DECEMBER 2022 | ISSUE 23

THE SEA NEWS

December 14, 2022

Holiday Edition

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Last edition of 2022. We will see you again January 11, 2023.
Thank you for your leadership and support over the past year.

Together, with you, we have built on our collective strengths. We have created clarity from unknowns, solidified foundations for the future, and energized exciting new additions and innovations for the year ahead.

For the New Year, I encourage you to find passionate commitment and to see opportunities where others see roadblocks. To be unafraid of trying new things and getting uncomfortable. Growth can only come from change, and 2023 looks to be a year full of exciting change and progress.

I wish you and yours a warm, joyous, and inspired holiday season.

In Solidarity,
Rich Gulla, President
SEA UPDATES

CHAPTER ELECTIONS

SELF NOMINATIONS

Chapters will elect the following:

President: Ensure Chapter is functioning properly.

Vice President: Assist the President in strengthening the Chapter using your skills and talents.

Secretary: Serve as the link between Chapter and SEA office. Keeps the records of all the official proceedings.

Treasurer: Oversee the management and reporting of a Chapter’s finances.

Councilors: Increase communication between Members and SEA Leadership.

Alternate Councilors: Alternate Councilor: gather input and share information from Council Meetings.

PLEASE VISIT OUR WEBSITE @ https://seiu1984.org/chapter-election-2023 to find your chapter self-nomination form.

Self-Nomination Forms must be received at the SEA by 5:00 PM on February 8, 2023.

Learn more: www.seiu1984.org/election-2023
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/
State of New Hampshire Employees 2022 Wellness Enrichment Series

December

Mobile Health: Your Digital Wellbeing App

- Peer-Peer Challenges and Self-Guided Journeys
- Health Assessment Tool and Health Rewards
- Health Education Videos, Benefit Catalogue, Message Notifications
- Mobile Health Coach and Know Your Numbers
- 2023 Enhancements

*Not available on December 26*

Improve your understanding about benefits available for health and wellbeing!

12:30 - 1:00pm on Mondays* in December via Microsoft Teams

Join on your computer, mobile app or room device Click here to join the meeting

Meeting ID: 237 500 857 814
Passcode: MGv3qv
Download Teams | Join on the web

Or call in (audio only)
+1 603-931-4944, 675123586# United States, Concord
Phone Conference ID: 675 123 586#
HEALTHCARE HIGHLIGHTS

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

**December Webinar**

**Managing Stress Through the Holidays**

- What is stress?
- What are the warnings signs of stress?
- Key stress relieving techniques for at work and in your daily life.
- What are some health plan benefit resources and activities that can help with reducing stress and make life easier.

**December Dates:**

- Wednesday December 14
- Tuesday December 20
- Wednesday December 21

**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](#)
HEALTHCARE HIGHLIGHTS

REMINDER - NEW INSURANCE CARDS

Remember to show it at your next medical visit!

All employees, retirees, and covered dependents enrolled in the Anthem medical plan will be sent new member ID cards in December.

These ID cards should be used for medical services received on or after January 1, 2023. Remember to present new cards at all health visits in person or to update them for telehealth visits such as LiveHealth Online.

If you have any questions, please contact Anthem member services at 1-800-933-8415 or email stateofnh@anthem.com.
Operation Santa Claus Delivery Day!

Yesterday was an extraordinary day for the State Employees’ Association, the National Guard, state agencies, and the dedicated volunteers of Operation Santa Claus - it was delivery day!

Delivery day is when all the gifts that state employees, volunteers, sponsors, and donors have gathered are packed up and sent off to all corners of the state for delivery as gifts for the Christmas Holiday! We even got a very special ride from our partners at the National Guard for those hard-to-reach places!

Operation Santa Claus is a labor of love and dedication that has been ongoing for 62 years, and we could not do it without all of you!

Pictured above are members from the Department of Corrections, Department of Health and Human Services, the National Guard, the State Employees’ Association and our retired volunteers!

Thank you to all involved - it was a special day indeed!
On Saturday, December 3, 2022, members of the SEA Veterans committee, the SEA Staff, and volunteers participated in the annual Blue Star Mothers of NH wreath placement at the Veterans’ Cemetery in Boscawen. It was a memorable day and a great experience.

