

BULLETIN

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 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/AetnaMedicareAdv 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 we are currently offering some in-person meetings and activities 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 \(www.My1199Benefits.org\)](https://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.

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.

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 month's news and information at your fingertips! If you don't have a smart phone, just visit www.1199SEIUBenefits.org/RMB.

Read Your Retired Members Bulletin Online!



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1199SEIU Benefit and Pension Funds
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New York, NY 10018-0009
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A Message from the Executive Director

Dear Retired Members,

As a “Retired, but active...” member, you belong to one of the most vital parts of our 1199SEIU community. 1199 retirees make up tens of thousands of members who participate in chapter meetings, show up for events, attend classes and come together online to connect with each other as a community.



Community is important. It matters. The connection we have with those around us gives us strength, support and inspiration. It renews us, and, ultimately, being active in the community benefits everyone. I believe that being part of a community is the key to keeping us vibrant and supports us in maintaining good health.

In this issue, we “Spotlight” your home health visit benefit. It is available to you if you receive your health benefits through us and need some extra help because of a medical condition. This bulletin also contains a schedule of the many classes and meetings we offer to help you stay healthy, connected and motivated to continue on your journey. If you haven’t tried one of our classes yet, I encourage you to do so. You can find information about them at www.1199SEIUBenefits.org/retiree-meetings or inside on page 4.

Remember: Staying connected and part of our community is even easier with our **1199SEIU Retired Members Facebook group**. If you aren’t a member yet, visit www.Facebook.com/groups/1199SEIURetiredMembers to join the over 3,500 retirees who use this group to keep up with each other and everything that’s going on in the community!

In good health,



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

Un Mensaje de la Directora Ejecutiva

Estimados miembros jubilados:

Como miembro “jubilado, pero activo...”, usted pertenece a una de las partes más vitales de nuestra comunidad 1199SEIU. Los jubilados de 1199 conforman decenas de miles de miembros que participan en las reuniones de las agrupaciones, asisten a eventos, toman clases y se conectan en línea para relacionarse como comunidad.

La comunidad es importante. Muy importante. La conexión que tenemos con quienes nos rodean nos da fuerza, apoyo e inspiración. Nos renueva y, en definitiva, estar activo en la comunidad beneficia a todos. Creo que ser parte de una comunidad es la clave para mantenernos vibrantes y nos ayuda a mantener una buena salud.

En esta edición, “destacamos” su beneficio de visitas médicas a domicilio. Está disponible para usted si recibe sus beneficios de salud a través de nosotros y necesita ayuda adicional debido a una condición médica. Este boletín también contiene un cronograma de las diferentes clases y reuniones que ofrecemos para ayudarle a mantenerse saludable, en contacto y con motivación para continuar su recorrido. Si aún no ha probado una de nuestras clases, le animo a que lo haga. Puede encontrar información en www.1199SEIUBenefits.org/retiree-meetings o en la página 4.

Recuerde: Mantenerse conectado y ser parte de nuestra comunidad es aún más fácil con nuestro **grupo de Facebook de miembros jubilados 1199SEIU**. Si aún no es miembro, visite www.Facebook.com/groups/1199SEIURetiredMembers ¡Únase a los más de 3,500 jubilados que utilizan este grupo para mantenerse al tanto de las novedades y de lo que está sucediendo en la comunidad!

En buena salud



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

Calling All Retired Nurses—Online! (IN-PERSON AND ZOOM EVENT)

The nurses’ meeting will be on **Wednesday, October 25, from noon to 2:00 pm**. The Retired Members Division holds quarterly meetings to help retired nurses stay connected with each other and informed about the latest educational and social issues affecting them.

In-person location: 498 Seventh Avenue, 2nd Floor, Multipurpose Center, New York, NY 10018, Room 2.27
Join Zoom meeting: www.1199SEIUBenefits.org/dfge
Meeting ID: 886 9028 7406 **Passcode:** 488425 **Call in:** (646) 558-8656

President's Message / Mensaje de la Presidenta

Dear Sisters and Brothers,

Welcome to fall! The transition to this new season mirrors the changes happening all around us. Even during periods where it feels like we're standing still, the leaves turning colors and slow shift to "sweater weather" remind us that we're always evolving and moving forward. The past few years have asked an unbelievable amount of strength and resilience from our community, and we have risen to the occasion at every twist and turn along the way. Even with the worst of the pandemic hopefully behind us, we still must remain vigilant of our health and that of our communities. If you're feeling frustrated by the constantly moving finish line, keep going – the only way out is through!



