

1199SEIU RETIRED MEMBERS CALENDAR & EVENTS

June 2021



1199SEIU Funds
Benefit and Pension



If you're having trouble getting vaccinated against COVID-19, your Benefit Fund can help. Our Retired Members Division is available to assist you with scheduling an appointment or finding your nearest vaccination site. Just call (646) 473-8761. If you have questions about the COVID-19 vaccines, please visit www.1199SEIUBenefits.org/vaccines for up-to-date information and resources.

Need Help Getting a COVID-19 Vaccine? We Can Help!

Non-Profit Org.
U.S. Postage
PAID
New York, NY
Permit No. 3700

1199SEIU Benefit and Pension Funds
498 Seventh Avenue
New York, NY 10018-0009
Address Service Requested



Stay Connected with Online Chapter Meetings

We hope you are enjoying these online meetings, using them to “connect” with friendly faces, get updates on Funds news and information about your retiree benefits. Join your chapter meeting by typing the Zoom link listed below into your Internet browser and entering the meeting ID and passcode when prompted. **OR** you can also join your meeting using the phone number listed below your chapter. Visit www.1199SEIUBenefits.org/retiree-activities for more details.

FLORIDA CHAPTERS

South Palm Beach Tuesday, June 1 • 10:30 am to noon

Join Zoom Meeting: www.1199SEIUBenefits.org/rnxm

Meeting ID: 998 8141 0166 Passcode: 438683

Call in: (646) 558-8656 or (301) 715-8592

Broward – Leon Davis Tuesday, June 1 • 1:00 pm to 2:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/afde

Meeting ID: 926 2853 1040 Passcode: 508149

Call in: (646) 558-8656 or (301) 715-8592

West Palm Beach Wednesday, June 2 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/uydq

Meeting ID: 973 8980 3121 Passcode: 364751

Call in: (646) 558-8656 or (312) 626-6799

Miami – Ossie Davis Thursday, June 3 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/kfra

Meeting ID: 952 3514 8193 Passcode: 743541

Call in: (646) 558-8656 or (312) 626-6799

Port St. Lucie Monday, June 7 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/qrpa

Meeting ID: 978 5754 0297 Passcode: 409669

Call in: (646) 558-8656 or (312) 626-6799

Palm Bay/Melbourne Tuesday, June 8 • 12:30 pm to 2:00 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/hxrc

Meeting ID: 933 4473 4437 Passcode: 317153

Call in: (646) 558-8656 or (312) 626-6799

Orlando Wednesday, June 16 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/olmn

Meeting ID: 998 7525 7552 Passcode: 066079

Call in: (646) 558-8656 or (301) 715-8592

Casselberry – Doris Turner

Thursday, June 17 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/xtzh

Meeting ID: 974 8313 9012 Passcode: 339648

Call in: (646) 558-8656 or (301) 715-8592

FLORIDA CHAPTERS (continued)

Fort Myers Monday, June 21 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/nway

Meeting ID: 940 7963 4641 Passcode: 382169

Call in: (646) 558-8656 or (312) 626-6799

North Port Tuesday, June 22 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/eccr

Meeting ID: 951 9611 6821 Passcode: 066079

Call in: (646) 558-8656 or (312) 626-6799

Tampa Wednesday, June 23 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/gytr

Meeting ID: 980 4345 0320 Passcode: 456067

Call in: (646) 558-8656 or (301) 715-8592

NEW YORK CHAPTERS

Westchester – Hudson Valley Region

Wednesday, June 2 • 1:30 to 3:00 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtw

Meeting ID: 936 2398 8805 Passcode: 498136

Call in: (646) 558-8656 or (312) 626-6799

Bronx – Joseph James Friday, June 4 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtj

Meeting ID: 950 1780 2260 Passcode: 915217

Call in: (646) 558-8656 or (312) 626-6799

Staten Island Tuesday, June 8 • 3:00 pm to 4:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtm

Meeting ID: 964 4319 3528 Passcode: 878927

Call in: (646) 558-8656 or (301) 715-8592

Suffolk County Thursday, June 10 • noon to 1:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtq

