

# BULLETIN



1199SEIU Funds  
Benefit and Pension

## Read Your Retired Members Bulletin Online!

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](http://www.1199SEIUBenefits.org/RMB).



1199SEIU Funds  
Benefit and Pension

While there are currently no in-person activities or meetings scheduled at our 498 Seventh Avenue headquarters or New York City-area satellite offices, they 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://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 first schedule an appointment online, also at [www.1199SEIUBenefits.org/apppt](http://www.1199SEIUBenefits.org/apppt), to reduce wait times and facilitate social distancing.

## Stay Connected with Your Funds

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# President's Message / Mensaje de la Presidenta

Dear Sisters and Brothers,

Welcome to 2022! I hope you enjoyed a happy and restful holiday season and start to the New Year, despite the challenges we face as the COVID-19 pandemic continues to evolve. If you've been keeping an eye on the news lately, you might be feeling a little *déjà vu* from this time last year. Talk of safety precautions, social distancing and vaccinations may feel "old hat" at this point, but staying vigilant now helps safeguard our personal health and protects our loved ones and communities. Let's continue to do our part!



Many of you joined our COVID-19 vaccination efforts last year, but it's not too late to get the vaccine or booster if you're eligible. Now is also a great time to schedule your annual check-up with your doctor, along with any preventive screenings that are due. Checkups are like a health report card – giving you a snapshot of progress you've made, helping you better manage conditions or catch new issues before they progress.

Our "Retired, but Active" motto still holds true but with a small update – "Retired, but Active... *Online!*" With chapter meetings, cooking classes, a wide variety of exercise programs and more, the Retired Members Division offers plenty of ways for you to stay active and engaged while building new skill sets that help you stay mentally strong. Review this month's schedule in the bulletin or on our website at [www.1199SEIUBenefits.org/RMB](http://www.1199SEIUBenefits.org/RMB).

I'd also like to thank the retirees who have stayed active in another way: by keeping current with their Union dues, and I encourage those of you who may have fallen behind to restart your contributions. Supporting our Union is an important way to help ensure that future 1199SEIU retirees have a voice.

Although the past two years have been difficult, I remain encouraged by the collective resilience of our communities, near and far. Together, we're stronger! Always remember: your Benefit Fund family is here for you – reach out for assistance by calling (646) 473-8666 or (800) 575-7771 for those outside of New York.

In solidarity,  
**Mary Stovall-Merrill**

Queridos hermanos y hermanas:

¡Bienvenidos a 2022! Espero que hayan disfrutado de unas vacaciones felices y tranquilas, y que hayan comenzado bien el año nuevo, a pesar de los desafíos que enfrentamos a medida que la pandemia de la COVID-19 continúa evolucionando. Si han estado atentos a las últimas noticias, es posible que sientan un poco de *déjà vu* por esta época del año pasado. Hablar de precauciones de seguridad, distanciamiento social y vacunas puede parecer una vieja historia en este momento, pero mantenerse alerta en este momento ayuda a salvaguardar nuestra salud personal y protege a nuestros seres queridos y comunidades. ¡Sigamos haciendo nuestra parte!

El año pasado, muchos de ustedes se unieron a la iniciativa de vacunación contra la COVID-19, y aún hay tiempo para colocarse la vacuna o el refuerzo si son elegibles. Este también es un buen momento para programar sus chequeos anuales con su médico, y para que se hagan las pruebas de detección preventivas necesarias. Los chequeos son como una tarjeta de informe de salud: les brinda un panorama del progreso que han hecho, los ayuda a controlar mejor las afecciones o a detectar problemas nuevos antes de que avancen.

Nuestro lema "Jubilados, pero activos" sigue siendo válido, pero con una pequeña actualización: "Jubilados, pero activos... *¡en línea!*". Con reuniones de grupos, clases de cocina, una amplia variedad de programas de ejercicio y más, la División de Miembros Jubilados ofrece muchas opciones para que se mantengan activos y ocupados mientras desarrollan varias de habilidades nuevas que les ayudan a mantenerse mentalmente fuertes. Revisen el cronograma de este mes en el boletín o en nuestro sitio web en [www.1199SEIUBenefits.org/RMB](http://www.1199SEIUBenefits.org/RMB).

