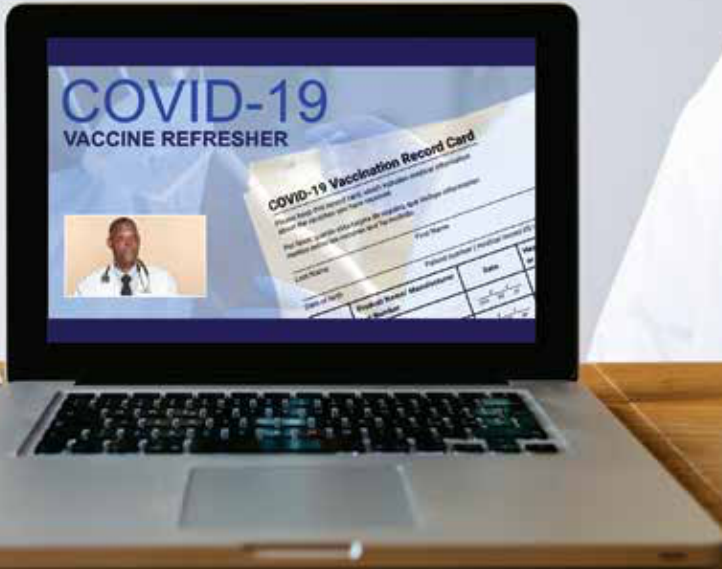


1199SEIU RETIRED MEMBERS BULLETIN

October 2021

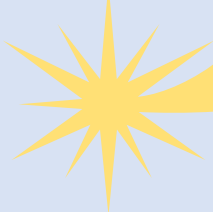
Information about Chapter Meetings, Classes & More!

Visit the Benefits Channel
www.1199SEIUBenefits.org/videos/ to view one of
Dr. Dunn's COVID-19 vaccine information sessions.



1199SEIU Funds
Benefit and Pension

1199SEIU Funds
Benefit and Pension



In June, we reopened our 498 Seventh Avenue headquarters and New York City-area satellite offices to members for in-person visits. Of course, you can still access your benefits at any time, 24/7, through **MyAccount** (www.My1199Benefits.org) or make an online appointment to speak with a Retiree Services Center Representative by visiting www.1199SEIUBenefits.org/apppt. You may also call Retiree Services directly at (646) 473-8666. There are currently no in-person activities or meetings scheduled. If you do need to visit a Funds office, you should first schedule an appointment online—also at www.1199SEIUBenefits.org/apppt—to reduce wait times and facilitate social distancing.

**Your Funds Are
Always Here for You**

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A Message from the Executive Director

Un Mensaje de la Directora Ejecutiva

Dear Retired Members,

As I write this letter, the battle against COVID-19 continues. Throughout the pandemic, you have lived up to your “Retired, but Active” motto, attending chapter meetings online, joining our online cooking and exercise classes, and staying informed through Seniors Out Speaking. Many of you even came out of retirement to assist in the vaccination effort.



But now, with a new and more virulent variant of the virus fueling a surge of infections, we have to remain vigilant. Yes, it is a challenge, but we have come too far to stop now. Our retirees have led the way in taking precautions—getting vaccinated, wearing a mask in public spaces and washing hands. If you haven’t been vaccinated, I encourage you to tune in to one of the many pre-recorded information sessions with our Chief Medical Officer, Dr. Van H. Dunn, on our website at www.1199SEIUBenefits.org/covid-19resources or send him a confidential question at HealthyLiving@1199Funds.org.

As important as taking precautions against the virus is, it is also important to make time for our own self-care. It is good for our mental and physical health. I encourage you to take that 20-minute walk if you can, join one of our meditation workshops online or connect with friends and former colleagues at online chapter meetings. You’ll find important information and tips about self-care on page 5. Whatever you choose to do, know that your Funds are here for you. And if you have any questions about your benefits, please call our Retiree Services Center at (646) 473-8666.

