Welcome to the SEA News

Thank you for subscribing to the SEA News, and welcome! Whether you are a long-time subscriber or a new addition to our community, we extend a warm welcome to you.

In this newsletter, we aim to provide you with a selection of valuable insights, thought-provoking ideas, and the latest updates on a wide range of topics and SEA activities.

We also value your voice and perspective. We encourage you to engage with our content, share your thoughts, and be an active part of our vibrant community. Your feedback, suggestions, and contributions are invaluable to us as we strive to create a newsletter that resonates with you and meets your expectations.

So, whether you’re seeking inspiration, seeking knowledge, or simply seeking a break in your busy day, we invite you to join us.

Once again, welcome to our Newsletter, we’re glad you want to get to know us better!
Congratulations to all and an immense thank you to the members of the NH House & Senate.

Our State Employees’ historic raises (cost-of-living-adjustments) in House Bill 2, in the New Hampshire state budget, passed!

State employee raises go into effect the first pay period following July 1st!
On Thursday, the New Hampshire House of Representatives passed a new, balanced, $15.2 billion budget that will run from July 1, 2023 to June 30, 2025. By a 351-25 margin, the House voted to concur with the Senate on HB1, which sets how much money will actually be spent. Then by a slightly closer 326-53 vote, the House concurred with changes made by the Senate the day before on HB2, which lists the changes in law and policy required to align with the numbers. So, here's the good news in the budget!

The new budget:

- Extends the Granite Advantage (also known as Medicaid expansion) for another 7 years for more than 60,000 low-income Granite Staters.
- Expands Medicaid post-partum coverage to 12 months following a pregnancy.
- Beats back an attempt to divert money from the state’s Education Trust Fund that funds public schools.
- Adopts a new funding formula that adds $158 million for public education with the neediest communities getting the most.
- Requires law enforcement to provide 24 hours notice of immigration checkpoints.
- Increases funding for affordable housing to $50 million over the biennium, including $10 million for homeless shelters and $5 million for a “Housing Champions” program that gives municipalities adopting pro-growth housing policies preferential treatment when it comes to getting state money to repair roads and bridges.
- Addresses workforce shortages and attraction/retention issues in long-term care, healthcare, childcare, and state government.
- Increases Medicaid provider rates by $134 million (these funds will be matched dollar-for-dollar by the federal government).
- Adds $15 million for child care workforce assistance, including expansions of subsidies for child care, increases to income eligibility thresholds, and increase to reimbursements for providers caring for children with scholarships.
- Includes a 10% raise for state employees in 2024 and a 2% raise in 2025.
- Allows more older adults to stay in their homes by increasing funding for home and community-based services by $1.7 million.
- Allocates $900,000 to help address the behavioral health and wellness of public school students.
- Keeps the current school voucher/EFA budget at $20 million.
- Provides $10 million to the Department of Corrections for a preliminary design and site survey for a new state prison for men that will replace a current facility that is an aging, leaking, mold-ridden, rat-infested, inhuman embarrassment.
- Sets $1 million aside in a cyanobacteria loan mitigation fund to address dangerous bacterial contamination of New Hampshire ponds and lakes.

Major Accomplishments on Our Retirement Legislation

The language in SB 57 was included in the budget trailer bill, HB 2. This language provides for the application of the reduction of a retiree's annuity at the member's full retirement age under the federal Social Security system.

An amended version of SB 205 passed in the budget. This bill granted a one time $500 payment as a cost of living adjustment (Diet COLA) to retirees who have been retired for at least 60 months and who earn less than $40,000 a year.

A Retirement Benefits Commission was created to address a permanent cost of living adjustment for NH retirees, retention of employees, and the restoration of Group II retirement benefits. The State Employees' Association has a seat on the commission. The commission will submit it findings by December 01, 2023.
Summer is finally here, bringing with it the warmth of the sun, the beauty of blooming flowers, and the excitement of outdoor adventures. As we kick off this vibrant season, we want to connect with all of you through our newsletter and remind you of some upcoming SEA events.

First and foremost, we hope you'll all have time to enjoy some sun-kissed days and make the most of this season of fun and relaxation. Whether you're planning vacations, organizing barbecues with friends and family, or simply lounging by the pool, we encourage you to take time for yourself and recharge.

