



CENTRAL REGION OFFICE
6595 Kirkville Road, East Syracuse, NY 13057
315-433-0050

Stay Union ★ Stay Strong

Kenneth Greenleaf
Region President

Bob Riley
Region Director

Welcome to the CSEA Region 5 Bulletin Board Kit!

We've developed this kit to give you some of the tools to create more effective and up-to-date union bulletin boards for your workplaces.

Enclosed are:

- Make Your Bulletin Board Work For You - guidelines for establishing effective bulletin boards
- Do-it-yourself Bulletin Board Header - fold in half lengthwise, cut along the fold, tape top and bottom together to create a nice header for your bulletin board
- My most recent seasonal President's Message
- Blank CSEA Meeting Notice Templates
- Blank CSEA Notice Templates
- Blank CSEA Bulletin Templates
- Region 5 Professional Staff Services Flyer
- Fill-in-the-blank "At Your Service" Flyer - a flyer to list your officers and their contact information
- Region 5 Online Promotional Flyer
- Voter Registration Form
- CSEA/AFSCME P.E.O.P.L.E. Program Flyer
- Pearl Insurance Programs Flyer
- Know Your Rights - Legal Services Program poster
- Member Benefits flyers - to promote various union benefit programs

Remember, **your union bulletin board may be one of the primary sources your members use to receive timely information from CSEA.** Make it work for you!

Thanks to Labor Relations Specialist Richard McCormack for the initial idea that sparked this project. Please call our Region Office at 315-433-0050 if you need additional copies of this kit or other CSEA materials you can post, or have ideas for additional materials we should include in the future.

In Solidarity,

A handwritten signature in black ink that reads 'Kenneth E. Greenleaf'. The signature is written in a cursive style.

Ken Greenleaf, President
CSEA Central Region 5

“Let’s stick together”



“If I can lead us to victory over Amazon, what’s stopping anyone from organizing their workplace? Nothing.”

– Chris Smalls,
Amazon Labor Union
President.

Chris Smalls just ran a successful campaign to organize Amazon workers, an amazing victory in the labor world. He reminds us that the heroes among us in labor didn’t start out as household names or have large followings with tons of support. They started out like all of us – decent, hardworking people trying to do their jobs and make our lives a little better.

It wasn’t long ago that the Supreme Court tried to weaken labor unions throughout the country when it issued the Janus decision and forced voluntary unionism. We continue to see groups step up their efforts to convince members to leave. The victories at Amazon and Starbucks across the country show that on a national level, America recognizes the need for labor unions more than it ever has. Here in New York State, we’re much stronger, but we still need to be diligent in our efforts to grow and retain members.

We can only gain strength as a collective. These anti-union groups know what we also know – the more of our members they can bleed away, the weaker we become. Make no mistake about it – management sees the

membership numbers and they know when non-membership numbers increase, they have an opening to drive a wedge between us. That means more than ever before, every single member matters.

That’s why it’s so important for all of us to realize how essential membership in CSEA is to protect our strength as a union. We may not always agree on the path forward, but whatever path we take, we must take it together.

As I reflect on what Smalls said about organizing workplaces, I realize that while he was talking about forming new unions, it also applies to growing our union from within. We need to have conversations with our non-member coworkers and urge them, as much for their own benefit as ours, that it’s in their best interest to be a part of this great union.

If we continue to stand together, we will continue to be strong enough to fend off the attacks on labor that keep coming.

I am proud to be a member of CSEA. I’m proud to be a leader in such a strong labor organization. But I’m just one person, and it will take every one of us to keep our union strong.

In Solidarity,

A handwritten signature in cursive script that reads "Kenny".

