



# 2024

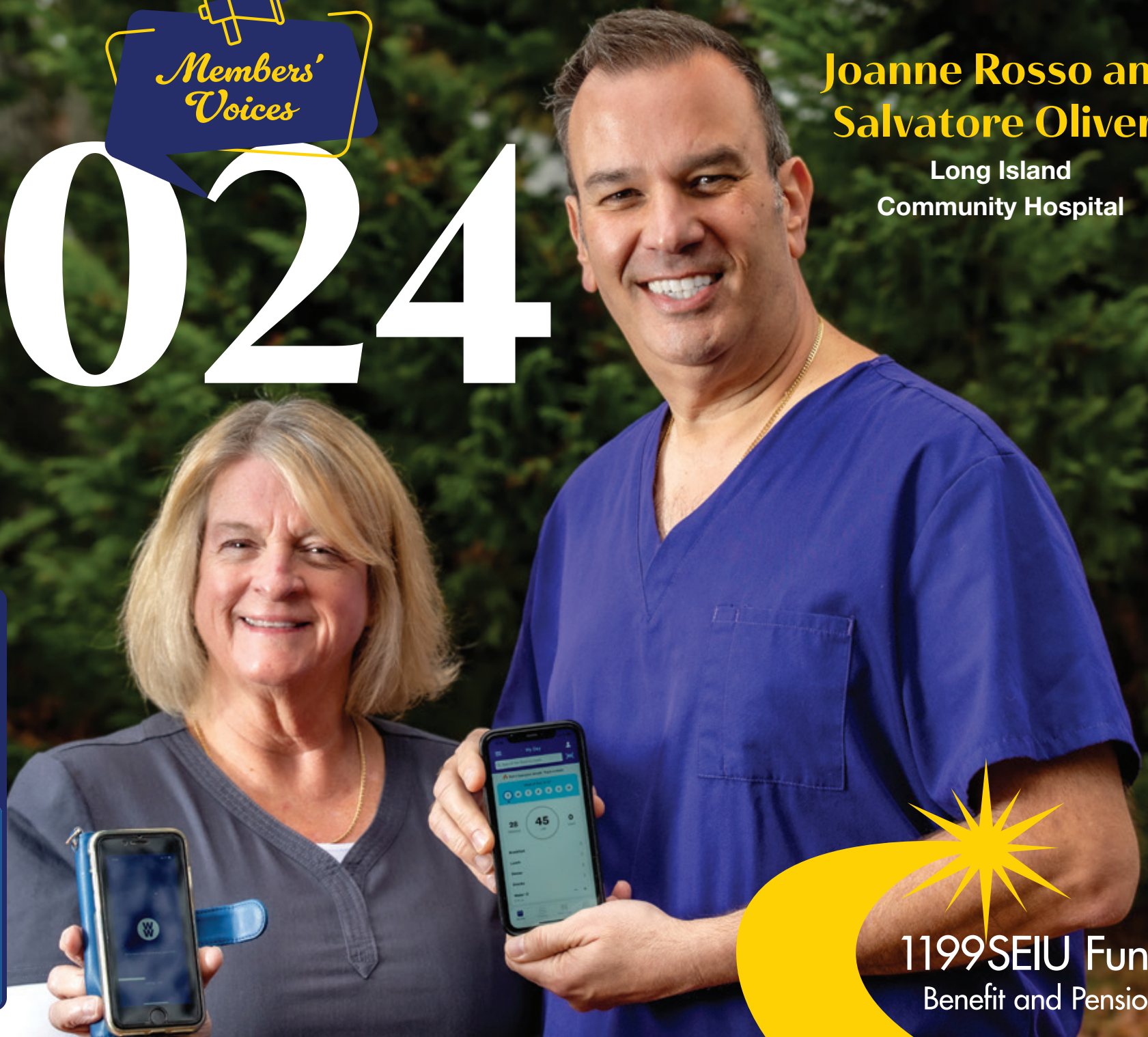
**Joanne Rosso and  
Salvatore Oliveri**

Long Island  
Community Hospital

Scan  
to hear  
about our  
health  
journeys!



