

BULLETIN

NOTICE: If you are a pensioner who returned to work, and you have been working for more than 40 hours a month to help alleviate industry staffing shortages, please be advised that the waiver that was granted will soon end.

Effective January 1, 2024, if you wish to continue working for more than 40 hours a month, your pension and applicable retiree health benefits will be suspended until you reduce your hours. The established Plan rule was waived during the COVID-19 pandemic but will resume across all 1199SEIU Pension Funds on January 1, 2024.

If you have questions, please call our Retiree Services Center at (646) 473-8666; outside of NYC, (800) 892-2557.



1199SEIU Funds
Benefit and Pension

www.1199SEIUBenefits.org/RMB



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.

Retired Members Bulletin

Did you know that you can view your monthly

Read Your Retired Members Bulletin Online!

For your convenience, 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. Visit [MyAccount \(www.My1199Benefits.org\)](http://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 at (646) 473-8666. If you need to visit a Funds office, schedule an appointment online at www.1199SEIUBenefits.org/Apppt to reduce wait times and facilitate social distancing.

Stay Connected with Your Funds

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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: 12/4, 12/11, 12/18

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

Zoom link: www.1199SEIUBenefits.org/mmdb

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

Standing Yoga This class connects the body, breath and mind. It uses standing postures, breathing exercises and meditation to improve overall health.

Tuesdays at 1:00 pm Dates: 12/5, 12/12, 12/19, 12/26

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: 12/6, 12/13, 12/20, 12/27

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: 12/6, 12/13, 12/20, 12/27

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: 12/1, 12/8, 12/15, 12/22

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

Thursday, December 7, at 11:00 am:

No-Cook Granola & Oat-Mazing Muffins

Recipe link: www.1199SEIUBenefits.org/rceo

Zoom link: www.1199SEIUBenefits.org/cvbn

Thursday, December 21, at 11:00 am:

Chicken Congee (rice porridge)

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 Natalia and Teresa 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, December 1, at noon:

Butternut Squash and Red Lentil Soup and Kale Salad

Recipe Link: www.1199SEIUBenefits.org/rcso

Zoom Link: www.1199SEIUBenefits.org/rscs

Friday, December 15, at noon: Beef Stew with Parsnips

Recipe Link: www.1199SEIUBenefits.org/rcsd

Zoom Link: 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 Chefs Natalia y Teresa 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 diciembre a las 12:00 pm:

Sopa de Lentejas Y Ahuyama, Ensalada de Kale

Enlace para ver la receta: www.1199SEIUBenefits.org/rcso

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

Viernes 15 de diciembre, a las 12:00 pm:

Guisado de Carne Marroqui

Enlace para ver la receta: www.1199SEIUBenefits.org/rcsd

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



Spotlight on Benefits

Protect Your Health with a Primary Care Visit

Have you had your checkup? The new year is just around the corner, and this is a great time to make sure your health stays in top shape by scheduling a preventive care visit with your primary care doctor. Having a relationship with a doctor you can trust not only improves your quality of care, but regular office visits also give you peace of mind and increase the likelihood of detecting any issues when they are treatable.

If you are enrolled in the 1199SEIU Aetna Medicare Advantage plan, you can visit an in-network primary care physician at no cost. If you use an out-of-network provider, there is a \$20 co-pay, and you may have significant out-of-pocket costs.

To find a provider in your area, call Aetna at (866) 429-3585 or visit 1199SEIU.AetnaMedicare.com

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 at findhelp.1199SEIUBenefits.org, your Benefit Fund's 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 Fund.

Visit findhelp.1199SEIUBenefits.org

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 December SOS presentation will take place **Tuesday, December 19, at 3:30 pm** and will cover choosing between Medicare Advantage and Original 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.

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 Healthy Living Resource Center gives you 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

Protect Your Health this Winter by Getting Vaccinated

The winter 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 the updated booster shot. 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 participating pharmacy to get your flu and COVID-19 vaccinations.

Support Your Emotional Health with Aetna's MDLIVE

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 and follow the prompts to create an account. To learn more about **MDLIVE**, call (888) 865-0729.



Retired Members' Online Holiday Celebrations

Happy holidays! Find your regular Chapter Meeting listing below, dress in your most festive attire and get ready to spread some holiday cheer with 1199SEIU retirees near and far. See you there! Can't join via Zoom? Call in to the party at (646) 558-8656.

ALL HOLIDAY CELEBRATIONS WILL TAKE PLACE FROM NOON UNTIL 2:00 PM EST.

FLORIDA STATEWIDE (ALL FLORIDA CHAPTERS), PUERTO RICO AND VIRGIN ISLANDS CHAPTERS

Tuesday, December 5

Join Zoom Meeting: www.1199SEIUBenefits.org/hpfp
Meeting ID: 827 4258 1486 Passcode: 802165
Call in: (646) 558-8656

STATEN ISLAND, HARLEM, LIJ AND SUFFOLK COUNTY CHAPTERS

Tuesday, December 12

Join Zoom Meeting: www.1199SEIUBenefits.org/hpsh
Meeting ID: 893 6352 9092 Passcode: 415299
Call in: (646) 558-8656

QUEENS, WESTCHESTER AND HUDSON VALLEY CHAPTERS

Wednesday, December 6

Join Zoom Meeting: www.1199SEIUBenefits.org/hpqw
Meeting ID: 886 7597 5748 Passcode: 618723
Call in: (646) 558-8656

BROOKLYN – AREA-WIDE, HICKSVILLE AND RETIRED NURSES CHAPTERS

Wednesday, December 13

Join Zoom Meeting: www.1199SEIUBenefits.org/hpbh
Meeting ID: 856 4559 5250 Passcode: 676873
Call in: (646) 558-8656

BRONX – AREA-WIDE AND NYC HEADQUARTERS, TEXAS, TENNESSEE, PENSACOLA, WASHINGTON, OREGON, CALIFORNIA AND NEVADA CHAPTERS

Thursday, December 7

Join Zoom Meeting: www.1199SEIUBenefits.org/hpec
Meeting ID: 885 4942 2518 Passcode: 379597
Call in: (646) 558-8656

VIRGINIA, NORTH & SOUTH CAROLINAS, PENNSYLVANIA, NEW JERSEY, GEORGIA AND ALABAMA CHAPTERS

Thursday, December 14

Join Zoom Meeting: www.1199SEIUBenefits.org/hpvc
Meeting ID: 839 7930 0050 Passcode: 870484
Call in: (646) 558-8656

R E S O U R C E S

Starting in 2024, Healthy Home Visits Will Be Scheduled Through Signify Health

If you are enrolled in the 1199SEIU Aetna Medicare Advantage plan, your 2024 Healthy Home Visits will be scheduled through Signify Health. But don't worry, your benefit isn't changing! A Healthy Home Visit is a one-hour at-home checkup and is in addition to your annual Medicare wellness visit and annual physical. During this visit, a licensed clinician will review your medications and medical history. They will also check your vital signs, look for safety risks and answer your health questions. This visit does not replace your regular doctor visits or change your health plan.

To schedule a Healthy Home Visit, call (855) 746-8709, or visit HealthyHomeVisit.com/Welcome

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

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