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The next SEA Council meeting will be held on December 8th; registration will be at 6:00 PM, and the meeting will start at 6:30 PM. This meeting will be a hybrid meeting for all councilors and is already scheduled in the SEA calendar.

Please RSVP to Beth Aborn if you plan to be at the meeting in person at baborn@seiu1984.org.

All Councilors may join the zoom meeting with the link below.

https://us02web.zoom.us/j/82085941571

ELECTIONS FOR THE FOLLOWING POSITIONS ON THE BOARD OF DIRECTORS WILL BE CONDUCTED DURING THIS MEETING:

- Director – Executive Branch
  (one position, remainder of three-year term, 2025)
- Private Sector
  (one position, remainder of three-year term, 2024).

Please see candidate Bio's on the next page.
Candidate Bio's

David Rys

I am running for the Executive Branch Director position to become more involved in our Union. I endeavor to increase my Union responsibilities through serving you all in this position. I have been a state employee for 15 years and a union member for 14 years. During my time I have held various different positions such as: DOIT Chapter 5 President, DOIT Chapter 5 Councilor, DOIT Sub-Unit Bargaining Chair and Team Member, and SEA Master Bargaining Team Member for 5+ contracts. I have participated in State House rallies, road side visibility events, numerous Annual Union Meetings, Quarterly Union Meetings, and Chapter President Calls. I believe that through increased transparency and activity with the use of targeted communication and social media engagement we can achieve our goals. I look forward to the opportunity to be a part of the structural operation of our Union as an Executive Branch Director.

Thank you for your time and your vote!
David

Elizabeth Howell Woodbury

Please allow me to introduce myself. I am Elizabeth Howell Woodbury and I am running for the Director’s position for the Executive Branch. I am a psychologist for New Hampshire Hospital (NHH), a state employee and member of SEIU 1984 since 2008. I am currently on the Sub-unit bargaining team for NHH and have worked on the Sub-unit committee for two additional bargaining cycles. I have been a Board Member at Large and Legislative Committee member for the New Hampshire Psychological Association for a number of years. I also own a small business which provides psychological services to the community for the last 12 years.

In addition to my work as a psychologist, I have broad labor experience working in many industries (sales, personal care, landscaping, food service and drywall/construction.) I am a front-line worker who brings that perspective to the Board. I know how important it is to collectively bargain and will advocate for you in my position.

When not problem solving and supporting clients, I like to play and listen to music and work in the garden. I also support youth sports as a little league umpire and a hockey (goalie) mom.

I would appreciate your vote!
Elizabeth
Health Care Highlights

Relieve pain from the comfort of home

Tired of chronic, post-surgical pain, or loss of mobility? We have you covered! Meet Sword, the new Healthy Back and Joints program. This digital physical therapy program is designed to help you reduce your back, joint or muscle pain - at home.

Combining licensed physical therapists with easy-to-use technology, Sword is far more than just convenient. It's proven to work better than in-person physical therapy.

How it works

1. Your dedicated physical therapist designs an exercise program just for you.
2. Sword will ship you a tablet + motion sensors to guide you and provide real-time feedback.
3. Complete your exercise sessions at home when it is convenient for you.
4. Your physical therapist is there to support you virtually & is available at any time.

Sign up starting January 1, 2023!

livehealthonline.com/stateofnewhampshire
THINKING OF RETIRING?

CONSIDER JOINING CHAPTER 1

Are you thinking of retiring from state service? If retirement is in your future, please consider joining SEA's Chapter 1, the Retired Members' chapter.

As members of Chapter 1, you are still counted as a member of this Association. The more members we have, the more strength this Association will have in our fights to protect and improve retiree and active member benefits.

To be a member of Chapter 1, you must be a member in good standing at the time you retire or have been a member in good standing at the time your bargaining unit is decertified, or you accepted an unclassified or appointed state position.

- The State does not notify the SEA of State Employee members who have retired, so we ask that you let us know. Those who want to get a head start on Chapter 1 membership, should contact the Membership Coordinator at the union office (603-271-3411, ext. 102).
- The dues are low – currently $6 per year. Spouses can join as associate members for $3 per year and can remain associate members even if the member passes away.

The chapter meets monthly except in the summer and offers informational programs and opportunities to gather for other fun activities. Joining is a good way to keep involved with each other and with the active employees. Together we participate on committees, volunteer, and attend legislative hearings to represent retirees.

