

Speak Out Now in Healthcare

A workplace newsletter for Highland and Kaiser workers

May 5th, 2025

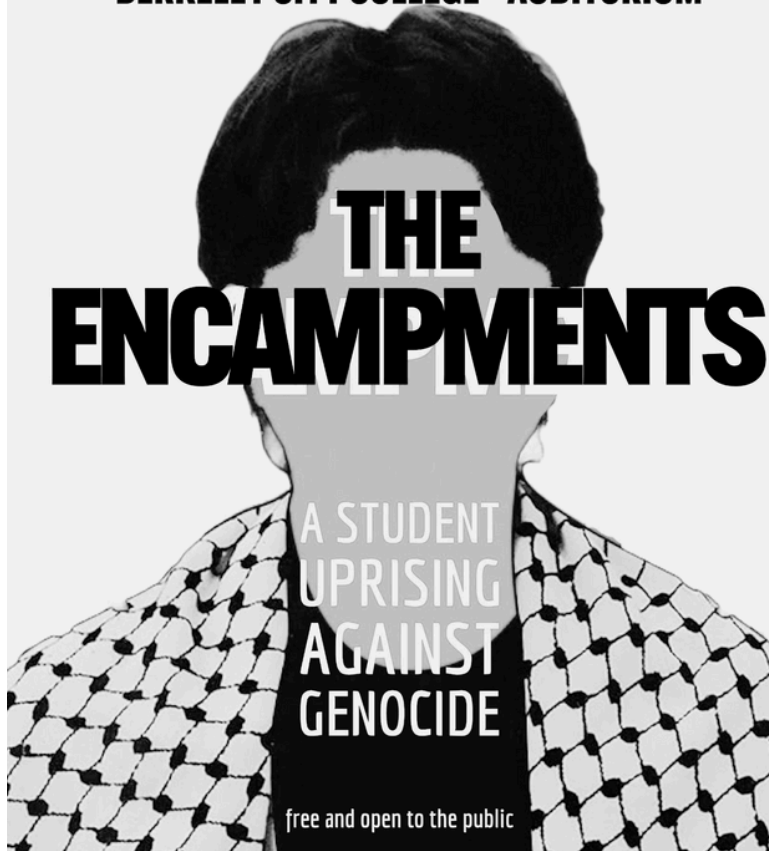
Sick and Stressed Out From Work? You're Not Alone.

Working at Kaiser Oakland means being prepared to deal with the effects of chronic short staffing, never-ending workloads, and long hours. It's no surprise that so many of us end up facing physical and mental health issues. And how ironic is it that we often have to turn to our own doctors just to get signed off for a health break—simply to recover from the job that's supposed to be about healing others?

The number of people experiencing mental or physical health crises, or needing to go on stress-related health leave, should be a clear warning sign to the Kaiser administration that workplace conditions need to improve. The ongoing staffing shortages and the introduction of new pilot programs, that only increase our workload, shows that Kaiser does not truly have our health and well-being in mind. It's clear where Kaiser management's priorities lie: not with caregivers, but with profit.

FILM SHOWING...

THURS. MAY 8 AT 6PM
BERKELEY CITY COLLEGE • AUDITORIUM



Kaiser Mental Health Workers Reach Tentative Agreement

On Monday, May 5th, a tentative agreement (TA) was reached between the National Union of Healthcare Workers (NUHW), the union which mental health workers at Kaiser are organized in, and Kaiser in Southern California. Mental health workers in SoCal had been on strike for over 6 months, fighting for more mandated time between therapy sessions for patient follow ups, restored pension benefits, and COLA adjustments. Some striking workers were even forced to go on hunger strike in April to escalate their attempt to win their demands.

Few details have been released about the TA and what it contains. Workers will vote this week whether to ratify the TA or not. Regardless of what happens with the vote, Kaiser workers have shown incredible resilience and determination in this fight.

Happy Nurses Week!

It's that time of year again when nurses everywhere are honored by their workplaces with tokens of appreciation. For all your hard work and dedication, you might get a keychain or a pen, or a "thank you" email from the CEO. If you're really lucky, you might get to work the shift when a food truck visits (although there probably won't be a break nurse to relieve you to go get lunch.) But what do nurses really want for Nurses Week? Safe staffing, more nurse's aides, supplies for our patients, and equipment that works!

All we want for Nurses Week is the minimum to be able to safely take care of our patients. Management can keep their keychains and candy, and give us what we need to do our jobs.

Hospital CEOs after handing out rocks for nurses week



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