

**NYC Nurses 3 Day Strike!**

In the second week of January over 7,000 New York City nurses at two hospitals, Montefiore Medical Center and Mount Sinai, were on a 3 day strike. Workers were striking for common goals: increased pay and staffing. However an additional disturbing sticking point in negotiations was eliminating hallway beds, and minimizing emergency department overcrowding.

The New York State Nurses Association (NYSNA) called for workers to leave the picket line on January 12, 3 days into the strike, because they had reached a tentative agreement with hospital management. Many have celebrated the success of the nurses' mobilization for achieving wage increases, staffing enforcement, and more. A point of criticism for some was the union's decision to order the striking nurses off the picket line before voting on the contract. After all, it is the rank-and-file that should make the final decision to end a strike and ratify a contract, or not.

**Fight Those Post-Holiday Blues - Together!**

Time off from work is necessary for our mental and physical health. But when you return to work in the same conditions you left behind, it may feel like no amount of rest prepares you for going back. When understaffing, stressful working conditions, and high patient loads are the norm, a few days off (or even weeks) may not feel long enough to actually recover.

So if you come back from the holidays feeling more tired than before, you're not alone! Returning to work can be hard (especially during winter surges), so do your best to keep the cheer going – have lunch with a coworker, go out for drinks after work, or have a new experience together (e.g. museum, book club, or movie). Only we know what it's like to work in healthcare, so it's up to us to keep each other sane!



**Alta Bates: No Matter What It Takes**

2023 began with massive storms of rain, thunder, hail and lightning across the state of California. But not even that was able to stop nurses from striking outside Alta Bates hospitals, demanding better work conditions.

Those at the picket lines stood strong and united throughout the holidays. On January 1st, despite the weather, more than 100 nurses, hospital staff and community members joined together, singing, carrying signs, and showing that they would not accept the work overload and understaffing that they have been subjected to over the years.

The strike lasted 9 days, but their fight is not over – this is just the beginning of a demonstration that healthcare workers must continue to fight for their rights, no matter what it takes.

**Understaffing:**

**Blame the Boss, Not Your Coworkers**

Since the start of the COVID-19 pandemic nearly three years ago, hospital workers have been stretched to the limit. Instead of compensating us with increased pay and benefits, management has looked for every which way to cut costs and overwork staff.

As hospital employees are forced to take on extra shifts and increase caseloads, we should recall who is responsible for declining conditions. We cannot point fingers at our coworkers who refuse to take on extra hours, or turn on each other if a person can't keep up with an increasing work pace. The boss wants us to turn inward, fight among ourselves, and not blame the true enemy. It is the capitalist system that has created these intolerable working conditions, and it is management, the minions of this system, who is to blame.

**To fight back against inflation, unemployment, and overwork, we need to understand the capitalist system we confront today.**

Come to a *Speak Out Online Townhall*  
Saturday, January 21<sup>st</sup> @ 4pm  
**A COMING ECONOMIC  
CRISIS? WHO WILL PAY?**



Professor of economics and host of Economic Update RICHARD WOLFF will be discussing these important issues, followed by a Q & A and discussion.