

BULLETIN



Ready for Your Closeup? Sign Up for a Photo Shoot

Each issue of the *Retired Members Bulletin* showcases photos from our retiree community, but with in-person events still on hold, we need your help to capture new pictures! If you would like a chance to be featured in future issues, please email Communications@1199Funds.org to schedule a socially distant photo shoot near your home with our Benefit and Pension Funds photographer.



1199SEIU Funds
Benefit and Pension

Don't Let Your Guard Down: Protect Yourself Against COVID-19 and the Flu

It's important to remain vigilant against COVID-19, especially as we get deep into cold and flu season. So, if you are eligible for the booster shot, we encourage you to make an appointment to get yours as soon as possible and lower your risk of severe illness should you be exposed to the virus. The vaccine offers widespread protection for yourself and your loved ones. And don't forget your annual flu shot, which can help you avoid the fever, aches and chills the seasonal virus can bring. Fortunately, both the COVID-19 vaccination and the flu shot are available through your primary care provider, at clinics and at participating pharmacies. To find a COVID-19 vaccination site near you, visit our website www.1199SEIUBenefits.org/vaccine-locations.

Read Your Retired Members Bulletin Online!

Did you know that you can view your monthly *Retired Members Bulletin* on your computer or smart phone *before* you receive it in the mail? Just scan this QR code and you can have all the month's news and information at your fingertips! If you don't have a smart phone, just visit www.1199SEIUBenefits.org/RMB.



Stay Connected with Your Funds

While there are currently no in-person activities or meetings scheduled at our 498 Seventh Avenue headquarters or New York City-area satellite offices, they are open for retiree benefit assistance services that can't be handled online or over the phone. Of course, you can always access your benefits from the comfort of your home, 24/7. Simply visit [MyAccount \(www.My1199Benefits.org\)](http://www.My1199Benefits.org) or make an online appointment to speak with a Retiree Services Representative by visiting www.1199SEIUBenefits.org/app. You may also call Retiree Services directly at (646) 473-8666. If you do need to visit a Funds office, you should schedule an appointment online at www.1199SEIUBenefits.org/app to reduce wait times and facilitate social distancing.

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A Message from the Executive Director

Un Mensaje de la Directora Ejecutiva

Dear Retired Members,



I hope you are enjoying a lovely autumn and feeling your best. Good health is the key to unlocking an active and fulfilling retirement. That is why I'd like to share our newly launched online Healthy Living Resource Center with you.

The website's various sections—Healthy Minds, Healthy Eating, Healthy Bodies, Healthy Hearts and Healthy Provider Relationships—are meant to support you in navigating your own unique path to continued wellness. Each area is full of information, resources and useful tools. You'll also find insights from experts and 1199SEIU members and retirees about the benefits of maintaining good health, plus a variety of ways for you to learn and connect in the manner that best fits your lifestyle and needs. We encourage you to visit www.1199SEIUBenefits.org/healthyliving regularly.

Speaking of health, our emotional well-being is an important aspect of staying healthy and weathering life's challenges. Now, those enrolled in the 1199SEIU Aetna Medicare Advantage Plan can get support through the MDLIVE online resource. It's a fast, convenient way to connect with a licensed therapist or psychiatrist by phone or video chat. See page 4 for more information.

And sometimes, we need additional help to stay on top of our health and life's challenges. When that happens, you can find additional support at findhelp.1199SEIUBenefits.org to connect to support in your area for financial assistance, food pantries, transportation and other free or reduced-cost resources. To find out more, see page 4.

Finally, now is the perfect time to get your flu vaccination and COVID-19 booster. If you have not already, you can schedule an appointment with your primary care doctor or visit a participating pharmacy or clinic. It's another way to make sure you're prepared for the upcoming months of festivity and togetherness. Enjoy the season in good health!

Sincerely,



Donna Rey, EdD
Executive Director
1199SEIU Benefit and Pension Funds

Estimados miembros jubilados:

Espero que estén disfrutando de un hermoso otoño y que se sientan lo mejor posible. La buena salud es la clave para desbloquear una jubilación activa y satisfactoria. Es por eso que me gustaría compartir con ustedes nuestro Centro de Recursos de Vida Saludable en línea lanzado recientemente.

