Thank you for subscribing to the SEA News, and welcome!

We’re glad you want to get to know us better. So now that you’re on our list, you’ll receive this newsletter every other week and be the first to know about all of our union happenings (HOW FANTASTIC)!

From meetings and events to bargaining updates, committee initiatives, and all of your member benefits, be prepared to be CLUED IN!

We welcome all of our new subscribers!
June 8th Hybrid Council Meeting Notice

The June Council Meeting will be held on Thursday, June 8th- Registration is at 6:00PM and the meeting will begin at 6:30PM.

Tentative Special Guest speaker: Lorrie Rudis will speak to the new reclassification system being implemented by the State.

This will be a HYBRID meeting. To join please use the link below.

https://us02web.zoom.us/j/81456828332?pwd=bGVnVGNadIZGNXZiQ0QwTkNNMHZVQT09

We are pleased to announce that three Sub-Unit agreements have passed. The SEA had fourteen (14) sub-unit bargaining teams meet with the State for bargaining in November 2022. For the three recently reaching agreements you may find the vote counts are below if you'd like to let your respective members know.

NH Hospital: 73 Yes/7 No

DOC Line Staff: 58 Yes/2 No

Department of Education: 55 Yes/0 No
CHAPTER 4 AND CHAPTER 17 ARE HOLDING SPECIAL ELECTIONS.

THESE ELECTIONS ARE ACTIVE NOW AND THE DEADLINE TO VOTE IS 5/5/23 AT 5PM.

LINKS TO VOTING FOR EACH CHAPTER ARE BELOW.

CHAPTER 17:
HTTPS://SECURE.EVERYACTION.COM/XB_ZWI_OAW0UFRHZKWOBT8W2

CHAPTER 4:
HTTPS://SECURE.EVERYACTION.COM/AU3THP_NPVE29ZSIJ6P3FUW2
Join Chapter 1

If retirement is in your future, please consider joining the SEA’s Chapter 1, the Retired Members’ chapter by visiting: https://seiu1984.org/retiree-members/ or by scanning this code with your phone.

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 in good standing when you retire or have been a member in good standing when 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 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 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/
WHO CAN YOU HELP BY DONATING BLOOD?

Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, cancer patients, and those with chronic illnesses. Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, and chronic illnesses. Whether a patient receives whole blood, red cells, platelets or plasma, this lifesaving care starts with one person making a generous donation.

Please join our lifesaving mission and schedule an appointment today!

Drive Details:
Site: SEA/SEIU Local 1984
Address: 207 N Main St., Concord, NH, 03301
Room Name: Conference Room
Date: Mon Jun 12, 2023
Time: 12:00 PM - 05:00 PM
Blood Program Leader Name: David Honeman

The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime.

Thank you for supporting the American Red Cross blood program!
Although the pandemic is behind us, members covered under the State of NH Employee Dental Plan are not yet using their dental benefits at pre-pandemic levels. Therefore, the dental fund used to pay dental claims, called a dental reserve, exceeds the projected amount necessary to administer the dental plan. To decrease the fund balance or reserves, the Department of Administrative Services (DAS) will refund a portion of the premiums collected. This is referred to as a “premium holiday”.

Who is eligible for the dental premium holiday?
- All active employees enrolled in the State’s Delta Dental plan as of 12/31/2022 who are still actively working and participating in the dental plan as of April 7, 2023.

When is the dental premium holiday going to be refunded?
- The dental premium holiday will be applied to the pay period ending April 20, 2023 and refunded in the paycheck dated May 5, 2023.

How much is the Dental Holiday or refund amount?
- Eligible employees will receive a one-time credit equal to three times their normal bi-weekly dental premium.

What can employees expect to see on their May 5th pay stub?
- Employees will see their normal biweekly dental premium deduction.
- The dental premium holiday credit will show as a separate negative deduction, labeled as “DENTAL HOLIDAY EE” under “Pretax Deductions”.
- A negative payroll deduction adds taxable income to gross pay. Although the tax implications of the dental premium holiday are likely to be minimal, if any, employees have the option to adjust W-4 tax withholdings at any time throughout the year.
- Eligible employees on leave without pay will receive the dental premium holiday credit in the first paycheck upon returning to active employment.
Getting a colonoscopy is a smart decision.

Make an even smarter one by using SmartShopper to choose a high-quality, cost-effective facility and earn a share of the savings as a cash reward.

Costs vary significantly by location.