Meeting ID: 974 7009 2977 Passcode: 844564

Call in: (646) 558-8656 or (312) 626-6799

North Bronx – Bernard Minter

Monday, June 14 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtb

Meeting ID: 959 9599 4187 Passcode: 631228

Call in: (646) 558-8656 or (312) 626-6799

New Hyde Park – Eleanor Tilson

Tuesday, June 15 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtv

Meeting ID: 978 3488 3243 Passcode: 264423

Call in: (646) 558-8656 or (312) 626-6799

Hicksville – Milton Konowe

Wednesday, June 16 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtc

Meeting ID: 979 4765 6945 Passcode: 194035

Call in: (646) 558-8656 or (301) 715-8592

Brooklyn – Mattie Small Friday, June 18 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtz

Meeting ID: 998 5182 5410 Passcode: 489089

Call in: (646) 558-8656 or (312) 626-6799

Queens – Edward Garrins

Tuesday, June 22 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtn

Meeting ID: 960 6984 2049 Passcode: 526974

Call in: (646) 558-8656 or (312) 626-6799

Brooklyn – Marshall Dubin

Wednesday, June 23 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtk

Meeting ID: 973 1776 2323 Passcode: 245888

Call in: (646) 558-8656 or (312) 626-6799

Midtown Manhattan Thursday, June 24 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grth

Meeting ID: 964 1371 1218 Passcode: 348177

Call in: (646) 558-8656 or (301) 715-8592

Harlem – Leon Davis Friday, June 25 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtx

Meeting ID: 981 7997 7542 Passcode: 194925

Call in: (646) 558-8656 or (301) 715-8592

VIRGINIA CHAPTER

Thursday, June 3 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/znnj

Meeting ID: 971 4436 8067 Passcode: 545333

Call in: (646) 558-8656 or (312) 626-6799

NEW JERSEY CHAPTER

Thursday, June 10 • 2:30 pm to 4:00 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/qzuy

Meeting ID: 930 6806 3201 Passcode: 545543

Call in: (646) 558-8656 or (312) 626-6799

GEORGIA CHAPTER

Friday, June 11 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/wbjh

Meeting ID: 941 5351 2138 Passcode: 229119

Call in: (646) 558-8656 or (301) 715-8592

PENNSYLVANIA CHAPTER

Monday, June 14 • 3:00 pm to 4:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/hdtb

Meeting ID: 984 1982 9062 Passcode: 348177

Call in: (646) 558-8656 or (301) 715-8592

NORTH & SOUTH CAROLINAS CHAPTER

Friday, June 18 • 1:30 pm to 3:00 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtk

Meeting ID: 970 6884 4069 Passcode: 213320

Call in: (646) 558-8656 or (312) 626-6799

Exercise Your Mind and Body with Tai Chi, Mindful Meditation and Chair Yoga

ONLINE CLASSES

The Retired Members Division has again partnered with Mind over Matter Fitness to bring you classes for your mental and physical well-being. View the class descriptions and join the classes online via Zoom at the links listed below. For more information, please call (646) 473-8761.

Tai Chi

Experience a gentle breath and movement meditation to help you feel more open, limber and calm.

Mondays at 11:00 am Dates: 6/7, 6/14, 6/21, 6/28

Zoom Link: www.1199SEIUBenefits.org/rfcc

Meeting ID: 810 9614 8014 Passcode: 141598

Mindful Meditation

Encourages a healthy mind-body connection with meditation and breathing techniques.

Tuesdays at 11:00 am 6/8, 6/15, 6/22, 6/29

Zoom Link: www.1199SEIUBenefits.org/mmdb

Meeting ID: 833 2075 8796 Passcode: 010490

Call in: (929) 205-6099

Stand-Up Yoga NEW

Tuesdays at 1:00 pm Dates: 6/8, 6/15, 6/22, 6/29

Zoom Link: www.1199SEIUBenefits.org/rsuy

Meeting ID: 838 8144 4241 Passcode: 347758

Chair Yoga

Loosen and stretch tense muscles, reduce stress, improve circulation, and build strength and balance while doing seated exercises.

