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Registration for Convention 2022 is now open for all Councilors. You may register by visiting our website at https://seiu1984.org/convention-2022/. If you'd like to self-nominate for a Board position, please fill out the form on the website under the registration.
It’s that time of year again! The State Primary Election will be held on September 13, 2022, and the State General Election is just 74 days away!

There is so much on the line for working families in this election. Whether it be legislation to make it easier for workers to organize and for unions to operate, the right to earn a living wage, safety on the job, or the rising cost of prescription drugs, November will come down to electing people to office who will listen to and understand our needs.

Join us for our next council meeting on September 8th, **open to all members** and featuring some of our endorsed candidates! [https://us02web.zoom.us/j/87039009119](https://us02web.zoom.us/j/87039009119)

Learn more about our candidates before the primary by joining our next Council Meeting (open to all members) on September 8 via zoom. Registration Begins at 6 pm, meeting starts at 6:30 pm.

We will be joined by Executive Councilor Cinde Warmington, NH State Rep. Brodie Deshaies, NH Senate Candidate Scott Bryer and possibly NH Senator Rebecca Perkins Kwoka and Rep. Donovan Fenton (also a candidate for the NH Senate).

The 2022 Election will have significant impacts on our Union, so please remember to vote and support our endorsed candidates. We truly have amazing bipartisan labor allies, and we need them to win in September and November!

Join Us!
It's that time of year again!
The State Primary Election will be held on September 13, 2022, and the State General Election - on November 8, 2022. Below are some of the candidates the SEA Board of Directors has endorsed. Join us on September 8th at the Council meeting to learn more!
Members of the Executive Branch Collective Bargaining Senate are being called to meet on Wednesday, September 14, 2022. The meeting sign in will be from 6 to 6:30 PM with the meeting being called to order at 6:30 PM. At the meeting, Senate members will be reviewing and approving a list of bargaining priorities that the SEA Master Bargaining Team will be bringing forward into negotiations for the new 2023-2025 Master Contract.

This is a very important meeting where Senate members can help to shape the contract so that it better represents their needs and interests as employees of the State of New Hampshire. This meeting will be virtual and held via zoom. All eligible Senate members are encouraged to attend.

Please pre-register at: https://us02web.zoom.us/meeting/register/tZ0tdO6qrDkpE9VvUEkrb6ZQGVqUiOeAabBp

If you have any questions, please reach out to: Randy Hunneyman (603) 892-5319 / rhunneyman@seiu1984.org
Leah McKenna / lmckenna@seiu1984.org
GSOP MICAH AWARDS CELEBRATION

Event Details
Date: September 18, 2022 2:00 pm – 4:00 pm
Venue: Stark Park

The Granite State Organizing Project (GSOP) is a community organizing non-profit based in Manchester, NH. They work on multiple issues, including health care, housing, education, employment, and immigration, and have chapters in Manchester, Nashua, and the Souhegan Valley.

Every summer, they honor our Micah in Community Action Heroes, those among us who improve the lives of individuals and work for change in our cities and towns, our state, and our nation.

They welcome members and new friends alike to join in celebrating our honorees and learning more about their ongoing work. They will tell their story and, most importantly, the stories of the people they honor with our Micah Awards.
We are looking for your help. YOU, our members, determine the success or failure of your union.

You are also the eyes and ears within your agencies. Your SEA staff members are currently looking for opportunities to expand and grow your union and we’re looking for your help.

We are currently exploring opportunities in five (5) areas:

1. Outsourced maintenance workers within your worksite locations. The SEIU campaign, Justice for Janitors is an organization with 150,000 union janitors, working together to raise industry standards by fighting for fair pay, healthcare, respect, and the freedom to join a union. If you know or have any insight into these areas and we can help, please let us know.

2. Embedded Non-government Organizations, non-profits generally have employees embedded within your worksites/agencies that may benefit from unionization. Agencies where you may see this include DHHS and Employment Security.

3. Non-government Organizations/contractors who are now working in positions that used to be held by state employees. These areas include county/Community mental health providers, Healthcare providers, legal aid, etc.

4. Manchester and Nashua. These areas are population centers within our state, and there are multiple opportunities to become more ingrained in these communities. Help point us to those you think could benefit from membership with us so that we have a more significant presence in these areas.

