

BULLETIN

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 to schedule a socially distant photo shoot near your home with our Benefit and Pension Funds photographer.



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!

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. 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

It's important to remain vigilant against COVID-19, especially as we are deep into cold and flu season. So if you are eligible for the booster shot, we encourage you to make an appointment to get yours as soon as possible and 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.

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

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A Message from the Executive Director

Dear Retired Members,

Happy and Healthy New Year! I hope you enjoyed the holiday season and found time to connect with family and friends. As we embrace 2023, good health continues to be the key to unlocking life's joys and helping to ensure that you lead an active life in retirement. So this year why not commit to taking time for yourself and making your health a priority?



With the recent launch of our online Healthy Living Resource Center, you now have access to information and tools to help you design your 2023 health journey. Whether you are looking to improve the way you eat or are interested in trying a new exercise routine, our website has you covered. Simply visit www.1199SEIUBenefits.org/HealthyLiving. You'll also find tips from experts and stories from 1199SEIU members about their personal journeys toward better health.

Recent studies have found that our connections with others have a direct impact on how healthy and happy our lives are. So having a more joyful and connected 2023 may mean taking a few steps to make sure that you are nurturing your relationships and social ties or making new ones. Our website hosts a variety of ways for you to connect with others—from learning a new recipe to taking a yoga or dance class. You can sign up for all our cooking and fitness workshops at www.1199SEIUBenefits.org/retiree-meetings.

Remember, your emotional well-being is also important to staying healthy and active. If you are having a hard time connecting and would like to talk to someone, we are here to support you. If you are enrolled in the 1199SEIU Aetna Medicare Advantage Plan, you can get therapeutic support through the MDLIVE online resource. See page 8 for more information. If you are not enrolled, you can search for free and low-cost community services at findhelp.1199SEIUBenefits.org.

Finally, the beginning of a new year is a good time to assess whether you are up to date on all your health screenings. So if you haven't seen your primary care doctor lately, take the time to schedule an appointment. It's the best way to help ensure that you are in good health and are ready to enjoy everything that 2023 has in store!

Sincerely,



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

Un Mensaje de la Directora Ejecutiva

Estimados miembros jubilados:

¡Feliz y saludable año nuevo! Espero que hayan disfrutado de la temporada navideña y hayan encontrado tiempo para relacionarse con familiares y amigos. A medida que entramos en el año 2023, la buena salud sigue siendo la clave para disfrutar de las alegrías de la vida y ayudar a garantizar que lleven una vida activa durante su jubilación. Por eso, este año, ¿por qué no se comprometen a dedicarse tiempo para ustedes y hacer que su salud sea una prioridad?

Con el reciente lanzamiento de nuestro Centro de Recursos para una Vida Saludable en línea, ahora tienen acceso a información y herramientas que les ayudarán a diseñar su recorrido de la salud de 2023. Si quieren mejorar su manera de comer o si están interesados en probar una nueva rutina de ejercicios, nuestro sitio web les ofrece todo lo que necesitan. Simplemente visiten www.1199SEIUBenefits.org/HealthyLiving. También encontrarán consejos de expertos e historias de miembros de 1199SEIU sobre sus recorridos personales hacia una mejor salud.

Estudios recientes han demostrado que nuestras conexiones con los demás influyen directamente en nuestra salud y felicidad. Por eso, tener un 2023 más alegre y conectado podría suponer tomar algunas medidas para asegurarse de que están protegiendo sus relaciones y lazos sociales o creando otros nuevos. Nuestro sitio web ofrece una variedad de formas de conectarse con los demás, desde aprender una nueva receta hasta asistir a clases de yoga o danza. Pueden inscribirse en todos nuestros talleres de cocina y acondicionamiento físico en www.1199SEIUBenefits.org/retiree-meetings.

Recuerden que su bienestar emocional también es importante para mantenerse sanos y activos. Si tienen dificultades para conectarse y les gustaría hablar con alguna persona, estamos a su disposición para ayudarlos. Si están inscritos en el plan Aetna Medicare Advantage de 1199SEIU, pueden recibir apoyo terapéutico a través del recurso en línea MDLIVE. Consulten la página 8 para obtener más información. Si no están inscritos, pueden buscar servicios comunitarios gratuitos y de bajo costo en findhelp.1199SEIUBenefits.org.