Wednesdays at 11:00 am Dates: 6/2, 6/9, 6/16, 6/23

Zoom Link: www.1199SEIUBenefits.org/rcyc

Meeting ID: 833 7342 2539 Passcode: 784582

Latin Cardio Dance NEW

An exhilarating cardio class set to Latin music that uses easy-to-follow choreography to keep you moving and grooving while toning your body and burning fat.

Fridays at 11:00 am Dates: 6/4, 6/11, 6/18, 6/25

Zoom Link: www.1199SEIUBenefits.org/rssc

Meeting ID: 861 9029 1726 Passcode: 716715

Cooking for Your Health

ONLINE CLASSES

Let's get cooking! We're excited to get in the kitchen to show you how to prepare healthy meals and share tips for better eating. Each class will last one hour at the Zoom links listed below and will include a cooking demonstration with chef Sonia Verrilli-Jabon. Take a look at the tasty offerings you'll cook up this month!

Thursday, June 10, at 11:00 am: Cannellini Bean Dip and Basil Pesto with a Twist

Recipe Link: www.1199SEIUBenefits.org/rccj

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, June 24, at 11:00 am: Farinata Flatbread and Pina Colada Meets Greens Smoothie

Recipe Link: www.1199SEIUBenefits.org/rccj

Zoom Link: www.1199SEIUBenefits.org/cvbn

Sign Up to Be a NYC Vaccinator

If you are a retired Registered Nurse, Nurse Practitioner, Pharmacist or Physician Assistant, you may be able to help more people get vaccinated against COVID-19 as a vaccinator for the City of New York and some 1199SEIU employers. If you are selected to participate, you will earn income on a per-diem or part-time basis, without compromising your pension benefit. To apply, please submit all requested information, along with your resume, at www.1199SEIUBenefits.org/covidjobs. The Employment Center will make direct referrals to available vaccinator job openings.

Reminder: Verify Your Information to Protect Your Pension

The Pension Verification Program for retirees in the Health Care Employees Pension Fund (HCEPF) and the Greater New York Pension Fund (GNYPF) protects your earned pension benefit from forgeries and other fraudulent practices. If you received a letter from your Pension Fund and HMS, the firm we've hired to conduct the verification program, it is important to reply as soon as possible. Please follow the steps detailed in the letter to verify your pension benefit information. For your convenience, you may have your Pension Benefit Affidavit notarized by an online notary—Notarize.com, which charges a \$20 fee. Instructions are included in your letter.

Tune In for “Seniors Out Speaking” Online

The Medicare Rights Center's “Seniors Out Speaking” (SOS) program helps 1199SEIU retirees learn more about timely Medicare topics via monthly webinar presentations.

The June SOS presentation will take place Tuesday, June 29, at 3:30 pm and will discuss Medicare cost assistance programs.

Join Zoom Meeting: <https://www.1199SEIUBenefits.org/rsos>

If you do not have Internet access, you can use the following call-in information: **Conference line: (646) 558-8656**
Webinar ID: 999 7268 1095

If you need help registering, please contact mi@medicarerights.org. Please visit www.1199SEIUBenefits.org/sos to access additional materials and information related to the SOS program.

Calling All Retired Nurses –Online!

The nurses' meeting will be on Wednesday, June 9, from 2:00 pm to 3:00 pm

The Retired Members Division holds quarterly meetings to help retired nurses stay connected with each other and informed about the latest educational and social issues affecting them. Join this month's meeting at the following **Zoom link: www.1199SEIUBenefits.org/dfge**
Meeting ID: 918 7715 3631 Passcode: 695693
Call in: (646) 558-8656 or (301) 715-8592



Stay Informed with Aetna Online Health Presentations

Through our partnership with Aetna, you can stay up to date on important health and wellness topics by viewing monthly online presentations. Aetna will present a 30-minute live webinar from an Aetna registered nurse, who will review each month's health topic and provide resources.

The video will be available on the Aetna website at the start of each month, allowing you to watch whenever it fits your schedule. Visit 1199SEIU.AetnaMedicare.com for more information and to view the monthly presentation.

Upcoming Topics

June
Men's Health
Awareness

July
Health and Wellness
Outdoors