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Board of Directors nominations and elections for the following positions will be conducted:

- Director of Private Sector (one position, remainder of a three-year term, 2024)
- Director of Executive Branch (one position, remainder of a three-year term, 2024)

In accordance with the SEA Constitution, to be nominated as a candidate for director, a member must have been in good standing for at least one year immediately prior to the election. Therefore, the name of any member seeking election at the June Council Meeting shall not appear on the printed ballot unless a declaration of candidacy has been filed with the Membership Clerk of the Association no later than Monday, May 9, 2022 at 5:00 PM for distribution to the membership.

All Candidates will have an opportunity to address the membership at the next Quarterly Council Meeting on Thursday, June 9, 2022, before voting. As a reminder, Council Meeting registration is from 6:00 PM - 6:30 PM. Self-Nominations will be from 6:40 PM - to 7:00 PM. Balloting will be online starting at 7:00 PM or immediately after nominations are finalized on June 9, 2022, for 20 minutes. You must be present at the Council meeting to vote. Candidates for Union Office, please see the information regarding the SEA Constitution Article VIII and Board Policy Section IX for additional details on the process. All wishing to participate must register for the Council Meeting with a home email address, as the proprietary email system isn't guaranteed to go through employer email security systems.

You may find the self-nomination form here.
The Bedford Police Department is requesting your help with blood donations to benefit the 501(c)(3) non-profit organization Concerns of Police Survivors (C.O.P.S.) starting on April 13. Each year between 140 and 160 Police Officers die in the line of duty. Started in 1984 C.O.P.S. provides resources to fallen officers’ families and co-workers such as scholarships, counseling, summer camp, and special retreats. C.O.P.S. also offers training and assistance to law enforcement agencies nationwide on how to respond to the tragic loss of a member of the law enforcement profession.

If you would like to learn more about them or make a private donation please visit their website at https://www.concernsofpolicesurvivors.org/.

Each year names of officers killed in the line of duty are engraved on the walls of the National Law Enforcement Officers Memorial in Washington, DC. These names are then read aloud during the annual Candlelight Vigil to memorialize those who made the ultimate sacrifice which will take place Friday, May 13th marking the conclusion of this campaign. For each individual who pledges to donate blood for this campaign, the Bedford Police Union will match by $1.00 with a maximum match of $300 (300 donors) for a donation to C.O.P.S.

Please use the hashtag #BedfordPD603sleevesup to tag us in your blood donation photos. You can also visit our webpage at https://sleevesup.redcrossblood.org/campaign/bedford-nh-police-department/ to make a pledge to give blood. This blood drive is open to all states for participation, so please share!

Don't forget to mention our campaign when you donate to the RedCross!

Thank you 🖤
STATE HOUSE WATCH

Join us on May 23, 2022 (change in date), 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 five through nine.

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 23 from 5 - 6 PM, or listen to the rebroadcast on Tuesday, May 24 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 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!

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.

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!
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 on 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.
This Week’s Legislative Agenda

Senate ED&A Executive Session - Wednesday, April 20, 2022, @ 9:00 am - SH Rm 103

The Senate ED&A Committee will be holding an executive session next Wednesday to vote on outstanding legislation, this may include the three retirement bills before them. Make sure you have contacted the committee members to voice your support on any of the following bills:

- HB1535-FN: (New Title) relative to a one-time allowance for certain state retirees.
- HB1417-FN-L: relative to payment by the state of a portion of retirement system contributions
- HB1587-FN-A: relative to determination of average final compensation under the retirement system and making an appropriation therefore.

House Session - Thursday, April 21st - consent calendar

SB356: relative to medical benefits payments by state retirees.
- Original Committee: Senate Executive Departments & Administration
- Sponsors: Sen. Lou D’Allesandro
- Coalition Position: MONITOR
- Committee Recommended: OTP 15-0

SB363: relative to service credit for certain group II retirement eligibility.
- Original Committee: Senate Executive Departments & Administration
- Sponsors: Sen. Lou D’Allesandro
- Coalition Position: MONITOR
- Committee Recommended: OTP 12-1

Senate Session - Thursday April 21st - regular calendar

HB1497-FN: relative to optional allowances in the retirement system.
- Original Committee: House Executive Departments & Administration
- Sponsors: Rep. Tom Lanzara
- Coalition Position: SUPPORT
- Action: Senate Finance recommended OTP 7-0

HB1221: AN ACT relative to the rate of the business profits tax, and relative to payment by the state to municipalities of an amount equal to a portion of retirement system contributions of political subdivision employers.
- Action: Senate Ways and Means recommended OTPA 4-0
Happy Spring!

Here we go with the start of warmer days, increasing our activity with outdoor opportunities, and changing our seasonal wardrobe. Lifestyle changes usually become easier to accomplish this time of year because we have fewer barriers on our way to success.