Stay safe and be well.

Sincerely,

A handwritten signature in black ink, appearing to read 'D. Rey'.

Donna Rey, EdD
Executive Director
1199SEIU Benefit and Pension Funds

Estimados miembros jubilados:

Mientras escribo esta carta, la batalla contra la COVID-19 continúa. A lo largo de la pandemia, usted ha estado a la altura de su lema “Jubilado, pero activo”, asistiendo a las reuniones de agrupaciones en línea, uniéndose a nuestras clases de cocina y ejercicio en línea y manteniéndose informado a través de Seniors Out Speaking. Muchos de ustedes incluso volvieron a ofrecer sus servicios para ayudar en la vacunación.

Pero ahora, con una cepa nueva y más contagiosa del virus que conlleva una oleada de infecciones, debemos permanecer alerta. Sí, es un desafío, pero hemos llegado demasiado lejos para detenernos ahora. Nuestros jubilados han liderado el camino al tomar precauciones: vacunarse, usar mascarilla en los espacios públicos y lavarse las manos. Si no ha sido vacunado, le aconsejo que sintonice una de las tantas sesiones de información pregrabadas con nuestro director médico, el Dr. Van H. Dunn, en nuestro sitio web en www.1199SEIUBenefits.org/covid-19resources o que le envíe una pregunta de manera confidencial a HealthyLiving@1199Funds.org.

Tomar precauciones contra el virus es tan importante como dedicar tiempo para nuestro propio cuidado personal. Es bueno para nuestra salud física y mental. Le recomiendo que haga una caminata de 20 minutos si puede, que se una a uno de nuestros talleres de meditación en línea o que se relacione con amigos y antiguos colegas en las reuniones de agrupaciones en línea. Consulte la página 5 para obtener información importante y consejos sobre el cuidado personal. Independientemente de lo que elija hacer, recuerde que sus Fondos están aquí para usted. Si tiene alguna pregunta sobre sus beneficios, llame a nuestro Departamento de Servicios para Jubilados al (646) 473-8666.

Cúidese a usted y a su salud.

Atentamente,

A handwritten signature in black ink, appearing to read 'D. Rey'.

Donna Rey, EdD
Directora Ejecutiva
Fondos de Beneficios y Pensiones de 1199SEIU

President's Message / Mensaje de la Presidenta

Dear Sisters and Brothers,

As the falling leaves remind us that autumn is a time of change, news reports tell us of changes regarding the COVID-19 pandemic, with new precautions to protect against the Delta variant, FDA approval of the Pfizer vaccine and the recommendation of booster shots.



With the round-the-clock news cycle and new guidelines taking shape, the best advice is to stay the course. At the height of the pandemic, we all took steps to protect ourselves and others from getting sick, quickly adapting to changes to our “retired, but active” routines as we navigated an isolating and emotionally challenging time. As exciting as the idea of things returning to “normal” might be, now is the time to maintain health and safety practices and do our part to support “community immunity” by getting vaccinated.

Protecting your health includes keeping up with doctor visits, scheduling preventive screenings, eating healthy foods and getting regular exercise. And don't forget to support your mental health needs. A great way to stay motivated is by connecting with others when you can—although in-person activities at the Funds remain suspended, you can still engage with friends online by joining a Chapter Meeting or one of the Retired Members Division's many popular exercise or cooking classes. Or just get on the phone for a quick catch-up with a friend or loved one—chances are, you'll both benefit from sharing a laugh and showing your care for one another by checking in on a regular basis.

1199SEIU retirees have repeatedly stepped up during the past year, banding together (from afar!) for social causes and community efforts to support our healthcare heroes and one another. I'm encouraged by the resilience of our community, and I'm confident we can weather this season of change together.

Your Benefit Fund is always here for you—if you need assistance or have questions about your benefits, reach out to us at (646) 473-8666 or (800) 575-7771 for those outside of New York.