También me gustaría agradecer a los jubilados que han estado activos de otra manera: manteniéndose al día con sus cuotas sindicales, y recordar a quienes se hayan atrasado que reanuden sus aportes. Apoyar a nuestro Sindicato es una forma importante de ayudar a garantizar que los futuros jubilados de 1199SEIU tengan voz.

Aunque los últimos dos años han sido difíciles, la resiliencia colectiva de nuestras comunidades, cercanas y lejanas me motivan. ¡Juntos somos más fuertes! Recuerden siempre: su familia del Fondo de Beneficios está a su disposición para ayudarlos; soliciten asistencia llamando al (646) 473-8666 o al (800) 575-7771 para quienes no se encuentran en Nueva York.

Atentamente,  
**Mary Stovall-Merrill**

## Ready for Your Closeup? Sign Up for a Photo Shoot

Each issue of the *Retired Members Bulletin* showcases photos from our retiree community, but with in-person events still on hold, we need your help to capture new pictures! If you would like a chance to be featured in future issues, please email [Communications@1199Funds.org](mailto:Communications@1199Funds.org) to schedule a socially distant photo shoot with our Benefit and Pension Funds photographer.

# 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: 4/4, 4/11, 4/18, 4/25

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: 4/5, 4/12, 4/19, 4/26

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

Meeting ID: 833 2075 8796 Passcode: 010490

Call in: (929) 205-6099

### Yoga

**Tuesdays at 1:00 pm** Dates: 4/5, 4/12, 4/19, 4/26

Zoom Link: [www.1199SEIUBenefits.org/rsuy](http://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: 4/6, 4/13, 4/20, 4/27

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

Meeting ID: 833 7342 2539 Passcode: 784582

### 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: 4/6, 4/13, 4/20, 4/27

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

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: 4/8, 4/15, 4/22, 4/29

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

Meeting ID: 851 0097 9301 Passcode: 229593

# 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 chefs Jill Reda and Joshio. Take a look at the tasty offerings you'll cook up this month!

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

**Deviled Potatoes and Cream of Carrot Ginger Soup**

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

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

**Thursday, April 28 at 11:00 am: Shrimp Wonton**

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

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

## Cooking for Your Health, Now en Español ! **NEW**

We're excited to offer the Cooking for Your Health class in Spanish! Join chef Yexenia Gomez 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, April 1, at 12:00 pm: Pollo Sudado Colombiano**

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

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

**Friday, April 15, at 12:00 pm: Arroz de Coliflor con Pollo**

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

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

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

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la chef Yexenia Gomez 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 abril, a las 12:00 pm:**

**Pollo Sudado Colombiano**

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

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

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

**Arroz de Coliflor con Pollo**

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

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

## A Message From George Gresham PRESIDENT, 1199SEIU UNITED HEALTHCARE WORKERS EAST

Dear Sisters and Brothers,

The healthcare industry that we worked hard to build throughout our careers has been stretched to near breaking point by the COVID-19 pandemic, which has entered its third year.

Despite facing the daily challenge of battling the virus, 1199SEIU healthcare workers stood strong and united to uphold our “Gold Standard” contract with the League of Voluntary Hospitals and Homes of New York last year, as well as negotiating higher wages and benefits in contracts throughout all of our regions.

In New York, a combination of robust federal aid and higher-than-expected tax revenues has given Governor Kathy Hochul an opportunity to make real investments in the healthcare sector, especially in its human infrastructure. This investment will help shore up our pension funds for years to come.

For the first time in years, 1199SEIU members are not campaigning against budget cuts in New York. This is a rare opportunity to press lawmakers to enact policies that protect the most vulnerable in society, and the workers and institutions that care for them. We must seize it!

As working people, we know that we must fight for every penny. That’s why we are mobilizing to put pressure on elected representatives in Albany to ensure Fair Pay for Home Care and to finally give safety net hospitals the financial underpinning they need.

Nationally, the Joe Biden and Kamala Harris administration has been able to put more money directly into the pockets of working people. But we must work hard to maintain the Democratic majorities in Congress in the midterm elections this November. Otherwise, we are sure to see extremist Republicans working to undermine the gains made.