Kenny Greenleaf
Central Region 5 President

CSEA Region 5 Leadership



**President
Kenny
Greenleaf**

Kenny.Greenleaf@cseainc.org



**Executive VP
Chantalse
DeMarco**

csea5demarco@gmail.com



**1st VP
Betty Jo
Johnson**

bjjcsea@yahoo.com



**2nd VP
Tim
Backus**

timb1@frontiernet.net



**3rd VP
Catrina
Leone**

catrina@csealocal334.com



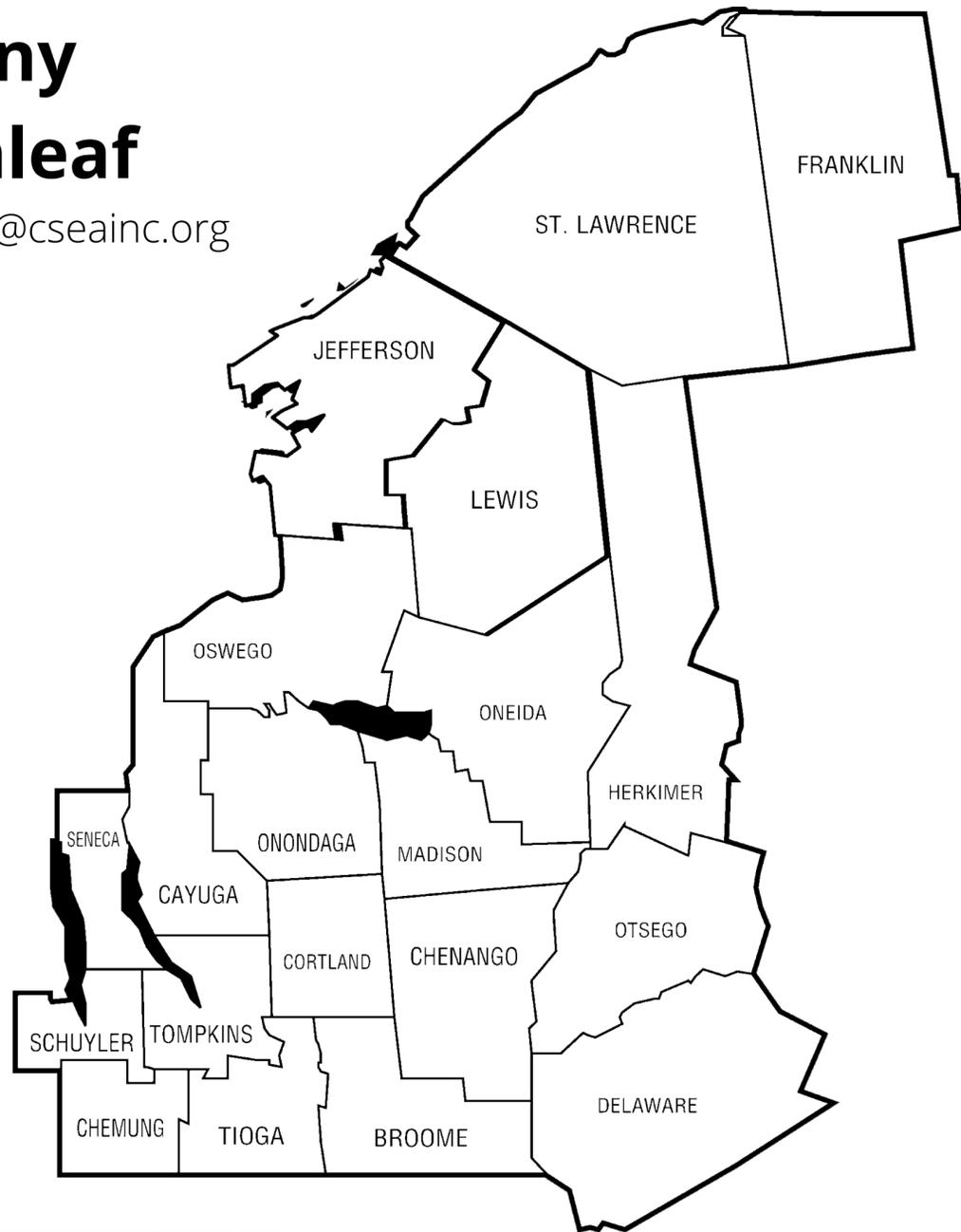
**Treasurer
Amy
Simmons**

csea5asimmons@gmail.com



**Secretary
Michelle
Martin**

martinmcsearegion5@gmail.com



Is YOUR Bulletin Board.....

- A museum of ancient history?
- A dumping ground for tons of paper?
- The last place members look for important information?

Make YOUR
Bulletin Board
Work for YOU!

1 If you answered YES to any of these questions, *keep going*....

- Put someone in charge.
- Appoint bulletin board monitors.
- If you have bulletin boards at various sites, appoint more than one monitor.

Monitors have many duties:

- Taking down old notices.
- Putting up new notices.
- Making sure important messages are prominently displayed.

5 CSEA has the tools to help make your bulletin board better.

- **Colorful bulletin board notices.** Easy to use. Just fill-in-the-blanks.
- **CSEA Bulletin Board kit.** For a supply, contact the Communications Specialist at your Region Office.
- **www.cseany.org.** Visit our website for updated information.

Our CSEA Region 5 Professional Staff Services

Labor Relations



Whether it's negotiating a new contract, enforcing the terms and conditions of your current contract, fighting unfair disciplinary actions or violations of your contract rights, CSEA officers turn to CSEA's professional **Labor Relations Specialists (LRSs)**. Your assigned LRS works one-on-one with your leaders to help mentor, guide and assist them in all their Labor Relations needs. He or she also acts as your authorized bargaining agent and chief negotiator at the bargaining table and your point person to accessing all the rest of CSEA's available benefits and services.

Communications



When CSEA needs to get out our messages to the media, the public, our elected officials, or our members, assistance is available from **Communications Specialist Nick Newcomb**. Whether it's publishing posts on social media, developing Letters to the Editor, flyers, informational pickets, brochures, Info Days, newsletters, contract campaigns, press releases, or articles for CSEA's statewide newspaper *The Work Force*, Nick can help with all our union communications needs.

Political Action



By participating in the political process, we strengthen our voice at work. That's why CSEA has a Political Action Department. In our Region, all political activities are conducted with the assistance of **Legislative and Political Coordinator Josh Schick**. Josh can help CSEA leaders and activists get involved in the political process in many ways, whether it's endorsing politicians who will listen to our issues, running voter registration drives, or getting political support to save jobs or services, or to fight against contracting-out our jobs.

Safety & Health



If you have a safety and health issue at your workplace, or want help deciphering safety laws and regulations designed to protect you, then you needn't look any further than Region **Occupational Safety and Health Specialist Josh Kemp**. Josh is available to assist Safety & Health Committees and Local/Unit officers and activists, conducting work site walk-throughs to assess existing or potential hazards, filing safety complaints, or conducting training for workers on safety issues.