At the SEA, we are continuing with committee events such as collecting all items for homeless veterans across the state, we are still offering social activities and a book club if you'd like to get involved in some summer reading, and we are offering a few new events we would like to share with you.

First, Operation Santa Claus (OSC) is on a fundraising mission this summer - starting next in a couple of weeks, they will be at Concord Market Days. June 22-24, from 10:00 AM to 8:00 PM, they will sell fundraising calendars and offer pictures with Jingles and Santa for a dollar for all children. Second, the Campaign for Public Good is in the midst of collecting backpacks for the annual Department of Education's Back Pack drive - all backpacks can be dropped off at the SEA Office. Third, OSC will be hosting a Touch-A-Truck event in September. We ask that you all save the September 23, 2023, date for one of their biggest events ever! You can find more information on these events later in this newsletter.

Do you have some fantastic events and activities lined up to make your summer even more memorable? If you'd like to share those with us, we're happy to help. Send all of your event details to Comms@seiu1984.org.

Enjoy your summers!~
Congratulations to Dennis Martino, Recipient of the 2022 Henning Award!

The AACPM Henning Award, named for the CPM program founder, Kenneth K. Henning, is presented annually to an active Academy member whose contributions to their profession in public service, community, local state CPM society, and the American Academy of Certified Public Managers® have been superlative. Nominations are solicited and evaluated by the Henning Award Committee, and one candidate is selected for this prestigious award.

The beautiful 2022 Henning Award has been presented to Dennis Martino from New Hampshire for his extensive and long career in public and community service, as well as his dedication to lifelong learning and sharing his knowledge and experience with those in the field of public service.

Dennis is currently a CPM Instructor for the New Hampshire Bureau of Education and Training and is Adjunct Faculty for two colleges. He has authored and co-authored articles published in ASPA’s Public Administration Times (PA Times) and supplied Strategic Planning Facilitation for numerous State and National Organizations. Education is very important to Dennis, having earned a BA in Sociology, a Master's and Doctor of Education, and a Master of Psychology. Dennis also holds a Post Graduate Certificate in Organizational Psychology, is a Certified Myers-Briggs Instructor, and is a graduate of the New Hampshire Certified Public Manager® Program.

Dennis is a true advocate of the CPM program and, for many years, has been an active member of the New Hampshire Association of Certified Public Managers® and the American Academy of Certified Public Managers®. He has served in various leadership positions, including President of both organizations. Dennis provides frequent “Lunch and Learn” sessions for members of the New Hampshire CPM Association and has also provided training sessions for AACPM. He is very dedicated to these CPM-related organizations and is always willing to serve in whatever capacity is needed to accomplish the goals of these organizations, also being very generous with his time and personal resources. Dennis has mentored numerous CPM students along the way and has supported his State’s CPM Association Board with advice, mentorship, leadership, scholarships, and encouragement.

For a few years, AACPM was in a crisis, and the organization could have failed to rebound. However, Dennis stepped up and served a vital role in developing strategic plans and carrying out activities that ultimately led to AACPM having annual conferences again and engaging new CPMs to take on leadership roles. He is a true and dedicated advocate for both the New Hampshire CPM alumni association and AACPM.

Unfortunately, the Academy has been unable to hold an in-person professional development conference since 2019, where in previous years, the recipient was recognized at the awards banquet held at the conclusion of the annual conference. The Academy, therefore, has made every effort since then for the award presentation to be made at a local public meeting in the recipient’s state so they can be appropriately recognized and celebrated with their CPM colleagues and other guests. Dennis was presented the actual Henning trophy by Officers of the New Hampshire CPM Association on February 16, 2022.
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!
OUR FIRST SEA BLOOD DRIVE WAS A RESOUNDING SUCCESS!
WE ARE SO HAPPY WITH OUR FIRST BLOOD DRIVE TURNOUT OF 2023; WE WERE ABLE TO FILL 44 OUT OF 46 DONATION SPOTS! CHECK OUT SOME OF OUR DONORS BELOW!

COMMUNITY SUPPORT

SEA Staff, Board of Directors & Members Donate to the Red Cross
OUR FIRST SEA BLOOD DRIVE WAS A RESOUNDING SUCCESS!
We are so happy with our first blood drive turnout that we've decided to have one every four months! Join us for our next campaign on Wednesday, October 4, 2023!