Las diversas secciones del sitio web ("Healthy Minds" [Mentes saludables], "Healthy Eating" [Hábitos de alimentación saludables], "Healthy Bodies" [Cuerpos saludables], "Healthy Hearts" [Corazones saludables] y "Healthy Provider Relationships" [Relaciones saludables con los proveedores]) están destinadas a ayudarles a explorar su propio y único camino hacia el bienestar continuo. Cada área está llena de información, recursos y herramientas útiles. También encontrarán aportes de expertos y miembros y jubilados de 1199SEIU sobre los beneficios de mantener una buena salud, además de una variedad de maneras para aprender y conectarse de la forma que mejor se adapte a sus estilos de vida y necesidades. Les alentamos a visitar www.1199SEIUBenefits.org/healthyliving frecuentemente.

Hablando de salud, nuestro bienestar emocional es un aspecto importante para mantenernos saludables y superar los desafíos de la vida. Ahora, aquellos inscritos en el Plan Aetna Medicare Advantage de 1199SEIU pueden obtener apoyo a través del recurso en línea MDLIVE. Es una manera rápida y cómoda de conectarse con un terapeuta o psiquiatra certificado por teléfono o chat de video. Consulten la página 4 para obtener más información.

Y, a veces, necesitamos ayuda adicional para estar al tanto de nuestra salud y los desafíos de la vida. Cuando eso suceda, pueden encontrar apoyo adicional en findhelp.1199SEIUBenefits.org para conectarse con apoyo en su área y así recibir ayuda financiera, despensas de alimentos, transporte y otros recursos gratuitos o de costo reducido. Para obtener más información, consulten la página 4.

Por último, ahora es el momento perfecto para vacunarse contra la gripe y recibir la vacuna de refuerzo contra el COVID-19. Si aún no lo han hecho, pueden programar una cita con su médico de atención primaria o visitar una farmacia o clínica participante. Es otra manera de asegurarse de estar preparados para los próximos meses de festejo y encuentros. ¡Disfruten de la temporada con buena salud!

Atentamente.



Donna Rey, EdD
Directora Ejecutiva
Fondos de Beneficios y Pensiones de 1199SEIU

President's Message / Mensaje de la Presidenta

Dear Sisters and Brothers,



Welcome to November! Although we welcome the cooler weather and look forward to fall and winter gatherings, many of us feel caught in a “pandemic rut” that’s impacted how we think and feel. These last three years are more than a bump in the road. Forced isolation, constant vigilance over our health and missed social activities have all been so much. Are you feeling overwhelmed, not wanting to leave the house or even go for a walk? It’s okay to say you’re not okay, but don’t let that keep you from reaching out to your community. Your mental health should be your priority!

I heard a funny joke recently. One friend is waiting for the other to show up for lunch, and when she finally shows up, she says, “Sorry I’m late, I had a breakdown on the way here.” The other friend says, “I’m sorry to hear that—is your car okay?” The friend looks at her, confused, and says, “What car?”

While mental health is no laughing matter, sometimes shedding a little light on difficult feelings can brighten our spirits and help us feel less alone.

Aetna’s new MDLive is a virtual service 1199ers can use to talk with a licensed counselor, therapist or psychiatrist about mental health concerns like anxiety, depression and loneliness. Some people think you can’t ask for help unless you have big problems, but large or small, finding support for your emotional health is as important as finding a good primary care doctor. Read more about MDLive in the bulletin to find out how you can get confidential support.

Speaking of check-ins, are you up to date on your immunizations? With COVID-19 and cold and flu season upon us, now is the best time to make sure you and your loved ones are protected. It’s also time for that yearly exam with your primary care doctor. I don’t know about you, but as the weather cools, I always get a visit from “Brother Arthur,” aka arthritis. An annual visit to the doctor gives us peace of mind and a maintenance plan for the year ahead.

Despite all the difficulties of the past few years, I am encouraged by the resilience of our retiree community. Be sure to browse the bulletin schedule for ways you can get involved and stay connected, and remember that your Funds are always just a call away at (646) 473-8666.

In solidarity,
Mary Stovall-Merrill

Queridos hermanos y hermanas:

¡Bienvenidos a noviembre! Aunque le damos la bienvenida a un clima más fresco y esperamos que otoño e invierno se reúnan, muchos de nosotros nos sentimos atrapados en una “rutina pandémica” que ha afectado nuestra forma de pensar y sentir. Estos últimos tres años son más que una piedra en el camino. El aislamiento forzoso, la supervisión constante de nuestra salud y las actividades sociales perdidas han sido demasiado. ¿Se sienten abrumados, sin ganas de salir de casa o incluso de salir a caminar? Está bien decir que no se encuentran bien, pero no dejen que eso les impida acercarse a su comunidad. ¡Su salud mental debe ser su prioridad!