1199SEIUBenefits.org



**1199SEIU Funds**  
Benefit and Pension

# Health Is the Key

Dear 1199SEIU Members,

Welcome to your 2024 Benefit Fund calendar. Each month you will be introduced to one of your fellow 1199SEIU members. What's different about this calendar is that each featured member has taken the time to share their healthy living story with us through photos, audio recordings and in some cases, video recordings. We've taken their stories and turned them into videos, creating our special series of **Members' Voices**. You'll get to watch a new story each month by scanning the QR code found on the page. And since each member's video goes live on the first of the month in which they're featured, you'll be able to check in with your fellow 1199ers throughout the year!

We are really excited to share these stories with you, and I am personally so grateful for and inspired by the effort these members have shown. Not only have they put a remarkable amount of work into their own health journeys, but they each found the time to share their story with us.

I hope you find them as compelling as I do. We have an incredible community, and here at the Benefit Fund we are devoted to finding new ways for you to connect and share your health journey and inspiring stories with one another.

As we head into 2024 and embrace the promise of a new year, we want to gently remind you to take time out for yourself and make your own health a priority this year. We know this isn't always easy, so we've created the online Healthy Living Resource Center ([www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)) to support you with the information and tools you need to thrive.

Wishing you a happy, healthy and joyful 2024! I look forward to us all taking the next steps in our health journeys—together!

Sincerely,



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



“

We have an incredible community, and here at the Benefit Fund we are devoted to finding new ways for you to connect and share your health journey and inspiring stories with one another.

”

## Member Resources

### Healthy Living Resource Center

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

### findhelp

[findhelp.1199SEIUBenefits.org](http://findhelp.1199SEIUBenefits.org)

### MyAccount

Sign up at [www.My1199Benefits.org](http://www.My1199Benefits.org)

### Our Website

[www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org)

### Health Is the Key

[Podcast.1199SEIUBenefits.org](http://Podcast.1199SEIUBenefits.org)

### The Benefits Channel

View online workshops and webinars at

[www.1199SEIUBenefits.org/videos](http://www.1199SEIUBenefits.org/videos)

### Facebook

[www.Facebook.com/1199SEIUBenefitFunds](http://www.Facebook.com/1199SEIUBenefitFunds)

### Instagram

@1199SEIUBenefitFunds

### Benefit Funds Member Services (in NYC)

(646) 473-9200

### Benefit Funds Member Services (outside NYC)

(800) 575-7771

### Wellness Member Assistance Program

(646) 473-6900

### Funds Headquarters

498 Seventh Avenue, New York, NY 10018-0009

If you need to see us in person, you can avoid wait times by scheduling an appointment with a Member Services Representative. To make an appointment, visit [www.1199SEIUBenefits.org/appt](http://www.1199SEIUBenefits.org/appt) or call (646) 473-9200. For a list of all Funds offices, please visit [www.1199SEIUBenefits.org/locations](http://www.1199SEIUBenefits.org/locations).

### Get an Extra Copy of Your 2024 Member Calendar Today!

Your Benefit and Pension Funds' 2024 member calendar is available online now! Scan the QR code below to download a PDF or to request an extra copy.



[www.1199SEIUBenefits.org/member-calendar](http://www.1199SEIUBenefits.org/member-calendar)



*Members' Voices*

“When my father was diagnosed with diabetes, it was a wakeup call. His health and the rest of our family’s health became my passion. I said, ‘We are not going to go down like that!’”

**Medona Porter**  
Registered Nurse  
Jamaica Hospital

Scan to hear more about my health journey!



