New Classes in the Bronx, Brooklyn and Hicksville!

Come join our new Latin Dance class in the Bronx, Chair Yoga and Zumba Gold classes in Brooklyn and a new Zumba-T (Zumba toning) class in Hicksville. Please check the calendar for updated class times.

**Bronx**—Latin Dance classes on Wednesdays, 3:00 pm to 4:00 pm

**Brooklyn**—Advanced Chair Yoga classes on Fridays, 10:00 am to 11:00 am; Beginners’ Chair Yoga classes on Fridays, 12:15 pm to 1:15 pm; and Zumba Gold classes on Fridays, 11:15 am to 12:15 pm and 1:30 pm to 2:30 pm

**Hicksville**—Zumba-T classes on Wednesdays, 12:15 pm to 1:15 pm

Knitting & Crocheting Teacher Wanted in Brooklyn

We are looking for a creative, experienced knitting & crocheting teacher who can help guide our retirees in our Brooklyn Knitting & Crocheting class. All interested candidates should call (646) 473-8757. Our Brooklyn Knitting & Crocheting class will be cancelled until further notice.

Save the Date!

**1199SEIU Annual Anne Shore Holiday Banquet**

Friday, December 4, 2015, noon to 3:00 pm

Hilton New York—Sixth Avenue at 54th Street

$10 member, $20 guest (one guest per retiree)

Coat check required (additional fee)

Tickets on sale (money orders only) at the 1199SEIU Retired Members Department, 330 West 42nd Street, 9th Floor

Questions: Call (646) 473-8666

Outside NYC: (800) 892-2557

Important News

about chapter meetings and classes!
A Message from the Executive Director

Estimados Miembros Jubilados,

Este verano pasado se alcanzaron dos importantes hitos: el 50º aniversario de Medicare y el 80º aniversario del Seguro Social. Como todas las personas de edad avanzada saben bien, estos programas proporcionan una red de seguridad vital para los ancianos y los discapacitados de nuestra nación. Hoy en día, casi 60 millones de estadounidenses dependen de ellos para su cobertura de salud básica y su seguridad financiera. Estos regalos se van haciendo cada vez más esenciales para los jubilados de todo el país, a medida que los beneficios de pensión definidos y la cobertura de salud suplementaria para jubilados de la que disfrutan los jubilados de 1199SEIU se van volviendo más escasos cada día. Cada vez más, los jubilados solo cuentan con Medicare, el Seguro Social y sus propios ahorros personales al llegar a la jubilación.

Es triste que cada año, más empleadores recorten los beneficios de salud y jubilación de sus trabajadores. Hoy en día, menos de uno de cada cinco trabajadores estadounidenses pueden contar con un beneficio de pensión definido mensual cuando se jubilan. Aproximadamente el mismo número todavía tiene alguna cobertura de salud para el jubilado a través de sus empleadores. Pero los miembros de 1199SEIU reconocen el valioso respaldo adicional que proporcionan la cobertura de salud y las pensiones basadas en el empleo, y han luchado duramente a lo largo de los años para protegerlas. Con su ayuda—y la de los miembros activos—han podido conservar sus beneficios de pensión, incluso negociando una bonificación para los jubilados cubiertos por el Fondo de Pensiones para los Trabajadores de la Salud en el último acuerdo de negociación colectiva. Y, al contrario que muchos otros, muchos jubilados de 1199SEIU disfrutan de beneficios de salud suplementarios de 1199SEIU para ayudarles a cubrir algunos de los costos de Medicare no pagados.

También los alentamos a aprovechar todas las demás formas en que su Fondo los respalda en su jubilación, incluidas las reuniones de agrupaciones, clases y encuentros ofrecidos por nuestro Departamento de Miembros Jubilados. Cada mes hay una amplia variedad de actividades entre las que escoger y se van a añadir nuevas clases de acondicionamiento físico al programa de otoño.

Como siempre, espero que recuerden que sus Fondos de Pensión y Beneficios están a su disposición. Si tienen alguna pregunta sobre sus beneficios de salud o de pensión, no duden en llamar a nuestros Representantes de Servicios a Jubilados al (646) 473-8666 o al (800) 892-2557.

