

BULLETIN

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 and find out how to enroll at www.1199SEIUBenefits.org/retiree-ed



Stay Connected with Your Fund

While there are currently no in-person activities or meetings scheduled at our 498 Seventh Avenue headquarters or New York City-area satellite offices, offices 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/Apppt. 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/Apppt to reduce wait times and facilitate social distancing.

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 healthy mind is just as important as a healthy body. Now, retirees enrolled in the 1199SEIU Actua Medicare Advantage Plan can get support for their emotional well-being through MDLIVE, an 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 members.mdlive.com/bhcomm 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



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.

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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: 7/3, 7/10, 7/17, 7/24, 8/7, 8/14, 8/21, 8/28

Zoom link: www.1199SEIUBenefits.org/rtcc

Meeting ID: 848 6128 3210

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

Tuesdays at 11:00 am

Dates: 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

Zoom link: www.1199SEIUBenefits.org/mmdb

Meeting ID: 871 7247 2969 **Call in:** (360) 209-5623

Yoga

Tuesdays at 1:00 pm

Dates: 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

Zoom link: www.1199SEIUBenefits.org/rsuy

Meeting ID: 842 7889 6267

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: 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23

Zoom link: www.1199SEIUBenefits.org/rcyc

Meeting ID: 884 1636 6703

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: 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23

Zoom link: www.1199SEIUBenefits.org/racj

Meeting ID: 810 2197 1718

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: 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25

Zoom link: www.1199SEIUBenefits.org/rssc

Meeting ID: 861 3295 5230

Cooking for Your Health

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 Chefs Jamie, Teresa and Ricki. Take a look at the tasty offerings you'll cook up this month!

Thursday, July 13, at 11:00 am:

Summertime Picnic Dips and Spreads: Beet Hummus, Savory Cashew Dip, Green Goddess Dressing

Recipe link: www.1199SEIUBenefits.org/rceo

Zoom link: www.1199SEIUBenefits.org/cvbn

Thursday, July 27, at 11:00 am: Vegetarian Rolls (with white beans) and Instant Pot Dried Beans Demo

Recipe link: www.1199SEIUBenefits.org/rcet

Zoom link: www.1199SEIUBenefits.org/cvbn

Thursday, August 10 at 11:00 am: Peach Gazpacho

Recipe Link: www.1199SEIUBenefits.org/rceo

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, August 24 at 11:00 am: Summertime Sunshine

Salads: Dill Egg Salad, Watermelon and Feta Salad, Shrimp and Mango Salad

Recipe Link: www.1199SEIUBenefits.org/rcet

Zoom Link: www.1199SEIUBenefits.org/cvbn

Cooking for Your Health, Now en Español!

We're excited to offer the Cooking for Your Health class in Spanish! Join Chefs Yexenia, Natalia and Rob 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, July 7, at noon:

Garbanzo Beans Stew with Pickled Carrots

Recipe Link: www.1199SEIUBenefits.org/rcso

Zoom Link: www.1199SEIUBenefits.org/rssc

Friday, July 21 at noon:

Broccoli Cups with Ground Beef and Vegetables

Recipe Link: www.1199SEIUBenefits.org/rcsd

Zoom Link: www.1199SEIUBenefits.org/rssc

Friday, August 4, at noon: Asparagus, Root Vegetable and Potato Soup with Pear, Arugula and Avocado Salad

Recipe Link: www.1199SEIUBenefits.org/rcso

Zoom Link: www.1199SEIUBenefits.org/rssc

Friday, August 18 at noon:

Chicken Stew, Red Beans and Cauliflower Rice

Recipe Link: www.1199SEIUBenefits.org/rcsd

Zoom Link: www.1199SEIUBenefits.org/rssc

continued on the next page



Spotlight on Benefits

Stay On-the-Go with Access2CareSM!

Need a ride? If you're enrolled in the 1199SEIU Aetna Medicare Advantage Plan, you can get free transportation through our partner, Access2CareSM. This service provides you with up to 24 one-way, nonemergency trips, up to 60 miles per trip, making sure you never miss an appointment because you don't have a ride.

If you need to reserve a ride, visit Access2Care.net or call (855) 814-1699 (TTY: 711), Monday–Friday, 8:00 am–8:00 pm, all time zones.

Please refer to your Summary Plan Description for more information about your retiree health benefit eligibility.



Access Community Resources with Findhelp



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 for you or your loved ones in your area. 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 Benefit Funds benefits.

Visit findhelp.1199SEIUBenefits.org

HCEPF and GNYPF Retirees: 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 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 that you reply as soon as possible. Please follow the steps detailed in the letter to verify your pension benefit information and avoid any disruption in your pension payments.