I always think of the fall as "back to school" season – a time to get back into the groove after summer vacations and jump-start any goals you may have along your health journey. Now is a great time to try something new, and your Benefit Funds make it easier than ever to get involved. Get cooking or get moving at one of our online cooking or exercise classes – you'll learn new skills, make steps for your health and most importantly, stay connected to friends near and far.

As COVID-19 and the cold and flu season are picking up speed, are you up to date on your immunizations? Now is the best time to make sure you and your loved ones are protected, so if you are eligible, take a few minutes to make sure you're all caught up to keep your immune system in fighting shape. Getting back into the groove also means it's time to schedule your annual exam with your doctor. Wellness checkups give us peace of mind, a guide for healthy living over the next year, and ensures we can address any problems that may come up. Remember: you won't know until you go!

Whatever the next season may have in store, I'm confident that 1199ers will meet the challenges and triumphs head on, with our "Retired, but active..." spirit on full display. Take a look at the bulletin schedule for ways to stay motivated and charged up for all life has to offer.

As always, your Funds will be right by your side along the way—reach out to the Retiree Services by calling (646) 473-8666.

In solidarity,
Mary Stovall-Merrill

Queridos hermanos y hermanas:

¡Bienvenidos al otoño! La transición a esta nueva temporada refleja los cambios que están ocurriendo a nuestro alrededor. Incluso durante los periodos en los que parece que nos detenemos, el cambio de color de las hojas y el cambio lento a la "temporada de suéter" nos recuerdan que siempre estamos evolucionando y avanzando. Los últimos años le han exigido a nuestra comunidad una fuerza y una resiliencia increíbles, y hemos estado a la altura de las circunstancias en cada giro del camino. Aunque esperamos haber dejado atrás lo peor de la pandemia, debemos seguir velando por nuestra salud y la de nuestras comunidades. Si se siente frustrado por el constante movimiento de la línea de meta, siga adelante: ¡la única salida es cruzarla!

Siempre pienso en el otoño como la temporada de la "vuelta a la escuela", un momento para volver a la rutina después de las vacaciones de verano y dar inicio a cualquier objetivo que pueda tener en su camino hacia la salud. Ahora es un buen momento para probar algo nuevo, y el Fondo de Beneficios hace que participar sea más fácil que nunca. Comience a cocinar o moverse en una de nuestras clases de cocina o ejercicio en línea: aprenderá nuevas habilidades, tomará medidas para su salud y, lo más importante, permanecerá conectado con amigos cercanos y lejanos.

Considerando que la COVID-19 y la temporada de gripe y resfriados se están acelerando, ¿tiene sus vacunas al día? Ahora es el mejor momento para asegurarse de que usted y sus seres queridos están protegidos; por lo tanto, si reúne los requisitos, dedique unos minutos para asegurarse de que están todos al día para mantener su sistema inmunológico en forma y así combatir enfermedades. Volver a la rutina también significa que es hora de programar su examen anual con su médico. Los chequeos de bienestar nos dan tranquilidad, una guía para llevar una vida saludable durante el próximo año y nos garantiza que podemos abordar cualquier problema que pueda surgir. Recuerde: ¡no lo sabrá hasta que vaya!

Independientemente de lo que nos depare la próxima temporada, estoy segura de que los miembros de 1199 afrontaremos los desafíos y los triunfos con la cabeza bien alta, con nuestro espíritu de "Jubilados pero activos..." al máximo. Eche un vistazo al programa del boletín para mantenerse motivado y preparado para todo lo que la vida tiene para ofrecer.

Como siempre, sus Fondos estarán justo a su lado a lo largo del camino: póngase en contacto con la División de Miembros Jubilados llamando al (646) 473-8666.

En solidaridad,
Mary Stovall-Merrill

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](https://www.aetna.com/1199SEIU) for more information and to view the monthly presentation.