Legal Assistance Program



When CSEA members need legal representation for work-related matters, CSEA has a network of **Region Attorneys** who work with our leaders and staff to make sure that members' legal rights are protected. Subject to approval of CSEA's Legal Assistance Program, CSEA provides, at no cost to the member, an attorney for arbitrations and other legal actions. Also on tap are the union's own Legal Department **staff Attorneys**, who have regularly scheduled visits to the Region to meet with staff and members over legal issues.

Organizing



If you belong to or know of a group of non-unionized employees who want to **empower yourselves** through joining New York's leading union, then the CSEA **Organizing Department** staff are the folks to talk to. They will assist you and your co-workers in joining CSEA and are available to meet *confidentially* with workers interested in finding out more about the many benefits and services that accompany CSEA membership.

To contact your CSEA Professional Staff representatives,
call our CSEA Central Region Office, 24 hours a day, 7 days
a week, toll-free at (800) 559-7975
Info online at www.cseany.org



Mary Sullivan, President
www.cseany.org





AT YOUR SERVICE

Your union has a network of easily accessible services. Here are the people you should get to know to get these services to work for you.

Get to know CSEA

Your **PRESIDENT** is: _____

Your **VICE PRESIDENT** is: _____

Your **SECRETARY** is: _____

Your **TREASURER** is: _____

Your **SHOP STEWARD** is: _____

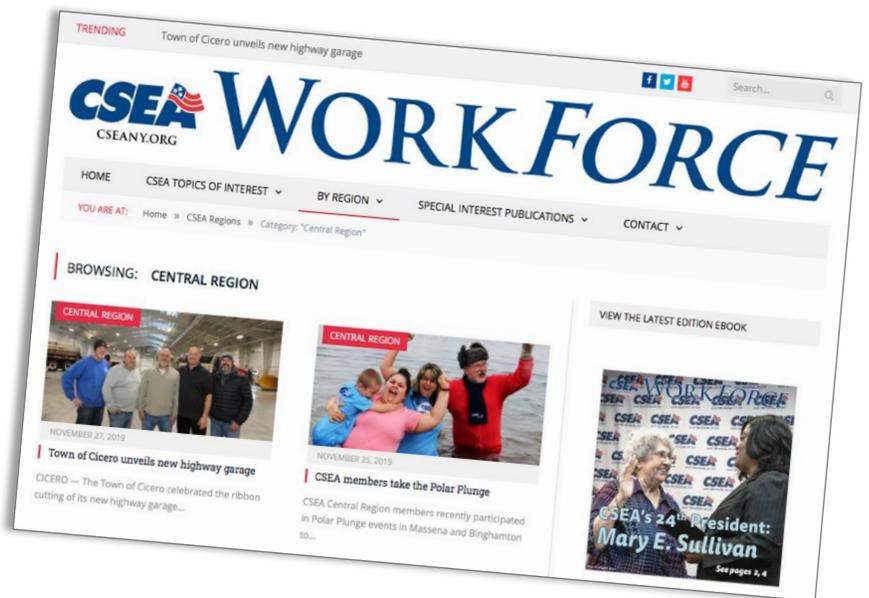
Your **GRIEVANCE REPRESENTATIVE** is: _____

Your **LABOR RELATIONS SPECIALIST** is: _____

Follow CSEA Region 5 Online!

visit our **Region 5 Work Force** page:
www.cseany.org/workforce

- Get the latest news of what's happening in our Region
- Messages from our Region President
- Events taking place in our Region



visit our **Region 5 Facebook** page:
www.facebook.com/csearegion5

- Get updates
- Give feedback
- Be social

Follow our **Region 5 Twitter**:
[@CSEA_Region5](https://twitter.com/CSEA_Region5)





Enjoy Life. We Got This.

Insurance plans specifically designed for CSEA Members!

- Disability
- Term Life
- Whole Life
- Universal Life
- Critical Illness
- Comprehensive Accident Plan
- Hospital & Home Care Recovery
- Home
- Auto
- Boat
- RV
- Renters
- Umbrella



Your CSEA Region 5 Insurance Representative

Darren Germaine

Serving Broome, Chemung, Chenango, Cortland, Otsego, Schuyler, Tioga, and Tompkins Counties
607.759.0135 | Call or text!

Justin Maratea

Serving Cayuga, Madison, Onondaga, Oswego, and Seneca Counties
607.760.2850 | Call or text!

Elly Norton

Serving Herkimer, Oneida, Jefferson, Lewis, Franklin and St. Lawrence Counties
585.683.0321 | Call or text!

Lydia Gregory

Serving Delaware County
845.764.1196 | Call or text!

www.cseainsurance.com



PEARL[®] INSURANCE

KNOW RIGHTS **YOUR**

WORKERS' COMPENSATION

If you are injured at work or you have a work-related medical condition (such as a repetitive stress injury like carpal tunnel syndrome) or an occupational disease, notify your employer and see a physician who accepts Workers' Compensation.

SOCIAL SECURITY DISABILITY BENEFITS

If your physician says you have medical conditions that prevent you from working for at least a year, if you are under retirement age, or even if you are collecting a pension or ready to retire, you may be eligible for Social Security Disability (SSDB).

PERSONAL INJURY CLAIM

If you have been injured in an auto accident outside of work, or from a dog bite, from a non work-related slip and fall or due to a malfunctioning product, you may have a Personal Injury claim.