Who Can You Help by Donating Blood?
Blood donors help patients of all ages daily: 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.

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: Wednesday, October 4, 2023
Time: 12:00 PM – 05:00 PM
Blood Program Leader Name: David Honeman
Click here to make an appointment
June is National Men’s Health Month!

This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

Take this opportunity to read about the common health issues that are specific to men and how you can prevent yourself from getting hurt!

Goal of Men’s Health Month

Did you know that men, on average, die almost five years earlier than women? Part of the reason is that men are more reluctant to go to the doctor, according to menshealthmonth.org. In fact, studies show that women go to the doctor twice as much as men.

Additionally, Men’s Health Network notes that certain conditions are more prevalent in men, which patients and their doctors should keep an eye on through regular appointments.

Thus, the purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among both men and boys.

This month gives health care providers as well as individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.
Preventive Care

June....where has this year gone? Now that we are almost halfway through the year this is a great time to evaluate your wellness journey and ensure you have completed or scheduled your preventive care visits for 2023.

Preventive Care appointments provide additional screenings that may alert us to an undetected health issue, a chronic condition, or be used as a tool to evaluate your health overtime. It is very important you complete preventive care visits, as recommended by providers, based on the stage of life you are in.

Statistics have also shown that men are less likely to schedule and attend preventive care visits vs women. To help better understand how to support your wellness, I have included a “Men’s Health” flyer (click on the picture to the left) to better understand what you can do today.

Many of these routine preventive care visits are quick, painless, and do not require a copay. Something as simple as getting your blood pressure checked can save your life! Schedule yours today!

Individualized Nurse Health Coaching- Scheduling through end of September

Take advantage of a health coaching appointment today!

Many Biometric Screenings (Know Your Numbers) are under way at your locations. For a majority of the locations we will have a Health Coaching day scheduled a few weeks following the biometric screenings.

Appointments will be available for you to discuss your biometric results further to better understand areas of concern or how to set goals, in order to improve your numbers. Appointments can also be scheduled appointments to answer any health care related question you may have not related to your biometric screening.

During a Nurse Health Coaching appointment, I can answer health care related questions, assist in completing your HAT, assist in chronic disease management, answer specific questions related to their health, assist in daily goal development, and connect them and or register for many resources that are available for so many conditions and lifestyle improvements.

If you have any type of health care related question or concern, please do not hesitate to reach out. I am currently scheduling in both in-person worksite and virtual health coaching appointments. Please reach out to schedule your appointment today.
There is NO COPAY and appointments with me can cover any healthcare related question you have. For telehealth appointments with me, register and log in at www.livehealthonline.com. Once logged in, enter the service key “SONHHEALTHCOACH” to schedule your appointment with me under the SONH Nurse Health Coaching tile. The service key is case sensitive and can be entered either through the app or desktop version of LiveHealth Online.

Take advantage of this great NO COST benefit. Click Here to Learn More.

June wellness webinar:

Preventive Care: Identifying and Managing Chronic Health Conditions

This month we will be highlighting the importance of Preventive Care. You will learn why preventive care is important, what screenings are included in preventive care, and what are chronic health conditions. Many of the routine health screenings are covered with no charge and can be reviewed in your health benefit summaries. Members will learn where to find these health summaries and other resources that are available to improve their wellness journey.

To access the Wellness Webinars every month go to https://www.das.nh.gov/documents/rmu/active/Health-Coaching-Webinar-Series.pdf or select the access link below.

June Dates:
- Thursday, June 15
- Tuesday, June 20
- Thursday, June 22
- Tuesday, June 27
- Thursday, June 29

Access your Health Rewards today!

Visit the Rewards tab within the Mobile Health Consumer app to learn what wellness activities you can complete to earn your 300 credits.

300 credits = $300- see the app to learn how to select your gift cards

Earn credits for completing up to 2 Preventive Screenings this year.
OPERATION SANTA CLAUS AT MARKET DAYS

VISIT WITH SANTA AT MARKET DAYS

JUNE 22-24
10:00 AM - 8:00 PM

FUNDRAISING CALENDARS FOR SALE & PICTURES FOR $1

COME SEE THE MAGIC AND GET YOUR PHOTO WITH SANTA CLAUS & JINGLES THE ELF FOR $1.00!