Atentamente,

Sincerely,

[Signature]

Dear Retired Members,

This past summer marked two important milestones: the 50th anniversary of Medicare and the 80th anniversary of Social Security. As seniors know all too well, these programs provide a vital safety net for our nation’s elderly and disabled. Today, almost 60 million Americans rely on them for basic health coverage and financial security. These supports are growing even more critical for retirees around the country, as the defined pension benefits and supplemental retiree health coverage that 1199SEIU retirees enjoy become rarer every day. More and more, seniors have only Medicare, Social Security and their own personal savings to depend on in retirement.

It is a sad story that with each passing year, more employers cut back on retirement and health benefits for their workers. Today, fewer than one in five U.S. workers can count on a monthly, defined pension benefit when they retire. About the same number still have any retiree health coverage through their employers. But 1199SEIU members recognize the valuable, extra support that job-based pensions and health coverage provide, and have fought hard over the years to protect them. With your help—and that of active members—you have been able to preserve your pension benefits, even negotiating a bonus for retirees covered by the Health Care Employees Pension Fund in the latest collective bargaining agreement. And, unlike so many others, many 1199SEIU retirees enjoy supplemental 1199SEIU health benefits to help cover some of the costs that Medicare doesn’t pay.

We also encourage you to take advantage of all the other ways that your Funds support you in your retirement, including regular chapter meetings, classes and get-togethers offered by our Retired Members Department. Each month, there is a wide variety of activities to choose from, and new fitness classes are being added to the fall schedule.

As always, I hope you remember that your Benefit and Pension Funds are here for you. If you have any questions about your health or pension benefits, please do not hesitate to call our Retiree Services Representatives at (646) 473-8666 or (800) 892-2557.

Sincerely,

[Signature]

October 2015
Dear Sisters and Brothers,

As summer fades and we look forward to cooler temperatures that make it easier to enjoy the outdoors, I want to begin by thanking all of you who came out in the heat over the last few months for chapter meetings, fitness classes, rallies and more. Your commitment makes me proud to be a retired member of 1199SEIU, and I truly believe we are stronger today than we have ever been, proudly upholding our promise to remain “Retired but Active.”

If you missed a few meetings, I urge all of you to keep up with the latest news about your benefits by getting back to your chapter meetings this fall. Chapter meetings are a great way to make sure you know about new activities or upcoming events—all while staying connected with your fellow retirees.

To stay connected, of course, we also need to stay healthy. As a former nurse, I know how important it is to eat a healthy diet, exercise and adhere to your medication schedule, if necessary. And our Retired Members Department does its part to help you stay active. Just stop by our Funds’ Manhattan Headquarters any day of the week for classes in yoga, art, drama, quilting or photography, to name just a few. And please continue to support our “Seniors Out Speaking” (SOS) program, which meets on the first Thursday of each month.

There are also lots of choices (at our Manhattan Headquarters and at many local chapters) to get you moving and keep your body—and mind—healthy. Try dance, Tai Chi or Chi Gong (a Chinese practice said to help improve circulation and lower stress) in our Brooklyn chapter, as well as in our chapter in the Bronx. Remember to save this bulletin or check the class schedule by visiting www.1199SEIUBenefits.org to take advantage of these opportunities.

Finally, I’d like to thank all of you who have stayed current with your Union dues and ask anyone who has fallen behind to please restart your contributions. Please keep in mind that paying your dues helps keep our organization strong and makes a powerful case for your commitment to the next generation of 1199SEIU members.

In solidarity,

Lena Hayes

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Queridos Hermanos y Hermanas,

A medida que el verano termina y avanzamos hacia temperaturas más frescas que facilitan disfrutar del aire libre, quiero empezar por darles las gracias a todos los que salieron en días de calor a lo largo de los últimos meses para acudir a reuniones de agrupaciones, clases de acondicionamiento físico, manifestaciones y mucho más. Su compromiso me hace sentir orgullosa de ser una miembro jubilada de 1199SEIU, y creo de verdad que somos más fuertes hoy que nunca, manteniendo orgullosamente nuestra promesa de estar “Jubilados pero Activos”.