It's your choice! With SmartShopper, a benefit provided with your health plan, choose a high-quality, cost-effective location for your colonoscopy that is right for you. By helping to lower the cost of your health care, you earn a share of the savings as a cash reward. Schedule now!

Here's how it works

Compare prices and rewards by shopping online or calling the Personal Assistant Team at 800-824-9127.

Schedule your appointment or let the Personal Assistant Team do it for you.

Earn your cash reward by having your appointment within the year.

Visit SmartShopper.com or call the SmartShopper Personal Assistant Team at 800-824-9127. The Personal Assistant Team is available to help you shop, find a location, compare costs, confirm rewards, and even schedule your appointment. Call today!

Go Green by going paperless! Contact us or scan this code to register your email today.

The Personal Assistant Team is available Monday through Thursday from 8 a.m. to 8 p.m. and Friday from 8 a.m. to 6 p.m. ET.
### COMMITTEE SCHEDULES

Membership organizations thrive when members get involved. You are the ones who know and represent your community and your union best, so it’s important for your voices to be present behind the scenes. Our committees have ushered in so many successful initiatives under their current leadership, and we are excited to find the next crop of members who can continue bringing good ideas to committees that interest you!

**Want to join? Visit our "Committees page on our website at: [seiu1984.org/membership/committees](http://seiu1984.org/membership/committees).**

<table>
<thead>
<tr>
<th>COMMITTEE</th>
<th>MEETING TIME/DATE</th>
<th>REGISTER HERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter President's Call</td>
<td>APRIL 25, 2023 @ 5:00 PM</td>
<td><a href="https://us02web.zoom.us/j/87514074600"> Register here:</a></td>
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<tr>
<td>CFPG</td>
<td>The next meeting will be on July 11, 2023.</td>
<td></td>
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<tr>
<td>Constitution and By-Laws</td>
<td>The next meeting is scheduled for April 25, 2022.</td>
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<tr>
<td>Committee</td>
<td></td>
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<tr>
<td>Social Activities Committee</td>
<td>May 1, 2023, @ 5:00 PM</td>
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<tr>
<td>The Book Club</td>
<td>The next meeting will be on May 1, 2023, @ 6:00 PM.</td>
<td></td>
</tr>
<tr>
<td>The Organizing Committee</td>
<td>May 3 @ 5:00 PM</td>
<td></td>
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<tr>
<td>New Operation Santa Claus</td>
<td>May 15 at 4:30 PM</td>
<td></td>
</tr>
<tr>
<td>Poli-Ed Committee</td>
<td>May 8, 2023</td>
<td></td>
</tr>
<tr>
<td>The Retirement Committee</td>
<td>May 16 from 5:00 - 6:30 PM</td>
<td><a href="https://us02web.zoom.us/j/81067911659"> Register here:</a></td>
</tr>
<tr>
<td>Stewards Committee</td>
<td>May 20, 2023</td>
<td></td>
</tr>
<tr>
<td>NEW Veterans Committee</td>
<td>Thursday, April 27, 2023 @ 5:30 PM</td>
<td></td>
</tr>
<tr>
<td>Board Meeting</td>
<td>Thursday, May 11, 2023, from 1:00 PM - 5:00 PM</td>
<td><a href="https://us02web.zoom.us/j/83484602128?pwd=czMxbS9VS3JMSXVPCWorZITUCFM3QT09"> Register here:</a></td>
</tr>
</tbody>
</table>

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.
An undertaking of this size requires time, money and YOU!!

Every year since 1960, SEA/SEIU Local 1984’s volunteer-led Operation Santa Claus program has ensured gifts are provided to New Hampshire children in need, regardless of circumstances.

We provided gifts for 3128 children this year alone, but simply put, we can’t do it without you!

We need more help, and all are welcome. You can get involved by filling out the form here. We are looking for volunteers, sponsors, and donations. Whatever you choose will be greatly appreciated!

Who are our sponsors?
State, municipal, and county workers
Individuals
NH businesses and schools
Recreational clubs
Community groups
Anyone who would like to help

How can you help?
Sponsor a child or children
Fundraise at work to sponsor multiple children
Make a monetary donation
Donate goods and services to OSC for fundraising
Invite OSC to your workplace or community group
Be part of the planning

To DONATE Now!

603.271.6530
603.271.6525
207 N. Main Street Concord, NH 03301
seaosc@seiu1984.org
seiu1984.org/osc
ACCEPTABLE FOR DONATION ITEMS FOR OUR VETERAN’S

HELP SUPPORT AMERICA’S VETERANS!