Por último, el comienzo de un nuevo año es un buen momento para evaluar si están al día con todos sus exámenes médicos. Entonces, si no han visitado a su médico de atención primaria, tómense el tiempo para programar una cita. Es la mejor manera de asegurarse de que gozan de buena salud y están preparados para disfrutar de todo lo que les depara el 2023.

Atentamente,



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



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

President's Message / Mensaje de la Presidenta

Dear Sisters and Brothers,

Happy New Year! I trust your holiday season was happy and restful, and that 2023 is off to a good start. If you're caught up on the news, you know that health remains a top priority, and many of the challenges of the past few years aren't showing signs of letting up anytime soon. So what does that mean? It's more important than ever to keep yourself, your loved ones and your neighbors safe and healthy by protecting yourself from getting sick.



You see, prevention is the name of the game, and the top of the year is the best time to make health your #1 resolution by scheduling your preventive screenings and checkups with your primary care physician (PCP). Going to the doctor can bring up anxiety for many of us, but your PCP can give you peace of mind and help you get started on treating any issues that may come up at your appointment. Don't let fear stop you from finding out where you stand and getting your health on track!

Do you know where health also starts? In your kitchen. We all enjoyed sweet treats and hearty dishes over the holidays, but it's time to get back in gear by drinking plenty of water and eating plenty of veggies, fruit, whole grains and lean protein. The Benefit Funds' Healthy Living Resource Center is full of tips, recipes and tools you can use to build a better diet—learn more by visiting www.1199SEIUBenefits.org/HealthyLiving.

Healthy eating goes hand in hand with exercise. Exercise can help you lose weight, improve your mood and help reduce the symptoms of conditions like diabetes and high blood pressure. Get moving with low-impact activities like walking, yoga and stretching, or jump into the fun of one of our weekly retiree dance and exercise classes. Check the Bulletin for the full schedule. And because the winter months can also be hard on our mental health, staying active and connected with fellow retirees, friends and family is a great way to shake off the stress of the season.

Remember, your 1199SEIU family is always here to support you. If you have any questions about your health or pension benefits, don't hesitate to call (646) 473-8666 or, for those outside New York, (800) 575-7771. Cheers to you!

In solidarity,
Mary Stovall-Merrill

Queridos hermanos y hermanas:

¡Feliz año nuevo! Espero que su temporada navideña haya sido feliz y tranquila, y que el año 2023 haya empezado bien. Si están al tanto de las noticias, saben que la salud sigue siendo una prioridad absoluta y muchos de los desafíos de los últimos años no muestran signos de disminuir en un futuro cercano. Entonces, ¿qué significa esto? Nunca antes ha sido tan importante mantenerse a sí mismos sanos y seguros, y evitar enfermarse, lo mismo para sus seres queridos y vecinos.

Pues, prevención es el nombre del juego, y el inicio del año es el mejor momento para hacer de la salud su resolución n.º 1 mediante la programación de sus exámenes médicos preventivos y controles con su médico primario (primary care physician, PCP, por sus siglas en inglés). Para muchos de nosotros, ir al médico puede generar ansiedad, pero su PCP puede brindarles tranquilidad y ayudarlos a comenzar a tratar cualquier problema que surja en su cita. No permitan que el miedo les impida saber cuál es su situación y mantener el control de su salud.

¿Saben dónde comienza también la salud? En la cocina. Todos hemos disfrutado de tentaciones dulces y platos copiosos durante las fiestas, pero es hora de volver a la rutina, beber mucha agua y comer muchas verduras, frutas, cereales integrales y proteínas magras. El Centro de Recursos para una Vida Sana de los Fondos de Beneficios está repleto de consejos, recetas y herramientas que pueden utilizar para mejorar su dieta. Visiten www.1199SEIUBenefits.org/HealthyLiving para obtener más información.

Una alimentación saludable va de la mano del ejercicio. El ejercicio puede ayudarlos a perder peso, mejorar su estado de ánimo y reducir los síntomas de afecciones como la diabetes y la hipertensión. Comiencen a moverse con actividades de bajo impacto, como caminar, hacer yoga y estiramientos, o únense al placer de una de nuestras clases semanales de danza y ejercicio para jubilados. Consulten el Boletín para conocer el programa completo. Y como los meses de invierno también pueden ser difíciles para nuestra salud mental, mantenerse activo y conectado con otros jubilados, amigos y familiares es una gran manera de librarse del estrés de la temporada.