Si faltaron a algunas reuniones, los invito a todos a mantenerse al día con las últimas noticias sobre sus beneficios volviendo a asistir a las reuniones de las agrupaciones que se llevarán a cabo este otoño. Las reuniones de agrupaciones son una excelente forma de asegurarse de conocer nuestras nuevas actividades o eventos futuros, mientras se mantiene conectado con sus compañeros jubilados.

Para mantenernos conectados, por supuesto, también necesitamos estar sanos. Como antigua enfermera, sé lo importante que es tomar una dieta saludable, hacer ejercicio y cumplir el cronograma de la medicación, en caso necesario. Y nuestro Departamento de Miembros Jubilados pone su granito de arena para ayudarles a mantenerse activos. Solo tienen que pasar por nuestra sede central del Fondo en Manhattan cualquier día de la semana para las clases de yoga, artes, teatro, elaboración de colchas o fotografía, por nombrar solo unas cuantas. Y le ruego que sigan apoyando nuestro programa “Ancianos que Expresan Opiniones” (SOS, por sus siglas en inglés), que se reúne el primer jueves de cada mes.

Existen una multitud de opciones (en nuestra sede central de Manhattan y en muchas agrupaciones locales) de mantenerse activo y conservar cuerpo y mente saludables. Prueben las clases de baile, Tai Chi o Chi Gong (una práctica china que ayuda a mejorar la circulación y a reducir el estrés) en nuestra agrupación de Brooklyn, así como en nuestra agrupación en el Bronx. Recuerden guardar este boletín o consultar el calendario de clases visitando www.1199SEIUBenefits.org para aprovechar estas oportunidades.

Por último, me gustaría agradecer a todos los que se han mantenido al día con sus cuotas del Sindicato y pedirle a quien se haya retrasado que por favor reinicie sus contribuciones. Tomen en cuenta que al pagar sus cuotas están ayudando a que se mantenga fortalecida su organización y ofrecen un poderoso ejemplo de su compromiso con la próxima generación de miembros de 1199SEIU.

En solidaridad,

Lena Hayes
Dear Sisters and Brothers,

There are 13 months to go before next year’s presidential election. It may seem strange to be talking about the election now—and would be in any other country. But the United States is unique in our never-ending political campaign. The day after one election is the first day of the next campaign. Some candidates have been running for several months, some for years. Analysts predict that the 2016 presidential race will cost a combined $6 billion. Obviously, the ultra-rich have an outsized influence on who will be elected president.

So it is not too early for us 1199ers to start figuring out how to protect ourselves, to advocate for the needs of our families and our communities, and to begin considering which candidate will best speak for us for the next four years.

The president of the United States may be the most powerful person on earth, with the power to take our country to war or wars (or to take us out of them) and to be chief executive of a government that runs everything from Medicare, Medicaid and Social Security to immigration policy, veterans affairs, environmental protection, the Justice Department, the Labor Department and much more.

The president nominates U.S. Supreme Court justices. In recent years, we have seen the Court, with its right-wing majority, dismantle the Voting Rights Act and allow corporate billionaires to take over the political process. More recently, good sense and widespread public opinion helped the Court decide in favor of the Affordable Care Act and marriage equality. In the next four years, four of the Court’s nine justices will be in their 80s. Remember, a Supreme Court appointment is for life. So it matters greatly who becomes president. And because it matters so much, it is important for us 1199ers to decide what our priorities are and which candidate we can elect to help us.

We’re told the economy has recovered from the 2008 financial crash, but it hasn’t gotten better for most workers. The bulk of new wealth has gone to the one percent, and even the one percent of the one percent. Jobs, even whole industries, continue to flow overseas, where labor is cheaper and raw materials are closer. Minimum wage workers, like our heroic home care workers, live in or near poverty. For most working folk, it now takes two jobs to bring home what one job provided a generation ago. Employer resistance—aided by anti-labor politicians and an anti-worker Supreme Court—has destroyed collective bargaining rights for millions of workers.