VETERANS DISABILITY CLAIM

If you are a veteran and have been denied a service-related medical disability for medical issues such as Post Traumatic Stress Disorder, effects from Agent Orange or other chemicals, you may have a veterans disability claim.

PERSONAL LEGAL SERVICES PLAN

Provide you and your dependents with the knowledge and affordability to protect your legal rights in personal matters.

TAKING CARE OF BUSINESS

Illness or disability requiring long-term care can happen at any time to you, your spouse, child or parent, and threaten savings or your home ownership. Access attorneys who specialize in these areas.



The CSEA Legal Department oversees the Legal Services Program and CSEA has endorsed the statewide law firm of Fine, Olin & Anderman, LLP, to represent members for injury-related matters. Call CSEA Headquarters at (800) 342-4146 and advise a Member Solutions Specialist you are inquiring about legal services or injury-related matters.

WE CAN HELP!

CSEA offers every member a \$10,000 Accidental Death Benefit

- This benefit is available to you as a member in good standing. There is no cost to you!
- Since the program began in 2014, this benefit has already helped more than 60 families recover from a sudden, tragic loss.

Fill out the beneficiary form on the back
or go to <https://cseany.org/10KAD>

Return completed forms to:
CSEA Member Solutions Center, Insurance Unit
143 Washington Avenue
Albany, NY 12210

Complete the beneficiary form so this benefit goes to who YOU designate as well as the Membership Verification/Update form to ensure we have your most current information in the event of a claim by visiting <https://cseany.org/10KAD>.

MetLife
Accidental Death (AD) Beneficiary Form
Customer Number TS0500044-C

SECTION I - Insured Information

First Name _____ City/Service Group Policyholder Name _____
Address - Street _____ M Last Name _____
City _____ Non-Work Email _____ Date of Birth _____
State _____ Zip _____ Phone Number _____
SSN _____

SECTION II - Beneficiary Information Complete this section that pertains to the type beneficiary you are designating.
PRIMARY BENEFICIARY - Your first choice to receive your life insurance proceeds in the event of your accidental death. If not general beneficiaries, please use your first choice's name with the equally divided among any remaining primary beneficiaries.

First Name _____ Relationship to Member _____ Date of Birth _____
Address - Street _____ M Last Name _____
City _____ State _____ Zip _____ Phone Number _____
SSN _____

CONTINGENT BENEFICIARY This beneficiary is named as the first alternate beneficiary. If you have more than one primary beneficiary, a person may only be named as contingent beneficiary if the primary beneficiary is not listed as the first of your choice. The equity stated should any remaining contingent beneficiaries.

First Name _____ Relationship to Member _____ Date of Birth _____
Address - Street _____ M Last Name _____
City _____ State _____ Zip _____ Phone Number _____
SSN _____

SECTION III - Signature & Affidavit

I hereby authorize the Civil Service Employees Association, Inc. (CSEA, Local 1000 AFSCME, AFL-CIO) to be my exclusive representative for election, negotiation and thereafter exercise any other representative that I may have previously designated. I also hereby authorize the local office of my employer to deduct CSEA dues from my salary to the amount certified by CSEA in the accompanying letter of my employer and member ID#. Dues, contributions or gifts to CSEA are not for or deductible as CSEA dues payable by United States Postal Service First Class Mail to: CSEA Statute Department, CSEA, Inc., 143 Washington Ave., Albany, NY 12210.

I hereby revoke any previous designations, and I designate the person, people or entity named in Section II as my Beneficiary(ies). I reserve the right to change or revoke this designation at any time.

By checking this box I consent to receive calls (including recorded or automated calls or calls to my cell phone number from CSEA and its affiliated employees) on an instant matter. You may modify your preferences by calling CSEA at 1-800-342-4146 or using the CSEA website or e-mail only.

I acknowledge that my membership entitles me to this \$10,000 AD policy.

Member Name (Please Print) _____
Date (Must be date form was completed) _____
Member Signature _____



"This benefit will really help my family out if something should ever happen to me. It means a lot to me to see how much CSEA cares about the well being of members and their families. Whether it's on the job or off, CSEA has our back."

— Jarvis "Tim" Brown
Town of Oyster Bay



"I now have more peace of mind. If anything happens to me, whether I am on the job or not, there will be additional coverage for my family because of CSEA. The more I learn about my union, the more I realize just how valuable my CSEA membership is."

— Nikki Johnson, CSEA/VOICE
Local 100A Dutchess County
Chapter Representative



Accidental Death (AD) Beneficiary Form
Customer Number TS 05050044-G



Group Policyholder Name: Civil Service Employees Association, Inc.

SECTION I – Insured Information

First Name _____	M. _____	Last name _____	Date of Birth _____
Address – Street _____		Non-Work Email _____	Non-Work Phone Number _____
City _____	State _____	Zip _____	SSN _____
Job Title _____	Place of Employment/Location _____		

SECTION II – Beneficiary Information Complete the section that pertains to the type of beneficiary you are designating.

PRIMARY BENEFICIARY - Your first choice to receive your life insurance proceeds in the event of your accidental death. If any primary beneficiaries predecease you, that person's share will be equally divided among any remaining primary beneficiaries.

First Name _____	M. _____	Last name _____	Date of Birth _____
Address – Street _____		Phone Number _____	
City _____	State _____	Zip _____	SSN _____
Relationship to Member _____	% Share _____	You MUST designate at least one primary beneficiary. A person may only be listed once . The sum MUST equal 100% .	