Recuerden que su familia de 1199SEIU siempre está a su disposición para apoyarlos. Si tienen alguna pregunta sobre sus beneficios de salud o de pensión, no duden en llamar al (646) 473-8666 o, para los que viven fuera de Nueva York, al (800) 575-7771. ¡Salud para ustedes!

Atentamente,
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 for more information and to view the monthly presentation.

UPCOMING TOPICS February and March: Hypertension and Hyperlipidemia



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: 2/6, 2/13, 2/20, 2/27
Zoom Link: www.1199SEIUBenefits.org/rfcc
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: 2/7, 2/14, 2/21, 2/28
Zoom Link: www.1199SEIUBenefits.org/mmdb
Meeting ID: 833 2075 8796 Passcode: 010490
Call in: (929) 205-6099

Yoga

Tuesdays at 1:00 pm Dates: 2/7, 2/14, 2/21, 2/28
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: 2/1, 2/8, 2/15, 2/22
Zoom Link: 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: 2/1, 2/8, 2/15, 2/22
Zoom Link: 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: 2/3, 2/10, 2/17, 2/24
Zoom Link: www.1199SEIUBenefits.org/rssc
Meeting ID: 851 0097 9301 Passcode: 229593

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

Thursday, February 9, at 11:00 am: Turmeric Tahini Chicken
Recipe Link: www.1199SEIUBenefits.org/rceo
Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, February 23, at 11:00 am:
Warm Barley and Mushrooms Salad
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 Yexenia 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, February 3, at noon: Huevos Shakshuka
Recipe Link: www.1199SEIUBenefits.org/rcso
Zoom Link: www.1199SEIUBenefits.org/rscs

Friday, February 17, at noon:
Hamburguesas de Frijol Negro Vegetarianas
Recipe Link: www.1199SEIUBenefits.org/rcsd
Zoom Link: www.1199SEIUBenefits.org/rscs

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

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la Chefs Natalia y Yexenia 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 3 de febrero, a las 12:00 pm: Huevos Shakshuka
Enlace para ver la receta: www.1199SEIUBenefits.org/rcso
Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs

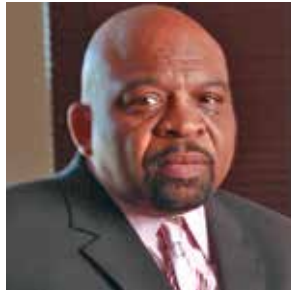
Viernes 17 de febrero, a las 12:00 pm:
Hamburguesas de Frijol Negro Vegetarianas
Enlace para ver la receta: www.1199SEIUBenefits.org/rcsd
Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs

A Message From George Gresham

PRESIDENT, 1199SEIU UNITED HEALTHCARE WORKERS EAST

Dear Sisters and Brothers,

I salute all retired members who played a pivotal role in the November midterm elections—who, together, voted in huge numbers and led voter outreach in swing states, including Pennsylvania, Georgia and North Carolina. We made history in Maryland and Massachusetts, flipping both state houses from red to blue and electing the first Black governor of that formerly-slave holding state (MD) and the first openly lesbian governor in the country (MA). And in New York, 1199SEIU members made a crucial contribution to electing the state's first female governor. Despite the efforts of 1199ers in Florida, we took several losses (although we elected Maxwell Frost, a progressive activist who, at 25, will be the first Gen-Z member of Congress).



Although we dodged a disaster in the midterm elections, the Republican Party has increasingly become a home for those who openly espouse white supremacy, misogyny, contempt for science and public health and—in too many cases—fascism. Blocking their road to control of the government is certainly cause for celebration.

While we can breathe easier, we should understand that the fight against fascism is not over. It will continue until working people are able to achieve real power and are not simply beholden to the major political parties.

It is a generational fight, one that has echoes throughout the history of our country. The United States was founded on the slave trade, the seizure of the land of Indigenous peoples and their genocide, and the forced annexation of half of Mexico.