5. Medical staff, nurses, LNA’s, CNA’s, and more! Places like nursing homes and recovery centers, those working in a college or school system. The SEIU Nurse Alliance is protecting patient care and saving lives. Help us find more to add to the strength of our union.

Let us know if you have ideas on agencies or workgroups you think will benefit from membership with the SEA. Help us to grow YOUR union, and in the end, it will serve you more effectively!

Please send all ideas and leads to:
David Holt
Cell: 603-781-8649
Office: (603) 271-3411 x109
dholt@seiu1984.org

Thank You!
September's topic is Adult Immunizations: Learning how to stay healthy.

These webinars will be hosted throughout September 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).

How to join:
Or call in (audio only) +1 5672491745,,344028488#
Phone Conference ID: 344 028 488# Find a local number

Microsoft Teams meeting
Click here to join the meeting.

Musculoskeletal Issues: What can be done when living with pain and discomfort?

This month we focus on understanding the most common conditions causing pain and discomfort to our joints and bones and how to care for them. Check out this great flyer describing different things to try versus medication to alleviate pain.

Drug-free ways to ease pain
Consider healthier alternatives to opioids and other pain medications

Pain can have you reaching for over-the-counter or prescription drugs for fast relief. However, taking multiple medications or taking them too much or too often can lead to problems such as organ damage, drug interactions, and addiction.

Comfort without pills
There are some simple and natural ways to ease your pain. Ask your doctor about using these techniques alone or in combination with medications:

- Relax — Deep breathing and meditation can slow your heart rate and help you relax. Listening to music or thinking of things that comfort you can help boost your spirits and lower your stress reaction to pain.
- Move — Being active releases “feel-good” chemicals in your brain that can lessen pain and boost your sense of well-being.
- Quit — Smoking makes pain worse. Tobacco chemicals make it hard for oxygen and nutrients to reach different parts of the body. This slows down healing and weakens tissues, resulting in painful conditions like osteoporosis and arthritis.
- Sooth — Hot and cold therapies can help when you’re stressed or injured. A cool cloth on your skin can keep swelling and inflammation down. A heating pad can relieve back aches, and a hot shower can ease tension headaches.
- Laugh — When you laugh, your body produces its own natural painkillers, and you feel more relaxed and less sensitive to aches and pain.
- Connect — When you feel lonely and disconnected, the emotional pain can build up into a physical pain. Social support and emotional connections help you cope with chronic pain.

Talk to your doctor to understand the risks and benefits of your options for managing pain.
Walk With Ease is a free exercise conditioning program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits of Walk With Ease (WWE)

- Improve physical and mental health
- Walk safely and comfortably
- Improve physical and mental health
- Reduce pain and feel more confident

Online Program Runs

Sept 1 – October 13 Sign up by 9/1 to receive your guidebook electronically.
(to receive your guidebook by mail please sign up by 8/25)

Register today at www.startwalkwithease.org/NHDHHS

Email: Lori.hubbard@anthem.com

Or call 603-722-7350 with any questions.

*When registering online, State employees should select the Group: State of NH Employees. Participants will receive an eguidebook, weekly emails and weekly online webinars instructed by Lori Hubbard, RN, BSN, Certified Walk With Ease Instructor.
CFPG will meet on the first Tuesday of every quarter at 5:00 PM. The next meeting will be on October 4, 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 September 27 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 September 12, 2022, @ 5:00 PM, due to the holiday on the 5th.

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 September 12, 2022, @ 6:00 PM, due to the holiday on the 5th.

NH Faith & Labor Coalition meets on the third Wednesday of the Month at 12 noon; the next meeting is on September 21, 2022.

Clinicians United NH, Associate Members Chapter meets at 12 noon on the first Monday of the month; the next meeting is on September 12, 2022, due to the holiday.

Conservative Members Committee meets on the second Tuesday of each month at 5:30 PM; the next meeting is September 13, 2022, at 5:30 PM.

The Organizing Committee meets on the first Wednesday of every month; the next meeting is on September 7 @ 5:00 PM.

Operation Santa Claus meetings are held every third Monday of each month; the next one is on September 19, 2022, at 4:30 PM.

The Retirement Committee will meet on September 20 from 5:00 - 6:30 PM; the link to join is https://us02web.zoom.us/j/81067911659.

