CELEBRATING D.O.C, NURSES AND ALL PUBLIC SERVANTS!

At the SEA we are proud to represent employees from all over. We are continually impressed by the efforts of all our members and so, in honor of all your hard work and dedication to your roles and ahead of next week’s recognitions, we’d like to take a moment to Thank You!

Not only are you employees, and SEA members, you are parents and grandparents, mentors, volunteers, committee members, stewards, members of Chapter 1 and so much more.

We couldn’t do our jobs without all of you. Members like you have made our organization what it is today. Thank you for bringing your best to the SEA every single day.
HAPPY
NURSES WEEK

SEIU 1984

Public Service Recognition Week
Public servants include teachers, doctors and scientists... train conductors and astronauts... nurses and safety inspectors... liquor, computer technicians and social workers... and countless other occupations.
Day in and day out they provide the diverse services demanded by the American people of their government with efficiency and integrity.

THANK YOU!!

National Military Appreciation Month
This nation will remain the land of the free only so long as it is the home of the brave.

THANK YOU!
It takes courage and heroism to live life as a correctional officer. It also takes an unyielding daily commitment to professionalism, integrity, and strength to be successful in the face of a difficult and often dangerous work environment.

BEST OF THE BEST
Thank You
to all our first responders in government
SEA DECLINES TO ENDORSE BIDEN’S RE-ELECTION, CALLS FOR COMPETITIVE PRIMARY

CONCORD — The largest, public employee union for state workers will refrain from endorsing the re-election of President Joe Biden “at this time,” the union announced Tuesday.

The State Employees Association (SEA) issued its statement a few hours after Biden made official that he would seek a second four-year term with a video that his campaign released.

The Service Employees International Union (SEIU), the parent that includes the SEA, came out for Biden earlier Tuesday.

“After careful consideration and in stark contrast to the State Employees’ Association affiliate, Service Employees International Union (SEIU), we want to make it clear that we are not endorsing Joe Biden for re-election in the upcoming presidential race at this time. Following a robust analysis of the current political landscape, we have come to the conclusion that our members and New Hampshire voters deserve a competitive Democratic primary,” the union said in a statement.

“The SEA is the Local 1984 chapter of SEIU and represents most employees in New Hampshire state government. Three other unions represent employees in law enforcement and other small state agencies. “We wholeheartedly believe that it is important for our country to have a leader who is fully committed to labor. We need a president who will champion a significantly higher minimum wage, the PRO Act, railroad workers’ right to strike, Starbucks workers’ right to organize and truly all working people’s rights to a living wage,” the SEA said in its statement.

The New Hampshire union acknowledged that its decision “may not be shared” by its members and supporters.

“We hope that they will understand that we are acting in the best interests of our union, our community and our country,” the union said. “We will continue to monitor the political landscape and engage in discussions with other candidates who share our values and vision for the future. We encourage all our members to exercise their right to vote and to support candidates who reflect their values and beliefs.”

Parent SEIU is all in for Biden in 2024

The national SEIU endorsed Biden for president in July 2020 and spent an estimated $150 million in get-out-the-vote efforts on his behalf to help defeat then-President Donald Trump.

Continued on page 4.
“President Biden has consistently backed workers who are fighting to win their unions,” said SEIU President Mary Kay Henry upon announcing the parent union was behind Biden again.

“From his first day in office when he fired the anti-union NLRB general counsel to the Executive Order that he signed last week to lift up care workers, he has delivered for working people.”

Gov. Chris Sununu is considering a Republican bid for president in 2024. The SEA and Sununu have had a contentious relationship at times over collective bargaining contracts, Right-to-Work legislation and other labor issues. The union did not endorse Sununu in any of his four, successful runs for governor.

Union officials praised Sununu last February after he revealed that his two-year state budget plan would include pay raises of 10% and 2% for all state workers. The House of Representatives earlier this month approved a state budget proposal that included these pay hikes.

The Biden campaign did not respond to this issue but issued a statement upon announcing the Amalgamated Transit Union (ATU), International Brotherhood of Electrical Workers (IBEW), and the International Association of Bridge, Structural, Ornamental, and Reinforcing Iron Workers (IW) had endorsed Biden along with the SEIU.

“His agenda is leading a manufacturing boom that is creating good union jobs. He is the most pro-labor president in American history,” said Kevin Munoz, a spokesperson for the Biden-Harris 2024 campaign.

“That’s because he believes in the dignity of work, and in stark contrast to the MAGA Republicans running for president, he knows that workers deserve more rights, not fewer. To build an economy where everyone has a fair shot to succeed, we need strong unions. He’s had the backs of union workers his entire career, and hours after he launched his reelection campaign, labor leaders are stepping up for him.”

Biden went before union officials later Tuesday to give his first post-announcements remarks to the North America’s Building Trades Unions Legislative Conference.

klandrigan@unionleader.com
On Thursday, April 20, 2023 a vigil was held in front the NH State House to remember all workers who have lost their lives on the job. Representatives from the SEA, the AFLCIO and many others were on hand to show their support for policies that show a safe workplace is fundamental for all employees.

There are millions of workplace injuries nationwide every year and thousands of deaths. Workplace fatalities and injuries often have devastating effects on both workers and their families and usually happen without warning. Ongoing attention, training and awareness efforts can save lives and prevent tragedy and heartbreak.
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=bGVnVGNadlZGNXZiOEQwTkNNMHZVQT09

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**GET INVOLVED**

If you don’t have time to be a full-time committee member, you can still help!