“During my 29 years as a CNA, it was our unity as 1199SEIU members that gave us the strength to fight for our patients and for all healthcare workers,” says Charles Gordon, retired CNA and delegate for 29 years, of East Orange, New Jersey. “We have to send a message that we stand together. To keep our Union moving forward, we must fight together for the future.”

“I’ve always been involved with my community, both before and since my retirement,” says Carolyn Smith, a retiree from the Bronx, New York. “The issues I care about most – like immigration, domestic violence and especially healthcare – are all issues that 1199SEIU has continued to fight for. I was active in the Union before I retired, and that active activism continues through my work in the community every day.”

### Here’s what you can do to secure the future:

- Renew your Union membership to the 1199SEIU Retired Members Division.
- Once you have rejoined, contribute to the Political Action Fund.
- Find out how you can support candidates in your area who will fight for working people.



Since our founding 85 years ago, we have been a leading force in the struggle for quality care and good jobs for all. We have dedicated our lives to standing up for equal rights and opportunity for everyone.

Let’s continue our historic leadership on the road to justice by increasing retiree involvement!

Make sure to send back the dues check-off card you received in the mail, or call the Retiree Hotline toll-free number – (855) 616-1199 – and renew today!

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:

La industria de la atención médica que construimos arduamente a lo largo de nuestras carreras se ha visto presionada hasta casi el punto de ruptura por la pandemia de la COVID-19, que ha comenzado su tercer año.

A pesar de enfrentar el desafío diario de combatir el virus, los trabajadores de la salud de 1199SEIU se mantuvieron firmes y unidos para defender nuestro contrato “Estándar de oro” con la Liga de Hogares y Hospitales Voluntarios de Nueva York el año pasado, además de negociar salarios más altos y beneficios en contratos en todas nuestras regiones.

En Nueva York, una combinación de ayuda federal sólida e ingresos fiscales superiores a los esperados le han dado a la gobernadora Kathy Hochul la oportunidad de realizar inversiones efectivas en el ámbito de la salud, especialmente en la infraestructura humana. Esta inversión ayudará a apoyar nuestros fondos de pensiones en los años venideros.

Por primera vez en años, los miembros de 1199SEIU no están reclamando por recortes presupuestarios en Nueva York. Esta es una ocasión excepcional para presionar a los legisladores para que promulguen políticas que protejan a los más vulnerables de la sociedad y a los trabajadores y las instituciones que los cuidan. ¡Debemos aprovecharla!

Como gente trabajadora, sabemos que debemos luchar por cada centavo. Es por eso que nos movilizamos para presionar a los representantes electos en Albany para garantizar un Salario Justo por la Atención Domiciliaria y, finalmente, brindar a los hospitales de la red de seguridad el respaldo financiero que necesitan.

A nivel nacional, la administración de Joe Biden y Kamala Harris pudo poner más dinero directamente en los bolsillos de los trabajadores. Sin embargo, debemos trabajar duro para mantener las mayorías demócratas en el Congreso en las elecciones intermedias de noviembre. De lo contrario, estamos seguros de que veremos a republicanos extremistas trabajando para debilitar los logros obtenidos.

“Durante mis 29 años como asistente de enfermería certificado (CNA), fue nuestra unión como miembros de 1199SEIU lo que nos dio la fuerza para luchar por nuestros pacientes y por todos los trabajadores de la salud”, expresa Charles Gordon, CNA jubilado y delegado de East Orange, New Jersey durante 29 años. “Tenemos que demostrar que estamos unidos. Para que nuestro sindicato siga avanzando, debemos luchar juntos por el futuro”.

“Siempre he estado involucrada con mi comunidad, antes y después de jubilarme”, afirma Carolyn Smith, una jubilada del

### Para asegurar el futuro, puede hacer lo siguiente:

- Renueve su afiliación sindical en la División de Miembros Jubilados de 1199SEIU.
- Una vez que se haya reincorporado, aporte al Fondo de Acción Política.
- Averigüe cómo puede apoyar a los candidatos en su área que lucharán por los trabajadores.



Bronx, Nueva York. “Los temas que más me preocupan, como la inmigración, la violencia doméstica y, especialmente, la atención médica, son todos temas por los que 1199SEIU ha continuado luchando. Participé activamente en el Sindicato antes de jubilarme, y ese activismo activo continúa a través de mi trabajo diario en la comunidad”.