On Saturday, January 7, 2023, at 10:30 am, this same group of people will ask for volunteers to help them pick up the wreaths and clean up the cemetery. If you’d like to participate, please reach out to Justin Jardine at jjardine@seiu1984.org or Cullen Tiernan at ctiernan@seiu1984.org.

The SEA 5K registration is open on Monday, December 12, 2022!

The SEA 5K Road Race and Fitness Walk has taken place for over 20 years and will be held on April 1, 2023. This fast, flat, family-friendly 5K loops through the state office park and along Hazen Drive.

It takes a lot of preparation and many volunteers to make this fun and exciting race such a great fundraising effort for Operation Santa Claus.

If you'd like to get involved, please get in touch with the Road Race committee or Andrew Moore at amoore@seiu1984.org.

The Campaign for Public Good is looking to ramp up its winter fundraising and donation campaigns by starting off with a new initiative and with the help of the NEW SEA Veteran's Committee!

**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 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.
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.

Donate!

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.
Read the latest pick by the SEA Book Club, Hyperbole and a half by, Allie Brosh: Unfortunate Situations, Flawed Coping Mechanisms, Mayhem, and Other Things That Happened.

The book consists of brief vignettes and comic (in both senses of the word) drawings about Brosh’s young life (she’s in her late 20s). It’s based on her wildly popular website. Brosh has quietly earned a big following even though, as her official bio puts it, she “lives as a recluse in her bedroom in Bend, Oregon.” The adventures she recounts are mostly inside her head, where we hear and see the kind of inner thoughts most of us are too timid to let out in public. Despite her book’s title, Brosh’s stories feel incredibly—and sometimes brutally—real.

**FROM THE AUTHOR:**

This is a book I wrote. Because I wrote it, I had to figure out what to put on the back cover to explain what it is. I tried to write a long, third-person summary that would imply how great the book is and also sound vaguely authoritative--like maybe someone who isn't me wrote it--but I soon discovered that I’m not sneaky enough to pull it off convincingly. So I decided to just make a list of things that are in the book:

- Pictures
- Words
- Stories about things that happened to me
- Stories about things that happened to other people because of me
- Eight billion dollars*
- Stories about dogs
- The secret to eternal happiness*

*These are lies. Perhaps I have underestimated my sneakiness!

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, January 9 at 6:00PM.
<table>
<thead>
<tr>
<th>Committee</th>
<th>Meeting Time/Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>CFPG</td>
<td>First Tuesday of every quarter at 5:00 PM. Next meeting on <strong>January 3, 2023</strong>.</td>
</tr>
<tr>
<td>Constitution and By-Laws Committee</td>
<td>Fourth Tuesday of the month at 5:30 PM. Next meeting is scheduled for <strong>December 22, 2022</strong>.</td>
</tr>
<tr>
<td>Social Activities Committee</td>
<td>First Monday of the month from 5-6 PM. Next meeting is scheduled for <strong>January 9, 2023, @ 5:00 PM</strong>.</td>
</tr>
<tr>
<td>The Book Club</td>
<td>First Monday of each month at 6:00 PM. Next meeting will be on <strong>January 9, 2023, @ 6:00 PM</strong>.</td>
</tr>
<tr>
<td>NH Faith &amp; Labor Coalition</td>
<td>Third Thursday of the Month at <strong>12 noon</strong>. Next meeting is on <strong>December 15, 2022</strong>.</td>
</tr>
<tr>
<td>Clinicians United NH, Associate Members Chapter</td>
<td>12 noon on the first Monday of the month; next meeting is on <strong>January 2, 2023</strong>.</td>
</tr>
<tr>
<td>Conservative Members Committee</td>
<td>Second Tuesday of each month at 5:30 PM. Next meeting is <strong>January 10, 2023, at 5:30 PM</strong>.</td>
</tr>
<tr>
<td>The Organizing Committee</td>
<td>First Wednesday of every month; next meeting is on <strong>January 4 @ 5:00 PM</strong>.</td>
</tr>
<tr>
<td>The 2022 wrap up meeting for OSC</td>
<td><strong>January 23, 2023 at 4:30 PM</strong></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 <strong>January 10, 2023</strong>.</td>
</tr>
<tr>
<td>The Retirement Committee</td>
<td>December 20th from <strong>5:00 - 6:30 PM</strong>; link to join is <a href="https://us02web.zoom.us/j/81067911659">https://us02web.zoom.us/j/81067911659</a>.</td>
</tr>
<tr>
<td>The Stewards Committee</td>
<td>Third Thursday of every month at <strong>5:30 PM</strong>. Next meeting will be on <strong>December 15, 2022</strong>.</td>
</tr>
<tr>
<td>The NEW Veterans exploratory committee</td>
<td>Last Thursday of the month. Next meeting is scheduled for <strong>Thursday, January 26, 2023</strong>.</td>
</tr>
<tr>
<td>The next Board meeting</td>
<td><a href="https://us02web.zoom.us/j/81486021328?pwd=czMxbS9YSjMSXVPeWorZitUcF3QT09">https://us02web.zoom.us/j/81486021328?pwd=czMxbS9YSjMSXVPeWorZitUcF3QT09</a>.</td>
</tr>
</tbody>
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All Board, Chapter Presidents, and Council Meetings have been scheduled for 2023, 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.
IT'S BAAACK!