In solidarity,
Mary Stovall-Merrill

Queridos hermanos y hermanas:

Al igual que el hecho de ver caer las hojas nos recuerda que el otoño es una época de cambios, las noticias nos informan cambios con respecto a la pandemia de la COVID-19, por ejemplo, precauciones nuevas contra la cepa Delta, la aprobación de la vacuna Pfizer por parte de la Administración de Medicamentos y Alimentos (FDA) o recomendaciones de dosis de refuerzo. Con noticias a la orden del día y pautas nuevas tomando forma, el mejor consejo es mantener el mismo rumbo. En el punto álgido de la pandemia, todos tomamos medidas para protegernos a nosotros mismos y a los demás, y nos adaptamos rápidamente a los cambios en nuestras rutinas de “jubilados, pero activos” mientras atravesábamos una época de aislamiento y desafíos emocionales. Por muy emocionante que pueda ser la idea de volver a la “normalidad”, ahora es el momento de respetar las prácticas de salud y seguridad y buscar la “inmunidad de la comunidad” mediante la vacunación.

Proteger su salud incluye mantenerse al día con las visitas al médico, programar exámenes preventivos, comer alimentos saludables y hacer ejercicio con frecuencia. Y no olvide atender sus necesidades de salud mental. Una excelente manera de mantenerse motivado es relacionarse con otras personas cuando tenga la oportunidad. Aunque las actividades en persona en los Fondos permanecen suspendidas, puede interactuar con amigos en línea a través de la reunión de la agrupación o de uno de los tantos ejercicios populares o clases de cocina de la División de Miembros Jubilados. O bien, simplemente comuníquese por teléfono para ponerse al día rápidamente con un amigo o un ser querido. Es probable que ambos se beneficien al compartir una risa y demostrar su cariño mutuo al comunicarse con habitualidad.

Durante el año pasado, los jubilados de 1199SEIU se han reunido (¡desde lejos!) varias veces para causas sociales e iniciativas de la comunidad con el fin de apoyar a nuestros héroes de la salud y de acompañarse. La capacidad de recuperación de nuestra comunidad me incentiva y confío en que juntos podremos sobrellevar esta temporada de cambios

Su Fondo de Beneficios está aquí siempre a su disposición. Si necesita ayuda o tiene preguntas sobre sus beneficios, comuníquese con nosotros al (646) 473-8666 o al (800) 575-7771 si no se encuentra en Nueva York.

Atentamente,
Mary Stovall-Merrill

Exercise Your Mind and Body with Tai Chi, Mindful Meditation and Chair Yoga



ONLINE CLASSES

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

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

Zoom Link: www.1199SEIUBenefits.org/mmdb

Meeting ID: 833 2075 8796 Passcode: 010490

Call in: (929) 205-6099

Yoga **NEW**

Tuesdays at 1:00 pm

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

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: 10/6, 10/13, 10/20, 10/27

Zoom Link: 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: 10/6, 10/13, 10/20, 10/27

Zoom Link: www.1199SEIUBenefits.org/raej

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: 10/8, 10/15, 10/22, 10/29

Zoom Link: www.1199SEIUBenefits.org/rssc

Meeting ID: 861 9029 1726 Passcode: 716715

NEW CHAPTER in Hudson Valley!

We're excited to announce our new Hudson Valley Chapter, which branches off from the Westchester Chapter to better meet the needs of the more than 10,000 retirees in the region. The chapter will meet on the second Wednesday of every month online via Zoom. Check the schedule for specific dates.

