The 30th annual SEA 5K Road Race & Fitness Walk was held on Saturday, April 1, 2023. One hundred seventy-six runners and walkers braved the rain to take part in the annual event and crossed the finish line. The cool temps and light rain were no match for the fast field of competitive runners. Volunteers from the SEA and Operation Santa Claus were on hand to help along the course, with timing and traffic control. Many donors and sponsors came to show support and donate goods, services and to just enjoy in a good time despite the weather!

Everyone braved the elements for a good cause! In the SEA Chapter competition, Chapter 50 - the Department of Environmental Services came away with first and for second, we had a tie between Chapter 17, the Department of Transportation and Chapter 45, the Department of Health and Human Services! All net proceeds from this event go to Operation Santa Claus, the State Employees’ Association’s holiday giving program. Thank you to all who participated!

A big thank you to all of our sponsors: Aflac, Liberty Mutual, Anthem, Delta Dental, Banks Chevrolet, Aroma Joe’s, New Hampshire Federal Credit Union, Performance Health & Spine and Granite State Glass.
10% RAISE NEEDS YOUR SUPPORT!

Many of you know that we have been working with the legislature and the Governor’s office to ensure state employees are a top priority when the NH House votes on the budget. We are asking all our members to show solidarity by contacting your state representatives and asking them to vote in favor of HB 1 and HB 2 as passed by the House Finance Committee.

In a bold move we have not seen in more than 30 years, the state came to the table with solid offers. The most important was to bring wages for state employees up to date by providing them with a 10% increase this July and another 2% increase the following year. However, House democratic leaders are now challenging this, stating other agenda items, such as the school voucher program and education funding cuts, are more critical.

These leaders will tell you that even if they choose not to vote YES on this budget, the Senate will vote YES to include the items the House of Representatives deny. This is not the time to risk what you have earned. Members of the House must vote YES on this budget to guarantee you keep your 10% raise.

The link below will allow you to click on any county, then town, and it will list the house members in that area. The New Hampshire House of Representatives (state.nh.us). Please reach out to your House Representatives and ask them to vote YES on the budget.

Now is the time to tell your state representatives YOU are the priority. A meaningful raise in this budget needs to be their priority.

Call your state representatives today and tell them they must vote YES on this budget. There is still time for negotiation regarding education vouchers and education cuts, but for state employees, there is no option for discussion regarding the wage increases, it is either a yes or a no, and we can’t afford a NO.

This budget is about more than just a pay increase that all state employees need – it’s about recruitment and retention, it’s about keeping state service a priority and making state employees a priority.

We know from experience that if enough of us call on the House to do the right thing, they will. So it’s time to make sure they stand up for our state employees and state service – tell them to vote YES on the state budget.

In Solidarity,
Rich Gulla, SEA/SEIU Local 1984 President
Join Chapter 1

If retirement is in your future, please consider joining SEA’s Chapter 1, the Retired Members’ chapter.

Are you thinking of retiring from public service? If retirement is in your future, please consider joining 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/

RETIREMENT NEWS

GET INVOLVED

If you don’t have time to be a fulltime committee member – you can still help!

2 Hours per week
8 Hours per month
4 Hours a year

Volunteering doesn’t have to take over your life to be beneficial. In fact, research shows that just two to three hours per week, or about 100 hours a year, can confer the most benefits—to both you and your chosen cause.
WHO CAN YOU HELP BY DONATING BLOOD?

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

Facts About Blood Needs

- Every 2 seconds someone in the U.S. needs blood and or platelets.
- Approximately 29,000 units of red blood cells are needed every day in the U.S.
- Nearly 5,000 units of platelets and 6,500 units of plasma are needed daily in the U.S.
- Nearly 16 million blood components are transfused each year in the U.S.
- Sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with
  the disease each year. Sickle cell patients can require blood transfusions throughout their lives.
- The average red blood cell transfusion is approximately 3 units.
- A single car accident victim can require as many as 100 units of blood.
- Blood and platelets cannot be manufactured; they can only come from volunteer donors.
- The blood type most often requested by hospitals is type O.
- One donation can help save more than one life.
- According to the American Cancer Society, more than 1.8 million people are expected to be
diagnosed with cancer in 2020. Many of them will need blood, sometimes daily, during their
chemotherapy treatment.
Relieve pain from the comfort of home.

