In This Issue

- Board of Director Candidate Bios!
- How to Vote
- Meet the Candidates
- Join us for Canvassing!
- Go Fund Me Updates
- Granite State Paid Family Leave Act
- Cancer Prevention and Awareness
- Healthcare Highlights
- Committee Schedules
- CFPG Fall & Winter Initiatives
- Operation Santa Claus
- Discounted College Programs
- Halloween New England & Fun Near You!
- Statewide Resources
I was born and raised in Minnesota and was drafted in 1970. I retired from military service in 1991. I have a Bachelor’s Degree in Electrical Engineering from the University of Utah, a Master’s Degree in Business Administration from Southern New Hampshire University, and a second Master’s Degree in Education from Harvard University.

I presently work for the State of New Hampshire at the Employment Security Office in Portsmouth, NH, for about 17 years and have been on the SEA/SEIU 1984 Board of Directors for about six years. I am a Steward and Chair of the Steward Committee. I have served as Treasurer of my Chapter and serve on the Union Finance Committee, the Political Education Committee, my Chapter, and the SEA Union LMC. In addition, I have served on two Master bargaining Teams.

I ask that you vote to re-elect me to the Board of directors for another term so I can continue my service to my brother and Sisters in this Union. We still have much to do in our areas of endeavor.

I am running again for the Board of Director’s Retiree position, after completing John Amrol’s term. I strongly believe in the value of collective action, and I have believed in and actively supported this organization for many years. I hope to continue supporting the SEA by bringing the retirees’ perspective to the Board.

- State employee for almost 44 years and an SEA member since 1978.
- Retired in 2020.
- In first terms as Chapter 1 Membership Secretary and Councilor.
- Served as the SEA Treasurer for 5 years, and also a previous term on the Board.
- Served many years as member of the Finance, Constitution &amp; Bylaws, and Retirement Committees, as well as Resolutions and IT Advisory, one term on the Collective Bargaining Team and ad hoc committees for Affiliation and Dues Structure.
- Served many years as Treasurer and Councilor for Chapters 45 and 5.

When I volunteer for positions or activities, I take them seriously, and strive to bring a professional attitude to those roles. I listen carefully, and do my best to make decisions in an informed manner. I try to step up when things need to be done, and not wait for others to do them.

I would appreciate your vote!

Allow me to please introduce myself. My name is Gary Burke, and I am a law enforcement professional with 18 years of progressively responsible experience directing and leading correctional goals and objectives. I am currently serving as Captain at the New Hampshire State Prison for men. I have moved up through every department rank while becoming a certified instructor in proper Use of Force, OC, and Baton, and I was also a Field Training Officer. I am also proud to say I hold a Bachelor of Science degree in Criminal Justice from Granite State College.

I am an SEA/SEIU Chapter 255 member, where I am a councilor, steward, and Master co-chair of bargaining. I vehemently believe in the power of unions, organizing and working together for fair wages and bettering the working conditions for all State employees.

I have recently become a member of One Voice United (OVU), a grassroots organization working to bring the corrections staff's voices to the table, so they are heard in the ongoing talks for prison reform. I most recently took a trip to Washington, D.C., as well as to Norway, with this group to advocate for change and to see firsthand what positive results have occurred with the hope that these methods can be implemented here.

In my free time, I enjoy playing golf, hiking, kayaking, going to the ocean, and traveling someplace sunny when I can. I also coach youth basketball and football.
ATTENTION ALL MEMBERS!

If you are more conservative than not or non-partisan, we are asking for your help. If you are interested in new opportunities to assist your elected labor-friendly candidates, please get in touch with your Political Department; Cullen Tiernan, ctiernan@seiu1984.org, and Bob Blaisdell, bblaisdell@seiu1984.org about opportunities to help support conservatives who will support labor.

Vote: How to Register

There are four ways to register to vote in New Hampshire. Each requires proof of identity, age, citizenship, and where you live. If you do NOT have documentation proving one or more of these things, you may sign an official form (affidavit).

Register to vote at the town (or city) clerk’s office up to 6-13 days before any election
- The town clerk’s office is at (address, for example 4 Park Street)
- The town clerk’s office hours are (for example, M-W 9 to 3; Thurs noon to 7pm)

Register to vote with your local Supervisors of the Checklist
- Supervisors of the Checklist are required to meet at designated times to accept registrations and changes in party affiliation.
- These times are posted in the town office and other public places (be specific about where).

Register to vote on the day of any election, at the polling place
- This will take extra time. Look for the voter registration table.

