

# BULLETIN

## 1199SEIU Funds Benefit and Pension

### 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](http://www.Facebook.com/groups/1199SEIURetiredMembers)



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, 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 [MDLIVE.com/AetnaMedicarebh](http://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

While there are currently no in-person activities or meetings scheduled at our New York City-area satellite offices, all of our 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](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 schedule an appointment online at [www.1199SEIUBenefits.org/Apppt](http://www.1199SEIUBenefits.org/Apppt) to reduce wait times and facilitate social distancing.

### Stay Connected with Your Funds

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](http://www.1199SEIUBenefits.org/retiree-ed).

### Learn New Skills and Explore Interests with Continuing Education Programs

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 months' 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).

### Read Your Retired Members Bulletin Online!



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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:** 9/11, 9/18, 9/25

**Zoom link:** [www.1199SEIUBenefits.org/rtcc](http://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:** 9/5, 9/12, 9/19, 9/26

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

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

### Yoga

**Tuesdays at 1:00 pm**

**Dates:** 9/5, 9/12, 9/19, 9/26

**Zoom link:** [www.1199SEIUBenefits.org/rsuy](http://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:** 9/6, 9/13, 9/20, 9/27

**Zoom link:** [www.1199SEIUBenefits.org/rcyc](http://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:** 9/6, 9/13, 9/20, 9/27

**Zoom link:** [www.1199SEIUBenefits.org/racj](http://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:** 9/1, 9/8, 9/15, 9/22

**Zoom link:** [www.1199SEIUBenefits.org/rssc](http://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 and Rob. Take a look at the tasty offerings you'll cook up this month!

**Thursday, September 14, at 11:00 am:**

**Thai Pineapple Fried Rice**

**Recipe link:** [www.1199SEIUBenefits.org/rceo](http://www.1199SEIUBenefits.org/rceo)

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

**Thursday, September 28, at 11:00 am:**

**Creamy Shrimp in Garlic and Parsley Sauce with Zucchini**

**Recipe link:** [www.1199SEIUBenefits.org/rcet](http://www.1199SEIUBenefits.org/rcet)

**Zoom link:** [www.1199SEIUBenefits.org/cvbn](http://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 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, September 1, at noon:**

**Low-carb Chicken and Broccoli Casserole**

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

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

**Friday, September 15, at noon:**

**Breakfast Class with Plantain Bread and a Health Juice**

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

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

## ¡Cocinar para Su Salud, Ahora en Español!

¡¡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 1 de septiembre a las 12:00 pm:**

**Cacerola de Pollo y Brócoli Baja en Carbohidratos**

**Enlace para ver la receta:** [www.1199SEIUBenefits.org/rcso](http://www.1199SEIUBenefits.org/rcso)

**Enlace para acceder a Zoom:** [www.1199SEIUBenefits.org/rscs](http://www.1199SEIUBenefits.org/rscs)

**Viernes 15 de septiembre, a las 12:00 pm:**

**Clase de Desayunos-Pan de Platano y Jugo Saludable**

**Enlace para ver la receta:** [www.1199SEIUBenefits.org/rcsd](http://www.1199SEIUBenefits.org/rcsd)

**Enlace para acceder a Zoom:** [www.1199SEIUBenefits.org/rscs](http://www.1199SEIUBenefits.org/rscs)



**Spotlight on Benefits**

**Make the most of your Prescription Drug Benefit**

As an 1199SEIU retiree, prescription drugs may be covered as part of your 1199SEIU retiree health benefit plan. We know keeping up with your medications and having access to affordable prescriptions is essential to staying healthy—so find out more about your benefit.

If you are enrolled in the Aetna MAPD Retiree Health Plan, visit [www.aetnamedicare.com/1199seiu/en/index.html](http://www.aetnamedicare.com/1199seiu/en/index.html) or call Aetna at (866) 429-3585.

To learn more and manage your current prescriptions, visit [www.1199SEIUBenefits.org/nbf-retiree-healthcare](http://www.1199SEIUBenefits.org/nbf-retiree-healthcare) or call Retiree Services at (646) 473-8666.

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



**FindHelp When You Need It** 

Life's needs can be unexpected, but you can always count on getting support with FindHelp, your Benefit Funds' curated search engine that locates free and low-cost community services and programs wherever you and your loved ones live. Search for assistance with transportation, emotional well-being, nutritional and food programs, financial and legal assistance, and more. Although we are pleased to share these resources with you, the services offered through FindHelp are not benefits covered by your Benefit Funds.

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

**Protect Your Health this Fall by Getting Vaccinated!**

The fall is a great time to boost your immunity and protect yourself and others from viruses like the flu and COVID-19. Health experts caution that COVID-19 can still pose a risk and have recommended an updated booster shot that will be available this fall. Additionally, the flu vaccine is the best way to lower your risk of severe illness should you be exposed to the virus. Vaccinations offer widespread protection for you and your loved ones, so if you are eligible, we encourage you to get your shots as soon as possible.