UPCOMING TOPICS

October:
Mental Health

November:
Memory Loss/Dementia;
Aetna Support Programs;
Staying Connected During
the Holidays



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: 10/2, 10/9, 10/16, 10/23
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: 10/3, 10/10, 10/17, 10/24
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: 10/3, 10/10, 10/17, 10/24
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: 10/4, 10/11, 10/18, 10/25
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: 10/4, 10/11, 10/18, 10/25
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: 10/6, 10/13, 10/20, 10/27
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 Boo and Jamie. Take a look at the tasty offerings you'll cook up this month!

Thursday, October 12, at 11:00 am:
Massaged Kale, Red Onion Salad and Tomato Soup
Recipe link: www.1199SEIUBenefits.org/rceo
Zoom link: www.1199SEIUBenefits.org/cvbn

Thursday, October 26, at 11:00 am:
Mushroom Orzotto and Lemon and Garlic Zucchini
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, October 6, at noon:
White Fish with Tomatillo Sauce
Recipe Link: www.1199SEIUBenefits.org/rcso
Zoom Link: www.1199SEIUBenefits.org/rscs

Friday, October 20, at noon:
Raw Carrot Cake with Cashew Cream Frosting
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 Chef TK 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 6 de octubre a las 12:00 pm:
Pescado Blanco con Salsa de Tomatillo y Cilantro
Enlace para ver la receta: www.1199SEIUBenefits.org/rcso
Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs

Viernes 20 de octubre, a las 12:00 pm:
Pastel de Zanahoria Crudo y Frosting Queso Crema de Cashew
Enlace para ver la receta: www.1199SEIUBenefits.org/rcsd
Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs

A Message From George Gresham

PRESIDENT, 1199SEIU UNITED HEALTHCARE WORKERS EAST

Dear Sisters and Brothers,

This may be one of the hottest years on record but we're now gonna turn up the heat. Let me explain: A hospital in Belleville, New Jersey—a suburb of New York—is picking a fight with its 540 nurses because they voted to join 1199SEIU.



The Clara Maass Medical Center is owned by RWJBarnabas, a mammoth healthcare conglomerate and one of the state's largest employers. As happened to frontline healthcare workers in every sector throughout the country during the pandemic, the nurses at Clara Maass put their lives on the line to give the best possible care to their patients. It wasn't that long ago that they were cheered as "healthcare heroes" coming off shifts to applause and the clamor of pots and pans. But hospital management seemed to forget all that when, last year, the nurses joined together to vote for union representation.

The employer turned hostile as employers have throughout the ages when employees want a voice on the job, a wage commensurate with their service, and decent benefits to keep themselves and their loved ones healthy and secure. A few months ago, the hospital terminated a nurse with 25 years of service because of her union activism. When nine of her union sisters and brothers tried to deliver a petition from physicians, nurses and other caregivers protesting the firing, management suspended nine more nurses. (We have filed a federal Unfair Labor Practice charge.)

Management has refused to bargain a fair contract. Less than an hour away, in New York City, tens of thousands of 1199SEIU and NYSNA nurses won raises this year of 7, 6, and 5 percent over the next three years. Clara Maass is offering 3 percent, even to its most senior nurses. The Clara Maass nurses—our Union sisters and brothers—want training and education resources, professional practices and safe staffing committees, and retroactive pay to 2022, when the RWJBarnabas corporation gave raises to employees at its other facilities. These are reasonable demands that a wealthy corporation could easily meet, if it were acting in good faith.

How long and how difficult this fight is going to be is entirely up to management. We are in it to win it and we know we will with all of your help. This is not an RN fight. This is not a New Organizing fight. This is not a New Jersey fight. This is an all-Union 1199SEIU fight —and that includes you, our Union veterans.

For our part, this is a major challenge, but I know we are up to it. Until now, 1199SEIU in New Jersey has been a nursing home union. The Belleville nurses are leading the way to becoming a hospital union in that state. But they cannot do it on their own.

How long and how difficult this fight is going to be is entirely up to management. We are in it to win it and we know we will with all of your help. This is not an RN fight. This is not a New Organizing fight. This is not a New Jersey fight. This is an all-Union 1199SEIU fight—and that includes you, our Union veterans. Put on your marching shoes because we are going to be calling on you. Ain't no stopping us now.

In solidarity,

A handwritten signature in black ink, appearing to read "G. Gresham".

