



SEIU 517M
PUBLIC EMPLOYEES

The **E-Former**

The Official Electronic Newsletter of
SEIU Local 517M

June 2022

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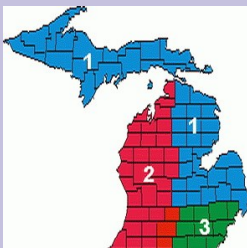
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Click on the map to find out which Region your unit is in.



Final Days to Register for the 2022 Scholarship Golf Outing!

Registration for the Scholarship Golf Outing ends June 3rd! The Outing will be held on Friday, June 10, 2022 at Wheatfield Valley Golf Course in Williamston. Check-in begins at 8:00 a.m. with a shotgun start at 9:00 a.m.



The outing's proceeds help fund scholarship awards. We are excited to announce that both the number of scholarships and the dollar amounts for each award have both been increased!

The cost is the same as 2019 at \$80 per player which includes golf with a cart, coffee and donuts, range balls, lunch at the turn, chicken and pasta dinner, prizes, a donation to the fund and much more!!!

[Download the Registration Form!](#)

Get your foursome ready and join us for a great day of golf and supporting a great cause! Contact Dave Corrie at (517) 267-2090, or e-mail at corried@seiu517m.org with any questions. **The registration deadline is June 3rd so reserve your spot today!**

State Employees Don't Lose Your Voice - Reauthorize Today!

The 2022 State Employee Reauthorization Campaign has begun. Any non-reauthorized union memberships after October 14, 2022 will have their membership cancelled by Civil Service.

Civil Service rule changes in 2020 require all state employees to reauthorize their union membership every year or their membership will expire.

Members who allow their membership to expire will lose all the benefits of membership at that time including voting rights, access to information, and the great member-only benefits you receive as a SEIU Local 517M member such as free college, discount plans for insurance, loans, travel, discounted tickets and more!

Don't lose your access to information and benefits, [reauthorize today!](#)

[Reauthorization instructions are available here.](#)

STAND TOGETHER — STAND STRONG

www.seiu517m.org [Facebook at: SEIULocal517M](#)

SEIU Attends Roundtables on Senior Citizen and Healthcare Issues with Lieutenant Governor Gilchrist

By Clint Bryant, Labor Relations Specialist

On May 13, 2022, Michigan Lieutenant Governor Garlin Gilchrist II hosted two roundtable discussions in Saginaw County. SEIU Local 517M members and retirees were invited to participate.

The initial roundtable dealt with senior issues and was attended by SEIU Local 517M retirees. The Lt. Governor outlined plans to lower the cost of prescription drugs, improving access and mobility for seniors, auto insurance reform and addressing food insecurity for our most vulnerable population. The Lt. Governor also answered questions and concerns from our retirees on education funding and the repeal of the pension tax.

The second roundtable met later that afternoon with the Lt. Governor meeting with current SEIU Local 517M member-leaders and retirees along with other assembled healthcare leaders from the Great Lakes Bay Region.

Our member-leaders from the Saginaw Community Mental Health Agency took time to talk with the Lt. Governor about the wrap around approach to healthcare, including mental health services. Members and retirees were able to share their experiences assisting consumers throughout the pandemic. We were also able to voice our opposition to the community mental health privatization bills (Senate Bills 0597 and 0598) and for the necessity to keep mental health services local.



SEIU Local 517M retirees meet with community leaders to discuss senior citizen issues. Retiree members attending included Lee Mackenzie (Saginaw Public School District), Janice Gidron (Saginaw Housing Commission), and Mike Foust (City of Saginaw)



Pictured above (L to R): Retiree Member Linda Troutmon and Saginaw County Community Mental Health Agency Unit President Marybeth Keenan-Reams attended the Lt. Governor's Healthcare Leader's Roundtable

Maximize Your Union Membership, Sign-up for [SEIU Member Benefits](#) and Start Saving Today!



Tips for Survivors of a Disaster or Other Traumatic Event

The Department of Health and Human Services has put together information on dealing with the stress of natural disasters and traumatic events. This is useful information in light of the Gaylord tornado and the Texas school shooting.

If you were involved in a disaster such as a tornado, flood, or even terrorism, or another traumatic event like a car crash, you may be affected personally regardless of whether you were hurt or lost a loved one. You can be affected just by witnessing a disaster or other traumatic event. It is common to show signs of stress after exposure to a disaster or other traumatic event, and it is important to monitor your physical and emotional health.

Try to identify your early warning signs of stress. Stress usually shows up in the areas shown below, but everyone should check for ANY unusual stress responses after a disaster or other traumatic event. With the most common reactions, you may feel emotionally Anxious or fearful, Overwhelmed by sadness, Angry, Guilty, Heroic, Disconnected, or Numb.

You may have physical reactions such as stomachaches or diarrhea, headaches or other physical pains for no clear reason, eating too much or too little, sweating or having chills, getting tremors (shaking) or muscle twitches, being jumpy or easily startled.

You may have a behavioral reaction such as having trouble falling asleep, staying asleep, sleeping too much, or trouble relaxing, noticing an increase or decrease in your energy and activity levels, feeling sad or crying frequently, using alcohol, tobacco, illegal drugs or even prescription medication in an attempt to reduce distressing feelings or to forget, having outbursts of anger, feeling really irritated and blaming other people for everything, having difficulty accepting help or helping others, or isolating yourself.

You may also experience issues with your thinking like having trouble remembering things, having trouble thinking clearly and concentrating, feeling confused, worrying a lot, having difficulty making decisions, having difficulty talking about what happened or listening to others.

Practical Tips for Relieving Stress

These stress management activities seem to work well for most people. Use the ones that work for you.

- ⇒ Talk with others who understand and accept how you feel. Reach out to a trusted friend, family member, or faith-based leader to explore what meaning the event may have for you. Connect with other survivors of the disaster or other traumatic events and share your experience.
- ⇒ Body movement helps to get rid of the buildup of extra stress hormones. Exercise once daily or in smaller amounts throughout the day. Be careful not to lift heavy weights. You can damage your muscles if you have too much adrenaline in your system. If you don't like exercise, do something simple, like taking a walk, gently stretching, or meditating.
- ⇒ Take deep breaths. Most people can benefit from taking several deep breaths often throughout the day. Deep breathing can move stress out of your body and help you to calm yourself. It can even help stop a panic attack.
- ⇒ Listen to music. Music is a way to help your body relax naturally. Play music timed to the breath or to your heartbeat. Create a relaxing playlist for yourself and listen to it often.
- ⇒ Pay attention to your physical self. Make sure to get enough sleep and rest each day. Don't leave resting for the weekend. Eat healthy meals and snacks and make sure to drink plenty of water. Avoid caffeine, tobacco, and alcohol, especially in large amounts. Their effects are multiplied under stress and can be harmful, just making things worse.

Use known coping skills that work for you. How did you handle past traumatic events like a car crash or the death of a loved one? What helped then (e.g., spent time with family, went to a support group meeting)? Try using those coping skills now.

The national [Disaster Distress Helpline](https://www.dhs.gov/disaster-distress-helpline) can be contacted by calling 800-985-5990 or by sending the text "TalkWithUs" to 66746.