Visit your doctor or pharmacy to get your flu vaccination, and to find a COVID-19 vaccination site near you, visit our website: [www.1199SEIUBenefits.org/vaccine-locations](http://www.1199SEIUBenefits.org/vaccine-locations).

**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**

September: Musculoskeletal / Low Back Pain  
October: Mental Health

**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.

**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](http://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 September SOS presentation will take place **Tuesday, September 26, at 3:30 pm** and will cover Medicare Part A.

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 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 STATEWIDE CHAPTER MEETING** *For All Florida Chapters*

Tuesday, September 12 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/qrpa](http://www.1199SEIUBenefits.org/qrpa) Meeting ID: 830 3747 6716 Passcode: 826854

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

### **NEW YORK CHAPTERS**

#### **Bronx – Area-wide Chapter Meeting**

##### **Joseph James & Bernard Minter Chapters**

Monday, September 11 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/grtb](http://www.1199SEIUBenefits.org/grtb)

Meeting ID: 863 7137 7078 Passcode: 125761

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

#### **Connecticut, Riverhead/Suffolk County, New Hyde Park – Eleanor Tilson & Hicksville - Milton Konowe Chapters**

Wednesday, September 13 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/grtv](http://www.1199SEIUBenefits.org/grtv)

Meeting ID: 819 7854 9154 Passcode: 513455

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

#### **Poughkeepsie, Highland and Hudson Valley Chapters**

Wednesday, September 13 • noon to 2:00 pm

**In-person Only:** Beulah Baptist Church

92 Catharine Street • Poughkeepsie, NY 12601

#### **Manhattan & Harlem-Leon Davis Chapters**

##### **OUR FIRST HYBRID (IN-PERSON & ZOOM) EVENT!**

Friday, September 15 • 11:30 am to 2:00 pm

**In-person Location:** 498 7th Ave., New York, NY 10018

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmmh](http://www.1199SEIUBenefits.org/rmmh)

Meeting ID: 846 3207 9452 Passcode: 864575

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

#### **Staten Island & Queens-Edward Garrins Chapters**

Monday, September 18 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/grtm](http://www.1199SEIUBenefits.org/grtm)

Meeting ID: 886 9058 0702 Passcode: 564703

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

#### **Brooklyn Marshall Dubin & Mattie Small Chapters**

##### **HYBRID (IN-PERSON & ZOOM) EVENT!**

Thursday September 21 • 11:30 am - 2:00 pm

**In-person Location:** 498 7th Ave., New York, NY 10018

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmba](http://www.1199SEIUBenefits.org/rmba)

Meeting ID: 838 0227 7084 Passcode: 174326

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

#### **White Plains & Westchester Chapters**

Monday, September 25 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/grtw](http://www.1199SEIUBenefits.org/grtw)

Meeting ID: 830 2948 0209 Passcode: 465404

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

### **WASHINGTON, OREGON, CALIFORNIA & NEVADA**

#### **CHAPTERS (PST)** Friday, September 8 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/rwoc](http://www.1199SEIUBenefits.org/rwoc)

Meeting ID: 828 9127 0655 Passcode: 602834

Call in: (646) 558-8656

### **TEXAS, TENNESSEE & PENSACOLA CHAPTERS (CST)**

Thursday, September 14 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/rttp](http://www.1199SEIUBenefits.org/rttp)

Meeting ID: 875 5909 8800 Passcode: 983300

Call in: (646) 558-8656

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

Tuesday, September 19 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/rprc](http://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, September 20 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/qzuy](http://www.1199SEIUBenefits.org/qzuy)

Meeting ID: 863 2761 2855 Passcode: 845282

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

### **ALABAMA & GEORGIA-GEORGE GRESHAM CHAPTERS**

Friday, September 22 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/wbjh](http://www.1199SEIUBenefits.org/wbjh)

Meeting ID: 818 9683 7787 Passcode: 197846

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

### **MARYLAND, DELAWARE & OHIO CHAPTERS**

Tuesday, September 26 • noon to 2:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmdo](http://www.1199SEIUBenefits.org/rmdo)

Meeting ID: 868 0583 8421 Passcode: 738082

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

## **Save the Date!**

We are excited to hold two **in-person/Zoom hybrid** chapter meetings in New York this month. If you can't attend in person—please join by Zoom. We hope to see you there!

### **IN PERSON/ZOOM HYBRID EVENTS**

**Space is limited and YOU MUST RSVP, so keep an eye out for your invitation to get RSVP info.**

#### **Manhattan/Harlem Area**

Friday, September 15 • 11:30 am to 2:00 pm

#### **Brooklyn Area – Brooklyn College & Elm Place Chapters**

Thursday, September 21 • 11:30 am to 2:00 pm

For a list of October's hybrid meetings, please visit [www.1199SEIUBenefits.org/rmb-hybrid](http://www.1199SEIUBenefits.org/rmb-hybrid)