1199SEIUBenefits.org

**DECEMBER 2023**

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10	11	12	13	14	15	16
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31						

# JANUARY

**FEBRUARY 2024**

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NATIONAL BLOOD DONOR MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King, Jr., Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

*Healthy Living*

Make signing up for WeightWatchers® your New Year’s resolution! It’s a great way to take the next step on your health journey. WeightWatchers offers a holistic approach that incorporates strategies to support your weight-loss goals through healthy eating, physical activity, mindset and better sleep methods. Sign up at [www.1199SEIUBenefits.org/WW](http://www.1199SEIUBenefits.org/WW).



**1199SEIU Funds**  
Benefit and Pension



**“I’m working on my health because I want to live longer and to be an example –I want to say I beat diabetes.”**

**Lavern King**

Home Health Aide  
Sunnyside Home Care Project

Scan to hear more about my health journey!



**JANUARY 2024**

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# FEBRUARY

**MARCH 2024**

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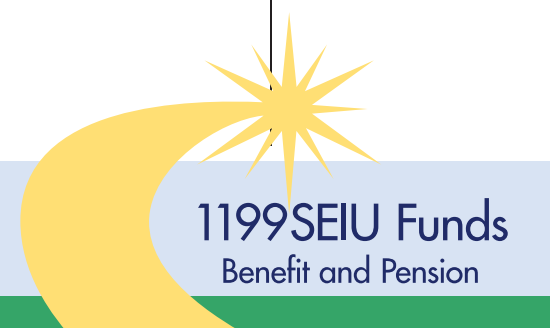
**AMERICAN HEART MONTH**

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
						Chinese New Year begins
11	12	13	14	15	16	17
			Valentine's Day			
18	19	20	21	22	23	24
	Presidents' Day					
25	26	27	28	29		



Our new **Health Is the Key** podcast offers cutting edge healthy living information from our industry’s experts and leaders! Tune in to hear inspiring success stories from fellow members and learn about the healthy living resources available to help support you on your journey. Visit [Podcast.1199SEIUBenefits.org](http://Podcast.1199SEIUBenefits.org) to find out more!





“I needed to be healthy to donate my liver to my father. Now, as a mother, I want to keep it up and stay physically and mentally healthy for my children.”

**Christina Chechile**

Lead X-ray Technician  
Long Island Jewish Medical Center  
Northwell Health

Scan to hear more about my health journey!



**FEBRUARY 2024**

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# MARCH

**APRIL 2024**

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21	22	23	24	25	26	27
28	29	30				

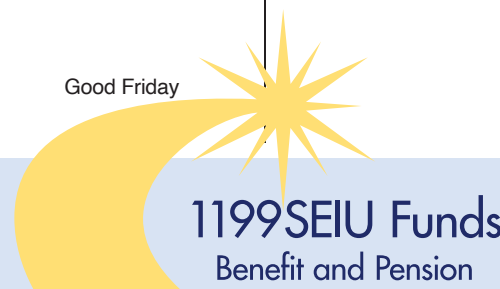
NATIONAL COLORECTAL CANCER AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Daylight Saving Time begins Ramadan begins (evening)	17	18	19	20	21	22
17	18	19	20	21	22	23
St. Patrick's Day	24	25	26	27	28	29
24 Palm Sunday	25	26	27	28	29	30
Easter Sunday	31				Good Friday	



Enrolling in one of your Benefit Fund's online prenatal workshops is a great way to learn how to have a healthy pregnancy, prepare for your due date and know what to expect during labor. For more information, visit [www.1199SEIUBenefits.org/Maternal-Health](http://www.1199SEIUBenefits.org/Maternal-Health). These workshops are also available on-demand for your convenience!





*Members' Voices*

“I want to keep up with my two granddaughters. I hope to live to be 100 years old so that I can see them grow with the values I teach them and give my daughters the quality of life they deserve.”

**Eliseo Custodio**

Painter

Golden Gate Rehabilitation & Health Care Center

Scan to hear more about my health journey!



