

1199SEIU RETIRED MEMBERS CALENDAR & EVENTS

October 2022

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

It's important to remain vigilant against COVID-19, especially as cold and flu season approaches. 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. To find a COVID-19 vaccination site near you, visit our website, www.1199SEIUBenefits.org/vaccine-locations.

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

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://MyAccount(www.My1199Benefits.org)) or make an online appointment to speak with a Retiree Services Representative by visiting www.1199SEIUBenefits.org/appt. 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/appt to reduce wait times and facilitate social distancing.

Stay Connected with Your Funds

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. MDLIVE offers a fast, convenient way to connect with a licensed therapist or psychiatrist by phone or video chat. To get started, visit MDLIVE.com/AetnaMedicarebh and follow the prompts to create an account. To learn more about MDLIVE, call (888) 865-0729.

Support Your Emotional Health with Aetna's MDLIVE

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

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 of a healthy lifestyle: Healthy Minds, Healthy Bodies, Healthy Hearts, Healthy Eating and Healthy Provider Relationships. Browse each section for tips, health trackers, interactive exercise videos, screening guidelines and a direct link to our Provider Directory. Healthy Living will be updated with new information about upcoming programs and partnerships, so be sure to check back often.

Visit www.1199SEIUBenefits.org/HealthyLiving



**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: 10/3, 10/10, 10/17, 10/24

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: 10/4, 10/11, 10/18, 10/25

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: 10/4, 10/11, 10/18, 10/25

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: 10/5, 10/12, 10/19, 10/26

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: 10/5, 10/12, 10/19, 10/26

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: 10/7, 10/14, 10/21, 10/28

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

Thursday, October 13, at 11:00 am:

Avocado Toast 3 Ways (Eggy, Caprese, Mediterranean)

Recipe Link: www.1199SEIUBenefits.org/rcat

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, October 27, at 11:00 am:

Tempeh Tacos

Recipe Link: www.1199SEIUBenefits.org/rctt

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 Chef Natalia 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, October 7, at 12:00 pm:

Tubérculos asados con salsa tahini

Recipe Link: www.1199seiubenefits.org/rcst

Zoom Link: www.1199SEIUBenefits.org/rssc

Friday, October 21, at 12:00 pm:

Un estofado de pollo no tan usual

Recipe Link: www.1199SEIUBenefits.org/rcep

Zoom Link: www.1199SEIUBenefits.org/rssc

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

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la Chef Natalia 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 7 de octubre, a las 12:00 pm:

Tubérculos asados con salsa tahini

Enlace para ver la receta: www.1199seiubenefits.org/rcst

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

Viernes 21 de octubre, a las 12:00 pm:

Un estofado de pollo no tan usual

Enlace para ver la receta: www.1199seiubenefits.org/rcep

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

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

Port St. Lucie Monday, October 3 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/qrpa
Meeting ID: 817 8018 0828 Passcode: 501074
Call in: (646) 558-8656 or (312) 626-6799

South Palm Beach/Delray
Tuesday, October 4 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rnxm
Meeting ID: 876 9067 3739 Passcode: 451733
Call in: (646) 558-8656 or (301) 715-8592

Broward – Leon Davis Tuesday, October 4 • 1:00 pm to 2:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/afde
Meeting ID: 892 3828 4455 Passcode: 803665
Call in: (646) 558-8656 or (301) 715-8592

Miami – Ossie Davis Thursday, October 6 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/kfra
Meeting ID: 871 8095 3693 Passcode: 825709
Call in: (646) 558-8656 or (312) 626-6799

Palm Bay/Melbourne Tuesday, October 11 • 12:30 pm to 2:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/hxrc
Meeting ID: 819 8713 2081 Passcode: 531003
Call in: (646) 558-8656 or (312) 626-6799

West Palm Beach Monday, October 17 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/uydq
Meeting ID: 995 8142 9679 Passcode: 657472
Call in: (646) 558-8656 or (312) 626-6799

Orlando – George Gresham
Wednesday, October 19 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/olm9
Meeting ID: 854 7527 1519 Passcode: 463907
Call in: (646) 558-8656 or (301) 715-8592

Casselberry – Doris Turner
Thursday, October 20 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/xtzh
Meeting ID: 868 7968 6856 Passcode: 032879
Call in: (646) 558-8656 or (301) 715-8592

Fort Myers Monday, October 24 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/nway
Meeting ID: 815 4661 3736 Passcode: 188493
Call in: (646) 558-8656 or (312) 626-6799