George Gresham

THIS PAGE IS PAID FOR BY 1199SEIU UNITED HEALTHCARE WORKERS EAST

Un Mensaje De George Gresham

PRESIDENTE, 1199SEIU UNITED HEALTHCARE WORKERS EAST

Queridos hermanos y hermanas:

Puede que este sea uno de los años más calurosos registrados, pero ahora vamos a subir la temperatura. Permítanme explicarlo: un hospital de Belleville (Nueva Jersey), un suburbio de Nueva York, se enfrenta a sus 540 enfermeros porque votaron a favor de unirse a 1199SEIU.

El Centro Médico Clara Maass es propiedad de RWJBarnabas, un conglomerado de atención de la salud gigantesco y uno de los mayores empleadores del estado. Al igual que ocurrió con el personal de atención de la salud de primera línea en todos los sectores del país durante la pandemia, los enfermeros del Clara Maass arriesgaron sus vidas para prestar los mejores cuidados posibles a sus pacientes. No hace tanto tiempo que eran aclamados como “héroes de la atención de la salud” que salían de sus turnos entre aplausos y el clamor de cacerolas y sartenes. Pero la gerencia del hospital pareció haber olvidado todo eso cuando, el año pasado, los enfermeros se unieron para votar a favor de la representación del sindicato.

El empleador se volvió hostil, como lo han sido los empleadores a lo largo de los años cuando los empleados quieren tener voz en el trabajo, un salario acorde a sus servicios, beneficios decentes para mantenerse a sí mismos y a sus seres queridos sanos y seguros. Hace unos meses, el hospital despidió a un enfermero con 25 años de servicio debido a su activismo sindical. Cuando nueve de sus hermanas y hermanos del sindicato intentaron entregar una petición de médicos, enfermeros y otros cuidadores protestando por el despido, la gerencia suspendió a otros nueve enfermeros. (Hemos presentado un cargo federal por prácticas laborales desleales).

La gerencia se ha negado a negociar un contrato justo. A menos de una hora de distancia, en la ciudad de Nueva York, decenas de miles de enfermeros de 1199SEIU y NYSNA consiguieron este año aumentos del 7%, 6% y 5% en los próximos tres años. Clara Maass ofrece un 3%, incluso a sus enfermeros con más antigüedad. Los enfermeros de Clara Maass, nuestras hermanas y hermanos del sindicato, quieren recursos de capacitación y educación, prácticas profesionales y comités de personal seguros, pago retroactivo a 2022 cuando la corporación RWJBarnabas dio aumentos a los empleados de sus otras instalaciones. Estas son exigencias razonables que una empresa adinerada podría satisfacer fácilmente, si actuara de buena fe.

La duración y la dificultad de esta lucha dependen totalmente de la gerencia. Estamos aquí para ganar y sabemos que lo lograremos con toda su ayuda. Esta no es una lucha de enfermería (Registered Nurses, RN). Esta no es una lucha de nuevas campañas de sindicalización. Esta no es una lucha de Nueva Jersey. Esta es una lucha de todo el sindicato 1199SEIU, y eso los incluye a ustedes, nuestros veteranos del sindicato.

Por nuestra parte, se trata de un gran desafío, pero sé que estamos a la altura. Hasta ahora, 1199SEIU en Nueva Jersey ha sido un sindicato de residencias geriátricas. Los enfermeros de Belleville están abriendo el camino para convertirnos en un sindicato hospitalario en ese estado. Pero no pueden hacerlo solos.

La duración y la dificultad de esta lucha dependen totalmente de la gerencia. Estamos aquí para ganar y sabemos que lo lograremos con toda su ayuda. Esta no es una lucha de enfermería (Registered Nurses, RN). Esta no es una lucha de nuevas campañas de sindicalización. Esta no es una lucha de Nueva Jersey. Esta es una lucha de todo el sindicato 1199SEIU, y eso los incluye a ustedes, nuestros veteranos del sindicato. Pónganse sus zapatos de marcha porque los llamaremos. Ahora no nos pararán.

En solidaridad,



George Gresham

ESTA PÁGINA LA FINANCIA 1199SEIU UNITED HEALTHCARE WORKERS EAST



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.