1199SEIUBenefits.org

**MARCH 2024**

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24	25	26	27	28	29	30
31						

# APRIL

**MAY 2024**

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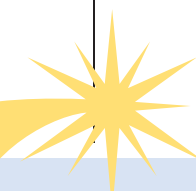
NATIONAL STRESS AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 <small>Eid al Fitr begins</small>	11	12	13
14	15 <small>Tax Day</small>	16	17	18	19	20
21	22 <small>Passover begins (evening)</small>	23	24	25	26	27
28	29	30				



With findhelp you can search for free and low-cost community services for you or your loved ones. You'll find resources for emotional well being, food security, housing assistance, transit, child-care goods and services, legal assistance and more. Just visit [findhelp.1199SEIUBenefits.org](http://findhelp.1199SEIUBenefits.org) and type in your ZIP code to find help!



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**“My daughter keeps me young and drives me to stay healthy and active. I want to live as long as I can for her. Even when I was pregnant, I stayed active—I played basketball on a Saturday and gave birth the next Tuesday!”**

**Rene Kwong**

Echo Technologist  
NewYork-Presbyterian  
Brooklyn Methodist Hospital

Scan to hear more about my health journey!



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# MAY

**APRIL 2024**

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28	29	30				

**JUNE 2024**

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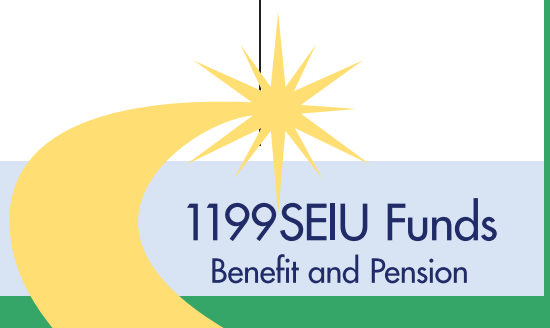
NATIONAL MENTAL HEALTH AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
Cinco de Mayo						
12	13	14	15	16	17	18
Mother's Day						
19	20	21	22	23	24	25
26	27	28	29	30	31	
	Memorial Day					



Your Benefit Fund offers free online yoga and dance classes for all fitness levels. To find out more information about these 30-minute workouts and a schedule of when they are being offered, go to [www.1199SEIUBenefits.org/Workouts](http://www.1199SEIUBenefits.org/Workouts) for details. These classes are also offered on-demand for your convenience!





*Members' Voices*

"After my doctor told me my A1C levels were pre-diabetic, I knew I needed to take the results seriously and do something to bring them down. Now I see the importance of exercise—I play to stay active and healthy."

**Sixtus Onyeche**

Certified Nursing Assistant  
Staten Island Care Center



Scan to hear more about my health journey!



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**MAY 2024**

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19	20	21	22	23	24	25
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# JUNE

**JULY 2024**

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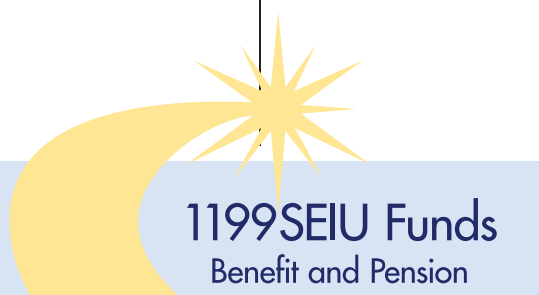
**NATIONAL MEN'S HEALTH MONTH**

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Father's Day Eid al-Adha begins (evening)			Juneteenth			
23	24	25	26	27	28	29
30						



Did you know that our online Benefits Channel offers a wide variety of workshops and webinars? You can view them in real time or on-demand at a time that's convenient for you. Subscribe today at [www.1199SEIUBenefits.org/Videos](http://www.1199SEIUBenefits.org/Videos) and we'll let you know when we add new videos.