Hace poco escuché un chiste gracioso. Una amiga está esperando a que la otra llegue a almorzar y, cuando finalmente llega, dice: “Lamento llegar tarde, tuve una crisis en el camino hacia aquí”. La otra amiga dice: “Lamento escuchar eso, ¿perdiste mucho dinero?”. La amiga la mira confundida y dice: “¿Qué dinero?”.

Si bien la salud mental no es cosa de risa, a veces esclarecer un poco los sentimientos difíciles puede alegrarnos el ánimo y ayudarnos a sentirnos menos solos.

El nuevo MDLive de Aetna es un servicio virtual que los miembros de 1199 pueden usar para hablar con un asesor, un terapeuta o un psiquiatra certificados sobre problemas de salud mental como la ansiedad, la depresión y la soledad. Algunas personas piensan que no pueden pedir ayuda a menos que tengan grandes problemas, pero ya sea grande o pequeño, encontrar apoyo para su salud emocional es tan importante como encontrar un buen médico de atención primaria. Pueden encontrar más información sobre MDLive en el boletín para saber cómo pueden obtener apoyo confidencial.

Hablando de controles, ¿están al día con sus vacunas? Con el COVID-19 y la temporada de resfriados y gripe a la vuelta de la esquina, ahora es el mejor momento para asegurarse de que ustedes y sus seres queridos estén protegidos. También es hora de ese examen anual con su médico de atención primaria. No sé ustedes, pero a medida que la temperatura baja, siempre recibo la visita del “hermano Artie”, también conocido como artritis. Una visita anual al médico nos da tranquilidad y un plan de mantenimiento para el año que viene.

A pesar de todas las dificultades de los últimos años, me alienta la resiliencia de nuestra comunidad de jubilados. Asegúrense de consultar las formas en que pueden participar y mantenerse conectados en el cronograma del boletín, y recuerden que sus Fondos siempre están a solo una llamada de distancia al (646) 473-8666.

Atentamente,
Mary Stovall-Merrill

Support Your Emotional Health with Aetna's MDLIVE

A healthy mind is just as important as a healthy body. Now, retirees enrolled in the 1199SEIU Aetna Medicare Advantage Plan can get support for their emotional well-being through MDLIVE, a new online resource. With MDLIVE, you can connect with a licensed therapist or psychiatrist by phone or video chat from the comfort of your home on your schedule. To get started, visit www.MDLIVE.com/AetnaMedicarebh and follow the prompts to create an account.

To learn more about MDLIVE, call (888) 865-0729

Access Community Resources with findhelp.org

Life's needs can be unexpected, but you can always count on getting support with findhelp.org, a search engine that locates free and low-cost community services and programs in your area for you or your loved ones. In partnership with the Benefit Funds, findhelp.org allows you to access resources that can aid with food security, emotional well-being services, child care, financial and legal assistance, and more. Although we are pleased to share these resources with you, the services offered through findhelp.org are not covered Fund benefits.

Visit findhelp.1199SEIUBenefits.org

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 November SOS presentation will take place **Tuesday, November 22, at 3:30 pm** and will cover changing Medicare Part D plans.

Join Zoom Meeting: 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 have any registration questions, please contact mi@medicarerights.org. Please visit www.1199SEIUBenefits.org/sos to access additional materials and information related to the SOS program.

NEW!

The Healthy Living Resource Center Is Your Wellness Toolkit!

If you want to get and keep your health on track, your Benefit Fund has you covered. The all-new Healthy Living Resource Center gives you all the info, expert knowledge and resources for wellness, split into five hubs covering the pillars to living a healthy lifestyle: Healthy Minds, Healthy Eating, Healthy Bodies, Healthy Hearts and Healthy Provider Relationships. Browse each section for nutrition tips, health trackers, interactive exercise videos, screening guidelines and a direct link to our Provider Directory. Healthy Living will be updated frequently with new information about upcoming programs and partnerships, so be sure to check back often.