Register absentee, by mail
- If you are unable to register in person because of physical disability (including serious illness or fear of contracting serious illness), religious beliefs, military service, or because of temporary absence, you may register by mail.
- Request an absentee voter registration packet from your town or city clerk.
- The absentee voter registration form must be witnessed by another person. Both forms are to be returned to your town or city clerk.

Voting By Absentee Ballot (Restricted)
- The reasons for requesting an absentee ballot include; being absent from the voter’s city or town, a religious observance, disability or illness, and employment commitments (including caregiving) during the entire time the polls are open. Absentee ballots may also be available when a weather emergency impacts an election.
SEA POLITICAL

Meet Annie Kuster

New Hampshire’s Second District deserves a representative that will stand up for its constituents, who will reach across the aisle to get things done, who will fight against corruption, and who represents the dignity of the people.

October 19 @ 1 pm - WMUR Facebook Live - This is a chance for members to virtually ask Annie questions. Location: Virtual on Facebook. (time commitment: 30 minutes)

October 25 @ 11 am - Nashua Chamber of Commerce Visibility - Join and watch the debate; tickets are $35. Location: Amherst, NH. (time commitment: 1-hour debate)

October 28 @ 11 am - NHPR Debate Visibility - Join and watch the debate; tickets can be reserved here. Location: Concord, NH. (time commitment: 1-hour debate)

November 4 @ 6 pm - WMUR Debate Visibility - This will be their biggest event. Location: Manchester, NH. (time commitment: 2 hours)

Get to Know Chris Pappas

Chris is grounded in the people and places of the Granite State. He ran for Congress to put the people of New Hampshire first and bring a deep understanding of the issues affecting our lives to Washington. He knows our economy--and our democracy--are tilted toward special interests and those at the top, and he works every day to be a steadfast champion of the people, communities, and Main Street businesses that make New Hampshire the best state to call home.

Both events will be at the NH Institute of Politics at Saint Anselm College.

10/25 @ 3:30 pm - Greater Manchester Chamber of Commerce

11/3 @ 8:00pm - WMUR

10/20 @ 9 am - Mt. Washington Valley Economic Council (live stream only)
Campaign season is in full swing now, and we are launching canvasses to support our endorsed candidates and help ensure a labor-friendly political landscape in the Granite State.

Please reach out to Cullen Tiernan, ctiernan@seiu1984.org, if you are interested in any of the following opportunities to support our candidates!

Political canvassing occurs when candidates, staff, or volunteers from a political campaign attempt to directly contact voters by going door to door. This door knocking is part of an extensive outreach plan that helps put a face on a political campaign. The more people a candidate, staff, or volunteer of the campaign reaches, the further the campaign’s message spreads. Canvassing can be used to help identify supportive voters, sign up voters to vote by mail, advance Get Out The Vote (GOTV) efforts, and persuade undecided voters leading up to the primary or general election.

Tips for Effective Canvassing:
- Stay polite: Not everyone will agree with your campaign’s mission, and many won’t answer the door.
- Don’t be too pushy: Your goal is to be pleasantly persuasive.
- Keep moving: When canvassing, expect to spend an average of 1–3 minutes per door, with a goal of an average of 20 doors an hour.
- Know that not all doors will open: The majority of the doors you knock on while canvassing will remain firmly shut.
- Collect questions and feedback: Volunteers aren’t expected to know the answer to every question a voter might have.
On Monday, September 19, lightning struck the home of one of our own, Shannon Perkins. Thankfully, both Shannon and his dog made it out safe but the home and all possessions were lost.

Shannon grew up in Clifton Park, he graduated in 1989 and served in the Air Force.

He relocated to the west coast and after the passing of his father returned to Rumney, NH, where he has lived in his family's generational home ever since.

Shannon is an SEA member who works at the Glencliff Home, he is president of his chapter and is a strong and active SEA supporter.

Please help Shannon if you can by donating to the Go Fund Me page this his friends have set up here: https://gofund.me/6b830331

Laurie Pelletier, Chapter 45 President of the SEA, has created a Go Fund Me page for Christa Clapp and her family. Christa is a long-standing employee of the State of NH and a member of the SEA. Christa has dedicated her life to helping others. Unfortunately, she and her family lost their home and all personal items to a fire on 10.11.22.