One change that can be incorporated with many lifestyle changes is healthy eating. Understanding our nutritional needs and what recommended nutritional guidelines to follow can be very hard to understand. It is also very important to learn how to keep our metabolism working for us all day in order to help regulate our nutritional intake.

This month we will be focusing on making some of those healthy nutritional choices including what to incorporate for specific food groups, what foods are important to add to our diets throughout the day, the importance of snacking, and what additional recommendations to partner into your lifestyle to support your overall health.

Healthy eating is important to make sure you are getting the correct amount of nutrients, proteins, fluids, and vitamins on a daily basis. Making sure you are getting the right amount of daily calories is also a key piece. Many individuals are unaware that you should eat something from every food group. There are good fats and bad fats, good carbs and bad carbs. Learning which foods to incorporate into your day is very important.

In our Monthly Wellness Webinar Series, we focus on Healthy Eating and how to support your nutritional needs. We will talk about making lifestyle changes and healthy eating habits, the foods that support your overall health, and what benefits and resources are available to support you on your journey.

There are two webinars left in this series they are from 12-12:30 pm. Please see all topics, dates, and meeting information by going to the State of New Hampshire Employee Wellness Webinar Series (nh.gov).

Dates:
Wednesday, April 20
Friday, April 22
Eating healthier meals just got easier  
*Thanks to registered dietician nutritionists*

Whether you like to cook or prefer eating out, you know it can be an ongoing battle trying to pick meals that taste good and are healthy for you. Now you can get help from registered dietitian nutritionists. These trained professionals can answer your questions about food and nutrition, give you advice about your eating habits and help you find foods that you enjoy and are good for you.

Here’s how it works

- You can visit a registered dietitian nutritionist three times each year. If you’ve got an ongoing health problem, like diabetes, you have unlimited visits.

- There is no charge for nutritional counseling as long as you visit a registered dietitian nutritionist that’s part of your plan. For more information on this and all your Anthem benefits, please see your benefit summary, booklet, or call Anthem customer service at 800-933-8415.

- Referrals are not required for this service when you see a registered dietitian nutritionist in the Anthem network.

**Ready to take the first step? Here’s how:**

- Log in to anthem.com, or click on Benefits-Medical in Mobile Health
- Select Care, Find Care, Search “Registered Dietician”
- Review the list of registered dietitian nutritionists that are part of your health plan
- You can also call Anthem Member Services at 1-800-933-8415

Take an active role in your health and make an appointment with a registered dietitian nutritionist today.
Committee Schedules

- CFPG will now meet on the first Tuesday of every quarter at 5:00 PM. The next meeting will be on July 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 April 26 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 May 2, 2022, @ 5:00 PM.
- The 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 May 2, 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.
- Social Activities Committee will meet on the first Monday of the month from 5-6 PM. The next meeting is May 2, 2022, @ 5:00 PM.
- Conservative Members Committee meets on the second Tuesday of each month at 5:30 PM; the next meeting is May 10, 2022, at 5:30 PM.
- The Organizing Committee meets on the first Wednesday of every month; the next meeting is on May 4 @ 5:00 PM.
- Operation Santa Claus meetings are held every third Monday of each month, the next one is on May 16, 2022, at 4:30 PM.
- The Retirement Committee will meet on April 19th 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, April 21st.
- NEW Veterans exploratory committee, Thursday, April 28 @5:30 PM. All are welcome, Rep. Brodie Deshaies will be our guest.
- The next Board meeting will be on Thursday, May 12, 2022, from 1:00 PM - 5:00 PM. You may join at: https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JMSXVPcWorZitUcFM3QT09
- 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 May 2 from 6:00 PM - 7:00 PM, the first Monday of the month. The next read is Great Circle, by Maggie Shipstead. 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.

NEW YORK TIMES BESTSELLER • WOMEN'S PRIZE FOR FICTION NOMINEE

The unforgettable story of a daredevil female aviator determined to chart her own course in life, at any cost: an “epic trip—through Prohibition and World War II, from Montana to London to present-day Hollywood—and you'll relish every minute” (People).

Due to the uncertainty we faced with Covid this year, the Campaign for Public Good is asking all union chapters to consider making a monetary donation to the NH Food Bank instead of collecting food items. With the rising cost of food and gas, it is more important than ever to help take care of those less fortunate. If you have questions, please reach out to Tam Feener at tamarafeener@metrocast.net. If you’d like to donate, you can find the donation form here.

The Campaign For Public Good is now meeting once a quarter. Our next meeting will be on Tuesday, July 5, 2022, at 5:00 PM. To join us, please reach out to the Comms Department at comms@seiu1984.org, and we will send you the link.

This committee is also actively looking for more participants. If you or anyone you know may be interested in joining the Campaign for Public Good, please contact Tam Feener. We are always looking for more help and more ideas!

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!
Social Activities is hosting an impromptu Bike Run!

Join your union family for a fun day out on the road. Destination TBD.

Meet at the Dunkin across from CYR Lumbar between 8:00 AM - 9:00 AM.