Visit www.1199SEIUBenefits.org/HealthyLiving

Learn New Skills and Explore Interests with Continuing Education Programs

Is there a subject you've always wanted to study or a topic you want to learn more about? 1199SEIU retirees can access free and low-cost educational opportunities, including in-person courses at colleges throughout New York and online classes offered nationwide.

www.1199SEIUBenefits.org/retiree-ed

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

November & December

Lifestyle treatments for diabetes

Have You Joined Our Retired Members' Online Community Yet?



Stay connected and get the latest information about your benefits and programs with our **1199SEIU Retired Members Facebook group**. Here you can find the latest news, learn about upcoming meetings and talk with fellow retirees. Join the group today and invite other retired members. Remember: We are stronger together!

Visit www.Facebook.com/groups/1199SEIURetiredMembers

A Message From George Gresham

PRESIDENT, 1199SEIU UNITED HEALTHCARE WORKERS EAST

Dear Sisters and Brothers,

1199 retirees are part of a generation of leaders who made massive contributions to building the Union, transforming healthcare and giving workers a greater voice in politics. Today, we are counting on your leadership once again as we approach the crucial 2022 midterm elections.



We've been through many voting seasons together, and it seems like every year we hear it said that "this is the most important election in our lifetime." While it sounds played out, this time it's not far from the truth. The implications of the upcoming November 8 election are monumental. Will we elect leaders who stand with healthcare workers, fight for good jobs, defend Medicare/Medicaid and Social Security, and preserve democracy? Or will we allow extremists to gain power who seek to destroy the labor movement, stoke racism, manipulate elections, take away women's rights and keep working people divided?

The choice is ours to make. 1199 members and retirees can make an especially critical difference because this year, **all states** where 1199ers have a significant presence are "swing states." Even here in blue New York where I write this column, there are no less than 10 competitive congressional districts up for grabs that could tilt the balance of power in the U.S. House of Representatives. We don't need to take buses down to Pennsylvania to find a swing district to help get out the vote—we're doing it right in our own backyard. (Although, rest assured, we're knocking on doors in PA, too!)

This year, we can take nothing for granted. We've seen, even since Trump was resoundingly defeated, that elements of the far-right continue to gain steam. And they are fighting not just to win an election but to gain permanent political power. The voting franchise itself is under threat, as candidates who refuse to acknowledge the legitimate results of the 2020 presidential election pursue statewide and national offices in Georgia, Florida, North Carolina, New Jersey and elsewhere, and plan to restrict access to the ballot box among lower-income voters and people of color.

I am calling on every 1199 retiree and every active member to persuade your families, friends, colleagues and neighbors to vote

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on November 8. We simply cannot sit this one out. With nationwide turnout in midterm elections typically low, we can have an especially outsized impact when we all get ourselves to the polls.

Here's what you can do immediately: Visit www.1199votes.org. There, you can check your voter registration and find your polling location and the deadlines to request and submit mail-in ballots. Then sign up for volunteer phone-banking, texting and postcard writing. Our 1199 retirees brought home victory in 2020—let's do it again on November 8! You can reach out to the Retired Members Division anytime with questions at unionretirees@1199.org or (855) 616-1199.

In solidarity,

A handwritten signature in black ink, appearing to read "G. Gresham", with a long horizontal flourish extending to the right.

George Gresham

THIS PAGE IS PAID FOR BY 1199SEIU UNITED HEALTHCARE WORKERS EAST

Un Mensaje De George Gresham

PRESIDENTE, 1199SEIU UNITED HEALTHCARE WORKERS EAST

Queridos hermanos y hermanas:

Los jubilados de 1199 son parte de una generación de líderes que hicieron contribuciones masivas para construir el sindicato, transformar el cuidado de la salud y dar a los trabajadores una voz más firme en la política. Hoy contamos una vez más con su liderazgo, a medida que nos acercamos a las elecciones intermedias cruciales de 2022.

Juntos, hemos pasado por muchas temporadas de votaciones, y parece que todos los años escuchamos decir que “esta es la elección más importante de nuestra vida”. Si bien suena trillado, esta vez no se aleja de la verdad. La repercusión de las próximas elecciones del 8 de noviembre es colosal. ¿Elegiremos líderes que apoyan a los trabajadores de la salud, luchan por buenos empleos, defienden Medicare/Medicaid y el Seguro Social y preservan la democracia? ¿O permitiremos que ganen poder los extremistas que buscan destruir el movimiento laboral, avivar el racismo, manipular las elecciones, quitarles los derechos a las mujeres y mantener divididos a los trabajadores?