What we've seen these past six years may be new in our lifetime, but it is not new. The MAGA crowds have always been there at the base of the Republican Party, but only in recent years have they been permitted to show themselves. I personally grew up under legal segregation in Virginia when the courts and police in former Confederate states were still ruled by the Ku Klux Klan, so I have no illusions about the January 6, 2021, insurrection designed to impose a Trump rule over our country. During the Civil War, the forces of slavery were never able to seize the Capitol carrying

We made history in Maryland and Massachusetts, flipping both state houses from red to blue and electing the first Black governor of that formerly-slave holding state (MD) and the first openly lesbian governor in the country (MA).

a Confederate flag. It took Donald Trump and the modern Republican Party to achieve that and to defend it to this day.

We need more elected officials whom we see year-round in our communities, at our meetings and demonstrations, fighting alongside us. Too many come around late in the day and then disappear until the next election.

It will not happen overnight, but if the Democrats throw some of their ample resources into year-round organizing and underwriting an army of labor and youth activists, we could build a permanent bulwark against fascism.

Change is possible, but we need to make the change. We must continue building the power of our Union to defend our democracy, protect our benefits and secure a bright future for the next generation. If you've not already done so, be sure to sign up for your Union retiree dues checkoff at [JoinMembership.1199.org](https://www.1199seiu.org/JoinMembership.1199.org), or call (855) 616-1199 for assistance.

In solidarity,

A handwritten signature in black ink, appearing to read 'G. Gresham', written over a horizontal line.

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:

Saludo a todos los miembros jubilados que desempeñaron un papel fundamental en las elecciones intermedias de noviembre, quienes, juntos, votaron masivamente y dirigieron las actividades de difusión para los votantes en estados oscilantes, como Pensilvania, Georgia y Carolina del Norte. Hicimos historia en Maryland y Massachusetts, cambiamos ambas casas estatales de rojo a azul y elegimos al primer gobernador negro de ese estado que anteriormente tenía esclavos (MD) y la primera gobernadora abiertamente lesbiana en el país (MA). Y en Nueva York, los miembros de 1199SEIU contribuyeron decisivamente a la elección de la primera mujer gobernadora del estado. A pesar de los esfuerzos de los miembros de 1199 en Florida, sufrimos varias derrotas (aunque elegimos a Maxwell Frost, un activista progresista que, con 25 años, será el primer miembro de la generación Z del Congreso).

Si bien evitamos un fracaso en las elecciones intermedias, el Partido Republicano se ha convertido cada vez más en el hogar de quienes apoyan abiertamente la supremacía blanca, la misoginia, el desprecio por la ciencia y la salud pública y, en demasiados casos, el fascismo. Bloquear su camino al control del gobierno es, sin duda, motivo de celebración.

Si bien podemos respirar tranquilos, debemos entender que la lucha contra el fascismo no ha terminado. Continuará hasta que los trabajadores puedan lograr un verdadero poder y no estén simplemente en deuda con los principales partidos políticos. Es una lucha generacional, que tiene ecos en toda la historia de nuestro país. Estados Unidos se fundó sobre el comercio de esclavos, la confiscación de las tierras de los pueblos originarios y su genocidio y la anexión forzosa de la mitad de México.

Lo que hemos visto estos últimos seis años puede ser nuevo en nuestra vida, pero no lo es. Las multitudes Haz América grande otra vez (Make America Great Again, MAGA, por sus siglas en inglés) siempre han estado presente en la base del Partido Republicano, pero solo en los últimos años se les ha permitido mostrarse. Personalmente, crecí bajo la segregación legal en Virginia, cuando los tribunales y la policía en los antiguos estados confederados todavía estaban gobernados por el Ku Klux Klan, por lo que no me hago ilusiones sobre la insurrección del 6 de enero de 2021 diseñada para imponer un gobierno de Trump en nuestro país. Durante la Guerra Civil, las fuerzas de la esclavitud nunca pudieron tomar el Capitolio

Hicimos historia en Maryland y Massachusetts, cambiamos ambas casas estatales de rojo a azul y elegimos al primer gobernador negro de ese estado que anteriormente tenía esclavos (MD) y la primera gobernadora abiertamente lesbiana en el país (MA).