Desde nuestra fundación hace 85 años, hemos sido una fuerza líder en la lucha por una atención de calidad y buenos empleos para todos. Hemos dedicado nuestras vidas a defender la igualdad de derechos y oportunidades para todos.

¡Continuemos nuestro liderazgo histórico hacia la justicia aumentando la participación de los jubilados!

Asegúrese de devolver la tarjeta de verificación de cuotas que recibió por correo o llame al número gratuito de la línea directa para jubilados al (855) 616-1199 y renuévela hoy.

Atentamente,

George Gresham

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

As we continue to hold many of our events online due to the ongoing COVID-19 pandemic, 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)



## 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 April SOS presentation will take place **Tuesday, April 26, at 3:30 pm** and will cover complaints, grievances and beneficiary resources.

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

**April & May**

Nutrition and Staying Active

## 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 CHAPTERS

**Port St. Lucie** Monday, April 4 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/qrpa](http://www.1199SEIUBenefits.org/qrpa)  
Meeting ID: 817 8018 0828 Passcode: 501074  
Call in: (646) 558-8656 or (312) 626-6799

**South Palm Beach/Delray** Tuesday, April 5 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/rnxm](http://www.1199SEIUBenefits.org/rnxm)  
Meeting ID: 876 9067 3739 Passcode: 451733  
Call in: (646) 558-8656 or (301) 715-8592

**Broward – Leon Davis** Tuesday, April 5 • 1:00 pm to 2:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/afde](http://www.1199SEIUBenefits.org/afde)  
Meeting ID: 892 3828 4455 Passcode: 803665  
Call in: (646) 558-8656 or (301) 715-8592

**West Palm Beach** Wednesday, April 6 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/uydq](http://www.1199SEIUBenefits.org/uydq)  
Meeting ID: 995 8142 9679 Passcode: 657472  
Call in: (646) 558-8656 or (312) 626-6799

**Miami – Ossie Davis** Thursday, April 7 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/kfra](http://www.1199SEIUBenefits.org/kfra)  
Meeting ID: 871 8095 3693 Passcode: 825709  
Call in: (646) 558-8656 or (312) 626-6799

**Palm Bay/Melbourne** Tuesday, April 12 • 12:30 pm to 2:00 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/hxrc](http://www.1199SEIUBenefits.org/hxrc)  
Meeting ID: 819 8713 2081 Passcode: 531003  
Call in: (646) 558-8656 or (312) 626-6799

**Orlando – George Gresham**  
Wednesday, April 20 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/olmn](http://www.1199SEIUBenefits.org/olmn)  
Meeting ID: 854 7527 1519 Passcode: 463907  
Call in: (646) 558-8656 or (301) 715-8592

**Casselberry – Doris Turner**  
Thursday, April 21 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/xtzh](http://www.1199SEIUBenefits.org/xtzh)  
Meeting ID: 868 7968 6856 Passcode: 032879  
Call in: (646) 558-8656 or (301) 715-8592

## **FLORIDA CHAPTERS** (continued)

**Fort Myers** Monday, April 25 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/nway](http://www.1199SEIUBenefits.org/nway)  
Meeting ID: 815 4661 3736 Passcode: 188493  
Call in: (646) 558-8656 or (312) 626-6799

**North Port** Tuesday, April 26 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/eccr](http://www.1199SEIUBenefits.org/eccr)  
Meeting ID: 849 1753 8783 Passcode: 147677  
Call in: (646) 558-8656 or (312) 626-6799

**Tampa** Wednesday, April 27 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/gytr](http://www.1199SEIUBenefits.org/gytr)  
Meeting ID: 898 3130 0650 Passcode: 402048  
Call in: (646) 558-8656 or (301) 715-8592

## **NEW YORK CHAPTERS**

**Bronx – Joseph James** Friday, April 1 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtj](http://www.1199SEIUBenefits.org/grtj)  
Meeting ID: 871 5708 9200 Passcode: 297923  
Call in: (646) 558-8656 or (312) 626-6799

**Westchester** Wednesday, April 6 • 1:30 to 3:00 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtw](http://www.1199SEIUBenefits.org/grtw)  
Meeting ID: 833 9326 8840 Passcode: 472687  
Call in: (646) 558-8656 or (312) 626-6799