La decisión está en nuestras manos. Los miembros y jubilados de 1199 pueden marcar una diferencia particularmente crítica porque este año, **todos los estados** donde los miembros de 1199 tienen una presencia significativa son “estados indecisos”. Incluso aquí en la Nueva York azul, desde donde escribo esta columna, hay al menos 10 distritos electorales competitivos en juego que podrían inclinar la balanza de poder en la Cámara de Representantes de los Estados Unidos. No es necesario tomar autobuses hasta Pensilvania para encontrar un distrito clave que ayude a promover el voto; lo estamos haciendo bien desde nuestro propio patio trasero. (¡Pero estén seguros de que también estamos tocando puertas en Pensilvania!).

Este año, no podemos dar nada por sentado. Hemos visto, incluso desde que Trump fue rotundamente derrotado, que los elementos de extrema derecha continúan ganando fuerza. Y están luchando no solo para ganar una elección, sino también para obtener poder político permanente. El derecho al voto en sí está bajo amenaza, ya que los candidatos que se niegan a reconocer los resultados legítimos de las elecciones presidenciales de 2020 persiguen cargos estatales y nacionales en Georgia, Florida, Carolina del Norte, Nueva Jersey y otros lugares, y planean restringir el acceso a las urnas entre votantes de bajos ingresos y personas de color.

Hago un llamado a todos los jubilados de 1199 y a todos los miembros activos para que convencan a sus familias, amigos, colegas y vecinos de votar el 8 de noviembre. Simplemente no podemos

El derecho al voto en sí está bajo amenaza, ya que los candidatos que se niegan a reconocer los resultados legítimos de las elecciones presidenciales de 2020 persiguen cargos estatales y nacionales en Georgia, Pennsylvania, Florida, Carolina del Norte, Nueva Jersey y otros lugares, y planean restringir el acceso a las urnas entre votantes de bajos ingresos y personas de color.

quedarnos fuera de esto. Dado que la participación nacional en las elecciones intermedias suele ser baja, podemos lograr un impacto particularmente impresionante cuando todos vayamos a las urnas.

Esto es lo que ustedes pueden hacer de manera inmediata: visiten www.1199votes.org. Allí, pueden verificar su registro de votante, encontrar su lugar de votación y las fechas límite para solicitar, y enviar boletas por correo. Luego regístranse como voluntarios para hacer llamadas telefónicas y enviar mensajes de texto y tarjetas postales. Nuestros jubilados de 1199 trajeron la victoria a casa en 2020; ¡hagámoslo de nuevo el 8 de noviembre! Si tienen preguntas, pueden comunicarse en cualquier momento con la División de Miembros Jubilados por correo electrónico a unionretirees@1199.org o llamando al (855) 616-1199.

Atentamente.



George Gresham

ESTA PÁGINA LA FINANCIA 1199SEIU UNITED HEALTHCARE WORKERS EAST



**ONLINE
CLASSES**

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

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: 11/7, 11/14, 11/21, 11/28

Zoom Link: www.1199SEIUBenefits.org/rtcc

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 Dates: 11/1, 11/8, 11/15, 11/22

Zoom Link: www.1199SEIUBenefits.org/mmdb

Meeting ID: 833 2075 8796 Passcode: 010490

Call in: (929) 205-6099

Yoga

Tuesdays at 1:00 pm Dates: 11/1, 11/8, 11/15, 11/22

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: 11/2, 11/9, 11/16, 11/23

Zoom Link: www.1199SEIUBenefits.org/rcyc

Meeting ID: 833 7342 2539 Passcode: 784582

Heart and Soul Afro Cardio Jam

Come dance, connect and move on a soulful dance journey to the rhythms of African drums.

Wednesdays at 1:00 pm Dates: 11/2, 11/9, 11/16, 11/23

Zoom Link: www.1199SEIUBenefits.org/racj

Meeting ID: 895 9987 4473 Passcode: 889260

Latin Cardio Dance

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: 11/4, 11/11, 11/18, 11/25

Zoom Link: www.1199SEIUBenefits.org/rssc

Meeting ID: 851 0097 9301 Passcode: 229593

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 Natalia. Take a look at the tasty offerings you'll cook up this month!