CONTINGENT BENEFICIARY - Your second choice to receive your life insurance proceeds if ALL of your primary beneficiary(ies) are not living at the time of your death. If any contingent beneficiaries predecease you, that person's share will be equally divided among any remaining contingent beneficiaries.

First Name _____	M. _____	Last name _____	Date of Birth _____
Address – Street _____		Phone Number _____	
City _____	State _____	Zip _____	SSN _____
Relationship to Member _____	% Share _____	The sum of the Primary & Contingent Beneficiary percentages MUST equal 100% . Dollar amounts, fractions & decimals will not be accepted.	

If you need more space for additional beneficiaries use an additional sheet of paper. For living trust, or estate, visit www.cseainsurance.com/Products-Forms/Term-Life to download the full form and submit to CSEA, Inc., ATTN: MSC, Insurance Department, 143 Washington Ave., Albany, NY 12210.

SECTION III – Signature & Attestation

I hereby authorize the Civil Service Employees Association, Inc. (CSEA), Local 1000 AFSCME, AFL-CIO, to be my exclusive representative for collective bargaining and therefore revoke any other representative that I may have previously designated. I also hereby authorize the fiscal or payroll officer of my employer to deduct CSEA dues from my salary in the amount certified by CSEA in this and succeeding years of my employment and membership. Dues, contributions or gifts to CSEA are not tax deductible as charitable contributions. However, they may be deductible as ordinary and necessary business expenses.

I may revoke this authorization by sending a letter stating my intent to resign, along with my name, address, telephone number, and CSEA ID number, by United States Postal Service First Class Mail, to: CSEA Statewide Secretary, CSEA, Inc., 143 Washington Ave., Albany, NY 12210.

I hereby revoke any previous designations, and I designate the person, people, or entity named in Section II as Beneficiary(ies). I reserve the right to change or revoke this designation at any time.

I acknowledge that I am a Member in good standing, which entitles me to this \$10,000 AD policy.

_____ A Ya VYf'BUa Y'fD'YUgY'Df]bH'	_____ A Ya VYf'G][bUi fY'
8 Uh'fA i ghVY'XUh'Z:fa 'k Ug'W'a d'YHYX':_____	

By checking this box I consent to receive calls (including recorded or autodialed calls or texts) at my cell phone number from CSEA and its affiliated labor organizations on any subject matter. You may modify your preferences by calling CSEA at 1-800-342-4146 or visiting the CSEA website at cseany.org.

CSEA Members Need Political Clout

Many members think that their union should stay out of politics and ONLY negotiate contracts ... but, negotiating contracts does not happen by itself. CSEA's clout at the bargaining table is directly related to securing budget funds to pay for your salary, health insurance and other benefits. Your voice on these issues is through PEOPLE and political action.

The contracting out of services, how your pension is calculated, Social Security, your seniority and civil service rights, worksite protections, PESH and OSHA are all decided in the legislative and budget process, not in contract negotiations! Cuts to these programs mean cuts in your benefits and rights! Your voice on these issues is through PEOPLE and political action.

The vital services government provides and how those services will be provided is determined in the budget process of every school, village, town, city, county and for the state as well. If not for political action, CSEA cannot represent you when these decisions are made! Your voice on these issues is through PEOPLE and political action.

How Can CSEA & PEOPLE Increase Your Clout?

CSEA's PEOPLE program protects and improves our jobs, benefits and pensions in Washington, Albany and in your community. Your participation in PEOPLE strengthens CSEA's clout in the workplace, in the legislature, in your community and in the labor movement.

BUDGETS & BILLS: CSEA'S LOBBYING CLOUT

- Research, analysis and breakdowns on what government budgets, bills and other proposals mean to you and how they affect your job, benefits and pensions.
- Lobbying for funds to better your contracts and to make sure our elected officials know when their position helps ... or hurts you.
- Testimony at public hearings to educate elected officials about how their decisions affect you.



MEMBER EDUCATION & INVOLVEMENT

- Lobby Days, phone banks, letter writing campaigns, fliers and other important resources to make sure YOU have the tools to fight back when harmful proposals are introduced.
- Member education and information about where candidates stand on the issues that affect your work life and pension ... so you can be informed when you vote.

ISSUE ACTION

POLITICAL CLOUT is important in passing laws that improve the lives of CSEA members but it is also important in making your voice heard when problems like privatizing services or closing facilities arise. Political Clout can be used to help stalled contract battles and aid in organizing new members. Whether it's a school, village, town, city, the state or the national government, every CSEA members will need political clout at some time in their career.

ELECTION ACTION

POLITICAL ACTION provides education materials for CSEA members about where politicians stand on issues that affect your work lives so you can make informed decisions on Election Day. CSEA members also volunteer through political action to provide grassroots, phone bank and financial help for candidates who will fight for you as elected officials.