“I want be healthy to keep feeling young so I can spend time with my grandson. Home care workers have a lot of pressure, which can lead to stress eating. I don’t want to do that, so I stay focused.”

**Zulma Torres**

Home Health Aide  
Cooperative Home Care Associates

Scan to hear more about my health journey!

1199SEIUBenefits.org

**JUNE 2024**

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# JULY

**AUGUST 2024**

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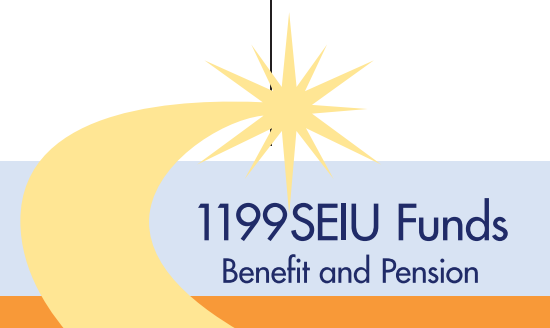
NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Our Chief Medical Officer, Dr. Van H. Dunn, recommends regular screenings to help you maintain a healthier, fuller life. For a full list of recommended screening guidelines, visit [www.1199SEIUBenefits.org/Get-Screened](http://www.1199SEIUBenefits.org/Get-Screened) for more information.





“You have to be healthy to pursue your goals—I want to be able to travel home to West Africa to see my family, continue my education and grow in my career and my life.”

**Fatoumata Diaby**  
Patient Care Associate  
Mount Sinai

Scan to hear more about my health journey!



# AUGUST

**JULY 2024**

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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**SEPTEMBER 2024**

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

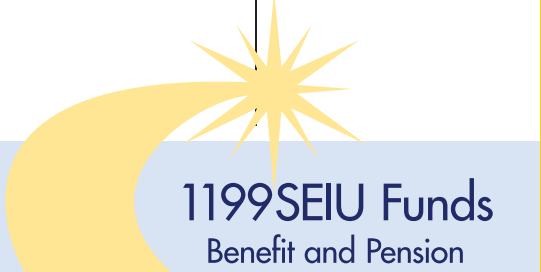
NATIONAL IMMUNIZATION AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Check out your Benefit Fund's free online mindfulness classes and schedule a little “me” time to help boost your emotional well-being. To join one of our classes, visit [www.1199SEIUBenefits.org/Me-Time](http://www.1199SEIUBenefits.org/Me-Time). Tai Chi and Mindfulness Meditation are just two of the classes you'll find—and they're also available on-demand!





*Members' Voices*

“I have a medical condition and I need to make sure it does not get worse, so I want to do whatever I can to live longer and be here to see my children grow up.”

**Angel Cruz**  
Housekeeper  
Oxford Nursing Home



Scan to hear more about my health journey!

1199SEIUBenefits.org

**AUGUST 2024**

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

# SEPTEMBER

**OCTOBER 2024**

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NATIONAL CHOLESTEROL EDUCATION MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Keeping track of your fitness numbers is one of the most important things you can do to stay heart-healthy and keep on the path to wellness. So visit [www.1199SEIUBenefits.org/HealthyHearts](http://www.1199SEIUBenefits.org/HealthyHearts) and check out our “Know Your Numbers” chart as well as our easy-to-use BMI calculator.

1199SEIU Funds  
Benefit and Pension



“I want to prolong my life and have less pain in my knees so I can spend time doing the things I enjoy with my family–like bowling!”

**Almitra Yancey**  
Customer Service Liaison  
Montefiore Medical Center

Scan to hear more about my health journey!