FUNDRAISING CALENDARS WILL BE FOR SALE AND DONATIONS WILL BE ACCEPTED FOR 2023 GIFT DELIVERY.

SCAN THE CODE TO THE RIGHT TO MAKE A DONATION NOW!
OPERATION SANTA CLAUS PRESENTS

TOUCH-A-TRUCK

SAVE THE DATE!

SEPTEMBER 23, 2023

Bring your children to Touch-A-Truck and give them the opportunity to explore a fascinating array of vehicles, including firetrucks, tractors, bearcats, police cruisers and so much more!

ATTENDEES WILL ALSO ENJOY ON-SITE ACTIVITIES, FAMILY-FRIENDLY ENTERTAINMENT, FOOD AND MORE.

Details and more information coming soon!
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, basketballs, 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 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/
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 SCHEDULES</th>
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<tbody>
<tr>
<td><strong>Chapter President’s Call</strong> - June 27, 2023 @ 5:00 PM</td>
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<tr>
<td>CFPG meets on the first Tuesday of every quarter at 5:00 PM. The next meeting will be on <strong>July 11, 2023.</strong></td>
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<tr>
<td>Constitution and By-Laws Committee meets on the fourth Tuesday of the month; the next meeting is scheduled for <strong>June 27, 2023, @ 5:15 PM.</strong></td>
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<td>Social Activities Committee will meet on the first Monday of the month. The next meeting is scheduled for <strong>July 3, 2023, @ 5:00 PM.</strong></td>
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<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 <strong>July 3, 2023, @ 6:00 PM.</strong></td>
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<td>Clinicians United NH, Associate Members Chapter meets at <strong>12 noon</strong> on the first Monday of the month; the next meeting is on <strong>July 3, 2023.</strong></td>
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<td>Conservative Members Committee meets on the second Tuesday of each month; the next meeting is <strong>June 13, 2023, at 5:30 PM.</strong></td>
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<tr>
<td>The Organizing Committee meets on the first Wednesday of every month; the next meeting is on <strong>July 5, 2023 @ 5:00 PM.</strong></td>
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<td>The next Operation Santa Claus Meeting for 2023 will on <strong>June 19 at 4:30 PM.</strong></td>
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<td>The Poli-Ed Committee meets on the second Monday of every month from <strong>5:00 - 6:00 PM,</strong> and the next meeting is scheduled for <strong>July 10, 2023</strong></td>
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<td>The Retirement Committee will meet on <strong>June 20 from 5:00 - 6:30 PM;</strong> 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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<td>The Stewards Committee meetings usually occur on the third Thursday of every month at <strong>5:30 PM.</strong> The next meeting is scheduled for <strong>June 15, 2023.</strong></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 <strong>Thursday, June 29, 2023, @ 5:30 PM.</strong></td>
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<tr>
<td>The next Board meeting will be <strong>Thursday, July 13, 2023, from 1:00 PM - 5:00 PM.</strong> You may join at: <a href="https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JIM5XvPwZitUcFM3QT09">https://us02web.zoom.us/j/83486021328?pwd=czMxbS9VS3JIM5XvPwZitUcFM3QT09</a></td>
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All Board, Chapter Presidents, and Council Meetings have been scheduled for 2023, and the links are on the website calendar. Chapter Presidents and Council Meetings will each have a recurring link; however, registration is required for these events.
On September 13, 2023 from 9am-4pm the SEA will be hosting an in-person Steward training at the Puritan Back Room Restaurant.

Registration begins at 8:30 a.m. Lunch will be provided.

The training is open to the first 65 registrants everyone after that will then go on to a wait list.

Please email Beth at baborn@seiu1984.org by July 15, 2023 if interested in attending.

This training is open to ALL stewards.

BECOME A UNION

As union members, we are all responsible for advocating respect and justice on the job and making sure we stick up for each other.

- Stewards inspire, lead and build a sense of unity and solidarity among workers in our union.
- Stewards help educate members on their rights and help bridge the gap between employee and employer from a boots-on-the-ground perspective.
- Stewards help build stronger units by supporting, representing, and defending the interests of their fellow employees.

If you’d like to be a Union Steward, talk to your Chapter President. You will need either a nomination and an appointment by the SEA/SEIU President or be elected.

For more information, please reach out to Stewards@seiu1984.org.