They need to replace clothing and personal items. However, their town and the Red Cross have helped, but they could certainly use some additional financial support. You may donate by clicking: https://gofund.me/8cc19cce

Attended All Members

FIRE RECOVERY FUND FOR CHRISTA CLAPP AND FAMILY

FIRE RECOVERY FUND FOR SHANNON PERKINS

On Monday, September 19, lightning struck the home of one of our own, Shannon Perkins.

Thankfully, both Shannon and his dog made it out safe but the home and all possessions were lost.

Please help Shannon if you can by donating to the Go Fund Me page this his friends have set up here: https://gofund.me/6b830331
What You Should Know
Granite State Paid Family Leave Act

As you may know, New Hampshire has enacted the Granite State Paid Family Leave Act, with a target program start-up date of January 1, 2023. The program provides a six week maximum paid family leave benefit for State employees only. Among other things, this will create an additional benefit for paternity leave.

The SEA is currently engaged in communications with the State about how they plan to implement the program, especially with regard to how it intersects with your rights and benefits under the contract. We have also begun the conversation at the LMC, and as we are having discussions, we are contemplating bargaining over the impact of the newly created benefit. So far, what we know is the State has released an RFP to have a third party administer the new benefit. The State itself seems like it is still trying to figure out how all of this will work.

In the meantime, if you have specific questions, please notify your union representative so that we can make sure your situation and concerns can become part of the conversation. We will let you know as soon as there is more information and direction as to how this benefit will work, especially with how it will intersect with the contract. For the basics, please read below.

Coverage & Cost

Covered Employers:
Mandated coverage for New Hampshire State government employees

Coverage Options:
- Private employers and non-state public employers may choose to provide this coverage through the carrier(s) that is (are) awarded the state's business; however, they are not mandated to provide coverage.
- Employees working for an employer that does not provide coverage may purchase coverage through the carrier(s) that is (are) awarded the state's business.

Cost:
Contribution to the program can be taken via employee payroll deduction. Additional information regarding rates will be updated as program details evolve.

Leave Reasons:
- Birth, adoption, foster care placement
- Caring for spouse, child or parent with serious health condition
- Family Military Exigency
Individual Voluntary Coverage Leave reasons include the leave noted above but also includes medical leave if their employer does not offer short term disability insurance.

Job protection:
May provide job protection consistent with the job restoration provisions of the federal Family and Medical Leave Act (FMLA)

Benefits:
Maximum Annual Leave Duration: Six (6) weeks for state employees only, other outside employers may opt for more. Pay during leave: 60% of employee's average weekly wage (AWW) capped at the Social Security Wage base.
State of New Hampshire Employee Wellness Webinar Series

Improve your knowledge and wellness!

Join our new monthly webinar series presented by Lori Hubbard, BSN, RN, Anthem Health Coach. She will assist in providing brief education on the monthly topic, recognizing signs and symptoms, and assist in goal setting to improve your overall wellness.

All webinars will be from 12pm-12:30pm

October Webinar

Cancer Prevention and Awareness

- What are the leading risk factors for cancer?
- Who is at risk for cancer?
- What cancer screenings should I get and how frequent.
- What coverage benefits and incentives does my health benefit plan have and how am I supported through a cancer diagnosis.

October Dates:

Tuesday October 18
Wednesday October 19
Tuesday October 25
Wednesday October 26

How to join:
Microsoft Teams meeting

Join on your computer or mobile app
Click here to join the meeting.

Or call in (audio only)
+1 567-249-1745,,344028488#
United States, Toledo

Phone Conference ID: 344 028 488#
Find a local number
Taking time for your health

Regular breast exams can spot problems early and save your life

Making time for breast screenings is an important part of good health. It’s about putting yourself first, so you can be there for the ones you love.

Preventive breast exams should be a part of every woman’s wellness plan — even if you don’t have a family history of breast cancer. Regular checks can help find breast cancer early, when it is easier to treat.

Empower yourself

- **Know the signs and symptoms.** A lump, swelling, pain, discharge, or skin changes are warning signs that should be checked by a doctor.
- **Talk with your doctor.** Ask when to start having mammograms and how often you should have them based on your health history.

Why mammograms are important

A mammogram is an X-ray of the breast tissue, using very low levels of radiation. It is the best way to find breast cancer early, when there are more treatment options and a 90% chance of survival.

---

Anthem


Allプランはツールの一部で、具体的なプランや条件については、アンスのウェブサイトをご確認ください。
What happens during a mammogram?

- A technician uses a machine to take a few pictures of your breast tissue by placing each breast between two X-ray panels.
- The panels press on your breast to obtain a clear picture.
- Each X-ray picture takes less than one minute.