FOR ALL IN-PERSON AND IN-PERSON/ZOOM EVENTS

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

FLORIDA STATEWIDE CHAPTER MEETING

For All Florida Chapters

Tuesday, October 10, 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

White Plains Chapter (IN-PERSON AND ZOOM EVENT)

Wednesday, October 4 • noon to 2:00 pm
In-person Location: 10 Bank Street, White Plains, NY 10606,
Classrooms 1 & 2
Join Zoom Meeting: www.1199SEIUBenefits.org/rmwp
Meeting ID: 880 9582 0047 Passcode: 847157
Call-In: (646) 931-3860

Bronx – Area-wide Chapter Meeting: Joseph James & Bernard Minter Chapters (IN-PERSON AND ZOOM EVENT)

Monday, October 9 • 11:30 am to 2:00 pm
In-person Location: 498 7th Ave., New York, NY 10018
Join Zoom Meeting: www.1199SEIUBenefits.org/grtb
Meeting ID: 863 7137 7078 Passcode: 125761
Call in: (646) 558-8656 or (312) 626-6799

Staten Island Chapter (IN-PERSON AND ZOOM EVENT)

Tuesday, October 10 • noon to 2:00 pm
In-person Location: 1199SEIU Staten Island
790 Port Richmond Ave., Staten Island, NY 10302, Classrooms 1 & 2
Join Zoom Meeting: www.1199SEIUBenefits.org/grtm
Meeting ID: 886 9058 0702 Passcode: 564703
Call in: (646) 558-8656 or (301) 715-8592

Hicksville, Suffolk County & Long Island Chapters (IN-PERSON AND ZOOM EVENT)

Wednesday, October 18 • noon to 2:00 pm
In-person Location: 1199SEIU Hicksville Office
100 Duffy Avenue, Hicksville, NY 11801, 3rd Floor, Room B23
Join Zoom Meeting: www.1199SEIUBenefits.org/grtv
Meeting ID: 819 7854 9154 Passcode: 513455
Call in: (646) 558-8656

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

Friday, October 20 • 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

Queens Chapter (IN-PERSON EVENT)

Monday, October 23 • 11:30 am to 2:00 pm
In-person Location: The Community Bridge
120-50 Springfield Blvd., Cambria Heights, NY 11411, Main Floor

Hudson Valley, Poughkeepsie & Westchester Chapters

Monday, October 23 • 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 & PENSACOLA CHAPTERS (CST)

Thursday, October 12 • noon to 2:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rtrp
Meeting ID: 875 5909 8800 Passcode: 983300
Call in: (646) 558-8656

WASHINGTON, OREGON, CALIFORNIA & NEVADA CHAPTERS (PST)

Friday, October 13 • 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, October 17 • 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

MARYLAND, DELAWARE & OHIO CHAPTERS

Tuesday, October 24 • 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

NEW JERSEY, VIRGINIA, PENNSYLVANIA, NORTH AND SOUTH CAROLINA CHAPTERS (IN-PERSON AND ZOOM EVENT)

Thursday, October 26 • noon to 2:00pm
In-person Location: 1199SEIU New Jersey Office
555 Route 1 South, Iselin, NJ 08830, 3rd Floor
Join Zoom Meeting: www.1199SEIUBenefits.org/qzuy
Meeting ID: 863 2761 2855 Passcode: 845282
Call in: (646) 558-8656

ALABAMA & GEORGIA – GEORGE GRESHAM CHAPTERS (CST)

Friday, October 27 • 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



Spotlight on Benefits

Get home health care you can rely on

As an 1199SEIU retiree, you may be eligible to receive a home health visit, through Matrix Medical Network, which is covered under your 1199SEIU Aetna Medicare Advantage Plan. Trusted licensed clinicians are available for a private home visit, or you can connect with them online with a telehealth video call instead.

Schedule an appointment today at MatrixForMe.com or by calling 1 (855) 254-9125 (TTY: 711), Monday through Friday, 8:00 am to 8:00 pm.

If you are enrolled in the 1199SEIU Aetna MAPD Retiree Health Plan and need more information, visit www.aetnamedicare.com/1199SEIU/en/index.html or call Aetna at (866) 429-3585.

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

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 October SOS presentation will take place **Tuesday, October 31, at 3:30 pm** and will cover Medicare Part B and Part D Appeals.

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.

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

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.