**Brooklyn – Mattie Small** Friday, April 8 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtz](http://www.1199SEIUBenefits.org/grtz)  
Meeting ID: 847 3547 4285 Passcode: 833644  
Call in: (646) 558-8656 or (312) 626-6799

**North Bronx – Bernard Minter** Monday, April 11 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtb](http://www.1199SEIUBenefits.org/grtb)  
Meeting ID: 899 2809 2328 Passcode: 880819  
Call in: (646) 558-8656 or (312) 626-6799

**Staten Island** Tuesday, April 12 • 3:00 pm to 4:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtm](http://www.1199SEIUBenefits.org/grtm)  
Meeting ID: 885 0283 0962 Passcode: 304680  
Call in: (646) 558-8656 or (301) 715-8592

**Hudson Valley** Wednesday, April 13 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/rhvc](http://www.1199SEIUBenefits.org/rhvc)  
Meeting ID: 992 5560 8939 Passcode: 407967  
Call in: (646) 558-8656 or (301) 715-8592

**Suffolk County** Thursday, April 14 • noon to 1:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtq](http://www.1199SEIUBenefits.org/grtq)  
Meeting ID: 837 9819 3798 Passcode: 066468  
Call in: (646) 558-8656 or (312) 626-6799

**New Hyde Park – Eleanor Tilson** Tuesday, April 16 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtv](http://www.1199SEIUBenefits.org/grtv)  
Meeting ID: 898 4295 0149 Passcode: 805074  
Call in: (646) 558-8656 or (312) 626-6799

**Hicksville – Milton Konowe** Wednesday, April 20 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtc](http://www.1199SEIUBenefits.org/grtc)  
Meeting ID: 820 5078 3279 Passcode: 248296  
Call in: (646) 558-8656 or (301) 715-8592

**Harlem – Leon Davis** Friday, April 22 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtx](http://www.1199SEIUBenefits.org/grtx)  
Meeting ID: 848 7740 4951 Passcode: 392318  
Call in: (646) 558-8656 or (301) 715-8592

**Queens – Edward Garrins** Tuesday, April 26 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtn](http://www.1199SEIUBenefits.org/grtn)  
Meeting ID: 842 8796 0384 Passcode: 403606  
Call in: (646) 558-8656 or (312) 626-6799

**Brooklyn – Marshall Dubin** Wednesday, April 27 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/rbmd](http://www.1199SEIUBenefits.org/rbmd)  
Meeting ID: 864 2454 1829 Passcode: 475844  
Call in: (646) 558-8656 or (312) 626-6799

**Midtown Manhattan** Thursday, April 28 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grth](http://www.1199SEIUBenefits.org/grth)  
Meeting ID: 829 5698 9299 Passcode: 396537  
Call in: (646) 558-8656 or (301) 715-8592

## **Virginia Chapter**

Thursday, April 7 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/znnj](http://www.1199SEIUBenefits.org/znnj)  
Meeting ID: 854 2471 2909 Passcode: 828684  
Call in: (646) 558-8656 or (312) 626-6799

## **New Jersey Chapter**

Thursday, April 14 • 2:30 pm to 4:00 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/qzuy](http://www.1199SEIUBenefits.org/qzuy)  
Meeting ID: 815 0762 0238 Passcode: 378715  
Call in: (646) 558-8656 or (312) 626-6799

## **Georgia Chapter**

Friday, April 8 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/wbjh](http://www.1199SEIUBenefits.org/wbjh)  
Meeting ID: 817 2802 1885 Passcode: 603894  
Call in: (646) 558-8656 or (301) 715-8592

## **Pennsylvania Chapter**

Monday, April 11 • 3:00 pm to 4:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/hdtb](http://www.1199SEIUBenefits.org/hdtb)  
Meeting ID: 812 1855 8403 Passcode: 081837  
Call in: (646) 558-8656 or (301) 715-8592

## **North & South Carolinas Chapter**

Monday, April 18 • 1:30 pm to 3:00 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtk](http://www.1199SEIUBenefits.org/grtk)  
Meeting ID: 832 8595 7258 Passcode: 762414  
Call in: (646) 558-8656 or (312) 626-6799

# A Message from the Executive Director

# Un Mensaje de la Directora Ejecutiva

Dear Retired Members,

Spring is here! As we acknowledge the changes happening all around us, this season also marks a period of transition and renewed commitment to the goals we set out to accomplish at the start of the year. Throughout the pandemic, you have not only adapted to the challenges thrown your way but continue to set an example by staying connected with each other and your communities from afar. We are inspired by your dedication and motivation.