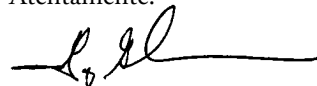
portando una bandera confederada. Fueron Donald Trump y el Partido Republicano moderno que lo consiguieron y lo defendieron hasta hoy.

Necesitamos más funcionarios electos a los que veamos durante todo el año en nuestras comunidades, en nuestras reuniones y manifestaciones, luchando con nosotros. Demasiados aparecen a última hora del día y luego desaparecen hasta las próximas elecciones.

No ocurrirá de la noche a la mañana, pero si los demócratas invierten parte de sus amplios recursos en organizar y financiar un ejército de activistas sindicales y juveniles durante todo el año, podríamos construir un baluarte permanente contra el fascismo.

El cambio es posible, pero debemos hacerlo nosotros. Debemos seguir consolidando el poder de nuestra Unión para defender nuestra democracia, proteger nuestros beneficios y asegurar un futuro brillante para la próxima generación. Si aún no lo han hecho, asegúrense de inscribirse para la retención de las cuotas de jubilado de la Unión en [JoinMembership.1199.org](https://www.1199.org) o llamen al (855) 616-1199 para obtener ayuda.

Atentamente.



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.

FLORIDA CHAPTERS

West Palm Beach Wednesday, February 1 • 11:00 am to 12:30 pm

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

Meeting ID: 995 8142 9679 Passcode: 657472

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

Miami – Ossie Davis Thursday, February 2 • 11:00 am to 12:30 pm

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

Meeting ID: 871 8095 3693 Passcode: 825709

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

Port St. Lucie Monday, February 6 • 11:00 am to 12:30 pm

Join Zoom Meeting: 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, February 7 • 11:00 am to 12:30 pm

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

Meeting ID: 876 9067 3739 Passcode: 451733

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

Broward – Leon Davis Tuesday, February 7 • 1:00 pm to 2:30 pm

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

Meeting ID: 892 3828 4455 Passcode: 803665

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

Palm Bay/Melbourne Tuesday, February 14 • 12:30 pm to 2:00 pm

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

Meeting ID: 819 8713 2081 Passcode: 531003

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

Orlando – George Gresham

Wednesday, February 15 • 11:00 am to 12:30 pm

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

Meeting ID: 854 7527 1519 Passcode: 463907

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

Casselberry – Doris Turner

Thursday, February 16 • 11:00 am to 12:30 pm

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

Meeting ID: 868 7968 6856 Passcode: 032879

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

Fort Myers Monday, February 27 • 11:00 am to 12:30 pm

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

Meeting ID: 815 4661 3736 Passcode: 188493

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

Tampa Monday, February 27 • 11:00 am to 12:30 pm

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

Meeting ID: 898 3130 0650 Passcode: 402048

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

North Port Tuesday, February 28 • 11:00 am to 12:30 pm

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

Meeting ID: 849 1753 8783 Passcode: 147677

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

NEW YORK CHAPTERS

Westchester

Wednesday, February 1 • 1:30 pm to 3:00 pm

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

Meeting ID: 833 9326 8840 Passcode: 472687

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

Bronx – Joseph James

Friday, February 3 • 11:00 am to 12:30 pm

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

Meeting ID: 871 5708 9200 Passcode: 297923

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

Hudson Valley

Wednesday, February 8 • 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, February 9 • noon to 1:30 pm

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

Meeting ID: 837 9819 3798 Passcode: 066468

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

North Bronx – Bernard Minter

Monday, February 13 • 11:00 am to 12:30 pm

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

Meeting ID: 899 2809 2328 Passcode: 880819

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

Staten Island Tuesday, February 14 • 3:00 pm to 4:30 pm

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

Meeting ID: 885 0283 0962 Passcode: 304680

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

Hicksville – Milton Konowe

Wednesday, February 15 • 2:00 pm to 3:30 pm

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

Meeting ID: 820 5078 3279 Passcode: 248296

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

Brooklyn – Mattie Small

Friday, February 17 • 11:00 am to 12:30 pm

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

Meeting ID: 847 3547 4285 Passcode: 833644

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

New Hyde Park – Eleanor Tilson

Tuesday, February 21 • 2:00 pm to 3:30 pm

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

Meeting ID: 898 4295 0149 Passcode: 805074

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

Brooklyn – Marshall Dubin

Wednesday, February 22 • 2:00 pm to 3:30 pm

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

Meeting ID: 864 2454 1829 Passcode: 475844

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

Midtown Manhattan

Thursday, February 23 • 2:00 pm to 3:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/grth
 Meeting ID: 829 5698 9299 Passcode: 396537
 Call in: (646) 558-8656 or (301) 715-8592

