

# 1199SEIU RETIRED MEMBERS CALENDAR & EVENTS

February 2022

FEBRUARY IS NATIONAL

# HEART

— MONTH —

Get heart-smart at

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



1199SEIU Funds  
Benefit and Pension

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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 Center Representative by visiting [www.1199SEIUBenefits.org/apppt](http://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 first schedule an appointment online—also at [www.1199SEIUBenefits.org/apppt](http://www.1199SEIUBenefits.org/apppt)—to reduce wait times and facilitate social distancing.

## Your Funds Are Always Here for You

Non-Profit Org.  
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1199SEIU Benefit and Pension Funds  
498 Seventh Avenue  
New York, NY 10018-0009  
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## Don't Let Your Guard Down: Protect Yourself Against COVID-19

As the COVID-19 pandemic continues, it's important to remain vigilant. As retirees, you know that you are at increased risk of illness if you contract the virus, so if you are eligible for the booster shot, we encourage you to make an appointment to get yours as soon as possible. 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](http://www.1199SEIUBenefits.org/vaccine-locations).

## 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 February SOS presentation will take place **Tuesday, February 22, at 3:30 pm** and will cover making enrollment decisions.

Join Zoom Meeting: [www.1199SEIUBenefits.org/rsos](http://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](mailto:mi@medicarerights.org). Please visit [www.1199SEIUBenefits.org/sos](http://www.1199SEIUBenefits.org/sos) to access additional materials and information related to the SOS program.

## 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](http://1199SEIU.AetnaMedicare.com) for more information and to view the monthly presentation.

**Upcoming Topics**  
**February and March**  
Accessing Mental Wellness Online

## 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](http://www.1199SEIUBenefits.org/retiree-activities) for more details.

### **FLORIDA CHAPTERS**

**South Palm Beach/Delray** Tuesday, February 1 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/rnxm](http://www.1199SEIUBenefits.org/rnxm)  
Meeting ID: 876 9067 3739 Passcode: 451733  
Call in: (646) 558-8656 or (301) 715-8592

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

**West Palm Beach** Wednesday, February 2 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/u ydk](http://www.1199SEIUBenefits.org/u ydk)  
Meeting ID: 995 8142 9679 Passcode: 657472  
Call in: (646) 558-8656 or (312) 626-6799

**Miami – Ossie Davis**  
Thursday, February 3 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/kfra](http://www.1199SEIUBenefits.org/kfra)  
Meeting ID: 871 8095 3693 Passcode: 825709  
Call in: (646) 558-8656 or (312) 626-6799

**Port St. Lucie** Monday, February 7 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/q rpa](http://www.1199SEIUBenefits.org/q rpa)  
Meeting ID: 817 8018 0828 Passcode: 501074  
Call in: (646) 558-8656 or (312) 626-6799

**Palm Bay/Melbourne** Tuesday, February 8 • 12:30 pm to 2:00 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/hxrc](http://www.1199SEIUBenefits.org/hxrc)  
Meeting ID: 819 8713 2081 Passcode: 531003  
Call in: (646) 558-8656 or (312) 626-6799

**Orlando** Wednesday, February 16 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/olmn](http://www.1199SEIUBenefits.org/olmn)  
Meeting ID: 854 7527 1519 Passcode: 463907  
Call in: (646) 558-8656 or (301) 715-8592

**Casselberry – Doris Turner**  
Thursday, February 17 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/xtzh](http://www.1199SEIUBenefits.org/xtzh)  
Meeting ID: 868 7968 6856 Passcode: 032879  
Call in: (646) 558-8656 or (301) 715-8592

## **FLORIDA CHAPTERS** (continued)

**North Port** Tuesday, February 22 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/eccr](http://www.1199SEIUBenefits.org/eccr)  
Meeting ID: 849 1753 8783 Passcode: 147677  
Call in: (646) 558-8656 or (312) 626-6799

**Tampa** Wednesday, February 23 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/gytr](http://www.1199SEIUBenefits.org/gytr)  
Meeting ID: 898 3130 0650 Passcode: 402048  
Call in: (646) 558-8656 or (301) 715-8592

**Fort Myers** Monday, February 28 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/nway](http://www.1199SEIUBenefits.org/nway)  
Meeting ID: 815 4661 3736 Passcode: 188493  
Call in: (646) 558-8656 or (312) 626-6799

## **NEW YORK CHAPTERS**

**Westchester** Wednesday, February 2 • 1:30 to 3:00 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtw](http://www.1199SEIUBenefits.org/grtw)  
Meeting ID: 833 9326 8840 Passcode: 472687  
Call in: (646) 558-8656 or (312) 626-6799

**Bronx – Joseph James** Friday, February 4 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtj](http://www.1199SEIUBenefits.org/grtj)  
Meeting ID: 871 5708 9200 Passcode: 297923  
Call in: (646) 558-8656 or (312) 626-6799

**Staten Island** Tuesday, February 8 • 3:00 pm to 4:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtm](http://www.1199SEIUBenefits.org/grtm)  
Meeting ID: 885 0283 0962 Passcode: 304680  
Call in: (646) 558-8656 or (301) 715-8592

**Hudson Valley** Wednesday, February 9 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/rhvc](http://www.1199SEIUBenefits.org/rhvc)  
Meeting ID: 992 5560 8939 Passcode: 407967  
Call in: (646) 558-8656 or (301) 715-8592

**Suffolk County** Thursday, February 10 • noon to 1:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtq](http://www.1199SEIUBenefits.org/grtq)  
Meeting ID: 837 9819 3798 Passcode: 066468  
Call in: (646) 558-8656 or (312) 626-6799

**North Bronx – Bernard Minter**  
Monday, February 14 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtb](http://www.1199SEIUBenefits.org/grtb)  
Meeting ID: 899 2809 2328 Passcode: 880819  
Call in: (646) 558-8656 or (312) 626-6799