North Port Tuesday, October 25 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/eccr
Meeting ID: 849 1753 8783 Passcode: 147677
Call in: (646) 558-8656 or (312) 626-6799

Tampa Wednesday, October 26 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/gytr
Meeting ID: 898 3130 0650 Passcode: 402048
Call in: (646) 558-8656 or (301) 715-8592

NEW YORK CHAPTERS

Bronx – Joseph James Friday, October 7 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtj
Meeting ID: 871 5708 9200 Passcode: 297923
Call in: (646) 558-8656 or (312) 626-6799

North Bronx – Bernard Minter
Monday, October 10 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtb
Meeting ID: 899 2809 2328 Passcode: 880819
Call in: (646) 558-8656 or (312) 626-6799

Staten Island Tuesday, October 11 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtm
Meeting ID: 885 0283 0962 Passcode: 304680
Call in: (646) 558-8656 or (301) 715-8592

Hudson Valley Wednesday, October 12 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rhvc
Meeting ID: 992 5560 8939 Passcode: 407967
Call in: (646) 558-8656 or (301) 715-8592

Suffolk County Thursday, October 13 • noon to 1:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtq
Meeting ID: 837 9819 3798 Passcode: 066468
Call in: (646) 558-8656 or (312) 626-6799

Westchester Monday, October 17 • 1:30 pm to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtw
Meeting ID: 833 9326 8840 Passcode: 472687
Call in: (646) 558-8656 or (312) 626-6799

New Hyde Park – Eleanor Tilson
Tuesday, October 18 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtv
Meeting ID: 898 4295 0149 Passcode: 805074
Call in: (646) 558-8656 or (312) 626-6799

Hicksville – Milton Konowe
Wednesday, October 19 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtc
Meeting ID: 820 5078 3279 Passcode: 248296
Call in: (646) 558-8656 or (301) 715-8592

Brooklyn – Mattie Small Friday, October 21 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtz
Meeting ID: 847 3547 4285 Passcode: 833644
Call in: (646) 558-8656 or (312) 626-6799

NEW YORK CHAPTERS (continued)

Queens – Edward Garrins Tuesday, October 25 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtn
Meeting ID: 842 8796 0384 Passcode: 403606
Call in: (646) 558-8656 or (312) 626-6799

Brooklyn – Marshall Dubin
Wednesday, October 26 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rbmd
Meeting ID: 864 2454 1829 Passcode: 475844
Call in: (646) 558-8656 or (312) 626-6799

Midtown Manhattan Thursday, October 27 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grth
Meeting ID: 829 5698 9299 Passcode: 396537
Call in: (646) 558-8656 or (301) 715-8592

Harlem – Leon Davis Friday, October 28 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtx
Meeting ID: 848 7740 4951 Passcode: 392318
Call in: (646) 558-8656 or (301) 715-8592

VIRGINIA CHAPTER

Thursday, October 6 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/znnj
Meeting ID: 854 2471 2909 Passcode: 828684
Call in: (646) 558-8656 or (312) 626-6799

PENNSYLVANIA CHAPTER

Monday, October 10 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/hdtb
Meeting ID: 812 1855 8403 Passcode: 081837
Call in: (646) 558-8656 or (301) 715-8592

NEW JERSEY CHAPTER

Thursday, October 13 • 2:30 pm to 4:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/qzuy
Meeting ID: 815 0762 0238 Passcode: 378715
Call in: (646) 558-8656 or (312) 626-6799

GEORGIA CHAPTER Friday, October 14 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/wbjh
Meeting ID: 817 2802 1885 Passcode: 603894
Call in: (646) 558-8656 or (301) 715-8592

PUERTO RICO CHAPTER

Tuesday, October 18 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rprc
Meeting ID: 886 5237 3341 Passcode: 584041
Call in: (646) 558-8656 or (301) 715-8592

NORTH & SOUTH CAROLINAS CHAPTER

Friday, October 21 • 1:30 pm to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtk
Meeting ID: 832 8595 7258 Passcode: 372414
Call in: (646) 558-8656 or (312) 626-6799

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. Learn more about available educational opportunities and how you can enroll at the link below.

www.1199SEIUBenefits.org/retiree-ed

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 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

October & November

Diabetes focus on diet; lifestyle treatments

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 October SOS presentation will take place **Tuesday, October 25, at 3:30 pm** and will cover Medicare Part B.

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.

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.

