

JAN 21  
2015

# UNION UPDATE

LOCAL 1000  
  
SEIU  
Stronger Together

## Governor's proposed budget shows stability

### Salary increase for state employees part of funding proposal

Local 1000 members will be pleased to know that Gov. Jerry Brown's budget proposal for 2015-16 includes funding for the 2.5 percent salary increase secured by our 2013 contract.

Brown's plan which was released Jan. 9, also includes increased money for many state programs administered by our members. For example, the governor is increasing workforce education by \$1.2 billion; Local 1000 members at the Employment Development Department administer many of these programs. The budget proposal calls for increased funding and positions in healthcare fields as the state continues to implement the Affordable Care Act as well as the expansion of other programs.



Photo: Jim Wilton / New York Times

### A new era of fiscal stability

The \$120 billion budget proposal is an important benchmark in a new era of fiscal stability for California that has developed in the five years since Brown succeeded Arnold Schwarzenegger as governor. Another major reason for that stability was Proposition 30, a revenue producing measure that voters approved in 2012 with strong support from Local 1000.

"This budget stands in sharp contrast to the problems we saw during and in the aftermath of the Schwarzenegger administration," said Local 1000 President Yvonne R. Walker. "After years of deficits, furloughs and pushing budget problems into the future through quick fixes, California has reached a point of much-needed fiscal stability that benefits our members and all working families."

Brown's budget proposal also signals his plan to prefund retiree healthcare benefits, in part by asking state employees to pay increased contributions. The governor said he would introduce this proposal with each union as its contract comes up. Local 1000's contract expires in 2016.

"We will fight to protect the vested benefits of our members," Walker said. "Defending the hard-earned retirement security of our members is our number one priority."

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— Yvonne R. Walker, President, Local 1000

# UNION INFORMATION



## Program helps workers prioritize fitness, eating right

For Regina Schumaker, the day-to-day grind of work, family responsibilities and stress were wearing her down. Like many of us, taking time to eat right and to exercise took a back seat to simply getting everything done on her daily to-do list. Unlike most of us, Regina also had to deal with the added emotional pain of being recently widowed and facing a future without her life partner.

One afternoon, a Local 1000 member-activist at the Department of Public Health (DPH) told Regina about a new fitness project for state workers. In partnership with Local 1000, the program was designed by CalHR, CalPERS, Kaiser Permanente and the State Controller's Office. At the time, Regina, a DPH Program Technician with over 28 years in state service, was at a crossroads. "When my husband died, my whole life crumbled, and I had no energy to do anything. I had no enthusiasm for life. But I also had a choice. I could either stay stuck in a rut or pick myself up and get active. Healthier U really gave me an opportunity to focus on taking care of myself again. The program made all the difference."

Healthier U started off in 2012 as a pilot wellness program at the Department of Public Health (DPH) and Department of Health Care Services (DHCS) in

partnership with Local 1000. Participants in the program undergo health screenings and are educated about the role that nutrition and exercise plays in health outcomes. State workers use their breaks and lunch periods to go for brisk walks and to share effective strategies with one another about how to develop healthy habits at work and at home.

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**"Healthier U really gave me an opportunity to focus on taking care of myself again."**

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—Regina Schumaker, Department of Public Health, Sacramento  
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### 5 Quick Steps to a Healthier You

Here are some of his tips that can be used by state employees at virtually any workplace in California or at home.

- ★ Get a pedometer. Clip it on the moment you wake up to ensure you track every single step you take that day. Then you can use strategies to add more steps.
- ★ Take a 10-minute walk at lunch, before dinner or both.
- ★ Instead of communicating with your coworkers electronically, walk over to their office and talk to them in person.
- ★ If family care duties prevent you from leaving your home, walk around your house.
- ★ Try to walk for a total of 30 minutes a day or 10,000 steps.

Healthier U has helped get thousands of state workers active over the last three years. According to recent data compiled by the project research team, a higher percentage of Healthier U participants at DPH and DHCS are exercising more and eating more fruits and vegetables. Local 1000 President Yvonne R. Walker sees this as progress: "The success of the Healthier U program demonstrates what can be accomplished when state agencies, community partners and Local 1000 are able to identify common goals and to work together to achieve them. Healthier state employees save the state money and, more importantly, improve lives. Healthier U is moving us in the right direction."

## Nomination Forms for Local 1000 Elections Due Feb. 9

The deadline for submitting nomination forms for the upcoming Local 1000 leadership election, which includes statewide and local offices, convention delegates and bargaining unit representatives, is Feb. 9.

Local 1000's membership will vote to elect union leadership from April 20 - May 20, 2015. Ballots will be mailed to members.

Complete details about becoming an elected leader of Local

1000, including eligibility, position descriptions, election rules and procedures, and election timelines—including downloadable nomination forms—are posted to the Local 1000 website at [seiu1000.org](http://seiu1000.org)

### Resource Center

Monday-Friday  
7 a.m. to 7 p.m.  
866.471.SEIU (7348)

### Website

[seiu1000.org](http://seiu1000.org)

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