Harlem – Leon Davis

Friday, February 24 • 2:00 pm to 3:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/grtx
 Meeting ID: 848 7740 4951 Passcode: 392318
 Call in: (646) 558-8656 or (301) 715-8592

Queens – Edward Garrins

Tuesday, February 28 • 2:00 pm to 3:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/grtn
 Meeting ID: 842 8796 0384 Passcode: 403606
 Call in: (646) 558-8656 or (312) 626-6799

TEXAS, TENNESSEE AND PENSACOLA (CST)

Thursday, February 2 • noon to 1:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/rttp
 Meeting ID: 875 5909 8800 Passcode: 983300
 Call in: (646) 558-8656

WASHINGTON, OREGON, CALIFORNIA AND NEVADA (PST)

Friday, February 3 • noon to 1:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/rwoc
 Meeting ID: 828 9127 0655 Passcode: 602834
 Call in: (646) 558-8656

NEW JERSEY & VIRGINIA CHAPTER

Thursday, February 9 • 2:30 pm to 4:00 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/qzuy
 Meeting ID: 815 0762 0238 Passcode: 378715
 Call in: (646) 558-8656 or (312) 626-6799

GEORGIA CHAPTER

Friday, February 10 • 2:00 pm to 3:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/wbjh
 Meeting ID: 817 2802 1885 Passcode: 603894
 Call in: (646) 558-8656 or (301) 715-8592

PENNSYLVANIA CHAPTER

Monday, February 13 • 3:00 pm to 4:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/hdtb
 Meeting ID: 812 1855 8403 Passcode: 081837
 Call in: (646) 558-8656 or (301) 715-8592

NORTH & SOUTH CAROLINAS CHAPTER

Friday, February 17 • 1:30 pm to 3:00 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/grtk
 Meeting ID: 832 8595 7258 Passcode: 762414
 Call in: (646) 558-8656 or (312) 626-6799

PUERTO RICO & U.S. VIRGIN ISLANDS CHAPTER (AST)

Tuesday, February 21 • 11:00 am to 12:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/rprc
 Meeting ID: 886 5237 3341 Passcode: 584041
 Call in: (646) 558-8656 or (301) 715-8592

Access Community Resources with Findhelp

Life's needs can be unexpected, but you can always count on getting support with findhelp.org, a search engine that locates free and low-cost community services and programs for you or your loved ones in your area. In partnership with the Benefit Funds, findhelp.org allows you to access resources that can aid with food security, emotional well-being services, child care, financial and legal assistance and more. Although we are pleased to share these resources with you, the services offered through findhelp.org are not covered Benefit Funds benefits.

Visit findhelp.1199SEIUBenefits.org

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

Support Your Emotional Health with Aetna's MDLIVE

A healthy mind is just as important as a healthy body. Now, retirees enrolled in the 1199SEIU Aetna Medicare Advantage Plan can get support for their emotional well-being through MDLIVE, a new online resource. With MDLIVE, you can connect with a licensed therapist or psychiatrist by phone or video chat from the comfort of your home on your schedule. To get started, visit MDLIVE.com/AetnaMedicarebh and follow the prompts to create an account. To learn more about MDLIVE, call (888) 865-0729.

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 February SOS presentation will take place Tuesday, February 28, at 3:30 pm and will cover making enrollment periods.

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. Visit www.1199SEIUBenefits.org/sos to access additional materials and information.

Learn New Skills and Explore Interests with Continuing Education Programs

Is there a subject you've always wanted to study or a topic you want to learn more about? 1199SEIU retirees can access free and low-cost educational opportunities, including in-person courses at colleges throughout New York and online classes offered nationwide. Learn more and find out how to enroll at www.1199SEIUBenefits.org/retiree-ed.