Get Started Today.

livehealthonline.com/stateofnewhampshire

Receive a tablet and motion sensors to track your progress and get real-time feedback.

Sword is available at no cost to the employee, spouse, and dependents 18 and older on the Anthem Health Plan.

Wherever it hurts, Sword can help.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross Blue Shield.

Anthem Blue Cross and Blue Shield is the trade name of In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT). Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity policies; Comparecare Health Services’ Insurance Corporation (Comparecare), which underwrites or administers the HMO policies; and Comparecare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.
Save money with discounts at anthem.com

As an Anthem member, you qualify for discounts on products and services that help promote better health and well-being.* These discounts are available through SpecialOffers to help you save money while taking care of your health.

**Vision, hearing and dental**

**Glasses.com™ and 1-800-CONTACTS®** — Shop for the latest brand-name frames at a fraction of the cost for similar frames at other retailers. You are also entitled to an additional $20 off orders of $100 or more, free shipping and free returns.

**EyeMed** — Take 30% off a new pair of glasses, 20% off non-prescription sunglasses and 20% off all eyewear accessories.

**Premier LASIK** — Save $800 on LASIK when you choose any “featured” Premier LASIK Network provider. Save 15% with all other in-network providers.

**TruVision** — Save up to 40% on LASIK eye surgery at more than 1,000 locations.

**Nations Hearing** — Receive hearing screenings and in-home service at no additional cost. All hearing aids start at $599 each.

**Hearing Care Solutions** — Digital instruments start at $500, and a hearing exam is free. Hearing Care Solutions has 3,100 locations and eight manufacturers, and offers a three-year warranty, batteries for two years and unlimited visits for one year.

**Amplifon** — Take 25% off, plus an extra $50 off one hearing aid; $125 off two.

**ProClear™ Aligners** — Take $1,200 off a set of custom aligners. You can improve your smile without metal braces and time-consuming dental visits. Your order is 50% off and comes with a free whitening kit.
HEALTHCARE HIGHLIGHTS

Fitness and health

Active&Fit Direct™ — Active&Fit Direct allows you to choose from more than 11,000 participating fitness centers nationwide for $25 a month (plus a $25 enrollment fee and applicable taxes). Offered through American Specialty Health Fitness, Inc.

FitBit — Work toward your fitness goals with Fitbit trackers and smartwatches that go with your lifestyle and budget. Save up to 22% on select Fitbit devices.

Garmin — Take 20% off select Garmin wellness devices.

Jenny Craig® — Join this weight loss program for free. Jenny Craig provides you with everything you need, making it easier to reach your goals. You can save $200 in food, in addition to free coaching, with minimum purchase. Save an extra 5% off your full menu purchase. Details apply.

ChooseHealthy™ — Discounts are available on acupuncture, chiropractic, massage, podiatry, physical therapy and nutritional services. You also have discounts on fitness equipment, wearable trackers and health products, such as vitamins and nutrition bars.

GlobalFit — Discounts apply on gym memberships, fitness equipment, coaching and other services.

Family and home

23andMe — Take $40 off each Health + Ancestry kit. Save 20% on a 23andMe kit and learn about your wellness, ancestry and more.

Safe Beginnings™ — Babypoof your home while saving 15% on everything from safety gates to outlet covers.

Nationwide Pet Insurance — Receive an automatic 5% discount when you enroll through your company or organization. Save up to 15% when you enroll multiple pets.

ASPCA Pet Insurance — Take 5% off pet insurance. You can choose from three levels of care, including flexible deductibles and custom reimbursements.

WINFertility® — Save up to 40% on infertility treatment. WINFertility helps make quality treatment affordable.

LifeMart® — Take advantage of great deals on beauty and skin care, diet plans, fitness club memberships and plans, personal care, spa services and yoga classes, sports gear and vision care.

Medicine and treatment

SelfHelpWorks — Choose one of the online Living programs and save 15% on coaching to help you lose weight, stop smoking, manage stress or diabetes, restore sound sleep or face an alcohol problem.