Who should have one?

It's important to have regular mammograms, regardless of family history, symptoms, or a past clear mammogram. In fact, nearly 90% of women don't have a family history of breast cancer, and the chance of having it increases as you age. Your doctor or healthcare professional can help you figure out what age and how often is right for you.

How much do they cost?

Most Anthem health plans cover screening mammograms at 100%. Certain services, such as diagnostic mammograms, 3D imaging, or ultrasounds, may not be fully covered. Before you go, you can check what’s covered on the Sydney Health™ mobile app, at anthem.com, or by calling Member Services at the number on your ID card.

Taking the time to care for your own health can lead to a new sense of confidence — and may help you live a longer, healthier life.

Please don’t delay. Be sure to schedule your mammogram today.

Use your plan to protect your health

To check your benefits, find a doctor or discover healthy living tips, use the Sydney Health mobile app or visit anthem.com.
**COMMITTEE SCHEDULES**

<table>
<thead>
<tr>
<th>Committee</th>
<th>Schedules</th>
<th>Next Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>CFPG</td>
<td>will meet tonight at 5:00 due to a reschedule; it will continue on the first Tuesday of every quarter at 5:00 PM. The next meeting will be on <strong>January 3, 2022.</strong></td>
<td></td>
</tr>
<tr>
<td>Constitution and By-Laws Committee</td>
<td>meets on the last Tuesday of the month at 5:30 PM; the next meeting is scheduled for <strong>October 25, 2022.</strong></td>
<td></td>
</tr>
<tr>
<td>Social Activities Committee</td>
<td>will meet on the first Monday of the month from 5-6 PM. The next meeting is scheduled for <strong>November 7, 2022, @ 5:00 PM.</strong></td>
<td></td>
</tr>
<tr>
<td>The Book Club</td>
<td>meets on the first Monday of each month at 6:00 PM, immediately following the Social Activities Meeting. The next meeting will be on <strong>November 7, 2022, @ 6:00 PM.</strong></td>
<td></td>
</tr>
<tr>
<td>NH Faith &amp; Labor Coalition</td>
<td>meets on the third Wednesday of the Month at <strong>12 noon</strong>; the next meeting is on <strong>October 19, 2022.</strong></td>
<td></td>
</tr>
<tr>
<td>Clinicians United NH, Associate Members Chapter</td>
<td>meets at <strong>12 noon</strong> on the first Monday of the month; the next meeting is on <strong>November 7, 2022.</strong></td>
<td></td>
</tr>
<tr>
<td>Conservative Members Committee</td>
<td>meets on the second Tuesday of each month at 5:30 PM; the next meeting is <strong>November 8, 2022, at 5:30 PM.</strong></td>
<td></td>
</tr>
<tr>
<td>The Organizing Committee</td>
<td>meets on the first Wednesday of every month; the next meeting is on <strong>November 2 @ 5:00 PM.</strong></td>
<td></td>
</tr>
<tr>
<td>Operation Santa Claus</td>
<td>meetings are held every third Monday of each month; the next one is on <strong>November 22, 2022, at 4:30 PM.</strong></td>
<td></td>
</tr>
<tr>
<td>The Retirement Committee</td>
<td>will meet on <strong>October 18 from 5:00 - 6:30 PM;</strong> the link to join is <a href="https://us02web.zoom.us/j/81067911659">https://us02web.zoom.us/j/81067911659</a>.</td>
<td></td>
</tr>
<tr>
<td>The Stewards Committee meetings usually take place on the third Thursday of every month at <strong>5:30 PM.</strong> The next meeting will be on <strong>October 20, 2022.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The NEW Veterans exploratory committee</td>
<td>will meet on the last Thursday of the month. The next meeting is scheduled for <strong>October 27 from 5:30 - 6:30 PM.</strong></td>
<td></td>
</tr>
<tr>
<td>The next Board meeting will be tomorrow, <strong>Thursday, November 10, 2022, from 1:00 PM - 5:00 PM.</strong> You may join at: <a href="https://us02web.zoom.us/j/83486021328?pwd=czMxbS0V3JMSXVPeWorZitUcFM3QT09">https://us02web.zoom.us/j/83486021328?pwd=czMxbS0V3JMSXVPeWorZitUcFM3QT09</a>.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
The NH Food Bank needs Donations -

We ask our chapters and members to help by making a monetary donation to the NH Food Bank where an $11.00 donation provides 22 meals for those in need. You may also drop off canned goods and non-perishable items to the SEA during October and November. A donation box is in the front lobby.