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

Thursday, October 14, at 11:00 am:

Lentil Soup with Jalapeno and Tomatillo

Recipe Link: www.1199SEIUBenefits.org/rlsj

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, October 28, at 11:00 am:

Tortilla Lime Chicken Soup

Recipe Link: www.1199SEIUBenefits.org/rtlc

Zoom Link: www.1199SEIUBenefits.org/cvbn



Protect Yourself Against COVID-19 and the Flu this Fall

With the potential risk of new COVID-19 variants, it's more important than ever to get vaccinated against the virus, if you haven't done so already. The vaccines offer widespread protection for yourself and your loved ones. And while getting your annual flu shot can be easy to overlook during the pandemic, it can help you avoid the fever, aches and chills the seasonal flu can bring. Fortunately, both the COVID-19 vaccination and the flu shot are available through your primary care provider, at clinics and at participating pharmacies. (Visit our website, www.1199SEIUBenefits.org/covid-19resources, to find a COVID-19 vaccination site near you.) **Note:** Just be sure to talk to your healthcare provider about timing your COVID-19 and flu vaccines to maximize their effectiveness.



Protéjase Contra la COVID-19 y Contra la Gripe este Otoño

Con el riesgo potencial de cepas nuevas de la COVID-19, vacunarse contra el virus es más importante que nunca, si aún no lo ha hecho. Las vacunas ofrecen una protección generalizada para usted y sus seres queridos. Y aunque pasar por alto la vacuna anual contra la gripe podría ser fácil durante la pandemia, colocársela puede ayudarle a evitar la fiebre, los dolores y los escalofríos que puede traer la gripe estacional. Afortunadamente, tanto la vacuna contra la COVID-19 como la vacuna contra la gripe están disponibles a través de su proveedor de atención primaria, en clínicas y farmacias participantes. (Visite nuestro sitio web, www.1199SEIUBenefits.org/covid-19resources, para encontrar un sitio de vacunación contra la COVID-19 cercano). **Nota:** Solo asegúrese de hablar con su proveedor de atención médica sobre el momento de las vacunas contra la influenza y el COVID-19 para maximizar su efectividad.

Take the Time to Self-care



If you think practicing “self-care” is selfish or self-indulgent, it's actually the opposite. Practicing self-care—doing things to safeguard your physical and mental health—allows you to be at your best for others as well as yourself. Here are a few simple ways to get started.

Exercise: Take a walk around your neighborhood or get moving with one of our online dance classes—Heart and Soul Afro Cardio Jam is new!

Eat healthy meals: Learn a new recipe in one of our Zoom cooking classes, practice “Meatless Mondays” or swap out sweetened drinks for flavored seltzer.

Schedule “me” time: Set aside time to get lost in a magazine or book, soak in a hot bath or try one of our online meditation classes.

Connect with others: Schedule a socially distant lunch with a friend or Zoom with a far-away relative.

Do at least one thing you love every day: Work a crossword, light a scented candle, watch your favorite show. This is not one-size-fits-all, so find what makes you smile—and just do it!

Dedique Tiempo al Cuidado Personal

Si cree que dedicar tiempo para el “cuidado personal” es ser egoísta o autoindulgente, no es así, de hecho es todo lo opuesto. Dedicar tiempo para el cuidado personal, es decir, hacer cosas para salvaguardar su salud física y mental, le permite mostrar su mejor versión a los demás y a usted mis-mo. A continuación, le indicamos algunas formas sencillas de comenzar.

Haga ejercicio: Dé un paseo por su vecindario o muévase con una de nuestras clases de baile en línea: ¡Heart and Soul Afro Cardio Jam es nuevo!

Coma de manera saludable: Aprenda una receta nueva en una de nuestras clases de cocina por Zoom, practique los “lunes sin carne” o reemplace las bebidas azucaradas por agua mineral con sabor.

Programe tiempo para usted: Reserve un tiempo para perderse leyendo una revista o un libro, sumergirse en un baño caliente, tomar una de nuestras clases de meditación en línea.

Relaciónese con otros: Programe un almuerzo con distancia social con un amigo o por Zoom con un pariente lejano.

Haga al menos una cosa que te guste todos los días: Haga crucigramas, encienda una vela perfumada, mire su programa favorito. Esto no se aplica a todos, así que encuentra lo que lo/a haga sonreír, ¡y hágalo!