Brevena — Enjoy a 41% discount on BREVENA® skin care creams and balms for smooth, rejuvenated skin from face to foot.

Puritan’s Pride® — Choose from a large selection of discounted vitamins, minerals and supplements from Puritan’s Pride.

Allergy Control Products and National Allergy Supply — Save up to 25% on select doctor-recommended products such as allergy-friendly bedding, air purifiers and filters, asthma products and more. Orders over $59 ship for free by ground within the contiguous U.S.

To find the discounts available to you, log in to anthem.com, choose Care and select Discounts.

Your SpecialOffers discounts are part of our effort to support your personal health journey. Taking care of your health can be easier with the savings offered through your health plan.

* All discounts are subject to change without notice.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc., in Kentucky: Anthem Health Plans of Kentucky, Inc., in Maine: Anthem Health Plans of Maine, Inc., in Missouri: including 31 counties in the Kansas City area: RightCHOICE® Managed Care, Inc. (RHC1), Healthy Alliance4® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. HMO products underwritten by HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. plans are administered by Anthem Health Plans, New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield of Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in PDS policies offered by Compare Health Services Insurance Corporation (Compare) or Wisconsin Collaborative Insurance Corporation (WCI). Compare underwrites or administers HMO or PDS policies, WIC underwrites or administers Well Priority HMO or PDS policies, Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.
We're looking for a few folks who want to volunteer a little time to help strengthen and improve our union and our member experiences.

If that's you, please consider working on the Resolutions Committee.

Our Resolutions Committee studies all resolutions that are submitted to the Convention for consideration and submit its recommendations to the Board. The Committee doesn't meet often, but does meet prior to the Convention in order to review the information on the resolutions and make our recommendations. Virtual meetings are our preferred mode of socializing.

The Resolutions Committee is also responsible for tracking the status of all resolutions passed at a Convention and reporting to the membership at Council Meetings and Conventions on the progress of any actions those resolutions might require, until resolved.

Sign up to help! Take the survey:
https://docs.google.com/forms/d/e/1FAIpQLSdZwwXX5SzQ0SvD6k80oTXKHUW__ziN4pEb2UNtoqgyllKxAw/viewform
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."

<table>
<thead>
<tr>
<th>COMMITTEE NEWS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chapter President’s Call</strong> - <strong>March 28, 2023 @ 5:00 PM</strong> Register here: <a href="https://us02web.zoom.us/j/84670752183">https://us02web.zoom.us/j/84670752183</a></td>
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<tr>
<td>CFGP meets on the first Tuesday of every quarter at 5:00 PM. The next meeting will be on July 11, 2023.</td>
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<tr>
<td>Constitution and By-Laws Committee meets on the fourth Tuesday of the month at 5:30 PM; the next meeting is scheduled for April 25, 2023.</td>
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<tr>
<td>Social Activities Committee will meet on the first Monday of the month from 5-6 PM. The next meeting is scheduled for May 1, 2023, at 5:00 PM.</td>
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<tr>
<td>The Book Club meets on the first Monday of each month at 6:00 PM, immediately following the Social Activities Meeting. The next meeting will be on April 3, 2023, at 6:00 PM.</td>
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<tr>
<td>NH Faith &amp; Labor Coalition meets on the third Thursday of the Month at 12 noon; the next meeting is on April 20, 2023.</td>
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<tr>
<td>Clinicians United NH, Associate Members Chapter meets at 12 noon on the first Monday of the month; the next meeting is on May 1, 2023.</td>
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<tr>
<td>Conservative Members Committee meets on the second Tuesday of each month at 5:30 PM; the next meeting is April 11, 2023, at 5:30 PM.</td>
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<tr>
<td>The Organizing Committee meets on the first Wednesday of every month; the next meeting is on April 5 @ 5:00 PM.</td>
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<td>The next Operation Santa Claus Meeting for 2023 will be on April 17 at 4:30 PM.</td>
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<td>The Poli-Ed Committee meets on the second Monday of every month from 5:00 - 6:00 PM, the next meeting is scheduled for April 10, 2023.</td>
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<td>The Retirement Committee will meet on April 18 from 5:00 - 6:30 PM; the 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 meetings usually occur on the third Thursday of every month at 5:30 PM. The next meeting is scheduled for April 20, 2023.</td>
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<tr>
<td>The NEW Veterans exploratory committee will meet on the last Thursday of the month. The next meeting is scheduled for Thursday, April 27, 2023 @ 5:30 PM.</td>
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<tr>
<td>The next Board meeting will be, Thursday, April 13, 2023, from 1:00 PM - 5:00 PM. You may join at: <a href="https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JMSXVpcWorZitUcFm3Q0t9">https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JMSXVpcWorZitUcFm3Q0t9</a>.</td>
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</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.
COMMITTEE NEWS