As an extra bonus, we receive benefits! SEA members, including Chapter 1 retirees, receive various local and regional benefits. For a list of discounts and special offers, visit the SEA website below: www.seiu1984.org/membership-discounts/
<table>
<thead>
<tr>
<th>Committee</th>
<th>Frequency &amp; Time</th>
<th>Next Meeting Date</th>
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<tbody>
<tr>
<td>CFPG</td>
<td>First Tuesday of every quarter at 5:00 PM.</td>
<td>January 3, 2022</td>
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<tr>
<td>Constitution and By-Laws Committee</td>
<td>Fourth Tuesday of the month at 5:30 PM; next meeting is scheduled for December 22, 2022.</td>
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<tr>
<td>Social Activities Committee</td>
<td>First Monday of the month from 5-6 PM; next meeting is scheduled for December 5, 2022 at 5:00 PM.</td>
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<tr>
<td>The Book Club</td>
<td>First Monday of each month at 6:00 PM, immediately following the Social Activities Meeting; next meeting will be on December 5, 2022 at 6:00 PM.</td>
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<tr>
<td>NH Faith &amp; Labor Coalition</td>
<td>Third Thursday of the Month at 12 noon; next meeting is on December 22, 2022.</td>
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<tr>
<td>Clinicians United NH, Associate Members Chapter</td>
<td>12 noon on the first Monday of the month; next meeting is on December 5, 2022.</td>
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<tr>
<td>Conservative Members Committee</td>
<td>Second Tuesday of each month at 5:30 PM; next meeting is December 13, 2022 at 5:30 PM.</td>
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<tr>
<td>The Organizing Committee</td>
<td>First Wednesday of every month; next meeting is on December 7 at 5:00 PM.</td>
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<tr>
<td>Operation Santa Claus Delivery Day</td>
<td>N/A</td>
<td>December 13, 2022 at 8:30 AM.</td>
</tr>
<tr>
<td>The Poli-Ed Committee</td>
<td>Second Monday of every month from 5:00 - 6:00 PM; next meeting is scheduled for December 12, 2022.</td>
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<tr>
<td>The Retirement Committee</td>
<td>N/A</td>
<td>December 20th from 5:00 - 6:30 PM; link to join is <a href="https://us02web.zoom.us/j/81067911659">https://us02web.zoom.us/j/81067911659</a>.</td>
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<tr>
<td>The Stewards Committee</td>
<td>N/A</td>
<td>December 15, 2022.</td>
</tr>
<tr>
<td>The NEW Veterans exploratory committee</td>
<td>N/A</td>
<td>December 1, 2022; rescheduled due to Thanksgiving Holiday.</td>
</tr>
<tr>
<td>The next Board meeting</td>
<td>Thursday, December 8, 2022, from 1:00 PM - 5:00 PM; link to join is <a href="https://us02web.zoom.us/j/83486021328">https://us02web.zoom.us/j/83486021328</a>.</td>
<td>December 8, 2022</td>
</tr>
</tbody>
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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.
Operation Santa Claus

Operation Santa Claus Pick-Up Day is scheduled for Tuesday, December 13, 2022

All shoppers must deliver their gifts to the warehouse or to their collection drops offs by December 7th!

If you'd like to assist, please contact Rebecca Baker at baker.rebecca2022@gmail.com or visit https://www.facebook.com/OperationSantaCl ausNH

http://www.operationsantanh.org/
Save the Date

On Saturday, December 3, 2022 join members of the SEA Veterans committee for the annual Blue Star Mother's of NH wreath placement. Members of the committee will be participating and they welcome any other members who would like to participate as well. For more information please contact Justin Jardine, jjardine@seiu1984.org

BLUE STAR MOTHERS OF NH WREATHS FOR BOSCAWEN

Wreaths for Boscawen is a day to honor our veterans and their family members who are laid to rest in our NH State Veterans Cemetery. Each year, the Blue Star Mothers of New Hampshire sponsors Wreaths for Boscawen. This event is intended to bring the community together to honor the veterans and family members interred at the NH State Veterans Cemetery and throughout the world.

SAY THEIR NAMES OUT LOUD.
PRAISE THEIR SERVICE AND SACRIFICE.
MOST OF ALL...NEVER FORGET THEM.

The Blue Star Mothers of NH purchase wreaths from a local vendor to ensure high quality and to support NH jobs and communities. If you would like to donate towards a wreath, click here to download the donation form. The Blue Star Mothers of NH uses 100% of your donation on the Wreaths for Boscawen program.
COMMITTEE UPDATES

SEA SOCIAL ACTIVITY - Book Club

Just in time for the holiday, the SEA Book Club has decided to read *Mayflower: A Story of Courage, Community, and War* and is a 2006 American history book by American author Nathaniel Philbrick, published by Viking Press.