Thursday, November 3, at 11:00 am:

Chickpea Pasta with Tomato Sauce and Kale Pesto

Recipe Link: www.1199SEIUBenefits.org/rccp

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, November 10, at 11:00 am:

Sweet Potato and Broccoli Soup

Recipe Link: www.1199SEIUBenefits.org/rcsb

Zoom Link: www.1199SEIUBenefits.org/cvbn

Cooking for Your Health, Now en Español ! **NEW**

We're excited to offer the Cooking for Your Health class in Spanish! Join Chefs Natalia and Teresa for a cooking demonstration of quick, healthy recipes that are sure to become favorites. Each class will last one hour at the Zoom links listed below. Take a look at the dishes you'll be cooking this month!

Friday, November 4, at noon:

Pescado blanco apanado con Almendras y Coco

Recipe Link: www.1199SEIUBenefits.org/rcpb

Zoom Link: www.1199SEIUBenefits.org/rscsc

Friday, November 18, at noon:

Tarta de durazno con masa de nueces

Recipe Link: www.1199SEIUBenefits.org/rcdn

Zoom Link: www.1199SEIUBenefits.org/rscsc

¡Cocinar para Su Salud, Ahora en Español ! **NUEVO**

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la Chefs Natalia y Teresa en una demostración de cocina con recetas rápidas y saludables que, sin duda, se convertirán en sus favoritas. Cada clase durará una hora y se realizará por Zoom en los enlaces que figuran a continuación. ¡Eche un vistazo a los platos que cocinará este mes!

Viernes 4 de noviembre, a las mediodía:

Pescado blanco apanado con Almendras y Coco

Enlace para ver la receta: www.1199SEIUBenefits.org/rcpb

Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscsc

Viernes 18 de noviembre, a las mediodía:

Tarta de durazno con masa de nueces

Enlace para ver la receta: www.1199SEIUBenefits.org/rcdn

Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscsc

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.

We'd like to extend a **big** 1199SEIU welcome to several new regions joining this month's Chapter Meeting listings: Texas, Tennessee, Washington, Oregon, California and Nevada! Find your regular listing below and join fellow retirees for a Chapter Meeting mashup!

TEXAS, TENNESSEE AND PENSACOLA

Thursday, November 3 • noon to 2:00 pm (CST)

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

Meeting ID: 875 5909 8800 Passcode: 983300

WASHINGTON, OREGON, CALIFORNIA AND NEVADA

Friday, November 4 • noon to 2:00 pm (PST)

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

Meeting ID: 828 9127 0655 Passcode: 602834

GEORGIA, PORT ST. LUCIE, MIAMI—OSSIE DAVIS AND VIRGINIA

Monday, November 7 • noon to 2:00 pm

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

Meeting ID: 867 9050 9679 Passcode: 683117

PALM BAY, SOUTH PALM BEACH AND STATEN ISLAND

Tuesday, November 8 • noon to 2:00 pm

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

Meeting ID: 830 7254 1423 Passcode: 465536

QUEENS—EDWARD GARRINS, WESTCHESTER AND WEST PALM BEACH

Wednesday, November 9 • noon to 2:00 pm

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

Meeting ID: 810 9394 2270 Passcode: 853643

SUFFOLK COUNTY, PENNSYLVANIA, PUERTO RICO, BRONX—JOSEPH JAMES

Thursday, November 10 • noon to 2:00 pm

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

Meeting ID: 826 1545 7617 Passcode: 004872

HUDSON VALLEY, NORTH BRONX—BERNARD MINTER AND BROWARD—LEON DAVIS

Friday, November 11 • noon to 2:00 pm

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

Meeting ID: 869 6548 2179 Passcode: 003778

NYC HEADQUARTERS, FORT MYERS, RETIRED NURSES AND NEW HYDE PARK—ELEANOR TILSON

Monday November 14 • noon to 2:00 pm

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

Meeting ID: 812 1892 2481 Passcode: 346680

NORTH & SOUTH CAROLINAS, NEW JERSEY AND BROOKLYN—MATTIE SMALL

Tuesday, November 15 • noon to 2:00 pm

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

Meeting ID: 827 5692 3131 Passcode: 196861

TAMPA, HICKSVILLE—MILTON KINOWE AND BROOKLYN—MARSHALL DUBIN

Wednesday, November 16 • noon to 2:00 pm

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

Meeting ID: 810 7445 2630 Passcode: 571064

HARLEM—LEON DAVIS, ORLANDO—GEORGE GRESHAM, NORTH PORT AND CASSELBERRY—DORIS TURNER

Thursday, November 17 • noon to 2:00 pm

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

Meeting ID: 812 6330 8532 Passcode: 721620