $30 OFF your next purchase of $300+ with code*: SEIUTICKETS30
TAKE $20 OFF your next purchase of $200+ with code*: SEIUTICKETS20
TAKE $10 OFF your next purchase of $100+ with code*: SEIUTICKETS10

*Don’t wait! Enjoy these limited-time savings on entertainment deals, including theme parks, attractions, movie tickets, shows and more. Codes expire 6/30/22

Through the SEIU Discount Tickets Program, members:

○ **Save up to 40%** on top travel and entertainment brands including Walt Disney World® Resort, Disneyland® Resort, Universal Orlando Resort™ and SeaWorld® Parks & Entertainment.

○ **Enjoy exclusive access** to theme parks and attractions, movies, Broadway shows, concerts, sports and major live events with Preferred Access™.

○ **Score incredible deals** on top entertainment offerings for every age and interest.

Get started on your next adventure at seiumb.com/ticketdiscounts