In This Issue

Join us for State House Watch!
SEIU Updates, Celebrating Women’s History
SEIU’s Summit on Climate, Jobs & Justice
Legal Updates & Trainings

Political - Retirement Coalition
Health Coach Highlights from Anthem
Committee Updates
SEIU Member Benefits
STATE HOUSE WATCH

Join us on March 21, 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 Tom Sherman from District 24 representing the seacoast.

Senator Sherman and President Gulla will have a candid conversation about Covid, how the pandemic affected New Hampshire and what he sees for the future. They will also discuss the state budget, the pros, and cons, our current Governor, and important issues he’s hearing about from his constituents, what he sees as hurdles over the next three to five years, and the future of NH politics.

Join us on Monday, March 21 from 5-6 pm or listen to the rebroadcast on Tuesday, March 22 at 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 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.
At a time when it wasn’t a woman’s place to become an organizer, Elinor Marshall Glenn disrupted the status quo.

2022 - CELEBRATING WOMEN'S HISTORY

Glenn was the first woman in history to become General Manager of a Service Employees local. At SEIU Local 434 in Los Angeles, Glenn organized thousands of employees and led the first strike to protect the wages of county workers.

Glenn won major gains for the workers throughout her decades-long career and became a founding member of the Coalition of Labor Union Women.

Rosina Corrothers Tucker was a civil rights and Labor activist whose leadership was vital to the creation and success of the Brotherhood of Sleeping Car Porters. Tucker was a bold force in the fight to integrate public spaces in Washington, D.C., and an advocate for the rights of children and the elderly.

TIMELESS LEADERS & THE FUTURE OF WORK

She went on to organize women workers in the laundry trade and domestic service industries. Tucker raised her voice and refused to play small, during a time when African American women had to fight for opportunities to lead in movements for racial and economic justice.

#UnionsForAll #WomensHistoryMonth
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.

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: https://www.nytimes.com/2022/02/28/climate/climate-change-ipcc-report.html

Click here for the Registration link for this event.

Congratulations to Germano Martins who was re-elected to the Hooksett Budget Committee. Germano is a strong and steadfast labor champion who also serves on our Board of Directors and on New Hampshire's Retirement Board of Trustees.

Congratulations to Mike Kenney on his run for the Hillsboro-Deering School Board (at the time of publication, results were not yet final). Mike is an SEA Member and was an adjutant professor with the Community College System of New Hampshire.

We applaud all SEA members who run for office and hope more will consider it in the future!
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 administration of the union.

On March 15, 2022, the SEA legal team will be presenting oral arguments regarding these matters.

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) for the purpose of having the legislature vote on the reports.

Ethics is knowing the difference between what you have a right to do and what is right to do.

Potter Stewart

BECOME A UNION STEWARD

As union members, we are all responsible for advocating respect and justice on the job and making sure we stick up for each other.

- Stewards inspire, lead and build a sense of unity and solidarity among workers in our union.
- Stewards help educate members on their rights and help bridge the gap between employee and employee from a boots-on-the-ground perspective.
- Stewards help build stronger units by supporting, representing, and defending the interests of their fellow employees.

If you’d like to be a Union Steward, talk to your Chapter President. You will need either a nomination and an appointment by the SEA/SEIU President or be elected.

For more information, please reach out to Stewards@seiu1984.org.
RETIREMENT COALITION THIS WEEK'S LEGISLATIVE AGENDA

House Finance Div I Work Sessions - Wednesday, March 9th

@ 1:00 pm
HB1535-FN: relative to the cost of living adjustments for retirees in the state retirement system.
Original Committee: House Executive Departments & Administration
Coalition Position: SUPPORT
Call To Action:
  - Email House Finance Div I

@ 2:00 pm
HB1417-FN-L: relative to payment by the state of a portion of retirement system contributions of political subdivision employers.
Original Committee: House Executive Departments & Administration
Coalition Position: SUPPORT

House Session - Thursday, March 10 @ 9:00 am

HB1549: relative to special duty hours worked by retired police members in the retirement system.
Original Committee: House Executive Departments & Administration
Coalition Position: MONITOR
Recommended ITL 17-0, will be on consent calendar

HB1257-FN: requiring the retirement system to divest from investment in companies located in China.
Original Committee: House Executive Departments & Administration
Coalition Position: MONITOR
Recommended ITL 12-3, will be on regular calendar
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.

| Tuesday     | March 15 |
| Wednesday   | March 16 |
| Tuesday     | March 22 |
| 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 on 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” in order to schedule your appointment today. The Service Key is case sensitive and can be entered either through mobile or desktop access with LiveHealth Online.

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

NEW in 2022

Connect with a Dermatologist online anytime, anywhere with LiveHealth Online

VISIT WWW.SOLERA4ME.COM/STATEOFNH OR CALL 1-844-503-5117

Using LiveHealth Online, you can visit with a dermatologist online, 24 hours a day, 7 days a week. No appointment or referrals are needed! Visits will be charged as a Specialty copay, the same copay for an in-office visit.

It’s a great option for care when your own doctor isn’t available, or you can’t wait weeks for an appointment. Start a visit today to get a treatment plan and a prescription if needed.

Commonly treated conditions include:
- Acne
- Athlete’s Foot
- Chronic Hives
- Eczema
- Lice
- Psoriasis
- Rash
- Suspicious Moles
- 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 of the 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 March 16, 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 March 15 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, March 10, 2022, from 1:00 PM - 5:00 PM. You may join at: https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JMSXVPCwRZitUcFM3QT09

- 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@seiu1984.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 Campaign For Public Good is now meeting only once a quarter. Our next meeting will be on Tuesday, April 5, 2022, at 5:00 PM. To join the meeting, please use this link: https://us02web.zoom.us/j/4252514734.

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.

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!

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, running, or becoming a proud sponsor of this event! We are still looking for runners and volunteers!

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!

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.

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!

A FUN AND COLLABORATIVE COMMITTEE FOR SEA MEMBERS AND GUESTS

Contact Rebecca Ladd (texting is best) at 603-581-5977

BULLETIN BOARD CONTEST

It's time to get your bulletin board updated!

BECOME THE AMBASSADOR OF YOUR BULLETIN BOARD!

DETERMINE IF THE INFORMATION ON IT IS UP TO DATE, AND UPDATE IT WITH YOUR UNION SWAG!

ONCE IT IS UPDATED, TAKE YOUR PICTURES AND SEND THEM TO ANDREW MOORE AT AMOORE@SEIU1984.ORG

If you're looking for materials or have any questions, please reach out to your organizer.
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
SEIU Loan Forgiveness Assistance

The Student Loan Help Group

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/

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.

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

To schedule an appointment click here:
https://tslhg.com/appointment/
Don't forget about your SEIU Member Benefits

Find out more about the new and exclusive benefits available to you as an SEIU member.

It's quick and easy to get started!

- Get up to 40% off theme parks, Broadway shows, movies, sporting events, concerts and more!
- Earn cashback while you shop thousands of online retailers.
- Get everything you need for your next vacation, at low prices, including car rentals, airline tickets, hotel and resort stays, cruises and guided tours.
- See how much you could save on auto, home and renters insurance from Travelers.
- Shop new & used vehicles from top brands online to find the right car for you. Plus, get $2,000 in post-sale benefits.