The Stewards Committee meetings usually take place on the third Thursday of every month at 5:30 PM. The next meeting will be in person on September 15, 2022. This Class is now full.

The NEW Veterans exploratory committee will meet on the last Thursday of the month. The next meeting is scheduled for September 29 from 5:30 - 6:30 PM.

The next Board meeting will be tomorrow, Thursday, September 8, 2022, from 1:00 PM - 5:00 PM. You may join at https://us02web.zoom.us/j/83486021328?pwd=czMxbS0VS3JMSXVPeWorZitUcFMMzOT09.

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.
Save the date- Friday, September 23, 2022
Harbor Care’s 16th Annual Stand down NH for Homeless Veterans

Join the SEA Veteran’s Committee and the Campaign for Public Good as we join NH’s Operation Stand Down on September 23rd.

Operation Stand Down refers to a grassroots, community-based intervention program designed to help the nation’s estimated 38,000 homeless veterans “combat” life on the streets.

Operation Stand Down is a time for the community to connect with our homeless veterans and to begin to break down the barriers that are keeping these heroes on the streets. The “hand up, not a handout” philosophy of Operation Stand Down requires the work of countless volunteers, businesses, and local, state, and national organizations. Organizations will be available to provide direct services (including medical, dental, and spiritual); ensure Veterans are getting benefits they are entitled to; and provide referrals for those struggling with mental health, job, housing, and addiction issues.

On Friday, September 23rd, members of the SEA, the Campaign for Public Good, and the new Veteran’s Committee will join together to participate in this event.

We are partnering together because, as a participating vendor at this event, we have been asked to help provide cots to the veterans that will be in attendance. We are asking for everyone’s help. If you or your chapter are interested in assisting, we ask for donations to the SEA to increase our funds to purchase as many cots as possible. If you are interested in donating to this cause, please reach out to the contacts below.

This event is a chance for homeless veterans to pick up donated winter clothes, eat complimentary breakfast and lunch, and get haircuts and flu shots, among other items that will help them through the upcoming colder seasons. It’s an important event and one where it is incredibly valuable to provide all of these resources in one place at one time.

Thank you

CONTACT: JUSTIN JARDINE
ANGELA BRECK

JJARDINE@SEIU1984.ORG
ANGELA@BRECK.ORG
We're having a Patriot's Day party!

The Social Activities Committee has been very busy planning this fun event to honor and appreciate all state employees!

- Patriot's Day BBQ will be held in appreciation of all State Employees at the SEA Office at 207 N. Main Street, Concord, on September 10, 2022, from 2:00 PM to 5:00 PM. Food and Drinks provided. There will also be door prizes, and the Patriot's Day Basket winner will be announced!

- Patriot's Day gift basket raffle is ongoing; all proceeds will go to the Social Activities Committee to host more of the events and activities you see here.

Many fun activities have been planned, so if you're interested in some end-of-summer fun, contact Rebecca Ladd at 603-581-5977 (texting is best). Or please reach out to Andrew Moore.
MEMBER BENEFITS

UPDATED MEMBER BENEFITS JUST FOR YOU!

AVIS Car Rental
Members can save UP TO 25% OFF Base Rates at Avis. Click on the link below or call 800-331-1212 and use discount code AWD#: D134100.
https://rentalperks.com/discounts/avis
https://retailcodes.com/retailers/avis

BUDGET Car Rental
Members can save Up to 25% OFF Base Rates at Budget. Click on the link below or call 800-455-2848 and use discount code BCD#: Z408900.
https://rentalperks.com/discounts/budget
https://retailcodes.com/retailers/budget-car-rental

HERTZ Car Rental
Members can save Up to 25% OFF Base Rates at Hertz. Click on the link below or call 800-654-2210 and use discount code CDP#: 1742729.
https://rentalperks.com/discounts/hertz
https://retailcodes.com/retailers/hertz

BOOKING.COM
Special Member pricing of up to 40% off select hotels worldwide on Booking.com.
https://rentalperks.com/discounts/booking-com

EXPEDIA.COM
Members can save 8% OFF select hotels at Expedia.com.
https://rentalperks.com/discounts/expedia