*PLEASE NOTE – WE ONLY ACCEPT ITEMS THAT ARE SMALL AND LIGHT ENOUGH FOR ONE PERSON TO EASILY LIFT AND CARRY.*

- **PERSONAL HYGIENE:** Toothbrushes, toothpaste, brushes, combs, soap, deodorant, shampoo etc...
- **WEARABLES:** Virtually all types of Clothing, Ladies, men's, kids, children's, purses, belts, ties, wallets, dresses, shirts, pants, shoes, and accessories.
  - Jewelry and cosmetics,
- **HOUSEHOLD:** Dishes, glasses, silverware, Small household appliances, Bedding, linens, pillows, comforters, Draperies, curtains, rugs, Home décor, Art and frames.
  - Baby items
- **BOOKS:** Hardcover, softcover, fiction and non-fictions, e-readers.
- **TOYS:** Stuffed animals, board games, dolls, action figures, and sports equipment.
- **ELECTRONIC:** Stereo, radio, Xbox, Nintendo, PlayStation, computers, laptops, monitors, DVD players, cameras, typewriters, and electronics. All types of small kitchen appliances. Not accepting TVs at this time.
- **EQUIPMENT:** Exercise equipment: small weight benches, weights, sports gear, Sporting equipment: ski equipment, snowboards, helmets, baseball bats, basket balls, soccer equipment, tennis equipment, Tools: drills, saws, nail guns, Yard tools: lawnmowers, weed eaters, and handtrucks (no fuel of any type please!).
- **OTHER:** Bikes, musical instruments, small filing cabinets, garage sale leftovers, small appliances: microwaves, blenders, toasters, coffee makers, and almost anything else.

All items can be dropped off at the SEA Office, 207 N. Main Street, Concord, NH 03301
For larger items call (603) 271-3411, ask for either the Political department or Communications

Thank You!

Help Homeless Veterans by Donating the Basics, for more information please reach out to Ctiernan@seiu1984.org
Back-to-School

Back Pack Drive

Keep your eyes open for summer deals and back-to-school sales!

The SEA Campaign for Public Good will begin collecting backpacks for the 2023/2024 school year shortly.

Donations will be accepted at the SEA office during regular business hours (9:00 AM - 4:00 PM) or you may reach out to Tam Feener at tamarafeener@gmail.com
Volunteer or Donate

We are currently looking for anyone who is interested in helping us gather items for our winter initiatives!

We need help with:

- Collecting knitted items for donation
- Gathering warm wearable items for donation
- Making a monetary donation to the NH Food Bank, on behalf of the SEA. An $11.00 gift provides 22 meals for those in need.
- Collecting personal hygiene items for Homeless Veterans
- Delivering collected items to locations across the state

Drop off items for donation at the SEA office.

If you'd like to help or get involved, please contact Tam Feener at tamarafeener@metrocast.net.

More information:

https://www.facebook.com/campaignforpublicgood/
It comes with great pleasure that we announce that the State Employees' Association, in coordination with the New Hampshire Charitable Foundation (NHCF), is now offering THREE SEA scholarship awards.

This past year we all lost a dear friend and true labor champion, John Amrol. John, the Father of Collective Bargaining, was an SEA staple. No one worked harder for us than John. He knew everything about labor and being a state employee. He worked for NH DOT and retired in 1997 after 45 years of service. He was also an SEA president from 1991-2000, and in his honor, the third SEA award was recently created.

The John Amrol scholarship is open to all members and their dependents, but preference will be given first to applicants connected to the DOT and then to any applicants pursuing a civil engineering degree.

The Joan Dolloff scholarship is open to members and dependents pursuing studies in the healthcare field.

The third and original scholarship is open to members and dependents with no additional restrictions.

All three scholarships will be awarded through NHCF's existing scholarship application process, information for which can all be found on their website. Essentially, anyone interested can visit (https://www.nhcf.org/how-can-we-help-you/apply-for-a-scholarship/) and select the appropriate level of education they will be pursuing (certificate, license, or other credential; 2-year or Associates degree; 4-year or Bachelor's degree) and then complete the application.

After receipt of all applications, the deadline to submit for high school seniors or undergraduates enrolling in OR submitting for a 2-year program, Associates degree, certificate, or professional license, there is a rolling deadline until December 15, 2023.
SOUTHERN NEW HAMPSHIRE UNIVERSITY DISCOUNT PROGRAM - 25%

Earn your degree online with Southern New Hampshire University.