THE RACE ZONE

THE 30TH ANNUAL SEA 5K & FITNESS WALK

RUNNERS AT THE START OF THE 30TH ANNUAL 5K

THE AFLAC FAMILY

RACE DIRECTOR ANDREW MOORE & DAVE HONEYMAN

DOT PACE CARN

PHIL BURT & REGINA FLYNN

PHIL BURT, OSC CHAIR

RICH GULLA & OPERATION SANTA VOLUNTEERS
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

603.271.6530
603.271.6525
207 N. Main Street Concord, NH 03301
seaosc@seiu1984.org
seiu1984.org/osc
The Campaign for Public Good is looking to ramp up its winter fundraising and donation campaigns with a new initiative and with the help of the assistance of the NEW SEA Veteran’s Committee!

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

Through January, the Campaign for Public Good and the Veteran’s committee will be joining together to collect essential 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.

May no soldier go unloved † May no soldier walk alone † May no soldier be forgotten † Until they all come home™ .......................................................Soldiers’ Angels

HELP HOMELESS VETERANS BY DONATING THE BASICS

- 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 contact Cullen Tiernan at ctiernan@seiu1984.org for collection and drop-off information.

Thank You!
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
Thanks for Helping.

We recently received a thank you note from Marianne Calkins at St. Gabriel's that we'd like to share:

"Dear Tamara & Everyone on the Campaign for Public Good,

Thank you so much for yet another winter season of warm goods for our neighbors. Your generosity is so appreciated by the communities. With your generosity, we were able to expand and donate to the Family Resource Center, which works with families, the homeless, and people with addictions. So the outreach was even more in the areas surrounding us.

May god bless you all. Stay well.

Sincerely,
Marianne Valkins, St. Gabriel's Parish, Hope Tree"

If you'd like to help, you can reach out here:

- tamarafeener@metrocast.net
- https://www.facebook.com/search/top?q=campaign%20for%20public%20good
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 a four-year program Bachelor’s degree is April 14, 2023, by 5:00 PM ET. For all applicants 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/?

Orlando, FL Hotels

Soak up the excitement at any of Orlando’s world-famous magical theme parks.

From $30/night

Call (844) 967-1077

Exclusive Cruise Offer

Reserve before April 30 with Oceania Cruises and save big on select cruise fares.

Up to 45% off sailings

Call (844) 967-1077

Las Vegas, NV Hotels

Join the ultimate 4th of July celebration with firework shows over the iconic hotels.

From $13/night

Call (844) 967-1077
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

UPCOMING LOCAL EVENTS

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

Raising funds for children's cancer research.
Happy Spring

Event Highlight
Rain Gardens: What are They and Why are They Important
NH Audubon’s Massabesic Center, Thursday, April 13, 5:00 to 6:30pm

A rain garden is a beautiful landscape feature built in a shallow depression designed to capture rain to reduce run-off and pollution. Learn about rain gardens, how to build them, which plants to use and why they are important. Additional information about collecting rainwater will also be discussed. Participants will view a newly rehabilitated raingarden and learn tips from the Extension Master Gardeners who created it.

Cost:
$10 for NH Audubon members/Extension Master Gardeners
$15 for non-members

Registration Required by April 10, 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

May 5, 9:00 a.m. to 7:00 p.m.
May 6, 9:00 a.m. to 4:00 p.m.
Deerfield Fairgrounds - 34 Stage Road

May 5, 9:00 a.m. to 7:00 p.m.
May 6, 9:00 a.m. to 4:00 p.m.
Deerfield Fairgrounds - 34 Stage Road
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.