- **2 Hours per week**
- **28 Hours per month**
- **4 Days 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.
CHAPTER 4 AND CHAPTER 17 ARE HOLDING SPECIAL ELECTIONS.

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

LINKS TO VOTING FOR EACH CHAPTER ARE BELOW.

CHAPTER 17:
HTTPS://SECURE.EVERYACTION.COM/XB_ZWIOAW0UFRHZKWOBT8W2

CHAPTER 4:
HTTPS://SECURE.EVERYACTION.COM/AU3THPNPVE29ZSIJ6P3FUW2
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 an SEA member 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 dues are $6 per year, currently.

A spouse of an active member or any person living in the household of an active member may become a Chapter 1 Associate Member for $3 per year, currently, and can remain associate members even if the member passes away. In addition, certain other retirees may apply to become associate members of Chapter 1.

Those who want to get a head start on Chapter 1 membership should contact the Membership Data Administrator at the union office (603-271-3411, ext. 102.

The chapter generally 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.

CONTINUE TO ENJOY YOUR UNION BENEFITS AS A RETIREE TODAY!
WHO CAN YOU HELP BY DONATING BLOOD?

Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplantation, 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.

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

Click here to make an appointment.

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.
Learn to Live

Learn to Live offers customized online programs, webinars and personalized one-on-one coaching based on the proven principles of Cognitive Behavioral Therapy (CBT). The programs are confidential, accessible anywhere, and based on years of research showing online CBT programs to be as effective as face-to-face therapy.

Programs focus on:
- Social Anxiety
- Depression
- Stress, Anxiety & Worry
- Insomnia
- Substance Use

Learn to Live is a covered benefit for State employees and dependents.
For more information, or to watch these video please click the button below.
With you every step of the way

Emotional Well-being Resources offer help when you need it

Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you and your dependents live your happiest, healthiest lives.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being — and work through them. You’ll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

A wealth of resources at your fingertips

**Personalized, one-on-one coaching**
Team up with an experienced coach who can provide support and encouragement by email, text, or phone.

**Build a support team**
Add friends or family members as “Teammates.” They can help you stay motivated and accountable while you work through programs.

**Practice mindfulness on the go**
Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.

**Live and on-demand webinars**
Learn how to improve mental well-being with useful tips and advice from experts.

Change your mind. Change your life.™

Take a quick assessment to find the program that’s right for you. To access our Emotional Well-being Resources:

- Log in to Care, choose Health & Wellness Center, select Emotional Well-being Resources, How to begin.
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!


<table>
<thead>
<tr>
<th>COMMITTEE</th>
<th>MEETING TIMES AND DATES</th>
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<tbody>
<tr>
<td>Chapter President's Call</td>
<td>MAY 30, 2023 e 5:00 PM Register here:  <a href="https://us02web.zoom.us/j/87514074600">https://us02web.zoom.us/j/87514074600</a></td>
</tr>
<tr>
<td>CFPG</td>
<td>The next meeting will be on July 11, 2023.</td>
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<tr>
<td>Constitution and By-Laws Committee</td>
<td>The next meeting is scheduled for May 23, 2022.</td>
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<tr>
<td>Social Activities Committee</td>
<td>The next meeting is scheduled for June 5, 2023, e 5:00 PM.</td>
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<tr>
<td>The Book Club</td>
<td>The next meeting will be on June 5, 2023, e 6:00 PM.</td>
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<td>NH Faith &amp; Labor Coalition</td>
<td>The next meeting is on May 18, 2022.</td>
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<tr>
<td>Clinicians United NH, Associate Members Chapter</td>
<td>The next meeting is on June 5, 2023.</td>
</tr>
<tr>
<td>Conservative Members Committee</td>
<td>The next meeting is May 9, 2023, at 5:30 PM.</td>
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<tr>
<td>The Organizing Committee</td>
<td>The next meeting is on May 3 e 5:00 PM.</td>
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<tr>
<td>The next Operation Santa Claus Meeting for 2023 will on</td>
<td>May 15 at 4:30 PM.</td>
</tr>
<tr>
<td>The Poli-Ed Committee</td>
<td>The next meeting is scheduled for May 8, 2023.</td>
</tr>
<tr>
<td>The Retirement Committee will meet on</td>
<td>May 16 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>
</tr>
<tr>
<td>The Stewards Committee meetings usually occur on the third Thursday of every month at</td>
<td>5:30 PM.</td>
</tr>
<tr>
<td>The NEW Veterans exploratory committee will meet on the last Thursday of the month.</td>
<td>The next meeting is scheduled for Thursday, May 25, 2023 e 5:30 PM.</td>
</tr>
<tr>
<td>The next Board meeting will be, Thursday, May 11, 2023, from 1:00 PM - 5:00 PM.</td>
<td>You may join at: <a href="https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JMSXVPCwZtUcFM3QT09">https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JMSXVPCwZtUcFM3QT09</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

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

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.
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.

**Schedule your appointment**
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/

**Park City, UT Hotels**

Have the perfect outdoor getaway with a hot air balloon ride and endless hiking.

From $117/night

Call (844) 967-1077

**Alaska Cruises**

**Selling Out:** Explore the unique wildlife and landscapes of Denali National Park & more.

7 nights from $533/person

Call (844) 967-1077
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
Spotlight: Hope & Recovery in Observation of Alcohol Awareness Month

“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
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.
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.

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!
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

- **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.