



SEIU 517M
PUBLIC EMPLOYEES

The **E-Former**

The Official Electronic Newsletter of
SEIU Local 517M

June 2023

Staff Directory

Please contact the appropriate staff person using their phone or email (click their name) below:

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



Juneteenth Celebration



Join with SEIU Local 517M, SEIU Michigan, and our sister SEIU Locals in Michigan for a day of celebration, presentations, and performances during the annual Juneteenth celebration.

The event will be held on Saturday, June 17, 2023, at Lafayette Central Park (1500 E. Lafayette St. Detroit, MI 48207) and will run from 11:00 a.m. to 3:00 p.m.

[Please register here.](#)

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

The 2023 State Employee Reauthorization Campaign has begun. Any non-reauthorized union memberships after October 13, 2023 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 on contracts, access to information, and the great member-only benefits you receive as a SEIU Local 517M member such as discount plans for insurance, education loans, discounted college, travel, discounted event tickets and more!

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

[Reauthorization instructions are available here.](#)

STAND TOGETHER — STAND STRONG

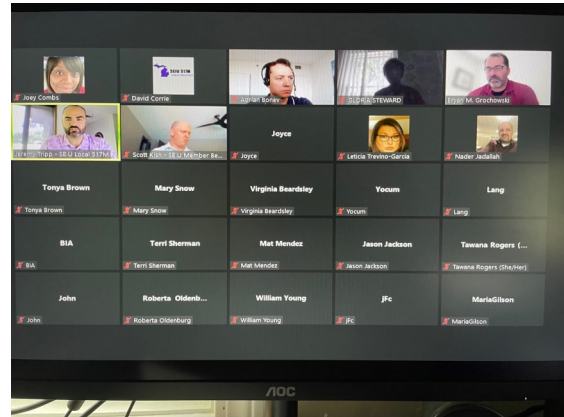
www.seiu517m.org [Facebook at: SEIULocal517M](#)

Mark Your Calendar for the 2023 Annual Meeting

The 2023 SEIU Local 517M Annual Meeting will be held virtually via Zoom on Saturday, July 29, 2023 starting at 12:30 p.m. This is following the SEIU Local 517M Executive Board meeting. The Annual Meeting session will be 90 minutes long and run until 2:00 p.m..

The first 100 members who register will be able to attend. Please register here so we can include you in the count by [clicking here](#).

Login information will be sent to registered members Friday, July 28th. We hope to see you there!



Managing Stress

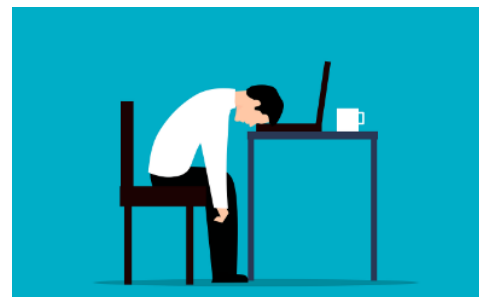
The following article is from the National Alliance on Mental Health (NAMI) website (www.nami.org).

Everyone experiences stress. Sometimes it can help you focus and get the task at hand done. But when stress is frequent and intense, it can strain your body and make it impossible to function. Finding effective ways to deal is crucial to living well.

How Stress Affects You

Stress affects your entire body, mentally as well as physically. Some common signs include:

- Headaches
- Trouble sleeping
- Jaw pain
- Changes in appetite
- Frequent mood swings
- Difficulty concentrating
- Feeling overwhelmed



When experiencing long-term stress, your brain is exposed to increased levels of a hormone called cortisol. This exposure weakens your immune system, making it easier for you to get sick.

Stress can contribute to worsening symptoms of your mental illness. For example, in schizophrenia, it can encourage hallucinations and delusions, while in bipolar disorder, it can trigger episodes of both mania and depression. Knowing what situations cause it is the first step in coping with this very common experience.

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When You Are Most Vulnerable To Stress

People are most susceptible to stress when they are:

- Not getting enough sleep
- Not having a network of support
- Experiencing a major life change such as moving, the death of a loved one, starting a new job, having a child or getting married
- Experiencing poor physical health
- Not eating well

Everyone has their own threshold. Certain things that may upset you out might not even make one of your friends raise an eyebrow. Some people are affected when they experience large crowds and noisy environments, while others react to silence and free time.

Ways To Reduce Stress

Developing a personalized approach to reducing stress can help you manage your mental health condition and improve your quality of life. Once you've learned what your triggers are, experiment with coping strategies. Some common ones include:

- Accept your needs. Recognize what your triggers are. What situations make you feel physically and mentally agitated? Once you know this, you can avoid them when it's reasonable to, and to cope when you can't.
- Manage your time. Prioritizing your activities can help you use your time well. Making a day-to-day schedule helps ensure you don't feel overwhelmed by everyday tasks and deadlines.
- Practice relaxation. Deep breathing, meditation and progressive muscle relaxation are good ways to calm yourself. Taking a break to refocus can have benefits beyond the immediate moment.
- Exercise daily. Schedule time to walk outside, bike or join a dance class. Whatever you do, make sure it's fun. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall physical health.
- Set aside time for yourself. Schedule something that makes you feel good. It might be reading a book, go to the movies, get a massage or take your dog for a walk.
- Eat well. Eating unprocessed foods, like whole grains, vegetables, and fresh fruit is the foundation for a healthy body and mind. Eating well can also help stabilize your mood.
- Get enough sleep. Symptoms of some mental health conditions, like mania in bipolar disorder, can be triggered by getting too little sleep.
- Avoid alcohol and drugs. They don't actually reduce stress: in fact, they often worsen it. If you're struggling with substance abuse, educate yourself and get help.
- Talk to someone. Whether to friends, family, a counselor or a support group, airing out and talking can help. Consider attending a NAMI Connection Recovery Support Group.

Getting Help

If the steps you've taken aren't working, it may be time to share with your mental health professional. He or she can help you pinpoint specific events that trigger you and help you create an action plan to change them.

