



**SEIU 517M**  
PUBLIC EMPLOYEES

*The* **E-Former**

The Official Electronic Newsletter of  
SEIU Local 517M

## August 2024

### Staff Directory

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

**Interim Executive Director:**

[Joey Combs](#) - 517.267.2065

**Information Services/PDF/Member-Only Discount Benefits:**

[Dave Corrie](#) - 517.267.2090

**Office Manager:**

[Ashley Konyha](#) - 517.267.2095

**Dues & COPE Deductions:**

[Andrea Valerio](#) - 989.797.4241

**Member Strength Director:**

[Marian Wilcox](#) - 517.744.5393

**Labor Relations Questions:**

**Scientific and Engineering Unit:**

[Howard Gordon](#) - 517.267.2070

**Human Services Support Unit:**

[Janice Cosey](#) - 313.246.1137

**Technical Unit:**

[Kevin Karpinski](#) - 517.267.2088

**School and Local Government Units:**

[Clint Bryant](#) - 989.797.4258

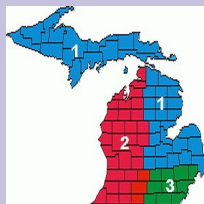
[Christine Stressman](#) - 616.696.2141

[Andy Johnson](#) - 269.978.1994

[Lamont Williams](#) - 313.314.6511

[Brandell Tomanica](#) - 517.237.0426

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



### 2024 Annual Meeting Recap



The first in-person annual meeting since the pandemic was held on Sunday, July 28<sup>th</sup> at the Milliken State Park in Detroit. Around 70 members and guests attended.

Attendees were treated to music by DJ Babe and a BBQ lunch by Walker's Travelin' BBQ and no summer event can be complete

without an ice cream truck to cool you down! A bounce house, selfie station, and lawn games kept the group entertained throughout the day.

Pictured L-R: Scientific and Engineering President Greg Merricle, Human Services Support Unit President Janice Cosey, Local President Joey Combs, State Senator Sarah Anthony, State Representative Amos O'Neal, State Senator John Cherry, Technical Unit President Rod Jackson, Local Secretary/Treasurer Bryan Grochowski. **Continued on next page.**

### City of Royal Oak Members Ratify New Contract



Congratulations to the City of Royal Oak SEIU members on the ratification of their new 2-year Collective Bargaining Agreement.

Through their collective voice at the bargaining table the membership achieved improvements in wages, bereavement leave, uniform allowance, and the elimination of a 2-tiered system for sick and personal business leave.

Huge shout out to the bargaining team for a job well done! The team, pictured below L-R: Christian Hilden (Secretary), Jason Paulick (President), Bobby Stokkovski (Vice President).



**STAND TOGETHER — STAND STRONG**

[www.seiu517m.org](http://www.seiu517m.org)



The invited speakers were State Senators Sarah Anthony and John Cherry, as well as, State Representative Amos O’Neal. Both Senator Cherry and Representative O’Neal are former members of SEIU Local 517M.



## Election Tally Committee Members Needed

We will be conducting our Local-wide election for officers and board members later this year. There will also be a state employee contract ratification vote during the same time period. We are in search of members who are willing to participate on this committee and tally the votes for these elections.

There will be two meetings for the officer election, one on November 8th, this may be on Zoom, and the counting of the ballots on December 2nd will be in our Lansing office.

Committee members must not be running for a union leadership position that would appear on the ballot they would be responsible to count.

The state employee contract ratification vote will be scheduled depending on when the final Tentative Agreement is signed. This will entail a trip to the Lansing Office to count those ballots as well.

Please consider taking a role in the running of your union by volunteering to serve on the Election/Tally Committee.

If you are interested in being appointed, please email President Joey Combs at [jcombs@seiu517m.org](mailto:jcombs@seiu517m.org) and express your interest.

Questions can be directed to Dave Corrie at [corried@seiu517m.org](mailto:corried@seiu517m.org).



## **Self-Care at Work**

At SEIU 517M, we always want to encourage and foster a culture of care and we realize that self-care at work is a big part of that. On average, a person spends more than one-third of their day, 5 days a week at work. Take a little time out of your day to prioritize your health. It can help to reduce stress, prevent chronic disease, and maintain a healthy lifestyle.

Here's how you can help normalize and encourage self-care in the workplace.



### **Emotional Well-Being**

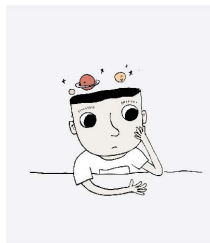
- Get in the zone with a positive state of mind.
- Ask for help.
- Practice deep breathing.
- Keep a daily gratitude journal.

### **Physical Well-Being**

- A healthy physical lifestyle helps balance body, mind, and spirit.
- Get up to stretch every few hours.
- Drink lots of water.
- Eat a healthy lunch.



### **Intellectual Well-Being**



- Your mind needs exercise too.
- Flex your brain.
- Listen to a positive podcast.
- Organize your workspace.
- Complete a task you've been putting off.



### **Self-Care Check-In**

- Check in with your mind.
- Check in with your body.
- Take a deep breath.
- Move your body.
- Do something you love.
- Be in the present moment.
- Nourish your body.