We always strive to provide resources and benefits to help you stay engaged and active, and we were pleased by your enthusiastic response to our survey on how we can better meet your needs. The results showed you are most interested in healthy eating and fitness, so we're excited to invite you to take part in the same programs in which our active members participate, like the "Boost Your Longevity with Healthy Foods and Habits" online workshop on April 23. Browse events and register by visiting [www.1199SEIUBenefits.org/events](http://www.1199SEIUBenefits.org/events).

There are so many ways for you to stay connected – from monthly chapter meetings to a wide variety of online classes including Yoga, Cooking for Your Health and Seniors Out Speaking. And we can't forget social media, as the 1199SEIU retiree Facebook group continues to grow, with nearly 3,000 retirees and counting! We are so pleased to see you all share and interact with one another on this new platform. If you haven't joined yet, I encourage you to visit [www.Facebook.com/groups/1199SEIURetiredMembers](http://www.Facebook.com/groups/1199SEIURetiredMembers).

Staying healthy matters most during this ongoing period of uncertainty, and the Funds can help. If you have questions about your benefits, don't hesitate to reach out to the Retiree Services Center at (646) 473-8666.

Sincerely,



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

Estimados miembros jubilados:

¡Llegó la primavera! A medida que percibimos los cambios que ocurren a nuestro alrededor, esta temporada también marca un período de transición y de renovación del compromiso con las metas que nos propusimos alcanzar a principios de año. A lo largo de la pandemia, no solo se adaptaron a los desafíos que surgieron, sino que aún hoy siguen siendo un ejemplo al mantenerse en contacto entre sí y con sus comunidades desde lejos. Su dedicación y motivación son una inspiración para nosotros.

Siempre nos esforzamos por brindar recursos y beneficios para ayudarles a mantenerse ocupados y activos. Fue un placer recibir su respuesta entusiasta a nuestra encuesta sobre cómo podemos satisfacer mejor sus necesidades. Los resultados indicaron que están más interesados en la alimentación saludable y el ejercicio; por lo tanto, nos complace invitarlos a participar en los mismos programas en los que participan nuestros miembros activos, como el taller en línea "Aumente su longevidad con alimentos y hábitos saludables" (Boost Your Longevity with Healthy Foods and Habits) que se llevará a cabo el 23 de abril. Busquen eventos y regístrense aquí [www.1199SEIUBenefits.org/events](http://www.1199SEIUBenefits.org/events).

Hay tantas maneras de mantenerse en contacto, desde reuniones mensuales en grupos hasta una amplia variedad de clases en línea, entre ellas, "Yoga", "Cocina saludable" y "Charlas para personas mayores" (Yoga, Cooking for Your Health and Seniors Out Speaking). Además, no podemos dejar de mencionar las redes sociales, ya que el grupo de Facebook de jubilados de 1199SEIU continúa creciendo, ¡ya tiene casi 3,000 jubilados y seguimos sumando! Estamos muy contentos de verlos a todos compartir e interactuar entre sí en esta plataforma nueva. Si aún no se han unido, les recomiendo que visiten [www.Facebook.com/groups/1199SEIURetiredMembers](http://www.Facebook.com/groups/1199SEIURetiredMembers).

Mantenerse saludable es lo más importante durante este período continuo de incertidumbre, y los Fondos pueden ayudar. Si tienen preguntas sobre sus beneficios, no duden en comunicarse con el Centro de Servicios para Jubilados al (646) 473-8666.

Atentamente,



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

## Don't Let Your Guard Down: Protect Yourself Against COVID-19

As the COVID-19 pandemic continues, it's important to remain vigilant. So if you are eligible for the booster shot, we encourage you to make an appointment to get yours as soon as possible to lower your risk of severe illness should you be exposed to the virus. The vaccine offers widespread protection for yourself and your loved ones. To find a COVID-19 vaccination site near you, visit our website, [www.1199SEIUBenefits.org/vaccine-locations](http://www.1199SEIUBenefits.org/vaccine-locations).