A Message From / Un Mensaje De George Gresham

PRESIDENT / PRESIDENTE, 1199SEIU UNITED HEALTHCARE WORKERS EAST

Dear Sisters and Brothers,

I know that I speak for every 1199SEIU sister and brother when I say that we have never in our lifetimes faced a challenge like we've faced these past 18 months with the COVID-19 pandemic.

As a New Yorker, I will never forget the weeks when the country's largest city shut down completely. There wasn't a sound on the streets day or night except the sirens of ambulances and other emergency vehicles. At the same time, refrigerator trucks stacked up in front of our hospitals and nursing homes, serving as temporary morgues.

Now—after 4 million COVID-19 cases and over 620,000 deaths—we finally have the vaccines. Which is good news indeed, especially now that COVID-19 cases and deaths are again beginning to rise with the emergence of the Delta variant—even more contagious than the standard coronavirus, accounting for more than 70 percent of new cases in the U.S.

Do vaccines work? Of course, they do. Vaccines virtually eliminated several dread diseases in the United States, including smallpox, polio, diphtheria and tetanus. Even before COVID-19, proof of vaccination was a matter of course for some travel abroad and to register for school. These steps helped wipe out disease.

So indeed, it is wonderful that we now have effective COVID-19 vaccines, readily available and without cost. The bad news is that only about two-thirds of us in the U.S. have had at least one shot of the two-dose vaccination. And in many states and among certain populations, the figures are much lower.

The thing that makes COVID-19 so dangerous is that you can have it but not have any symptoms and still spread it to dozens of people, who will spread it to dozens more, some of whom will die. (While some vaccinated people have contracted COVID-19, few have had serious illness, let alone died, as a result.) And as seniors know, people over 70 years of age are especially vulnerable.

Make no mistake: coronavirus vaccines save lives. An estimated 279,000 lives and 1.25 million hospitalizations were prevented in the U.S. in the first six months of the vaccines' availability. At the same time, virtually all new coronavirus hospitalizations and deaths in the country involve unvaccinated people. As CDC Director Dr. Rochelle Walensky says, we now have "a pandemic of the unvaccinated." For those who are concerned that the vaccines come with a risk, consider that the risk of not being vaccinated may mean death or severe illness.

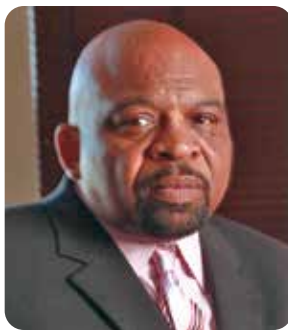
If you have concerns about the vaccines, we strongly recommend that you speak to your doctor. It might help to know that, according to the American Medical Association, more than 96 percent of all physicians in the U.S. are fully vaccinated.

Please be safe and take care.

In solidarity,



George Gresham



Queridos hermanos y hermanas:

Sé que hablo en nombre de cada hermana y hermano de 1199SEIU cuando digo que nunca en nuestra vida nos hemos enfrentado a un desafío como el que hemos vivido en los últimos 18 meses con la pandemia de la COVID-19.

Como neoyorquino, nunca olvidaré las semanas en las que la ciudad más grande del país cerró por completo. Durante el día y la noche, en las calles no se escuchaba ningún sonido, excepto las sirenas de las ambulancias y de otros vehículos de emergencia. Al mismo tiempo, los camiones refrigerados se abarrotaron frente a nuestros hospitales y hogares de ancianos a modo de morgues temporales.

Ahora, después de 4 millones de casos de COVID-19 y más de 620,000 muertes, finalmente tenemos las vacunas. Esto es una buena noticia, especialmente, ahora que los casos y las muertes a causa de la COVID-19 están comenzando a aumentar nuevamente con la aparición de la variante Delta, la cual es incluso más contagiosa que el coronavirus estándar y representa más del 70 % de los casos nuevos en los Estados Unidos.

