At the SEA, we proudly represent employees from all over the state. Next week we recognize our Public Works Employees!

Happy National Public Works Week to all our New Hampshire Public Works employees! This week-long observation sheds light on public works employees’ brave and essential roles in our lives. By definition, public works are the state-funded physical and social infrastructure of a state and, on the whole, a country. As a result, public works employees are an indispensable part of our society, from the sanitation of our roads to the dams and power grids they maintain. Public works connect us all, and public works professionals enhance the lives of the communities they serve.

Not only are you employees and SEA members, but you are also union members, parents and grandparents, mentors, volunteers, committee members, stewards, and so much more.

Members like you have made our organization what it is today. Thank you for bringing your best to the SEA every single day. Thank You!
In the bustling landscape, there exists a group of dedicated professionals who work tirelessly behind the scenes, ensuring our communities, towns, cities and our state function smoothly and remain safe. Public Works employees, often overlooked and underappreciated, play a vital role in maintaining the infrastructure and services we rely on every day. Today, we take a moment to shed light on the importance of recognizing and celebrating these unsung heroes.

Public Works employees work behind the scenes to keep our state, cities, towns and communities running smoothly. They are responsible for a wide range of essential tasks, including maintaining roads and bridges, managing water and sewage systems, operating public transportation, managing waste and recycling, maintaining parks and public spaces, and responding to emergencies like natural disasters or accidents. Without their tireless efforts, our communities would struggle to function effectively.

These employees possess a diverse range of skills that enable them to perform their duties efficiently. From engineers and architects to technicians and operators, each team member brings a unique set of expertise to the table. Their ability to adapt to various challenges and swiftly solve problems ensures the smooth operation of essential services and infrastructure.

These employees also often find themselves working in challenging and demanding environments. They battle adverse weather conditions, endure physical labor, and face potential hazards to ensure public safety. Yet, whether it’s plowing snow during winter storms, repairing infrastructure damaged by natural disasters, or responding to emergencies, these dedicated individuals are always ready to step up and do what it takes to keep our communities functioning.

Despite their crucial role, Public Works employees often go unnoticed and underappreciated. That’s why we’d like to say "Thank you" during this week's recognition and hope you know how much we appreciate you and rely on you!

Recognizing your contributions and celebrating your efforts today and every day is essential for increasing awareness and encouraging continued dedication.

By acknowledging the invaluable work of these unsung heroes, we can foster a culture of appreciation and support that inspires them to excel in their roles, ultimately benefiting all our communities as a whole.

Thank you for all you do.
On May 10, 2023, the State Department of Personnel sent out an email to select State agency employees regarding the upcoming changeover from the current job classification system to a new system based on the Federal government’s Standard Occupational Classification (SOC) system.

Since October 2022, representatives from the SEA have been periodically meeting with the NH-DOP team that is responsible for the design and introduction of the new system. In these meetings the SEA was briefed on the details of the changeover and the status of the project. Under NH bargaining law some aspects of the new system do not require a negotiated agreement to be implemented while other items explicitly require a contractual agreement between the parties.

During bargaining for the 2023-2025 contract, the SEA and the State discussed the new system and what portions would be needed in the contract. The State at that time was still working on the new system and was not prepared to negotiate the needed items into the contract. Because of this, the parties agreed to new contract language in Article 21.1 that defines what can and cannot be changed without further negotiation and the ability to reopen the contract on a limited scope. Below is a summary of the current agreement between State and NH State employees.

1. The parties agreed that the change to the new system shall:
   - Reduce the number of class titles for simplification and more transparent organization
   - Establish a framework to increase opportunities in career progression
   - Enable the comparison of jobs and pay with other organizations and industries
   - Align with a national system that is regularly updated for sustainability

2. The parties agreed that the change to the new system shall not:
   - Reduce the pay of any position
   - Change position duties
   - Change an agency’s organizational structure
   - Eliminate positions or cause layoffs
   - Evaluate employee performance

3. The parties agree that after the change-over to the new system, bargaining would be required to:
   - Implement any revised pay schedules
   - Authorize occupation-specific pay adjustments
   - Consolidate existing pay schedules into a system of fewer pay bands
   - Modify the number, timing, and monetary value of steps
   - Change the pay schedules assigned to positions from the current pay schedules.