Make Your Voice Heard



Quick Guide to my **CSEA** Member Benefits

1-800-342-4146

cseany.org/mb

ADVANCEMENT

- **CSEA WORK Institute**
 - Civil Service Test Preparation Services
 - Job Skills Training
 - Child Care Provider Resources and Professional DevelopmentVisit: <https://cseany.org/csea-work-institute> or call: 866-478-5548
- **Excelsior College**
Earn an online Associates, Bachelor's or Masters degree at discounted tuition rates.
Visit: nyscsea.excelsior.edu

SCHOLARSHIPS

- **CSEA Scholarships**
 - Irving Flaumenbaum Memorial Scholarship
Visit: <https://cseany.org/scholarships>
- **AFSCME Scholarships**
 - Gerald W. McEntee Scholarship
 - AFSCME Affiliate Scholarship Program
 - AFSCME Family Scholarship
 - Union Plus Scholarship
 - William Lucy Labor Scholarship Fund
Visit: <https://cseany.org/scholarships>

FINANCE

- **CAPCOM/CSEA VISA® Credit Card**
CSEA members and their family members have EXCLUSIVE ACCESS to this member-only benefit, offering a fixed rate as low as 8.9% Annual Percentage Rate, no annual fee and lots of extra perks!
Visit: www.capcomfcu.org/csea
- **CAP COM Auto Loans/Auto Refinance**
Low rate auto loans/refinance
Visit: www.capcomfcu.org/csea or call: 844-622-CSEA (2732)
- **Union Plus Consumer Credit & Budget Counseling**
Call: 1-877-833-1745

AUTO, HOME & BUYING DISCOUNTS

- **American Solar Partners**
Visit: americansolarpartners.com/csea or call: 1-914-699-3366
- **Tank Farm Propane**
Visit: tankfarmgroup.com/csea or call: 1-855-976-4141

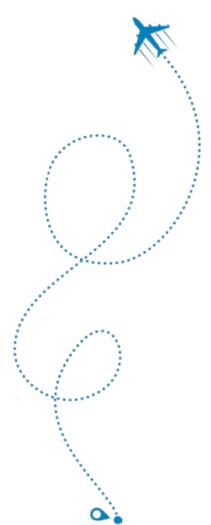


- **HEAT USA - Home Heating Oil**
Visit: heatusa.com/csea or call: 1-888-HEAT-USA
- **NYPIRG - Home Heating Oil**
Visit: nypirg.org/fbg/csea or call: 1-800-695-4645
- **Buyers Edge**
Guaranteed low price on appliances, cars and more.
Visit: <https://cseany.org/mb>
- **AT&T**
Call: 1-800-342-4146, x1359
- **Purchasing Power - Buy today and pay over time.**
Visit: cseany.purchasingpower.com
- **BJ's Wholesale Club**
Visit: <https://cseany.org/mb> or call: 1-800-342-4146, x1359
- **New York Safety Program**
Online defensive driving course.
Visit: <https://cseany.org/mb> or call: 1-800-942-6874



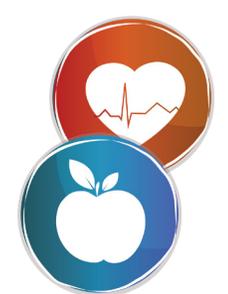
TRAVEL & ENTERTAINMENT

- **Union Plus Travel Center**
Visit: unionplus.org/travel
- **Car Rental Discounts**
Visit: unionplus.org/carrental
- **Union Plus Entertainment**
Visit: unionplus.org/entertainment
- **Orlando Employee Discounts**
Visit: <https://cseany.org/mb>



HEALTH PROGRAMS

- **Union Plus Health Savings Program**
Call: 1-877-570-4845
- **Davis Vision**
Call: 1-800-783-3594
- **YMCA**
Visit: <https://cseany.org/mb> or call 1-800-342-4146, x1359



LEGAL

- **Legal Services Plan**
Reduced rates on a Will, Power of Attorney, Health Care Proxy, Legal Consultation and/or Legal Document Review
Call: 1-800-342-4146



FREE COLLEGE BENEFIT

Free College for you and your family members! A life-changing opportunity from your union to earn your Associate Degree

#137-20 

Free Associate Degree for You and Your Family

AFSCME Free College offers working families a debt-free and convenient higher education opportunity. Current members, active retirees, their spouses, domestic partners, children (including stepchildren and children-in-law), siblings, parents, financial dependents and grandchildren can all take advantage of this exciting opportunity! Family members do NOT need to be financial dependents or living with the member to be eligible.

Zero Out-of-Pocket Costs

Members and their families can earn an Associate Degree online, with no out-of-pocket costs. A last-dollar scholarship covers the difference between any federal grants and your tuition, fees and e-books at Eastern Gateway Community College (EGCC).

Eastern Gateway Credits are Transferable

Eastern Gateway Community College is a public, non-profit school in the University System of Ohio and is regionally accredited by the Higher Learning Commission. Credits you earn can transfer to other schools, saving you as much as \$15,000 on your education!

Degree Programs

- Business Management
- Criminal Justice
- Teacher Education
- Healthcare Administration
- Accounting
- Associate of Arts

Over 20 focus options and additional degrees available. For a complete listing, visit freecollege.afscme.org

For You and Your Family

Family includes children (or step children), grandchildren (or step grandchildren), parents, siblings, spouses, domestic partners, and financial dependents. Family members do not have to live with you and there is no age limit.

Easy Steps to Enroll!

1. Complete the inquiry form at: freecollege.afscme.org.
2. Apply to EGCC and submit proof of high school or GED completion.
3. Complete FAFSA at fafsa.ed.gov (school code 007275) and authorize any available federal or state grants to be used toward your tuition, fees and e-books at EGCC. As long as your file is complete, the AFSCME Free College benefit will cover the rest. And even if you don't qualify for any grants, we've still got you covered.