¿Son efectivas las vacunas? Por supuesto que sí. Las vacunas prácticamente eliminaron varias enfermedades que causaban terror en los Estados Unidos, como la viruela, la poliomielitis, la difteria y el tétanos. Incluso antes de la COVID-19, el certificado de vacunación era una cuestión de rutina para algunos viajes al extranjero y para inscribirse en la escuela. Estos pasos ayudaron a acabar con la enfermedad.

Por lo tanto, el hecho de contar con vacunas contra la COVID-19 efectivas, disponibles y gratuitas es maravilloso. La mala noticia es que solo alrededor de dos tercios de la población en los Estados Unidos ha recibido al menos una dosis de las vacunas de dos dosis. Y en muchos estados y entre ciertas poblaciones, las cifras son mucho más bajas.

La peligrosidad de la COVID-19 está en el hecho de que usted podría tenerla y no presentar ningún síntoma y aun así contagiar a decenas de personas que, a su vez, contagiarán a otras decenas más, y eventualmente algunas de las ellas morirán. (Si bien algunas personas vacunadas han contraído la COVID-19, solo en algunos casos la enfermedad se tornó grave y las cifras de muertes fueron incluso menores). Y como saben los adultos mayores, las personas mayores de 70 años son especialmente vulnerables.

No se equivoque: las vacunas contra el coronavirus salvan vidas. En los Estados Unidos se estima que se protegieron alrededor de 279,000 vidas y se evitaron 1.25 millones de hospitalizaciones durante los primeros seis meses de disponibilidad de las vacunas. Además, prácticamente todas los casos de hospitalizaciones y muertes por coronavirus nuevos en el país involucran a personas no vacunadas. Como dice la directora de los Centros para el Control y la Prevención de Enfermedades (CDC), la Dra. Rochelle Walensky, ahora tenemos "una pandemia de no vacunados". Aquellas personas que les preocupe que las vacunas puedan ser riesgosas deben tener en cuenta que si no están vacunados pueden correr riesgo de muerte o de desarrollar una enfermedad grave.

Si tiene inquietudes sobre las vacunas, le recomendamos encarecidamente que hable con su médico. Podría resultar útil saber que, según la Asociación Médica Estadounidense, más del 96 % de todos los médicos en los Estados Unidos están completamente vacunados.

Cuide su salud.

Atentamente,



George Gresham

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 26** at 3:30 pm and will cover Medicare Part A.

Join Zoom Meeting: <https://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 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

Women’s and men’s health awareness

November

Mental health

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 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 4 • 11:00 am to 12:30 pm

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

Meeting ID: 978 5754 0297 Passcode: 409669

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

Broward – Leon Davis Tuesday, October 5 • 1:00 pm to 2:30 pm

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

Meeting ID: 926 2853 1040 Passcode: 508149

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

South Palm Beach/Delray Tuesday, October 5 • 10:30 am to noon

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

Meeting ID: 998 8141 0166 Passcode: 438683

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

West Palm Beach Wednesday, October 6 • 11:00 am to 12:30 pm

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

Meeting ID: 973 8980 3121 Passcode: 364751

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

Miami – Ossie Davis Thursday, October 7 • 11:00 am to 12:30 pm

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

Meeting ID: 952 3514 8193 Passcode: 743541

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

Palm Bay/Melbourne Tuesday, October 12 • 12:30 pm to 2:00 pm

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

Meeting ID: 933 4473 4437 Passcode: 317153

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

Orlando Wednesday, October 20 • 11:00 am to 12:30 pm

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

Meeting ID: 998 7525 7552 Passcode: 066079

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

Casselberry – Doris Turner

Thursday, October 21 • 11:00 am to 12:30 pm

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

Meeting ID: 974 8313 9012 Passcode: 339648

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

FLORIDA CHAPTERS (continued)