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.
Expert recommendations
No pressure to book or buy
Reservation management
Transportation assistance
Booking modifications
Always a pleasant experience

Save on your next vacation with reduced rates, shore excursion credits, bonus perks and deals on cruises, luxury resorts and hotel stays.

PLUS, spend $250 and receive $250 Reward Credits in your account for future travel!

Call (844) 967-1077 to book.

Don't forget about our concierge services - Let us do the work!
We take customer service seriously. That's why our industry-recognized Concierge ensures your satisfaction, every step of the way.

What our service provides:
- Expert recommendations
- No pressure to book or buy
- Reservation management
- Transportation assistance
- Booking modifications
- Always a pleasant experience

We look forward to helping you plan and book your next adventure, and remember, we're just one call away!

Give the gift of travel!

Plan your next adventure, today!

SEIU MB - WINTER GET-A-WAY DEALS!
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:

On November 22, 2022, the Biden administration announced an extension of the CARES Act’s pause on student loan repayment, interest, and collections. The length of this extension is dependent on the court rulings regarding the administration’s plan to forgive eligible borrowers up to $10,000 ($20,000 for Pell Grant recipients) on their federal student loans. Payments will resume 60 days after the litigation is resolved or September 1, 2023, if not resolved by June 30, 2023; whichever occurs first. With an uncertain date, it is important to be prepared.

Along with this extension, the Department of Education has announced a one-time revision of payment counts. This revision will help borrowers seeking forgiveness through Public Service Loan Forgiveness (PSLF) or Income-Driven Repayment Forgiveness (IDRF) achieve forgiveness sooner than expected. Some key points of this announcement:

One-Time Payment Count Revision for Eligible IDR Borrowers
- One-time account adjustment to borrower accounts that will count time toward IDRF, including any months in repayment status, regardless of the payments made, loan type, or repayment plan; any time in repayment prior to consolidation on consolidated loans.
- If you have 12 or more months of consecutive forbearance or 36 or more months of cumulative forbearance, you will receive IDRF credit for those periods of time.
- Borrowers with non-Direct loans should apply for a Direct Consolidation Loan by May 1, 2023, to get the full benefits of the one-time account adjustment.

Effects on Public Service Loan Forgiveness (PSLF) Applicants
- If you have applied or will apply for PSLF, these changes may have an impact on you by increasing your qualifying payment count.
- The credit awarded as part of the one-time account adjustment described above can be counted toward PSLF if the borrower certifies employment.
- FFEL borrowers who apply for consolidation by May 1, 2023, will also get PSLF credit.

Estimated General Impact
- The Department of Education estimates that this action will result in automatic debt cancellation for at least 40,000 borrowers under PSLF and several thousand borrowers under IDRF.
- More than 3.6 million borrowers will receive at least three years of additional credit toward forgiveness under IDRF.
- Any debt discharged through IDRF will not create a tax liability for you. The American Rescue Plan Act included a provision temporarily modifying the tax treatment of discharged student loan debt.

Get prepared; knowing your options and eligibility for federal forgiveness could help save you from making unnecessary payments.

Use the button below to schedule a complimentary consultation with one of our state-licensed counselors and find the best plan for you.

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.
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 (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