

# 1199SEIU RETIRED MEMBERS CALENDAR & EVENTS

December 2021



  
1199SEIU Funds  
Benefit and Pension

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While our 498 Seventh Avenue headquarters and New York City-area satellite offices are open to members for in-person visits, you can still access your benefits at any time, 24/7, through MyAccount ([www.My1199Benefits.org](http://www.My1199Benefits.org)). You can make an online appointment to speak with a Retiree Services Center Representative by visiting [www.1199SEIUBenefits.org/apppt](http://www.1199SEIUBenefits.org/apppt) or calling Retiree Services directly at (646) 473-8666. If you need to visit a Funds office, you should first schedule an appointment online—also at [www.1199SEIUBenefits.org/apppt](http://www.1199SEIUBenefits.org/apppt)—to reduce wait times and facilitate social distancing.

## Your Funds Are Always Here for You

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Permit No. 3700

1199SEIU Benefit and Pension Funds  
498 Seventh Avenue  
New York, NY 10018-0009  
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## Protect Yourself Against COVID-19 and the Flu this Fall

As we enter the winter months amid the ongoing COVID-19 pandemic, it's more important than ever to get vaccinated against the virus if you haven't done so already – or get your booster shot if you're eligible. The vaccines offer widespread protection for yourself and your loved ones. And don't forget your annual flu shot! Fortunately, both the COVID-19 vaccination and the flu shot are available through your primary care provider, at clinics and participating pharmacies. Visit our website, [www.1199SEIUBenefits.org/vaccine-locations](http://www.1199SEIUBenefits.org/vaccine-locations), to find a COVID-19 vaccination site near you. Just be sure to talk to your healthcare provider about timing your COVID-19 and flu vaccines to maximize their effectiveness.

## Read Your Retired Members Bulletin On-line!

Did you know that you can view your monthly *Retired Members Bulletin* on your computer or smart phone? Just scan this QR code and you can have all the month's news and information at your fingertips!

If you don't have a smart phone, just visit [www.1199SEIUBenefits.org/RMD](http://www.1199SEIUBenefits.org/RMD).



## 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 December SOS presentation will take place **Tuesday, December 21, at 3:30 pm** and will cover Medicare coverage of DME.

Join Zoom Meeting: [www.1199SEIUBenefits.org/rsos](http://www.1199SEIUBenefits.org/rsos)  
If you do not have Internet access, you can use the following call-in information: **Conference line: (646) 558-8656**  
**Webinar ID: 999 7268 1095**

If you have any registration questions, please contact [mi@medicarerights.org](mailto:mi@medicarerights.org). Please visit [www.1199SEIUBenefits.org/sos](http://www.1199SEIUBenefits.org/sos) to access additional materials and information related to the SOS program.



## Stay Informed with Aetna Online Health Presentations

Through our partnership with Aetna, you can stay up to date on important health and wellness topics by viewing monthly online presentations. Aetna will present a 30-minute live webinar from an Aetna registered nurse, who will review each month's health topic and provide resources.

The video will be available on the Aetna website at the start of each month, allowing you to watch whenever it fits your schedule. Visit [1199SEIU.AetnaMedicare.com](http://1199SEIU.AetnaMedicare.com) for more information and to view the monthly presentation.

Upcoming Topics	
<b>December</b>	<b>January</b>
Nutrition	Plan Benefits
	General Wellness

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

As we continue to hold events online due to the ongoing COVID-19 pandemic, you can stay connected and get the latest information about your benefits and programs through the **1199SEIU Retired Members Facebook group**. You'll 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)

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

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

Meeting ID: 810 9614 8014 Passcode: 141598

### Mindful Meditation

Encourages a healthy mind-body connection with meditation and breathing techniques.

**Tuesdays at 11:00 am**

**Dates: 12/7, 12/14, 12/21, 12/28**

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

Meeting ID: 833 2075 8796 Passcode: 010490

Call in: (929) 205-6099

### Yoga **NEW**

**Tuesdays at 1:00 pm**

**Dates: 12/7, 12/14, 12/21, 12/28**

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

Meeting ID: 838 8144 4241 Passcode: 347758

## Cooking for Your Health

### ONLINE CLASSES

Let's get cooking! We're excited to get in the kitchen to show you how to prepare healthy meals and share tips for better eating. Each class will last one hour at the Zoom links listed below and will include a cooking demonstration with Chef Lex. Take a look at the tasty offerings you'll cook up this month!

