Join us in Staten Island for a six-week jewelry class from July 22 through August 26. This class will teach you the basics of designing and creating your own jewelry. The class will meet once a week on Wednesdays. You can choose from two different class times: one session from 11:00 am to 1:00 pm, or a later session from 1:30 pm to 3:30 pm. The class will be held at the 1199SEIU Training and Employment Funds Office at 790 Port Richmond Avenue (off Forest Avenue). Class size is limited to 15 students per class and registration is first come, first served. For more information, call Vanika Biales at Fund Headquarters in (646) 473-8757.

**Zumba Gold Workouts in Queens, Manhattan and Brooklyn!**

Try our Zumba Gold dance classes on Tuesdays at the Devore Dance Center in Queens and on Fridays at Fund Headquarters in Manhattan. Enjoy a low-impact version of the fun aerobics dance class set to a Latin beat.

**NEW — Join our Zumba Gold classes on Fridays in Brooklyn (25 Elm Place) three times per month. Please check the calendar.**

**Questions:** Call (646) 473-8666

Outside NYC: (800) 892-2557

**Important News about chapter meetings and classes!**

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### 1199SEIU HEALTH CARE EMPLOYEES PENSION FUND • SUMMARY OF MATERIAL MODIFICATIONS

This Summary of Material Modifications describes changes that affect your pension plan and updates the Summary Plan Description (“SPD”) that was previously distributed to you. You should keep this summary with your current plan and the plan is updated to reflect the changes discussed herein:

**Effective January 1, 2015,** the 1199SEIU Health Care Employees Pension Fund (“Fund”) SPD is hereby amended as follows:

**If you are Vested, have not started receiving your pension and continue to work in Covered Employment:**

- You are no longer required to begin receiving your pension by April 1 of the calendar year after you reach age 70½; rather, you may elect to receive your pension at that time or any month thereafter.
- You will receive additional credit for each month worked past April 1 of the calendar year after you reach age 70½ and an actuarial increase for the same period.

**If you are Vested, have stopped working in Covered Employment and have not started receiving your pension, you will automatically start receiving pension payments by the April 1 of the calendar year after you reach age 70½.**

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**1199SEIU GREATER NEW YORK PENSION FUND • SUMMARY OF MATERIAL MODIFICATIONS**

This Summary of Material Modifications describes changes that affect your pension plan and updates the Summary Plan Description (“SPD”) that was previously distributed to you. You should keep this summary with your current plan and the plan is updated to reflect the changes discussed herein:

**Effective January 1, 2015,** the 1199SEIU Greater New York Pension Fund (“Fund”) SPD is hereby amended as follows:

**If you are Vested, have not started receiving your pension and continue to work in Covered Employment (as defined on page 10):**

- You are no longer required to begin receiving your pension by April 1 of the calendar year after you reach age 70½; rather, you may elect to receive your pension at that time or any month thereafter.
- You will receive additional credit for each month worked past April 1 of the calendar year after you reach age 70½ and an actuarial increase for the same period.

**If you are Vested, have stopped working in Covered Employment and have not started receiving your pension, you will automatically start receiving pension payments by the April 1 of the calendar year after you reach age 70½.**

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**1199SEIU HOME CARE EMPLOYEES PENSION FUND • SUMMARY OF MATERIAL MODIFICATIONS**

This Summary of Material Modifications describes changes that affect your pension plan and updates the Summary Plan Description (“SPD”) that was previously distributed to you. You should keep this summary with your current plan and the plan is updated to reflect the changes discussed herein:

**Effective January 1, 2015,** the 1199SEIU Home Care Employees Pension Fund (“Fund”) SPD is hereby amended as follows:

**If you are Vested, have not started receiving your pension and continue to work in Covered Employment (as defined on page 10):**

- You are no longer required to begin receiving your pension by April 1 of the calendar year after you reach age 70½; rather, you may elect to receive your pension at that time or any month thereafter.
- You will receive additional credit for each month worked past April 1 of the calendar year after you reach age 70½ and an actuarial increase for the same period.

**If you are Vested, have stopped working in Covered Employment and have not started receiving your pension, you will automatically start receiving pension payments by the April 1 of the calendar year after you reach age 70½.**

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**Quarter to care for the default, if you fail to cure the default, your entire outstanding balance (including interest) will become immediately due and payable and will be treated as if it was paid to you in the year you missed the loan payment. As a result, you may have to pay income taxes on the amount of the entire outstanding balance (including interest). In addition, the plan may institute a collection action in court, and, at the time of your retirement, deduct any outstanding balance (including interest accrued to the date of retirement) from your accumulated vested benefits prior to payment.**

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If you don’t make a loan payment when it is due, you will have until the end of the following month to cure the default. If you fail to cure the default, your entire outstanding balance (including interest) will become immediately due and payable and will be treated as if it was paid to you in the year you missed the loan payment. As a result, you may have to pay income taxes on the amount of the entire outstanding balance (including interest). In addition, the plan may institute a collection action in court, and, at the time of your retirement, deduct any outstanding balance (including interest accrued to the date of retirement) from your accumulated vested benefits prior to payment.**