The State and the SEA master bargaining team have not started meeting again to negotiate new changes to the pay schedules and steps as outlined in section three (3) above. The SEA anticipates returning to the table once the new master contract has been signed and implemented on July 1, 2023.

In the meantime, the NH-DOP is starting to notify employees via email of the changeover to the new job titles and how they will be organized in the new system. Contained in the email is a PDF from last year that outlines the upcoming changes. In addition, information sessions are also being provided for employees who may have additional questions or concerns about the changes.

Understandably, there may be some uncertainty and concern with this changeover. Therefore, SEA-represented executive branch members are encouraged to review the materials that the State sends and to contact the SEA if further assistance is needed.
June 8th Hybrid Council Meeting Notice

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

The deadline for registering for this meeting is May 25th.

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

https://us02web.zoom.us/j/81456828332?pwd=bGVnVGNadlZGNXZiOEQwTkNNMHZVQT09
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 donors. 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.

**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!
Tick-Safe eLearning Course

Together, Tick Free NH and the NH Department of Health and Human Services, Division of Public Health, Climate and Health Program are offering a unique training opportunity to NH residents interested in learning about tick-safe practices.

Who Should Take this Self-Guided Course?
The Tick-Safe eLearning Course is geared towards outdoor enthusiasts, gardeners, caretakers of young children, and anyone who is interested in learning how to protect themselves and loved ones from a tick encounter or tick bite.

Course Goals and Objectives
The goal of the course is to teach individuals how to identify and adopt evidence-based tick-safe prevention strategies to enhance their health and safety and avoid disease. The course is made up of three short sections:

- Background on the tick problem – Natural history, diseases, types of ticks in NH
- Environmental measures to identify and control tick habitats
- Personal Protection – Repellants, Clothing, Tick Checks, Bathing

Once you’ve completed the course, you will be eligible to receive a free gift.

Start the course here
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 the Health & Wellness Center, select Emotional Well-being Resources, and How to begin.

Anthem is a registered trademark of Anthem Insurance Companies, Inc.
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!


<table>
<thead>
<tr>
<th>Committee Name</th>
<th>Date and Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter President’s Call</td>
<td>MAY 30, 2023 @ 5:00 PM</td>
<td>Register here: <a href="https://us02web.zoom.us/j/87514074600">https://us02web.zoom.us/j/87514074600</a></td>
</tr>
<tr>
<td>CFPG</td>
<td></td>
<td>Meets on the first Tuesday of every quarter at 5:00 PM. The next meeting will be on July 11, 2023.</td>
</tr>
<tr>
<td>Constitution and By-Laws Committee</td>
<td></td>
<td>Meets on the fourth Tuesday of the month at 5:30 PM; the next meeting is scheduled for May 23, 2022.</td>
</tr>
<tr>
<td>Social Activities Committee</td>
<td></td>
<td>Meets on the first Monday of the month from 5-6 PM. The next meeting is scheduled for June 5, 2023, @ 5:00 PM.</td>
</tr>
<tr>
<td>The Book Club</td>
<td></td>
<td>Meets on the first Monday of each month at 6:00 PM, immediately following the Social Activities Meeting. The next meeting will be on June 5, 2023, @ 6:00 PM.</td>
</tr>
<tr>
<td>NH Faith &amp; Labor Coalition</td>
<td></td>
<td>Meets on the third Thursday of the Month at 12 noon; the next meeting is on May 18, 2022.</td>
</tr>
<tr>
<td>Clinicians United NH, Associate Members</td>
<td></td>
<td>Chapter meets at 12 noon on the first Monday of the month; the next meeting is on June 5, 2023.</td>
</tr>
<tr>
<td>Conservative Members Committee</td>
<td></td>
<td>Meets on the second Tuesday of each month at 5:30 PM; the next meeting is June 13, 2023, at 5:30 PM.</td>
</tr>
<tr>
<td>The Organizing Committee</td>
<td></td>
<td>Meets on the first Wednesday of every month; the next meeting is on June 7 @ 5:00 PM.</td>
</tr>
<tr>
<td>The next Operation Santa Claus Meeting</td>
<td></td>
<td>Will be on June 19 at 4:30 PM.</td>
</tr>
<tr>
<td>The Poli-Ed Committee</td>
<td></td>
<td>Meets on the second Monday of every month from 5:00 - 6:00 PM, the next meeting is scheduled for June 12, 2023.</td>
</tr>
<tr>
<td>The Retirement Committee</td>
<td></td>
<td>Will meet on June 20 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</td>
<td></td>
<td>Meetings usually occur on the third Thursday of every month at 5:30 PM. The next meeting is scheduled for May 18, 2023.</td>
</tr>
<tr>
<td>The NEW Veterans exploratory committee</td>
<td></td>
<td>Will meet on the last Thursday of the month. The next meeting is scheduled for Thursday, May 25, 2023 @ 5:30 PM.</td>
</tr>
<tr>
<td>The next Board meeting</td>
<td>Thursday, June 8, 2023 from 1:00 PM - 5:00 PM</td>
<td>You may join at: <a href="https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JMSXVPCWelcomeFM3QT09">https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JMSXVPCWelcomeFM3QT09</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, basketball balls, soccer equipment, tennis equipment, Tools: drills, saws, nail guns, Yard tools: lawnmowers, weed eaters, and hand trucks (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@seiul984.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.