- Earn an Associate's Degree, Bachelor's Degree, Master's Degree, or Certificate with online classes
- SEIU members receive a 25% reduction in undergraduate and graduate tuition
- Open to eligible SEIU members and their families
- No testing requirements (SAT/ACT or GMAT/GRE), and continuous enrollment is not required.
- Develop skills that you can apply immediately in areas like healthcare, communication, and team-building
- You can get help when you need it from a dedicated advisor.

SEIU Member Benefits and Southern New Hampshire University have teamed up to offer SEIU members an online education program for undergraduate or graduate students. Over 200 programs of study are offered, including:

- Associate's degrees in Accounting, Business Administration, Criminal Justice, Information Technology, and Marketing
- Bachelor's degrees in Business Administration, Criminal Justice, Healthcare Administration, Nursing, and Public Health
- Master's degrees in Business Administration (MBA), Clinical Mental Health Counseling (MA), Criminal Justice (MS), Curriculum and Instruction (MEd), Healthcare Administration (MS), Nursing (MSN), and Psychology (MS)
- Certificate Programs in Accounting (undergraduate & graduate), Human Resources Management (undergraduate & graduate), Project Management (graduate), and Public Administration (graduate)

*Eligible SEIU members are full dues paying members in good standing, and their spouse, domestic partner and parents thereof, children, and spouses thereof; parents, and spouses thereof; siblings, and spouses thereof; grandparents and grandchildren, and spouses thereof.
Update on the PAUSE

With pauses in student loan payments and interest, updated forgiveness requirements, legal disputes, and much more, it can be challenging to keep up-to-date with the latest news and deadlines regarding student loans. News borrowers should be aware of include:

**Student Loan Payment Pause**
On February 28, the Supreme Court heard arguments regarding the President’s proposed Debt Relief Program, which aims to forgive up to $20,000 in federal student loans to eligible borrowers. While awaiting a decision, student loan payments remain on pause. Payments are planned to resume on whichever date comes first:

- **60 days after** a legal decision has been made
- **September 1, 2023**, if no legal decision has been announced by June 30.

**What This Means For Other Forgiveness Programs**
While Biden’s Debt Relief Program is still awaiting a decision, other forgiveness programs are not paused. Eligible borrowers are still able and encouraged to apply for forgiveness programs, including Public Service Loan Forgiveness (PSLF), Income-Driven Repayment Forgiveness (IDRF), and Teacher Loan Forgiveness (TLF).

**Income-Driven Repayment Account Adjustment**
The Department of Education recently extended the deadline until later this year to qualify for the Income-Driven Repayment Account Adjustment. This program aims to help borrowers achieve forgiveness faster by making previously ineligible payments eligible for IDRF and PSLF.

Time counted will include **any months in repayment status**, regardless of payments made, loan type, or repayment plan, and 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 also receive credit for those periods.

Borrowers with non-Direct loans (including FFEL and Perkins) must consolidate into a Direct Consolidation Loan to receive the full benefits of the one-time adjustment.

Knowing the latest news, deadlines, and whether your loans meet the requirements could mean the difference between forgiveness and thousands in unnecessary payments.

Use the button below to schedule a complimentary consultation with a state-licensed counselor to discuss how to make sure you are on the best path for the forgiveness of your student loans.
Now is the time to book your last-minute travel for Memorial Weekend and plan early for 4th of July weekend. Get the best rates on hotels, resorts and cruises in top spring and summer destinations when you book now. Hotel Deals from your SEIU Member Benefits Program! 
https://seiumb.lifestylecollection.com/hotels/

With summer quickly approaching, now is the time to plan your travel for long weekends, summer break and the 4th of July. Book early for the best rates on hotels, resorts and cruises in your favorite destinations.

**Europe Cruises**

Visit multiple cities while only unpacking once! Book now for prime summer travel dates.

4 nights from $469/person

Call (844) 967-1077

**Hawaii Resorts**

Experience paradise with beachfront views while enjoying fresh Hawaiian cuisine.

From $113/night

Call (844) 967-1077

**Alaska Cruises**

Peak season (June-August) selling out: Explore the unique landscapes & wildlife.

7 nights from $879/person

Call (844) 967-1077
Get help with expenses health insurance doesn’t cover

Aflac for SEA

Like many Americans, you may have been blindsided by an unexpected medical bill. Did you think, “But I have health insurance. I should be covered?” That’s why there’s Aflac. We help with expenses health insurance doesn’t cover — and that’s peace of mind when you need it most. Let us help protect your financial security.