EASTERN GATEWAY
COMMUNITY COLLEGE

1-888-590-9009
freecollege.afscme.org

The AFSCME Free College benefit covers the cost of tuition, fees and e-books after any PELL or other federal grant, or employer reimbursement is applied. The remaining amount will be cleared with the Free College scholarship. As long as your financial aid file is complete, there is no cost to the student and students are never asked to take out any loans.

Free BACHELOR'S DEGREE COMPLETION PROGRAM

#137-20 

**Free bachelor's degree for you and your family members!
A life-changing opportunity from your union**

Bachelor's Degree Program for AFSCME Families

AFSCME Bachelor's Degree Completion is available to current and active retiree union members, their spouses, domestic partners, children (including stepchildren and children-in-law), financial dependents, siblings, parents, and grandchildren. Family members do NOT need to be financial dependents or living with the member to be eligible. All courses are 100% online.

The Bachelor's Degree completion program, called Career Plus at CSU, is for students who have earned an Associate degree or 60 credit hours with 2.2 GPA. Students who have not met that threshold can begin with the AFSCME Free College program at EGCC and then transfer into the Bachelor's Degree Completion program at CSU.

Central State University is Regionally Accredited

AFSCME has partnered with Central State University (CSU), a regionally accredited public, non-profit university near Dayton, OH. Credits you earn can transfer to other schools.

Zero Out-of-Pocket Costs

Members and their families can earn a bachelor's degree online completely free. A last-dollar scholarship covers tuition, fees, and e-books for any amount not covered by a student's federal grants or tuition assistance from your employer.

Bachelor's Degrees Offered

Central State University (CSU) in Ohio is now offering five degree completion options in partnership with AFSCME: business administration, early childhood education, education intervention specialist, criminal justice and interdisciplinary studies/humanities (for people who have earned previous college credit in a variety of subject areas).

Almost 1,400 people have taken advantage of this free, flexible opportunity through the bachelor's degree completion program.

Just like the free associate degree through AFSCME Free College, the bachelor's degree program is conducted exclusively online, making it tailor-made for those who work full time.



1-888-897-9671
bachelorsdegree.afscme.org

**PAYING
TOO
MUCH TO
HEAT
YOUR
HOME?**

save money

The Fuel Buyers Group is partnering with CSEA to get you big savings on your heating bills! We bring a collaborative, non-profit perspective to the home energy marketplace – helping consumers save money while simultaneously helping to improve the environment.

We use collective buying power to lower your energy costs. With thousands of participants and 40 years experience, we negotiate deep discounts with trusted local suppliers. Last year, our members saved hundreds of dollars! We also offer service contract discounts and price caps to protect you from this volatile energy market - no matter how high prices go! And, as a member of CSEA your membership in the program is free!

Start saving today!
Call us at (800) 695-4645
or visit us online at nypirg.org/fbg/csea



Take advantage of these program benefits:

- Free membership for CSEA members (regularly \$40 annually)
- Big discounts on home heating oil, kerosene, and other heating products and services
- Collective price negotiation and consumer advocacy
- 24 hour emergency service
- Price cap protection in some areas
- Budget payment plans or 30 day payment cash or credit
- Members in some parts of New York State will receive a statement credit for referrals or even just for joining!

About NYPIRG and the Fuel Buyers Group:

The New York Public Interest Research Group Fund (NYPIRG) is a non-partisan, nonprofit, research and public education organization. Founded in 1976, we have educated hundreds of thousands of New Yorkers and recruited tens of thousands of community-based members from all parts of the state, helping to bring the voices of average New Yorkers to public policy debates. NYPIRG's full-time staff examines important issues, produces studies, and engages New Yorkers in public education campaigns designed to produce policies that strengthen democracy, enhance the rights of consumers and voters, and protect the environment and public health.

NYPIRG's Fuel Buyers Group brings a collaborative, non-profit perspective to the home energy marketplace – helping consumers to save money while simultaneously helping to improve the environment. The Fuel Buyers Group negotiates with trusted, local home heating providers using the collective purchasing power of our members to get a lower price. At the same time, membership and participation in the Fuel Buyers Group contributes to NYPIRG's environmental advocacy work.

The program is open to CSEA members year-round and we virtually all of New York State.

To Join:

- Apply online with your CSEA ID at nypirg.org/fbg/csea
- For application assistance, or more information please call (800) 695-4645

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- Memberships can be activated and used at any/all participating YMCAs listed on the back.
- You must bring proof of CSEA membership, when you join, either by downloading your CSEA membership card on the "my CSEA" App or by contacting CSEA's Member Benefits Department at member.benefits@cseainc.org to request a notice of membership verification to present at the participating YMCA.
- Offer valid on all Young Adult, Adult, Family and Senior memberships.
- Members are responsible for paying the monthly balance due for their membership.



