

**JUNE 18**  
**2014**

# UNION UPDATE



# Members made a difference in June primaries

The grassroots efforts of Local 1000 members played a pivotal role in California's primary elections, ensuring that candidates who have working families backs will be on the November ballot.

From late April through Election Day, Local 1000 members and staff participated in more than 2,000 shifts of phone banking and precinct walking in targeted legislative districts around the state.

"We spoke to more than 10,000 voters in communities across the state, and delivered crucial 'yes' votes for candidates who support working families and will work with us to preserve the middle class," said Local 1000 President Yvonne R. Walker. "As state workers, election results affect our lives at every turn. From our new contract to reductions in costly outsourcing, we've seen that we can bring raises to our families and new jobs to our communities when we unite the power of our voices and our votes."

## People power beats big money

Support from Local 1000 impacted a number of key races where multiple candidates were vying for the top two spots under California's new primary system.

In Assembly District 16 in the East Bay, Local 1000 helped advance former teacher and Dublin Mayor Tim Sbranti to the November ballot. Sbranti



*Gloria Harrell (left) and Gigi Lam walk precincts in Dublin in support of successful Assembly candidate Tom Sbranti*

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—Yvonne R. Walker, President, SEIU Local 1000

eliminated a rival who received millions of dollars of support from corporate special interests in one of the most expensive Assembly primaries in California history.

"The other side has a lot more money but we won with people power," said Gloria Harrell, a member from the Employment Development Department in Fremont who campaigned on behalf of Sbranti. "This race was proof that by joining together and taking grassroots political action, working families can defeat wealthy special interests."

## Income inequality motivates voters

In Senate District 20, which includes parts of San Bernardino and eastern Los Angeles counties, Local 1000 helped boost Connie Leyva to the November ballot. Leyva, president of the California Labor Federation, spent her career advocating for the middle class.

"This was such a rewarding experience. Connie Leyva is going to fight hard on behalf of working families and the voters I talked to really understood what this election was all about," said Valerie Williams, an Employment Development Department employee in Riverside who spent May walking precincts and making calls for Leyva. "The voters understand the income inequality issues we're facing once you reach them."

# Creating a healthier, more productive workplace



## 5 steps to a healthier you

Susan Turley is a “Booster” in the Healthier U program who works at the Department of Health Care Services in Sacramento. She’s encouraging her co-workers to develop their own wellness programs while participating in group and individual activities that improve mind and body. Here are her suggestions on how to get started:

1. Have healthy snacks handy at the office—veggies, nuts and water—while avoiding the candy machine.
2. Walk for 20 minutes a day.
3. Give yourself a mental break—time away from your desk—look out a window, listen to some music.
4. Take an “instant recess”—a 10-minute workout in your office or a quiet room. Move your feet constantly, breathe deeply, and move your arms and shoulders while keeping your abdomen tight.
5. Find partners who will join you in your efforts—encourage each other!

“With just a few easy changes, I’ve become healthier and happier at work. I’m more alert, more productive and resourceful,” said Turley.



Thousands of state employees are making strides towards a healthier lifestyle by participating in a multi-year pilot program focused on healthy eating, physical activity and stress management.

The program—called Healthier U—was designed by, and for, state employees in concert with Kaiser Permanente, CalHR, CalPERS and the State Controller’s Office. The goal is to build a wellness program that creates and sustains a culture of health in the workplace. Intended as a model that can be replicated up and down the state, the pilot is taking place in Sacramento at the California Department of Public Health (CDPH) and the Department of Health Care Services (DHCS), at the East End complex in Sacramento.

Already in its second year, Healthier U has provided health screenings, assessments and a wide range of individual and group wellness activities. Education about nutrition, exercise and the mind-body connection plays a key role, and is already beginning to pay dividends.

“I’m seeing more and more of my co-workers making a commitment to wellness and feeling better and more productive as a result,” said Susan Turley, who works at DHCS, and is one of the program’s pilot’s “Boosters,” a volunteer leader in the program.

“Healthier U is a unique collaboration between Local 1000, state management, CalHR and a strong group of community partners that is putting our purpose statement in action,” said Local 1000 president Yvonne R. Walker. “We’re working together to improve the personal and professional lives of our members.”



### 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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