CORPORATE SHOPPING EMPLOYEE DISCOUNTS
Corporate Shopping connects members to over 250 top national retailers offering incredible employee discounts and private offers.
A few popular retailers include: Costco, Sam’s Club, Chase Mortgage, Avis, Hertz, Budget, Expedia.com, 1800Flowers, Walt Disney World, HP Employee Purchase Program, Lenovo, Dell Member Purchase Program & Many More!
https://corporateshopping.com

LENOVO
Member discounts on innovative tech by Lenovo, the #1 PC maker in the world. Take advantage of everyday savings up to 35% off while supplies last, with additional savings monthly and seasonally.
https://rentalperks.com/discounts/lenovo

HP EMPLOYEE PURCHASE PROGRAM
The HP Employee Purchase Program (EPP) offers HP consumer products at discounts typically up to 10% off starting prices. Use Code: EP17047 when registering.
https://rentalperks.com/discounts/hp-employee-purchase-program
The Biden Administration is taking a huge step forward in fulfilling the commitment during their campaign, which promised student debt relief to working and middle-class families. Working people have fought hard for this, and we’re just getting started.

Biden announced up to $20,000 in debt cancellation to Pell Grant recipients and up to $10,000 in debt cancellation to non-Pell Grant recipients!

There will also be a final extension of the pause on student loan repayment, interest, and collections through December 31, 2022. Borrowers should plan to resume payments in January 2023.

The Department is also proposing a rule to create a new income-driven repayment plan that will substantially reduce future monthly payments for lower- and middle-income borrowers. The proposed rule would protect more income from loan payments. It would cut in half—from 10% to 5% of discretionary income—the amount that borrowers have to pay each month on their undergraduate loans, while borrowers with both undergraduate and graduate loans will pay a weighted average rate.

The Department is announcing new steps to take action against colleges that have contributed to the student debt crisis. These include publishing an annual watch list of the programs with the worst debt levels in the country and requesting institutional improvement plans from colleges with the most concerning debt outcomes that outline how the college intends to bring down debt levels.

More details will be rolling out in the coming days and weeks. Borrowers do not need to take action today to access relief. Borrowers will likely need to submit an application to verify their income. You can read more in the press release and at https://studentaid.gov/debt-relief-announcement/.

#CancelStudentDebt #StudentDebtForgiveness
Student Loan Forgiveness

On August 24, 2022, large announcements were made regarding student loans:

- Borrowers who earn less than $125,000 a year, or less than $250,000 a year for couples, will be eligible for up to $10,000 in forgiveness.

- Borrowers who meet the same income requirements and received a Pell Grant in college will be eligible to receive up to $20,000 in forgiveness.

- The CARES Act's pause on student loan repayments has been extended to January 2023.

These announcements are expected to benefit around 43 million borrowers, and the disbursement may even be enough to pay off some borrowers' loans. However, many qualified borrowers will still have a loan balance after this forgiveness. This makes the extended pause on student loan payments a crucial time to get prepared for when they resume.

Knowing all your available resources could mean the difference between having your loans forgiven or unnecessarily paying thousands in loan repayment. Every borrower should be aware of the Public Service Loan Forgiveness (PSLF) limited waiver. This waiver is vital to borrowers working in public service as it can prevent them from making unnecessary student loan payments and rid them of debt sooner.

Under the waiver, the criteria to receive forgiveness through PSLF have been temporarily relaxed, meaning those who take action may be closer to receiving forgiveness or already be eligible. These relaxed requirements include:

- 120 Qualifying Payments - As long as you were working in a public service position, past periods of repayment will now count whether or not you made a payment, made that payment on time, for the full amount due, or on a qualifying repayment plan.

- Direct Loans - Previously, only payments on Direct Loans would count as qualifying payments towards PSLF. Other loan types would have to be consolidated into a Direct Loan, and you would have to start with 0 qualifying payments. Under the waiver, if you made any payments on ineligible loan types, you can consolidate them without having to start over.

However, the waiver is only available until October 31, 2022, making it essential to take action now.

Learn how we can assist you in preparing by scheduling a complimentary consultation with one of our state-licensed counselors by clicking the button below.

Schedule your appointment
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. So 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 undergraduate-level classes from $960.00 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 seven (7) days a week until midnight eastern standard time. We can be reached at (877)-455-7648 or at studentfinance@snhu.edu.
Welcome to FALL with SEA Member Benefits

Get ready for fall with Screeemfest at Canobie Lake Park! The SEA offers Canobie Lake Park tickets at a discounted rate, and they are now available to purchase online (only).