More information is available by texting Rebecca Ladd at 603.581.5977.

Donations to the SEA Social Activities Committee will be accepted but not required. Funds will be used to purchase prizes, decorations and refreshments for upcoming social activities.

For More Information: Please text Rebecca Ladd at 603-581-5977
Earning your degree can be challenging with a busy work/life schedule. So SEIU has partnered with SNHU to reinvent higher education your way – offering quality online college programs that aren’t just affordable but flexible. Now it’s easier than ever to gain the degree of work-relevant skills you need to succeed.

Our partnership with Southern New Hampshire University is a 25% discount on all courses at SNHU. This would bring tuition for any undergraduate-level courses from $960.00 down to $720.00. For graduate-level courses, this would bring the tuition per course from $1,881.00 down to $1,411.00. You can view all of our information for this partnership by visiting this link: https://www.snhu.edu/lp/workforce-partnerships/seiu.

If you have any other questions or concerns please do not hesitate to reach out to our team, we are more than happy to assist. Our office is open 7 days a week until midnight eastern standard time. We can be reached at (877)-455-7648 or at studentfinance@snhu.edu.
The temporary Limited Waiver, which expires in October 2022, relaxes the criteria needed to receive forgiveness on your federal student loans. Millions of previously ineligible borrowers now have an avenue to apply for Public Service Loan Forgiveness (PSLF).

However, to use this program effectively, a borrower must understand the exact steps to take in their specific case. Which of the available options are the right choices for their particular circumstances? What must be done to qualify and stay qualified for PSLF or any other federal forgiveness program? It isn’t easy, and achieving success with these programs can often require hundreds of actions.

The Student Loan Help Group (TSLHG) helps borrowers navigate these complicated and confusing federal student loan programs that can take years of persistent effort to receive a good outcome. It’s important to note that we do not do anything you can’t do yourself. However, we provide complimentary advice as well. If you talk with us, we’ll evaluate your situation and tell you what we think you should do to move your case forward - at no charge. We would only charge if you want us to do the work on your behalf.

We’ll be happy to provide you with our expert opinion on your specific situation. If you have questions, schedule your complimentary consultation by clicking the button below.

Schedule your appointment

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

To schedule an appointment click here:
https://tslhg.com/appointment/
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
SEA EYEMED BENEFIT

Find out more about the new and exclusive benefits available to you as an SEA member. To learn more visit the Delta Dental website.

VISION AND HEARING DISCOUNT PROGRAM

Great Savings -
Up to 35% off eyewear
and 40% off hearing exams!

This vision and hearing discount program is available free to all Northeast Delta Dental subscribers and their dependents.

It is very important to take care of both our hearing and our vision. Vision and hearing both play a significant role in enabling us to form and maintain social connections, which impacts our health and happiness in many ways. And because Northeast Delta Dental cares about your total health and wellness, we are proud to partner with EyeMed Vision Care to include discount programs to help our members enjoy all of life’s sights and sounds to the fullest:

• EyeMed Vision Care offers access to thousands of vision care providers nationwide.
• Hearing Care Program offered through Amplifon – the nation’s largest independent hearing care network.

Vision Wellness
Regular eye examinations play a crucial role in ensuring healthy vision and overall health.
• An eye examination can not only detect vision problems, but also detect the early stages of serious health problems such as diabetes and hypertension
• One in four children has an undetected vision problem that can interfere with learning according to the Vision Council of America
• Undetected eye diseases can lead to worsening eyesight and, in some cases, irreversible vision loss

Your EyeMed Vision Care includes:
• Discounts on exams, lenses, frames, and more
• Access to optometrists, ophthalmologists, opticians, and the nation’s leading optical retailers:

Vision Care Services:
For details of the Vision Care Services visit nedelta.com/Patients/EyeMed-Discounts

Your EyeMed ID Card:
Your Group Number:
9231093
Your Group Name:
Delta Dental Discount

To locate the nearest EyeMed “Access Network” provider, visit our website at nedelta.com or call 1-866-246-9041.

Please bring this ID card and flyer to your participating EyeMed provider.

It’s easy! Simply present this ID card or flyer when you arrive at the location. The provider will do the rest!

Hearing Wellness
Hearing loss is more common than you might think. It affects 1 in 9 Americans and can come on so gradually you may not even notice it. But the good news is 95% of hearing loss can be easily treated with hearing aids.

Your Hearing Discount includes:
• Discounted, set pricing on thousands of hearing aids and 40% off hearing exams at convenient locations!
• 3-year warranty plus loss and damage coverage along with a low-price guarantee!

AND MORE: For more details about the discount program, visit nedelta.com/Patients/EyeMed-Discounts

To find a hearing care provider near you, visit amplifonusa.com/find-a-hearing-aidclinic

2 AmplifonUS.com/hearing-loss-information.
3 Hearing discount cannot be combined with hearing coverage provided through a medical insurance policy.
SEIU.SM 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