We look forward to seeing you!
We have heard from a number of our members asking about SEIU’s Free College Benefit - we’d like to review what we have learned and also provide you with an update. Please see below.

As you may or may not know, we are coming up on a year of our FREE College benefit through SEIU being on hold. Back in October of last year, we received the following information:

Prior to October, the free education benefit was placed on hold due to an investigation being conducted U.S. Department of Education.

On Friday, October 21, 2022, Eastern Gateway Community College was granted a preliminary injunction against the U.S. Department of Education's cease-and-desist action.

Based on this ruling, Eastern Gateway Community College indicated they would enroll students for the Spring 2023 term under the Free College Benefit.

Students at that time were asked to work directly with their school to determine their enrollment eligibility and options. The contact information is below.

Eastern Gateway Community College
Additional information can be found here: https://egcc.edu/press-release/
· Call 888-590-9009 or Email Online@egccfreecollege.org.

WHAT'S NEW?

As of this week - this is what we are being advised by SEIU.

Even though the college was granted an injunction, the U.S. Department of Education is still in the midst of investigating the college. It’s not that the program has been officially terminated yet, but SEIU does not feel comfortable endorsing it, offering it, or encouraging members to move forward with the program until the investigation by the U.S. Department of Education is completed and a ruling has been made.

Also, if a member was enrolled in the program (before the investigation), they should have been able to complete their coursework.

If you are a student or currently enrolled, please reach out to the college directly, Call 888-590-9009 or Email Online@egccfreecollege.org.
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.
SEE YOURSELF SUCCEED

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

LEARN
As we draw each day closer to the end of the student loan payment pause, it is crucial to be up-to-date on the latest news from the Department of Education and understanding how it can affect your path to loan forgiveness, potentially saving thousands in unnecessary payments.

News and deadlines borrowers must be aware of include:

**Biden's Debt Relief Program & The Student Loan Payment Pause**
The Supreme Court has yet to decide on the President's proposed Debt Relief Program, which aims to forgive up to $20,000 in federal student loans. If no decision has been announced by the end of the month, June 30, student loan payments are planned to resume on September 1, 2023. If made earlier, payments are expected to resume 60 days after the legal decision.

Regardless of whether or not a decision is released by the end of the month or earlier, it is essential to be aware of when borrowers can expect payments to resume.

**What This Means For Other Forgiveness Programs**
Despite the current pause on Biden's Debt Relief Program, other forgiveness programs have not been paused. Eligible borrowers are still able and encouraged to apply for alternative forgiveness programs, including:

- Public Service Loan Forgiveness (PSLF)
- Income-Driven Repayment Forgiveness (IDRF)
- 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. Through this program, any payments previously ineligible to count towards IDRF or PSLF will now be eligible, meaning borrowers can achieve forgiveness through these programs sooner.

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.

However, to receive its full benefits, borrowers with non-Direct loans (including FFEL and Perkins) must consolidate into a Direct Consolidation Loan before the one-time adjustment ends.

**Fresh Start**
"Fresh Start" is a temporary program from the Department of Education offering unique benefits to borrowers who have defaulted on their student loans. Through this program, borrowers in default will be taken out of default and able to:

- Have the record of default removed from their credit report
- Have penalties such as tax offset and wage garnishment lifted
- Have access to more affordable Income-Driven Repayment Plans
- Have access to Student Loan Forgiveness Programs
- Have access to short-term relief, such as forbearance and deferment

Note that the only loans available for the Fresh Start Program are defaulted Direct Loans, FFEL Loans, and Perkins Loans held by the Department of Education.

If you’d like to make sure that you are on the right track for forgiveness, use the code above to schedule a complimentary consultation with a state-licensed counselor to discuss your forgiveness eligibility.
Now is the time to book your last-minute travel for summer. 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://www.seiumb.com](https://www.seiumb.com) and log in with your account information.

Or call the number shown in the image below.

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**Seattle, WA Hotels**

**Upcoming:** Visit the annual Seafair Summer Fourth event with family activities, live music & an epic firework show.

**From $153/night**

Call *(844) 967-1077*

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**Caribbean Cruises**

The perfect getaway for any age, group size or activity level. Depart from a variety of ports, from Galveston to Miami.

**4 nights from $542/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

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 29201 | 1932 Wynnton Road | Columbus, GA 31999.
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.