Canobie Lake Park is the BEST place for fall fun! For six weekends, Canobie Lake Park SCREEEMFEST delivers family fun daily and a healthy dose of fear by night. You get TONS of rides, haunted houses, kid-friendly fun, live shows, roving monsters, and much more. All in ONE place, all for one low admission price! NO COSTUMES OR MAKEUP PERMITTED - leave the scaring to us!

Here is the link to our store. Please copy the link as it is below and add it to your browser, or click on it.


To log in, Members must use the password: Local1984

Regal Movie Tickets are the perfect recognition, reward, and gift item for your summer break! Tickets are $9.00 each and can be purchased at the SEA office. Tickets are good at the following cinemas: Concord, Hooksett, and Newington, NH. Please check with the cinema for restrictions on particular movies.

Also, please note that the SEA office may run out of tickets on busy days.

We accept all forms of payment, cash, credit card, or check.
New Hampshire Food Stamp Program – Monthly food stamp benefits to help low-income people and families buy the food they need for good health. (+++) Call: 603-271-9700

New Hampshire State Supplement Program (SSP-Cash) – Cash grants, called State Supplements, are provided to certain elderly adults and individuals in New Hampshire that are physically disabled, mentally disabled, or legally blind. Call: 603-271-9700

New Hampshire Financial Assistance to Needy Families (FANF-Cash) – Provides cash assistance to eligible New Hampshire needy families with dependent children. Call: 603-271-9700

New Hampshire Lifeline Telephone Assistance Program – Offers assistance through a monthly reduction on your residential telephone bill if you are a qualifying customer. Call: Local telephone company

New Hampshire Fuel Assistance Program (FAP) – Provides cash benefits to qualified New Hampshire households to assist with heating costs. Call: 603-271-2685

New Hampshire Weatherization Assistance Program (WAP) – Designed to reduce household energy use and costs in the homes of low-income persons throughout the state by installing energy efficiency improvements. Call: 603-271-2685

New Hampshire Medicaid – A health care program that serves a wide range of New Hampshire needy individuals and families who meet certain eligibility requirements. Call: 800-852-3345

New Hampshire Children's Medicaid (CM) – Provides free health and dental coverage for eligible children up to age 20 living in New Hampshire. Call: 603-271-4440

New Hampshire Health Insurance Premium Payment (HIPP) Program – Designed to help individuals and families afford their employer insurance when at least one person in the family is enrolled in Medicaid. Call: 603-271-5218

New Hampshire Supplemental Nutrition Program for Women, Infants, and Children (WIC) – Healthy foods, breastfeeding support, nutrition education, health care referrals. Call: 800-942-4321

New Hampshire National School Lunch Program (NSLP) – Provides low-cost or free lunches to school children. Call: 603-271-2602

New Hampshire Special Milk Program – Offers milk to children in schools, childcare institutions, and eligible camps. Call: 603-271-3494

New Hampshire School Breakfast Program (SBP) – Provides low-cost or free meals to school children. Call: 603-271-2602

New Hampshire Summer Food Service Program (SFSP) – Provides free meals and snacks to help low-income children in the summer months. Call: 603-271-3494

New Hampshire Child and Adult Care Food Program (CACFP) – Provides healthy meals and snacks to children and adults receiving day care. Call: 603-271-3494

New Hampshire Head Start – Comprehensive child development programs serving low-income children and their families. Call: Local HeadStart

New Hampshire Commodity Supplemental Food Program (CSFP) – A nutrition program that provides free food and nutrition information to promote good health for seniors age 60 and over. Call: 800-578-2050

New Hampshire Housing Choice Voucher Program – Helps eligible low-income households lease privately owned rental units from participating landlords. Call: Local PHA

New Hampshire Public Housing – Provides safe, decent, and affordable rental units for eligible low-income residents. Call: Local PHA

State of NH Resources

The costs of essentials like gas, food, and rent have recently skyrocketed as inflation rose to an unprecedented 9.1% in June. If you or someone you know needs assistance in light of the changing and challenging economy, please use and share the references below, or visit: https://helpingamericansfindhelp.org/new-hampshire/