ONLINE COOKING CLASSES *CONTINUED*

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

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la Chefs Yexenia, Natalia y Rob 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 julio a las 12:00 pm: Garbanzos Guisados con Cuscús y Zanahorias en Escabeche
 Enlace para ver la receta: www.1199SEIUBenefits.org/rcso
 Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs

Viernes 21 de julio, a las 12:00 pm: Canasticas de brócoli rellenas de carne molida y vegetales
 Enlace para ver la receta: www.1199SEIUBenefits.org/rcsd
 Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs

Viernes 4 de agosto a las 12:00 pm: Sopa de espárragos, papa y malanga, Ensalada de pera, arúgula y avocado
 Enlace para ver la receta: www.1199SEIUBenefits.org/rcso
 Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs

Viernes 18 de agosto, a las 12:00 pm: Pollo guisado, Habichuelas Rojas y Arroz de coliflo
 Enlace para ver la receta: www.1199SEIUBenefits.org/rcsd
 Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs

The Healthy Living Resource Center Is Your Wellness Toolkit!

If you want to get and keep your health on track, your Benefit Funds have you covered. The Healthy Living Resource Center gives you all the info, expert insights and wellness tools, split into five channels covering the pillars of a healthy lifestyle: **Healthy Minds, Healthy Bodies, Healthy Hearts, Healthy Eating and Healthy Provider Relationships**. Browse each section for nutrition tips, health trackers, interactive exercise videos and screening guidelines. 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

Tune In for “Seniors Out Speaking” Online

The Medicare Rights Center's “Seniors Out Speaking” (SOS) program provides 1199SEIU retirees with timely Medicare information via monthly webinar presentations. The July SOS presentation will take place **Tuesday, July 25, at 3:30 pm** and will cover an Introduction to SOS and Medicare.

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.

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. **CHAPTERS WILL NOT MEET IN AUGUST.**

FLORIDA CHAPTERS

All Florida chapters will meet on **Tuesday, July 11, from noon to 2:00 pm.**

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

Meeting ID: 830 3747 6716 Passcode: 826854 Call in: (646) 558-8656 or (312) 626-6799

NEW YORK CHAPTERS

Bronx – Joseph James & North Bronx – Bernard Minter

Monday, July 10 • noon to 2:00 pm

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

Meeting ID: 863 7137 7078 Passcode: 125761

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

Hicksville – Milton Konowe, Suffolk County, New Hyde Park – Eleanor Tilson & Connecticut **NEW**

Wednesday, July 12 • noon to 2:00 pm

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

Meeting ID: 819 7854 9154 Passcode: 513455

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

Queens – Edward Garrins & Staten Island

Monday, July 17 • noon to 2:00 pm

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

Meeting ID: 886 9058 0702 Passcode: 564703

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

Brooklyn – Marshall Dubin, Brooklyn – Mattie Small, Midtown Manhattan & Harlem – Leon Davis

Friday, July 21 • noon to 2:00 pm

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

Meeting ID: 897 5370 5628 Passcode: 818525

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

Hudson Valley & Westchester

Monday, July 24 • noon to 2:00 pm

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

Meeting ID: 830 2948 0209 Passcode: 465404

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

TEXAS, TENNESSEE AND PENSACOLA CHAPTERS (CST)

Thursday, July 13 • noon to 2:00 pm

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

Meeting ID: 875 5909 8800 Passcode: 983300

Call in: (646) 558-8656

WASHINGTON, OREGON, CALIFORNIA AND NEVADA CHAPTERS (PST)

Friday, July 14 • noon to 2:00 pm

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

Meeting ID: 828 9127 0655 Passcode: 602834

Call in: (646) 558-8656

PUERTO RICO & U.S. VIRGIN ISLANDS CHAPTERS (AST)

Tuesday, July 18 • noon to 2:00 pm

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

Meeting ID: 892 5555 2267 Passcode: 242830

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

NEW JERSEY, VIRGINIA, PENNSYLVANIA & NORTH/SOUTH CAROLINAS CHAPTERS

Wednesday, July 19 • noon to 2:00 pm

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

Meeting ID: 863 2761 2855 Passcode: 845282

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

MARYLAND, DELAWARE & OHIO CHAPTERS **NEW**

Tuesday, July 25 • noon to 2:00 pm

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

Meeting ID: 868 0583 8421 Passcode: 738082

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

GEORGIA & ALABAMA CHAPTERS **NEW**

Friday, July 28 • noon to 2:00 pm

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

Meeting ID: 818 9683 7787 Passcode: 197846

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

**July: Musculoskeletal/
Low Back Pain/
Osteoporosis and
Arthritis**

August: No presentation