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518.463.9622

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518.439.4394

Duanesburg Branch

221 Victoria Drive, Delanson
518.895.9500

Glenville Branch

127 Droms Rd., Glenville
518.399.8118

Greenbush Branch

20 Community Way, E. Greenbush
518.477.2570

Greene County

35 Route 81 Hope Plaza, W. Coxsackie
518.731.7529

Guilderland Branch

250 Winding Brook Dr., Guilderland
518.456.3634

Schenectady Branch

433 State St., Schenectady
518.881.0117

Southern Saratoga Branch

1 Wall St., Clifton Park
518.371.2139

Troy Branch

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518.272.5900

LITTLE FALLS YMCA

15 Jackson St, Little Falls
315.823.1740

PLATTSBURGH YMCA

17 Oak St., Plattsburgh
518.561.4290

SARATOGA REGIONAL YMCA

Battenkill Branch

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518.587.3110

Corinth Branch

119 Gabriel Rd., Corinth
518.583.9697

Malta Branch

100 Saratoga Village Blvd. #22, Malta
518.583.9623

Saratoga Springs Branch

290 West Ave., Saratoga Springs
518.583.9622

Wilton Branch

20 Old Gick Rd., Saratoga Springs
518.587.3000

YMCA OF BROOME COUNTY

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61 Susquehanna St, Binghamton
607.772.0560

West Family Branch YMCA

740 Main St, Johnson City
607.770.9622

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Brookhaven Roe YMCA Center

155 Buckley Rd., Holtsville
631.289.4440

Great South Bay YMCA

200 W. Main St., Bay Shore
631.665.4255

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81 Highland Ave, Middletown
845.344.9622

South Orange Family YMCA

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Monroe, NY 10950
845.782.9622

YMCA of Sullivan County

98 Wild Turnpike
Rock Hill, NY 12775
845.395.1024

YMCA OF GREATER SYRACUSE

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315.637.2025

Downtown YMCA

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315.474.6851

Manilus YMCA

140 W. Seneca St., Manilus
315.692.4777

North Area Branch YMCA

4775 Wetzel Rd, Liverpool
315.451.2562

Northwest Family YMCA

8040 River Rd., Baldwinsville
315.303.5966

Southwest YMCA at OCC

4585 West Seneca Turnpike, Syracuse
315.498.2699

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716.373.2400

Wellsville YMCA

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585.593.3246

GLOW YMCA

Genesee County YMCA

209 East Main St., Batavia
585.344.1664

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306 Pearl St., Medina
585.798.2040

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UNION MEMBER PROGRAMS

Use this handy list to access the Union Plus programs.

For details on all of the services available to you, please visit afscme.org.

These programs are offered to union members and their families only.

PROGRAM	INFORMATION
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AT&T Discounts	unionplus.org/att , use Discount Code 3508840
Auto Buying Discounts	unionplus.org/autobuying
Auto Insurance	855-666-5797, Discount code DJ7 unionplus.org/autoinsurance
Budget Truck Rental	800-561-1157, use Discount # 56000127763
Car Rental	unionplus.org/carrental
Avis	800-698-5685, use Discount # B723700
Budget	800-455-2848, use Discount # V816100
Dollar	800-800-4000, use Discount Code # 3042236
Hertz	800-654-2200, use Discount # 205666
Payless	800-729-5377, use Discount PDN #A071900
Thrifty	800-847-4389, use Discount Code # 3042238
Consumer Reports Digital	unionplus.org/consumerreports
Credit Cards	800-522-4000 (to apply), unioncardapply.com
Credit Counseling	1-877-833-1745
Entertainment Discounts	unionplus.org/entertainment
Flower & Gift Discounts	unionplus.org/flowers
Goodyear Discounts	unionplus.org/goodyear
Health Savings Discounts	877-570-4845, unionplus.org/healthsavings
Homeowners Insurance	855-666-5797, Discount code DJ7 unionplus.org/homeinsurance
Legal Services	unionplus.org/legal
Life Insurance	1-800-393-0864, unionplus.org/lifeinsurance
Medical Bill Negotiating Service	unionplus.org/billnegotiator
Mortgage Program	1-800-848-6466, unionplus.org/mortgage
Motor Club	1-800-454-8722
Moving Discounts	UnionPlus.org/moving
Allied	1-888-642-6814
North American	1-888-813-9595
Pet Insurance	unionplus.org/pets
Real Estate Rewards	1-800-284-9756, unionplus.org/realestate
Renters Insurance	855-666-5797, Discount code DJ7 unionplus.org/rentersinsurance
Save My Home Hotline	1-866-490-5361
Scholarship	unionplus.org/scholarships
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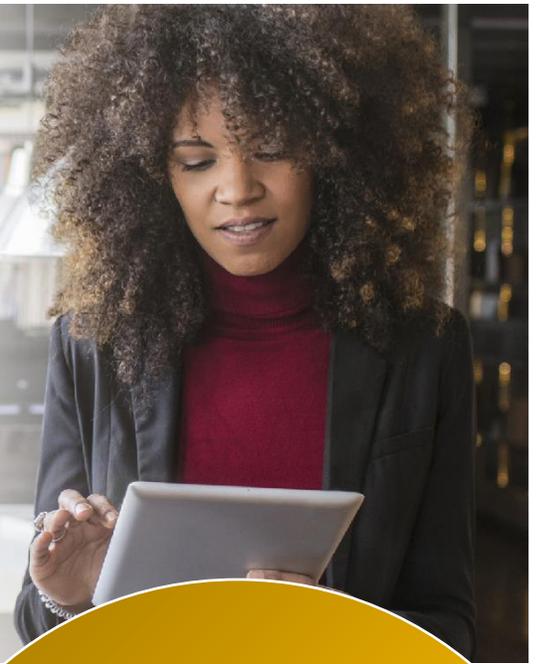
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- You must earn at least \$16,000 a year
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