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

You can find the donation form here.

Knitting For The Public Good Is Back!

Knitted or purchased warm wearable items are currently being gathered for this year’s SEA donation to organizations in need. CFPG will be donating to Franklin/Tilton areas' St. Gabriel's Parish, the Concord Friendly Kitchen, and the Claremont TLC Recovery Center. Donations will be accepted between November and March 2023.

We received a lot of requests last year and are looking for help from anyone who would like to knit items and donate to help the citizens of NH stay warm through the cold months. If you'd like to help, please contact Tam Feener at tamarafeener@metrocast.net.

If you'd like to help but need yarn to knit with, please reach out to Christine in the Communications department at Comms@seiu1984.org.
WE INVITE YOU TO PARTICIPATE

The primary goal of Holiday Cards for our Military Challenge is the collection and delivery of personalized, signed expressions of respect, caring, and gratitude to deployed U.S. troops. Veterans & Military Families.

Your personalized signed holiday cards and letters reflect your sincere support and appreciation for our military heroes, letting them know they are not alone during the winter holiday season. If you'd like to participate, you may pick up cards at the SEA Communications Office by reaching out to Comms@seiu1984.org, and some will be set aside for you.

Please drop off all completed cards to Comms at the SEA BEFORE NOVEMBER 12 or you may mail directly to: Holiday Cards 4 Our Military NH Challenge, PO Box 103, Hollis, NH 03049, by Nov. 18, 2022.

We ask that you please DO NOT seal the envelopes.

FOR DROP BOX LOCATIONS PLEASE VISIT THE WEBSITE AT: https://militaryholidaycardchallenge.com/
For questions, Email: Holidaycardsnh@gmail.com

Help Homeless Veterans by Donating the Basics

There are currently hundreds of homeless veterans who live either unsheltered or in shelters throughout the state. Unfortunately, veterans often do not have basic personal hygiene items when they leave a shelter or transitional home.

Through December 31st, the Campaign for Public Good and the New Hampshire veteran’s committee will be joining together to collect basic personal hygiene items and toiletries to help the hundreds of local veterans who are homeless. All donations will be delivered to our partners at Harbor Care and then distributed to qualifying veterans at the "Point in Time Count" at the end of January.

- Personal Hygiene Items such as bath soap, shampoo, conditioner, razors, feminine products, shaving cream, deodorant, combs, hair brushes, nail clippers, toothpaste, toothbrushes, and more are all needed.
- Please get in touch with Cullen Tiernan at ctiernan@seiu1984.org for collection and drop-off information.
Operation Santa Claus Delivery Day has been scheduled for Monday, December 12, 2022.

If you'd like to assist please contact Phil Burt at Phillip.R.Burt@dhhs.nh.gov or visit https://www.facebook.com/OperationSantaClausNH or http://www.operationsantanh.org/

Operation Santa Claus is a non-profit organization started in 1960 by the State Employees' Association. The program began with serving 14 children; today, this program serves more than 3,000 children yearly and has delivered more than 500,000 gifts!

Dozens of retirees and volunteers from different state agencies work around the clock starting in the late summer months to ensure a successful year for OSC, but it doesn't mean they don't need your help. The children in this program have had tough times; they have lost their parents, have been separated from their families, or have never experienced a proper Christmas holiday.

With fewer funds and more needy children, donations are more impactful than ever. Therefore, new sponsorships are being requested; if you are interested in sponsoring a child this season, please consider Operation Santa and reach out to the OSC team at seaosc@seiu1984.org or at (603) 271-6530, and someone will return their message.

We ask that a minimum of $80 / two gifts be delivered for each child. OSC will provide each sponsor with a case sheet and information for each child.

Thank you!
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: EPI7047 when registering.
https://rentalperks.com/discounts/hp-employee-purchase-program
MEMBER BENEFITS

HEALTHCARE RESOURCES FOR THOSE WITH LOWER-INCOME

Navigating Medicare’s plans, benefits, and enrollments can be challenging and time consuming. Fully understand your Medicare rights with data-driven, fact-based information from Medicare industry experts and health professionals. We provide expert Medicare education and counseling so you can make the best choices for you and your loved ones.

Our free resource, reviewed by experts, helps inform seniors and people with disabilities about how Medicaid works with Medicare. We also cover the dual eligibility standards, how to apply, and most importantly, the associated costs.