If you'd like to join the SEA's Book Club, please reach out to Andrew Moore at amoore@seiu1984.org. The next book club meeting will be Monday, December 5 at 6:00PM.

About the book:

**HOW DID AMERICA BEGIN?**

This simple question launches acclaimed author Nathaniel Philbrick on an extraordinary journey to understand the truth behind our most sacred national myth: the voyage of the Mayflower and the settlement of Plymouth Colony. As Philbrick reveals in this electrifying new book, the story of the Pilgrims does not end with the First Thanksgiving; instead, it is a fifty-five-year epic that is at once tragic and heroic, and still carries meaning for us today.

From the perilous ocean crossing to the shared bounty of the first Thanksgiving, the Pilgrim settlement of New England has become enshrined as our most sacred national myth. Yet, as bestselling author Nathaniel Philbrick reveals in his spellbinding new book, the true story of the Pilgrims is much more than the well-known tale of piety and sacrifice; it is a fifty-five-year epic that is at once tragic, heroic, exhilarating, and profound. The Mayflower's religious refugees arrived in Plymouth Harbor during a period of crisis for Native Americans as disease spread by European fishermen devastated their populations. Initially the two groups--the Wampanoags, under the charismatic and calculating chief Massasoit, and the Pilgrims, whose pugnacious military officer Miles Standish was barely five feet tall--maintained a fragile working relationship. But within decades, New England would erupt into King Philip's War, a savagely bloody conflict that nearly wiped out English colonists and natives alike and forever altered the face of the fledgling colonies and the country that would grow from them.

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@sei1984.org.

Do you know that the SEA has over 7500 members, if each member donated one non-perishable food item - we could do so much good!

The Campaign for Public Good is in the middle of a food drive to help the NH Food Bank. We are asking our chapters and members to help by donating one (1) item or make a monetary donation to the NH Food Bank, where an $11.00 gift provides 22 meals for those in need.

There is a donation box in the lobby of the SEA you may drop off items during normal business hours. To make a monetary donation or for more information, please contact Tam Feener at tamarafeener@metrocast.net.
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 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, baby wipes, 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.
On Friday, October 21, 2022 Eastern Gateway Community College was granted a preliminary injunction against the U.S. Department of Education's cease-and-desist action, which was affecting the SEIU's Free College benefit for members.

Based on this ruling Eastern Gateway Community College has indicated that they will enroll students for the Spring 2023 term under the Free College Benefit.

Students should work directly with their school to determine their enrollment eligibility and options.

Eastern Gateway Community College
Additional information can be found here: https://egcc.edu/press-release/
Call 888-590-9009 or Email Online@egccfreecollege.org.
Don't forget, as members of SEA/SEIU 1984 you have access to numerous discounts and benefits offered from SEIUMB. Get everything you need for your next vacation, at low prices, including car rentals, airline tickets, hotel and resort stays, cruises and guided tours. Save more with your membership on deals like below!

**New York City, NY Hotels**

Enjoy holiday festivities like New Year's in Times Square and ice skating in Central Park.

From $266/night

Call (844) 967-1077

**Alaska Cruises**

Give the gift of travel for the holidays! Now is the time to score the best rates for Alaska.

7 nights from $420/night

Call (844) 967-1077
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:

The end of October marked the end of the Public Service Loan Forgiveness limited waiver. However, there is still plenty to be aware of regarding student loans:

The CARES Act Ends on December 31, 2022
On March 27, 2020, the federal government passed the CARES Act, which put a pause on payments and interest for most federal student loans. After multiple extensions, payments are set to resume after December 31, 2022. After over two years of pause on payments, borrowers must plan accordingly.

Biden’s $10,000-20,000 Loan Cancellation
Per Studentaid.gov: "The U.S. Department of Education will provide up to $20,000 in debt cancellation to Pell Grant recipients with loans held by the Department of Education and up to $10,000 in debt cancellation to non-Pell Grant recipients. Borrowers are eligible for this relief if their income is less than $125,000 or $250,000 for households." While this relief is currently awaiting a decision from a U.S. appeals court before being dispersed, borrowers are still able to apply now. Cancellation will be automatic for those whose income information is already on file with the Department of Education; those who do not or are unsure can find the application on Studentaid.gov. The deadline to submit your application is December 31, 2023.

Forgiveness Options Still Available
- Public Service Loan Forgiveness (PSLF)
- Income-Driven Repayment Forgiveness (IDRF)
- Teacher Loan Forgiveness (TLF)

You can learn more and discover the plan that fits you best by scheduling a complimentary consultation with one of our state-licensed counselors by clicking the button below.
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/