Next year, we will be working mightily to elect a new worker-friendly Congress, which is now firmly under right-wing control. If a right-wing Congress and a right-wing Supreme Court were joined by a right-wing president, we would be in a world of trouble.

So it’s not too soon to put on your thinking caps about 2016. Before long, we’ll be putting on our walking shoes as we campaign door-to-door in the fight of our lives.

In solidarity,

George Gresham
As many seniors know all too well, Social Security is more important than ever in this day and age. Fewer than one in five U.S. workers can rely on a defined benefit pension plan, and almost half of working families have nothing saved toward retirement at all. But 1199SEIU members have bargained for and won a valuable support that few retirees today enjoy—a monthly pension that will help to supplement your Social Security payment for the rest of your life and provide the financial security in retirement that you deserve. In fact, after working for 20 years, hospital-worker retirees covered by the League of Voluntary Hospitals and Homes of New York contract who earn the average 1199SEIU wage for a hospital worker can still earn about 70 percent of their salary between their 1199SEIU pension and Social Security benefits. Retirees who work for 25 years and wait to retire until age 67, the normal Social Security retirement age, can earn up to almost 85 percent of their paycheck as a working member.

Social Security: 80 Years and Still Going Strong

This year also marks the 80th anniversary of Social Security, the financial safety net that provides peace of mind to nearly 60 million older Americans. Despite ongoing political debates and a stream of news stories warning about the program’s long-term health, Social Security’s latest “checkup” shows that the trust fund will have enough money to pay out full benefits for at least the next 20 years, and we can continue to depend on this important support.

If you have any questions about your pension benefits, our Retiree Services Representatives are always here to help at (646) 473-8666. For more information about your Social Security benefits, call the Social Security Administration at (800) 772-1213 with questions or to find an office near you.

Your Benefits: Making the Most of Medicare and Social Security

1199SEIU Retiree Services: (646) 473-8666
Medicare Rights Center National Helpline: (800) 333-4114 or www.MedicareRights.org
Social Security Administration: (800) 772-1213

Stay healthy!
Come to our yoga class and chapter meeting on Wednesday, October 7.
This summer, the Medicare program celebrated 50 years of guaranteed access to quality, affordable healthcare to those in our nation who need it most. Today, 55 million seniors and people with disabilities are covered by Medicare, with thousands more enrolling every day.

Of course, while Medicare is an important support that pays for basic services, it doesn’t cover everything. That’s why many 1199SEIU retirees are fortunate to receive supplemental coverage through their Benefit Funds. Eligible retired members enjoy supplemental benefits that few others can depend on, including prescription coverage and reimbursement for 50 percent of the standard Medicare Part B premium. Many early retirees can also receive benefits that bridge the gap until they become eligible for Medicare.

Eligible retirees living in New York City, Nassau and Suffolk Counties, select counties in Florida, and starting January 1, 2016, Westchester County, also have access to enhanced coverage through our partner plans. These enhanced plans are for eligible retired members who live in areas where large numbers of our retirees live; thus, we are able to negotiate cost-effective Medicare Advantage Plans, such as the 1199SEIU EmblemHealth VIP Medicare Plan and the 1199SEIU Humana Medicare Employer HMO Plan. These plans, which offer comprehensive benefits supplemented by the Benefit Fund, have no or low out-of-pocket costs, as well as additional coverage like vision and basic dental. And, thanks to a new contract, retirees in the Greater New York Benefit Fund no longer have co-pays for prescription medications.

For more information about your health benefits, call our Retiree Health Benefits Representatives at (646) 473-8770. To learn more about Medicare Advantage Plans in your area, and how to get the most from your Medicare benefits, you can also contact the Medicare Rights Center’s National Helpline at (800) 333-4114, or our own 1199SEIU Seniors Out Speaking (SOS) volunteers, at (646) 473-6916. If you are not eligible for supplemental benefits through the Fund, one of our SOS volunteers can help you find a plan that’s right for you.
Seguro Social: 80 Años y Sigue Vigente

Este año también es el 80 aniversario del Seguro Social, la red de seguro financiero que proporciona tranquilidad a casi 60 millones de estadounidenses de edad avanzada. A pesar de los debates políticos en curso y de un caudal de nuevas historias advirtiendo sobre la salud a largo plazo del programa, el último “chequeo” del Seguro Social demuestra que el fondo de fideicomiso tendrá suficiente dinero para pagar los beneficios completos durante, al menos, los próximos 20 años, y que podemos seguir confiando en este importante respaldo.