These Aflac supplemental plans are available to you:

Accident: Accidents happen. When a covered accident happens to you, our accident insurance policy pays you, unless assigned otherwise cash benefits to help with the unexpected medical and everyday expenses that begin to add up almost immediately.

Critical Illness (Specified Health Event): An Aflac specified health event insurance policy is designed to help with the costs of treatment if you experience a covered health event.

Short-Term Disability: How would you pay your bills if you’re disabled and can’t work? An Aflac short-term disability insurance policy can help provide you with a source of income while you concentrate on getting better.

Cancer/Specified-Disease: Aflac’s cancer/specified- disease insurance policy can help you and your family better cope financially if a positive diagnosis of cancer ever occurs.

Hospital Confinement Indemnity: Hospital stays are expensive. An Aflac hospital confinement indemnity insurance policy can help ease the financial burden of hospital stays by providing cash benefits.

Whole or Term Life: With Aflac’s whole life or term life insurance, you can rest easy knowing that your family will have financial security when they need it most.

Scan the QR Code to see the Aflac Insurance Products

To learn more, contact your Aflac Agent today for a personalized quote.

Robert Celeste, at robert_celeste@us.aflac.com or 603-247-5272
RSC Tonya Celeste, at tonya_manfrate@us.aflac.com or 603-674-5374

This is a brief product overview only. Coverage may not be available in all states. Benefits/premium rates may vary based on plan selected. Optional riders may be available at an additional cost. The policy/certificate has limitations and exclusions that may affect benefits payable. Refer to the specified policy/certificate for complete details, benefits, limitations, and exclusions. For availability and costs, please contact your local Aflac agent. Individual coverage is underwritten by Aflac. Group coverage is underwritten by Continental American Insurance Company (CAIC), a wholly owned subsidiary of Aflac Incorporated. CAIC is not licensed to solicit business in New York, Guam, Puerto Rico, or the Virgin Islands. For groups situated in California, coverage underwritten by Continental American Life Insurance Company. For individual coverage in New York or coverage for groups situated in New York, coverage is underwritten by Aflac New York. Continental American Insurance Company | Columbia, SC | WWHQ | 1932 Wynnton Road | Columbus, GA 31999.

Z200331R EXP 5/22
“The great thing in this world is not so much where you stand, but in what direction you are moving.” – Oliver Wendell Holmes

Spring marks a time for revival and new beginnings—the ground is slowly defrosting and the bulbs in our gardens are starting to sprout. April is also Alcohol Awareness Month, aligning well with the season’s sense of renewal and recovery.

In January, the Substance Abuse and Mental Health Services Administration (SAMHSA) released the 2021 National Survey of Drug Use and Health (NSDUH), which is conducted annually to provide nationally representative data on tobacco, alcohol, and drug use, as well as data on substance use disorders, mental illnesses, and mental health services. The following are key takeaways from the report.


Tactical Recovery: Building a Bridge to Veterans: Trust-Centered Programs, Mental Health, & Moral Injury

April 26, 2023, 12:00-2:00 p.m. ET

This virtual event will take a look at service delivery, important principles of relational building, and cultural awareness for Veterans and family members. This class will discuss supporting Veterans with unique challenges, including traumatic brain injuries, MST, moral injury, and post-traumatic combat stress. Finally, we will discuss lessons learned from establishing rapport with trust-centered programs and conducting self-assessments among providers.

Learn More About the Event here: http://events.r20.constantcontact.com/register/event?oeidk=a07ejnd9rp5f5bc9c4d&llr=tnztptyab
Taco Tour Manchester 2023
Featuring Nearly 100 Participants

The Greater Manchester Chamber’s annual event features creative tacos from restaurants in the greater Manchester area!

**THURSDAY, MAY 4, 2023 – 4:00pm TO 8:00pm**

The Greater Manchester Chamber (GMC) is excited to bring Taco Tour Manchester back to Elm Street on Thursday, May 4. The 2022 event welcomed more than 20,000 people and featured tacos from over 70 restaurants. Now in its second year on the docket of signature events offered by the GMC, the event will feature nearly 100 participating restaurants and businesses. This solidifies Taco Tour Manchester as the “World’s Largest Taco Tour” and one of the largest single-day food festivals in the world.

See You There!
2nd Annual Anthony Debonis
MEMORIAL GOLF TOURNAMENT
Raising funds for children’s cancer research.