**New Hyde Park – Eleanor Tilson**  
Tuesday, February 15 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtv](http://www.1199SEIUBenefits.org/grtv)  
Meeting ID: 898 4295 0149 Passcode: 805074  
Call in: (646) 558-8656 or (312) 626-6799

**Hicksville – Milton Konowe**  
Wednesday, February 16 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtc](http://www.1199SEIUBenefits.org/grtc)  
Meeting ID: 820 5078 3279 Passcode: 248296  
Call in: (646) 558-8656 or (301) 715-8592

**Brooklyn – Mattie Small**  
Friday, February 18 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtz](http://www.1199SEIUBenefits.org/grtz)  
Meeting ID: 847 3547 4285 Passcode: 833644  
Call in: (646) 558-8656 or (312) 626-6799

**Harlem – Leon Davis** Friday, February 25 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtx](http://www.1199SEIUBenefits.org/grtx)  
Meeting ID: 848 7740 4951 Passcode: 392318  
Call in: (646) 558-8656 or (301) 715-8592

**Queens – Edward Garrins**  
Tuesday, February 22 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtn](http://www.1199SEIUBenefits.org/grtn)  
Meeting ID: 842 8796 0384 Passcode: 403606  
Call in: (646) 558-8656 or (312) 626-6799

**Brooklyn – Marshall Dubin**  
Wednesday, February 23 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtk](http://www.1199SEIUBenefits.org/grtk)  
Meeting ID: 864 2454 1829 Passcode: 475844  
Call in: (646) 558-8656 or (312) 626-6799

**Midtown Manhattan** Thursday, February 24 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grth](http://www.1199SEIUBenefits.org/grth)  
Meeting ID: 829 5698 9299 Passcode: 396537  
Call in: (646) 558-8656 or (301) 715-8592

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

**Pennsylvania Chapter**  
Monday, February 14 • 3:00 pm to 4:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/hdtd](http://www.1199SEIUBenefits.org/hdtd)  
Meeting ID: 812 1855 8403 Passcode: 081837  
Call in: (646) 558-8656 or (301) 715-8592

**New Jersey Chapter**  
Thursday, February 10 • 2:30 pm to 4:00 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/qzuy](http://www.1199SEIUBenefits.org/qzuy)  
Meeting ID: 815 0762 0238 Passcode: 378715  
Call in: (646) 558-8656 or (312) 626-6799

**Georgia Chapter**  
Friday, February 11 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/wbjh](http://www.1199SEIUBenefits.org/wbjh)  
Meeting ID: 817 2802 1885 Passcode: 603894  
Call in: (646) 558-8656 or (301) 715-8592

**North & South Carolinas Chapter**  
Friday, February 18 • 1:30 pm to 3:00 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtk](http://www.1199SEIUBenefits.org/grtk)  
Meeting ID: 832 8595 7258 Passcode: 762414  
Call in: (646) 558-8656 or (312) 626-6799





## 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: 2/7, 2/14, 2/21, 2/28**

**Zoom Link: [www.1199SEIUBenefits.org/rtcc](http://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: 2/1, 2/8, 2/15, 2/22**

**Zoom Link: [www.1199SEIUBenefits.org/mmdb](http://www.1199SEIUBenefits.org/mmdb)**

Meeting ID: 833 2075 8796 Passcode: 010490

Call in: (929) 205-6099

### Yoga

**Tuesdays at 1:00 pm**

**Dates: 2/1, 2/8, 2/15, 2/22**

**Zoom Link: [www.1199SEIUBenefits.org/rsuy](http://www.1199SEIUBenefits.org/rsuy)**

Meeting ID: 838 8144 4241 Passcode: 347758

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

**Thursday, February 10, at 11:00 am:**

**Butternut Squash Puree w/ Sage Brown Butter Drizzle**

**Recipe Link: [www.1199SEIUBenefits.org/rbsp](http://www.1199SEIUBenefits.org/rbsp)**

**Zoom Link: [www.1199SEIUBenefits.org/cvbn](http://www.1199SEIUBenefits.org/cvbn)**

**Thursday, February 24, at 11:00 am:**

**Zucchini Linguine w/ Baked Meatballs and Marinara Sauce**

**Recipe Link: [www.1199SEIUBenefits.org/rzlm](http://www.1199SEIUBenefits.org/rzlm)**

**Zoom Link: [www.1199SEIUBenefits.org/cvbn](http://www.1199SEIUBenefits.org/cvbn)**

### 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: 2/2, 2/9, 2/16, 2/23**

**Zoom Link: [www.1199SEIUBenefits.org/rcyc](http://www.1199SEIUBenefits.org/rcyc)**

Meeting ID: 833 7342 2539 Passcode: 784582

### Heart and Soul Afro Cardio Jam **NEW**

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

**Wednesdays at 1:00 pm**

**Dates: 2/2, 2/9, 2/16, 2/23**

**Zoom Link: [www.1199SEIUBenefits.org/raaj](http://www.1199SEIUBenefits.org/raaj)**

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: 2/4, 2/11, 2/18, 2/25**

**Zoom Link: [www.1199SEIUBenefits.org/rssc](http://www.1199SEIUBenefits.org/rssc)**

Meeting ID: 851 0097 9301 Passcode: 229593

## Read Your Retired Members Bulletin Online!

Did you know that you can view your monthly *Retired Members Bulletin* on your computer or smart phone? 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](http://www.1199SEIUBenefits.org/rmb)**



## Have You Joined Our Retired Members' Online Community Yet?



As we continue to hold many of our events online due to the ongoing COVID-19 pandemic, 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](http://www.Facebook.com/groups/1199SEIURetiredMembers)**