1199SEIUBenefits.org

**SEPTEMBER 2024**

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# OCTOBER

**NOVEMBER 2024**

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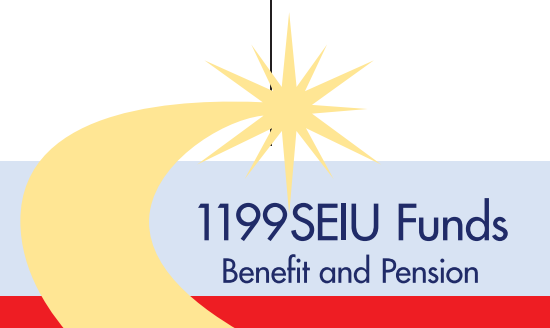
NATIONAL BREAST CANCER AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Rosh Hashanah begins (evening)	3	4	5
6	7	8	9	10	11 Yom Kippur begins (evening)	12
13	14 Indigenous Peoples' Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		



To support you on your health journey, we've expanded our relationship with Teladoc to include virtual primary care. A Teladoc Primary360 provider can offer you annual exams and preventive care, diagnose health concerns, fill prescriptions and refer you to in-network specialists. Visit [www.Teladoc.com](http://www.Teladoc.com) or call (800) TELADOC (835-2362) for more information.





“Improving my mental health has been a game changer. Since I began focusing on my mental health, my A1C has dropped a lot and my blood pressure is better too.”

**Carmen Batista**  
Senior Medical Secretary  
NYU Langone Health



Scan to hear more about my health journey!

1199SEIUBenefits.org

**OCTOBER 2024**

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# NOVEMBER

**DECEMBER 2024**

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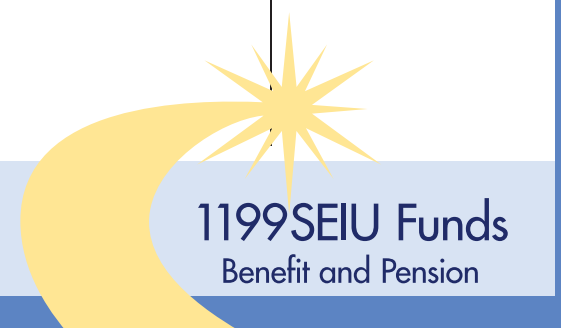
**AMERICAN DIABETES MONTH**

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
Daylight Saving Time ends		Election Day				
10	11	12	13	14	15	16
	Veterans Day					
17	18	19	20	21	22	23
24	25	26	27	28	29	30
				Thanksgiving Day		



If you or a loved one needs mental or emotional health support, call the Benefit Fund's Wellness Member Assistance Program at (646) 473-6900 for a referral, or search our provider directory for a mental health professional at [FindADoc.1199SEIUBenefits.org](http://FindADoc.1199SEIUBenefits.org). Remember: you don't have to go it alone.





“I have to be here for my granddaughter and my youngest daughter. So I started eating healthy and joined a gym. I really enjoy working out, and my blood pressure is improving!”

**Georgia Jones**

Home Health Aide  
R.A.I.N. Home Attendant Services

Scan to hear more about my health journey!



1199SEIUBenefits.org

**NOVEMBER 2024**

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# DECEMBER

**JANUARY 2025**

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19	20	21	22	23	24	25
26	27	28	29	30	31	

1199SEIU MEMBERS, CELEBRATE YOUR HEALTH JOURNEY MONTH [www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Christmas Day First Night of Hanukkah	Kwanzaa Begins		
		New Year's Eve				



Whether you're looking for a primary care physician or a mental health professional, there are questions you should ask to forge a strong connection. So prepare your list ahead of time to ensure you find the right fit. Visit [www.1199SEIUBenefits.org/HealthyRelationships](http://www.1199SEIUBenefits.org/HealthyRelationships) to find out more about how to establish an open dialogue with your health care provider.



**Healthy Living Resource Center**  
**[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)**



**[www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org)**  
**(646) 473-9200**

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The logo for 1199SEIU Funds, featuring a large yellow crescent moon on the left and a yellow starburst with multiple points on the right. The text "1199SEIU Funds" and "Benefit and Pension" is written in white below the starburst.

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