**Thursday, December 2, at 11:00 am:**

**Jamaican Braised Oxtails**

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

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

**Thursday, December 16, at 11:00 am:**

**Red Lentil Dahl**

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

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

### Chair Yoga

Loosen and stretch tense muscles, reduce stress, improve circulation, and build strength and balance while doing seated exercises.

**Wednesdays at 11:00 am**

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

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

Meeting ID: 833 7342 2539 Passcode: 784582

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

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

**Wednesdays at 1:00 pm**

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

**Zoom Link: [www.1199SEIUBenefits.org/raej](http://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: 12/3, 12/10, 12/17, 12/24**

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

Meeting ID: 851 0097 9301 Passcode: 229593







# Retired Members' Holiday Parties *Online!*

Join your fellow retirees for “socially distant” holiday celebrations. Wear your most festive apparel, find your chapter information below and log on to spread some seasonal cheer as you connect with old friends and make new ones. All parties begin at noon and will end around 3:00 pm. See you there!

**December 1 West Palm Beach, Miami, Casselberry and Fort Myers**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmwp](http://www.1199SEIUBenefits.org/rmwp)  
Meeting ID: 876 7313 9114 Passcode: 191046  
Call in: (646) 558-8656

**December 2 Virginia, North & South Carolinas and Georgia**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmnc](http://www.1199SEIUBenefits.org/rmnc)  
Meeting ID: 816 1214 4537 Passcode: 566321  
Call in: (646) 558-8656 or (312) 626-6799

**December 3 Bronx and North Bronx**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmbb](http://www.1199SEIUBenefits.org/rmbb)  
Meeting ID: 865 3470 1461 Passcode: 095013  
Call in: (646) 558-8656 or (312) 626-6799

**December 6 Port St. Lucie, South Palm Beach/Delray, Broward and Orlando**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmpl](http://www.1199SEIUBenefits.org/rmpl)  
Meeting ID: 896 3937 2031 Passcode: 726009  
Call in: (646) 558-8656

**December 7 Queens and New Hyde Park**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmqn](http://www.1199SEIUBenefits.org/rmqn)  
Meeting ID: 848 1232 2329 Passcode: 602080  
Call in: (646) 558-8656 or (312) 626-6799

**December 8 Hudson Valley and Pennsylvania**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmhp](http://www.1199SEIUBenefits.org/rmhp)  
Meeting ID: 821 6267 7520 Passcode: 016582  
Call in: (646) 558-8656

**December 9 Palm Bay/Melbourne, North Port and Tampa**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmpb](http://www.1199SEIUBenefits.org/rmpb)  
Meeting ID: 850 5140 3779 Passcode: 212452  
Call in: (646) 558-8656 or (312) 626-6799

**December 10 Nurses Meeting**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmnm](http://www.1199SEIUBenefits.org/rmnm)  
Meeting ID: 856 7201 1623 Passcode: 579211  
Call in: (646) 558-8656

**December 13 Brooklyn and Staten Island**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmbs](http://www.1199SEIUBenefits.org/rmbs)  
Meeting ID: 818 2317 4265 Passcode: 053939  
Call in: (646) 558-8656 or (312) 626-6799

**December 14 Westchester, Suffolk County and Hicksville**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmws](http://www.1199SEIUBenefits.org/rmws)  
Meeting ID: 844 8161 0352 Passcode: 943490  
Call in: (646) 558-8656 or (301) 715-8592

**December 15 Midtown Manhattan, Harlem and New Jersey**

Join Zoom Meeting: [www.1199SEIUBenefits.org/rmny](http://www.1199SEIUBenefits.org/rmny)  
Meeting ID: 813 8715 2875 Passcode: 976906  
Call in: (646) 558-8656 or (312) 626-6799