You can view the guides here:

Student Loan Forgiveness

October is the final month to take advantage of the Public Service Loan Forgiveness (PSLF) limited waiver. 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 full-time 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.

Missing this deadline could result in a borrower making unnecessary payments and losing the opportunity to receive forgiveness earlier than expected.

However, missing this deadline does not mean the end of additional student loan help. On August 24, 2022, large announcements were made regarding student loans:

1. **Borrowers who earn less than $125,000 a year, or less than $250,000 a year for couples, will be eligible to receive up to $10,000 in forgiveness.** If the borrower received a Pell Grant in college and meets the same income requirements, they will be eligible for up to $20,000 in forgiveness. While this may be enough to pay off some borrowers’ loans, many will still have a remaining balance to pay off.

2. **The CARES Act’s pause on student loan repayments has been extended to January 2023.** This deadline presents a crucial time for borrowers to prepare their finances and get their loans eligible for a forgiveness program. Failing to do so before the deadline could mean making months of unnecessary payments.

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.
FRIDAY, OCTOBER 21, 2022

10:00 AM DAYTIME HAUNT AT HAUNTED OVERLOAD (LEE, NH)
6:00 PM SPOOKVILLE HAUNTED TRAIL (NASHUA, NH)
7:00 PM THE SALISBURY WOODS HAUNTED BARN AND TRAIL (SALISBURY, NH)
7:00 PM "YOUNG FRANKENSTEIN" (MUSICAL THEATRE) (CONWAY, NH)
7:00 PM GHOST LIGHT (IMMERSIVE HAUNTED THEATRE) (LINCOLN, NH)
7:00 PM FRENZIED FOREST AND HAUNTED HAYRIDE (COLUMBIA, NH)
8:00 PM "DRACULA" (THEATRE) AT THE STRAND (DOVER, NH)

SATURDAY, OCTOBER 22, 2022

10:00 AM CHILDREN'S TRICK OR TREAT AT CHARMINGFARE (CANDIA, NH)
DAYTIME HAUNT AT HAUNTED OVERLOAD
10:30 AM GRAVESTONE ART TOUR AT EAST HILL CEMETERY (PETERBOROUGH, NH)
2:00 PM "YOUNG FRANKENSTEIN" (MUSICAL THEATRE) (CONWAY, NH)

SATURDAY, OCTOBER 22, 2022 (CONTIN.)

2:00 PM "DRACULA" (THEATRE) AT THE STRAND (DOVER, NH)
6:00 PM SPOOKVILLE HAUNTED TRAIL (NASHUA, NH)
7:00 PM GHOST LIGHT (IMMERSIVE HAUNTED THEATRE) (LINCOLN, NH)
7:00 PM THE SALISBURY WOODS HAUNTED BARN AND TRAIL (SALISBURY, NH)
7:00 PM "YOUNG FRANKENSTEIN" (MUSICAL THEATRE) (CONWAY, NH)
7:00 PM FRENZIED FOREST AND HAUNTED HAYRIDE (COLUMBIA, NH)
8:00 PM "DRACULA" (THEATRE) AT THE STRAND (DOVER, NH)
8:30 PM DEADWICK'S SPECTRAL STROLL (PORTSMOUTH, NH)

SUNDAY, OCTOBER 23, 2022

10:00 AM CHILDREN'S TRICK OR TREAT AT CHARMINGFARE (CANDIA, NH)
10:00 AM SPOOKVILLE HAUNTED TRAIL - SENSORY FRIENDLY DAY (NASHUA, NH)
10:00 AM ANNUAL CELEBRATE SAMHAIN FESTIVAL

For more information please visit: https://www.halloweennewengland.com/new-hampshire/halloween-events

The below website helps you find halloween trick or treat dates and times for your town.
http://www.trickortreattimes.com/new-hampshire/
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).

Check out SCREEEMFEST at Canobie Lake Park this Fall with savings of $10 off the 2022 Screeemfest Friday/Sunday online date-specific general admission ticket! Join us for 6 weekends full of Rides, Games, Live Entertainment and 5 terrifying haunted attractions.

- Ctix will remain $39 each for the 2022 Screeemfest season.
- Ctix are good any One Screeemfest Friday or Sunday until October 30, 2022 or Saturday, September 24th. Ctix are NOT valid for Screeemfest Saturdays in October.
- The Screeemfest price for Guests under 48 inches tall or age 60 years and older is $35 each online. Children age three years and under are free! Parking is FREE!

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.
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.
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/

QUICK INFO LIST

- 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 (HIP) 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