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
Good morning SEIU 1984 members,

Keeping track of the latest news and deadlines regarding student loans can be challenging with changing forgiveness requirements, legal disputes, and the continuing pause on payments and interest. However, being up-to-date can save you thousands in unnecessary payments. News and deadlines borrowers should be aware of include:

**Biden’s Debt Relief Program & Student Loan Payment Pause**
While the Supreme Court has already heard arguments regarding the President’s proposed Debt Relief Program, which aims to forgive up to $20,000, a decision remains.

Student loan payments are still on pause while awaiting a decision, but 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.

**Other Available Forgiveness Programs**
While Biden’s Debt Relief Program is still awaiting a decision, it’s important to note that other forgiveness programs are still available. Eligible borrowers are still able and encouraged to apply for programs such as Public Service Loan Forgiveness (PSLF), Income-Driven Repayment Forgiveness (IDRF), and Teacher Loan Forgiveness (TLF).

**Income-Driven Repayment Account Adjustment**
The Department of Education has extended the deadline until later this year to qualify for the Income-Driven Repayment Account Adjustment. This program will make payments previously ineligible for IDRF and PSLF count towards those programs, meaning borrowers will achieve forgiveness faster.

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, will be counted. 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 before the one-time adjustment ends to receive its full benefits.

Use the button below to schedule a complimentary consultation with a state-licensed counselor to discuss your forgiveness eligibility and how to make sure you are on track for the forgiveness of your student loans.

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/

**New York City, NY Hotels**

Enjoy summer in the city with shopping, sightseeing and live music in the parks.

From $201/night

Call (844) 967-1077

**Lake Tahoe, CA Hotels**

The perfect destination for outdoor activities, ranging from hiking to water sports.

From $96/night

Call (844) 967-1077
Mental Health Awareness Month

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans’ lives and to celebrate recovery from mental illness. For the past 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized Mental Health Awareness Month (MHAM) every May to increase awareness about the vital role mental health plays in our overall health and well-being.

It can be hard to talk about mental health. Get tips on starting the conversation with your friends, loved ones and your community: [samhsa.gov/mental-health/how-to-talk](http://samhsa.gov/mental-health/how-to-talk). #WordsMatter #Together4MH #MHAM2023

How to Talk About Mental Health

Mental health is essential to a person’s life in the same way as physical health. Hesitation to talk about mental health adds to the notion that the topic is taboo. It is important to normalize conversations surrounding mental health so people can feel empowered to seek the help they need.

Need Help?

- If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](http://988lifeline.org).
- To learn how to get support for mental health, drug, and alcohol issues, visit [FindSupport.gov](http://FindSupport.gov).
- To locate treatment facilities or providers, visit [FindTreatment.gov](http://FindTreatment.gov) or call SAMHSA’s National Helpline at [800-662-HELP (4357)](tel:800-662-HELP (4357)).
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
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
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 29115 | 1932 Wynnton Road | Columbus, GA 31906.

CA22060005003232
Z200331R EXP 5/22
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.