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**If you fail to make a loan payment when it is due, you will have until the end of the following month to cure the default. If you fail to cure the default, your entire outstanding balance (including interest) will become immediately due and payable and will be treated as if it was paid to you in the year you missed the loan payment. As a result, you may have to pay income taxes on the amount of the entire outstanding balance (including interest). In addition, the plan may institute a collection action in court, and, at the time of your retirement, deduct any outstanding balance (including interest accrued to the date of retirement) from your accumulated vested benefits prior to payment.**

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The plan sponsor of the 1199SEIU Home Care Employees Pension Fund reserves the right to amend or terminate the 1199SEIU Home Care Employees Pension Fund, or any part of it, at any time.
### Yoga Classes

Classes are held four times each month, except where noted.* Please check the calendar for exact dates.

#### Brooklyn
- Fridays, 10:00 am to 11:00 am
- 25 Elm Place (off Fulton Street), Rooms 4 & 5

#### Hicksville
- Wednesdays, 10:00 am to 11:00 am
- 100 Duffy Avenue, 3rd Floor

#### Manhattan Headquarters
- Thursdays, 11:00 am to noon
- Fridays, 2:00 pm to 3:00 pm
- 330 West 42nd Street, 9th Floor

#### New Hyde Park* • NO CLASSES IN JULY AND AUGUST

#### Queens
- Intermediate mat yoga class: Tuesdays, 10:00 am to 11:00 am
- Beginners' chair yoga class: Tuesdays, 11:15 am to 12:15 pm
- Desove Dance Center • 205-05 Hollis Avenue, Main Floor

#### Staten Island
- Mat yoga class: Wednesdays, 10:00 am to 11:00 am
- Chair yoga class: Fridays, 10:00 am to 11:00 am
- 1199SEIU Training and Employment Funds Office
- 790 Port Richmond Avenue (off Forest Avenue)

#### Suffolk County*
- Beginners' yoga/meditation class
- *three classes per month from 11:00 am to 1:00 pm—please see the calendar*
- First Baptist Church of Riverhead • 1018 Northville Turnpike
- White Plains Office • 29 Church Street

#### White Plains
- Wednesdays, 11:30 am to 12:30 pm
- 1199SEIU Benefit and Pension Funds
- White Plains Office • 39 Church Street

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### Calling All Retired LPNs

The Retired Members Department holds quarterly meetings to help LPNs stay connected with each other and informed about the latest educational and social issues affecting them. Join us every third Friday in March, June, September, and December—we hope you’ll get involved!

#### Continuing Education Classes Available
- Retirees can keep up with the latest research, clinical trends and emerging healthcare issues with the 1199SEIU-League Training and Upgrading Fund’s Institute for Continuing Education (ICE). ICE offers accredited continuing education seminars and workshops for social workers, dietitians, laboratory technologists, LPNs and respiratory technologists, LPNs and more. Through a special arrangement, the three- and six-hour courses are available to retirees and cost $15 per credit hour. Registration is required, and retirees who are interested in finding out how to sign up must call (646) 473-6916 for more information.

#### Explore Age-Friendly Websites
- Age-Friendly NYC, a joint initiative of the NYC Mayor’s Office, the NYC Council and the New York Academy of Medicine, is dedicated to making New York a great place for seniors.
- Located on their website at www.AgeFriendlyNYC.org,
  - To learn about programs for the liberal and creative arts, computers and technology, business, job skills, personal growth and more, go to www.Agefriendlycollege.org.
  - To learn about cultural events happening in your borough, download NYC-ARTS’ cultural guide books for seniors. The books provide information on ticket and member discounts, accessibility, and locations and hours for local museums, dance and theater venues, libraries, zoos and more. Go to www.NYC-ARTS.org/seniors.

#### Chi Gong Classes

Learn this Chinese healing art that aims to increase the body’s healthy energy. Participants perform simple movements, while both sitting and standing, that are believed to benefit the immune, circulatory and nervous systems. Classes are held four times each month in Brooklyn on Mondays from 10:00 am to 11:00 am. Check the calendar for exact dates. There will be no Chi Gong classes in the Bronx in July and August. Classes resume in September.

#### Act Now! Come to the Drama Class

The Drama class reads plays and screenscapes aloud (no experience or memorization required) and discusses how their themes relate to daily life. The class is currently examining how films and theater portray mental health issues, and is viewing Alejandro Iñárritu’s film Birdman. Classes resume in September, the class will be viewing August: Osage County starring Meryl Streep. Tuesdays from 10:30 am to noon.

### Out-of-State Retirees

There are no New York City chapter meetings in July and August. There will be no classes in the month of August, except for the following: Beginners’ Jewelry in Staten Island. All other classes and chapter meetings will resume in September.

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### Shakespeare Class

#### NO CLASS THIS MONTH (classes resume September)

New play coming in September—Richard II.