Friday, May 19, 2023
Hidden Valley Golf Course
81 Damren Rd, Derry, NH
9:00 AM registration
10:00 AM shotgun Start

Raffles, Auctions, and $5.00 50/50 Putt Off!
Awards for Team 1st, 2nd & 3rd place, Closest to the Pin, Men’s & Women’s Longest Drive

Individual $125
Team of four $500

Lunch Provided
Sponsors needed:
Corporate Tee Sponsor $1000
Gold Tee Sponsor $500
Silver Tee Sponsor $250
Youth Mental Health First Aid is an evidence-based training that teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents who may be developing a mental health or substance use problem and help connect them to the appropriate care.

First Aiders will complete a 2-hour, self-paced online course, and then participate in a 6-hour, instructor-led video conference.

**EVENT REGISTRATION**

Cost: No Cost

Registration Required by May 24, 2023
The New Hampshire Farm, Forest and Garden Expo is excited to announce our move to the Deerfield Fairgrounds for our 40th Annual Expo. This move allows the Expo to continue its tradition of providing quality educational sessions, promotion of preservation and opportunity for local commerce in all areas of Farming, Gardening and Forestry. This move also allows the Expo to grow in outside spaces where we can incorporate running farm machinery, more live animals and much more!

In our 40th year, the New Hampshire Farm, Forest and Garden Expo is excited to announce our new location AND date! We look forward to seeing you at the Deerfield Fairgrounds on May 5th and 6th 2023!

603-851-8624
INFO@NHFARMANDFORESTEXPO.ORG
The costs of essentials like gas, food, and rent have recently skyrocketed as inflation has risen to unprecedented highs. If you or someone you know needs help in light of the changing and challenging economy, please use and share the references below.

QUICK INFO LIST

- **2013-2014 Seniors Count Resource Guide**: Community resource guide serving the Greater Concord, Manchester, and Nashua areas.
- **A Place For Mom**: FREE Elder Care Referral Service, Connect with An Advisor in Your Area call (888) 704-7786.
- **American Red Cross - NH Chapter**: The American Red Cross is a non-profit, community service organization dedicated to providing disaster relief and emergency aid to people living in central and northern New Hampshire. Disaster preparedness for Seniors.
- **Breathe New Hampshire**: This is the state’s oldest nonprofit health organization committed to eliminating lung disease and improving the quality of life for those living with lung disease. Breath NH is a local organization that provides educational programs and supports public health advocacy and scientific research to improve lung health state-wide.
- **Better Choices, Better Health**: The Chronic Disease Self-Management Program, also known as Better Choices, Better Health (BCBH). The site brings you to the Southern Area Health Education Center, which maintains information for all BCBH consumer workshops statewide. Information and contact information are included for both northern and southern NH.
- **DrugFreeNH.org**: A website designed to help individuals, families, and communities get informed, get involved, and get help! You will find information on prevention efforts, the effects of alcohol and other drugs, guidance on recovery and treatment and links to programs in the Granite State, and more.
- **EngAging NH**: EngAGING NH promotes citizen leadership and opportunities for purposeful engagement. It also advances the active involvement of NH’s older adults in the development of public policies and community infrastructure to support all of us as we age. Newsletters, ways to get involved, and more.
- **Granite State Independent Living**: A New Hampshire-based advocacy group providing information to individuals and families.
- **New Hampshire Falls Task Force**: Dedicated to reducing the risk of falling with injury among older adults. This website provides information and tools for older adults, caregivers, and providers with the goal of reducing the risk of falls and preventing falls before they happen.
- **New Hampshire Association for the Blind**: A private, statewide non-profit direct services agency whose mission is to advance the independence of persons who are blind and visually impaired.
- **New Hampshire Association of Senior Centers**: The New Hampshire Association of Senior Centers is a statewide, professional, non-profit organization dedicated to fostering the multipurpose nature of senior centers and the professional development of senior center management.
- **New Hampshire Health & Human Services Department**: Our mission is to join communities and families in providing for citizens to achieve health and independence.
- **New Hampshire Hospital Association**: The Association’s mission is to enhance the clinical and economic performance of hospitals, improve public confidence in hospitals, and expand access to coverage and care for the citizens of New Hampshire.
- **New Hampshire Housing**: Provides a list of apartments for rent through landlords who are willing to participate in the Housing Choice Voucher Program. This list is updated periodically, but there is no guarantee that the unit will still be available even though they are on this listing. Please note: New Hampshire Housing does not endorse any particular landlords or owners. Contacting and contracting with landlords, owners, or apartment managers on this list is solely the responsibility of the prospective tenant.