

# Union 101: *WE are the union*

Become a Member

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## What is a member-led union?

Being member-led means we as healthcare workers lead our union and make the choices that guide us.

## What is in our contract?

- Just cause protections
- Grievance procedure
- Set pay scales and across the board increases

## Roles we can play in our union:

**Delegate:** A coworker who represents us in meetings with management and organizes us to enforce our contract and win during negotiations. Delegates are nominated by their coworkers to this role.

**Contract Action Team (CAT) member:** A coworker who makes sure we are all up to date on what happens during bargaining and lets us know about upcoming actions.

**Bargaining Team member:** A coworker who represents us during contract negotiations. Bargaining Team members are nominated by their coworkers to this role.

**Executive Board member:** A coworker who is elected by us to represent our chapter in unionwide leadership and decision making. The Executive Board makes financial decisions for our union.

**Organizer:** A staff member employed by our union to support us in building our power and enforcing our contract.

## What every union member needs to know:

### What is collective action?

Collective action is when we take action together to improve our workplaces and uphold our contract.

### What are Weingarten Rights?

#### WEINGARTEN RIGHTS

**Union Representation During Investigatory Interviews**  
(If called to a meeting with management, read the following to management or present the card before the meeting starts.)

If this discussion could in any way lead to my being disciplined or terminated, or affect my personal working conditions, I respectfully request that my union representative, officer, or delegate be present at this meeting. Without representation present, I choose not to participate in this discussion.



**SEIU**Healthcare.  
United for Quality Care

www.seiu1199nw.org  
1-800-422-8934

### What is the Healthcare Leadership Fund (HLF)?

The Healthcare Leadership Fund is our political voice as union members and healthcare workers. We use the fund to endorse and elect politicians who will support us as healthcare workers and pass policies that we are fighting for. As healthcare employees we know that having the right elected officials in office can impact our protections as workers.

**Donate to**  
**HLF here** →



## What are just cause protections?

Just cause is the standard that management must adhere to when disciplining or discharging an employee. It means that in union settings, the employer must have a reason to act in disciplining an employee and the reason must be just and fair. In non-union workplaces, the employee is an at-will worker and can be disciplined or fired for whatever reason or no reason at all.



## What is a change in working conditions?

Any substantial change to your job duties, scheduling, or pay. Let your delegate or organizer know as soon as possible if these changes are made or presented.

**Examples:** changing your shift, hours, assigned work location, or introducing any new jobs.

## What is progressive guidance?

1. Written Warning
2. Serious Warning
3. Final Warning
4. Discharge

## What is a grievance?

Any time the employer violates an agreement with the union, which could be anything in the contract.

See *Grievance: Article 15.3* in our contract.

## When should I contact my delegate or organizer?

Contact your delegate as soon as possible if you are facing discipline or an investigation, or if your management makes unilateral changes to your working conditions. If HR is present in any meeting, you can ask for and have a union representative there.

### **Our Union Delegates at Good Samaritan**

**Aleksey “Alex” Rozov**, *ED Tech, Emergency Department*

**Alexis Pineda**, *EVS Tech, EVS*

**Carleen Moon**, *Dietary Aide IV-Cook, Nutrition Services*

**Ethen Roseman**, *ED Tech, Emergency Department*

**Marie Bernabe**, *CS Tech, Sterile Processing*

**Kristine Langston**, *Health Unit Coord, MedSurg Oncology Care*

**Lashawna Poree Gregory**, *Dietary Aide III, Nutrition Services*

**Robin Bowlby**, *Dietary Aide III, Nutrition Services*

**Bryan Uebelacker**, *Patient Transport, Transport*

**Stacy Frazer**, *Nuclear Med Tech, Nuclear Medicine*

**Twana Lucas**, *EVS Tech, Environmental Services*

**Jennifer Newman**, *Dietary Aide III, Nutrition Services*

**Trevor Baumgardner**, *LPN, In Pt Rehab*

### **How we keep our union strong:**

Talk to your coworkers about our union and figure out how to share updates with each other.

Know who your delegates are. If there are no delegates in your department, think about which of your coworkers would be able to represent you.

**Check out the 1199NW  
Good Samaritan website *here*** →



[seiu1199nw.org/chapters/gsh/](https://seiu1199nw.org/chapters/gsh/)