Fort Myers Monday, October 25 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/nway
Meeting ID: 940 7963 4641 Passcode: 382169
Call in: (646) 558-8656 or (312) 626-6799

North Port Tuesday, October 26 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/eccr
Meeting ID: 951 9611 6821 Passcode: 066079
Call in: (646) 558-8656 or (312) 626-6799

Tampa Wednesday, October 27 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/gytr
Meeting ID: 980 4345 0320 Passcode: 456067
Call in: (646) 558-8656 or (301) 715-8592

NEW YORK CHAPTERS

Bronx – Joseph James Friday, October 1 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtj
Meeting ID: 950 1780 2260 Passcode: 915217
Call in: (646) 558-8656 or (312) 626-6799

Westchester Wednesday, October 6 • 1:30 to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtv
Meeting ID: 936 2398 8805 Passcode: 498136
Call in: (646) 558-8656 or (312) 626-6799

North Bronx – Bernard Minter
Monday, October 11 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtb
Meeting ID: 959 9599 4187 Passcode: 631228
Call in: (646) 558-8656 or (312) 626-6799

Staten Island Tuesday, October 12 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtm
Meeting ID: 964 4319 3528 Passcode: 878927
Call in: (646) 558-8656 or (301) 715-8592

Hudson Valley **NEW CHAPTER**
Wednesday, October 13 • 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 14 • noon to 1:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtq
Meeting ID: 974 7009 2977 Passcode: 844564
Call in: (646) 558-8656 or (312) 626-6799

Brooklyn – Mattie Small
Friday, October 15 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtz
Meeting ID: 998 5182 5410 Passcode: 489089
Call in: (646) 558-8656 or (312) 626-6799

New Hyde Park – Eleanor Tilson
Tuesday, October 19 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtv
Meeting ID: 978 3488 3243 Passcode: 264423
Call in: (646) 558-8656 or (312) 626-6799

Hicksville – Milton Konowe
Wednesday, October 20 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtc
Meeting ID: 979 4765 6945 Passcode: 194035
Call in: (646) 558-8656 or (301) 715-8592

Harlem – Leon Davis Friday, October 22 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtx
Meeting ID: 981 7997 7542 Passcode: 194925
Call in: (646) 558-8656 or (301) 715-8592

Queens – Edward Garrins
Tuesday, October 26 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtn
Meeting ID: 960 6984 2049 Passcode: 526974
Call in: (646) 558-8656 or (312) 626-6799

Brooklyn – Marshall Dubin
Wednesday, October 27 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtk
Meeting ID: 973 1776 2323 Passcode: 245888
Call in: (646) 558-8656 or (312) 626-6799

Midtown Manhattan Thursday, October 28 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grth
Meeting ID: 964 1371 1218 Passcode: 348177
Call in: (646) 558-8656 or (301) 715-8592

VIRGINIA CHAPTER
Thursday, October 7 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/znnj
Meeting ID: 971 4436 8067 Passcode: 545333
Call in: (646) 558-8656 or (312) 626-6799

GEORGIA CHAPTER Friday, October 8 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/wbjh
Meeting ID: 941 5351 2138 Passcode: 229119
Call in: (646) 558-8656 or (301) 715-8592

PENNSYLVANIA CHAPTER
Monday, October 11 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/hdtb
Meeting ID: 984 1982 9062 Passcode: 348177
Call in: (646) 558-8656 or (301) 715-8592

NEW JERSEY CHAPTER
Thursday, October 14 • 2:30 pm to 4:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/qzuy
Meeting ID: 930 6806 3201 Passcode: 545543
Call in: (646) 558-8656 or (312) 626-6799

NORTH & SOUTH CAROLINAS CHAPTER
Friday, October 15 • 1:30 pm to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtk
Meeting ID: 970 6884 4069 Passcode: 213320
Call in: (646) 558-8656 or (312) 626-6799