Como muchos ancianos saben demasiado bien, el Seguro Social es más importante que nunca en estos momentos y a esta edad. Menos de uno de cada cinco trabajadores estadounidenses puede contar con un plan de pensiones de beneficios definidos, y casi la mitad de las familias trabajadoras no tienen nada ahorrado para la jubilación. Pero los miembros de 1199SEIU han negociado y conseguido un valioso apoyo del que pocos jubilados disfrutan actualmente: una pensión mensual que ayudará a suplementar su pago del Seguro Social durante el resto de su vida y a proporcionar la seguridad financiera en la jubilación que se merecen. De hecho, después de trabajar durante 20 años, los jubilados trabajadores en hospitales cubiertos por el contrato de la Liga de Hospitales y Hogares Voluntarios de Nueva York, que ganan el salario promedio de 1199SEIU para un trabajador de hospital, pueden seguir obteniendo aproximadamente el 70 por ciento de su salario entre su pensión de 1199SEIU y los beneficios del Seguro Social. Los jubilados que trabajan durante 25 años y esperan a jubilarse hasta la edad de 67, la edad de jubilación normal del Seguro Social, pueden obtener hasta casi el 85 por ciento de su cheque de pago como miembros activos.

Si tiene alguna pregunta sobre sus beneficios de pensión, nuestros Representantes de Servicios a Jubilados están siempre aquí para ayudarle. Solo tiene que llamar al (646) 473-8666. Para obtener más información sobre sus beneficios del Seguro Social llame a la Administración del Seguro Social al (800) 772-1213 para realizar preguntas o encontrar una oficina cerca de usted.

Sus Beneficios: Como aprovechar al Máximo Medicare y el Seguro Social

Servicios para Jubilados de 1199SEIU: (646) 473-8666

Linea de Ayuda Nacional del Centro de Derechos de Medicare: (800) 333-4114 or www.MedicareRights.org

Administración del Seguro Social: (800) 772-1213
¡Feliz 50 Cumpleaños, Medicare!

Este verano, el programa Medicare celebró 50 años de acceso garantizado al cuidado de la salud asequible y de calidad para aquellos que más lo necesitan en nuestra nación. Hoy en día, 55 millones de ancianos y personas con discapacidades están cubiertos por Medicare, y cada día se inscriben miles más.

Por supuesto que, aunque Medicare es un importante respaldo que paga servicios básicos, no lo cubre todo. Por eso muchos jubilados de 1199SEIU son afortunados al recibir cobertura suplementaria a través de sus Fondos de Beneficios. Los miembros jubilados elegibles disfrutan de beneficios suplementarios con los que pocas personas pueden contar, incluida la cobertura de medicamentos de venta con receta médica y reembolso del 50 por ciento de la prima de la Parte B de Medicare. Muchos de los que se jubilan anticipadamente también pueden recibir beneficios que cubren el vacío de cobertura hasta que se vuelven elegibles para Medicare.

Los jubilados elegibles que viven en los Condados de la ciudad de Nueva York, Nassau y Suffolk, condados seleccionados de Florida, y a partir del 1 de enero de 2016, el condado de Westchester, también tienen acceso a cobertura mejorada a través de nuestros planes socios. Estos planes mejorados son para los miembros jubilados elegibles que viven en áreas con un gran número de nuestros jubilados; por ello, somos capaces de negociar planes de Medicare Advantage económicos, como el Plan de Medicare 1199SEIU EmblemHealth VIP y el Plan 1199SEIU Humana Medicare Employer HMO. Estos planes, que ofrecen beneficios integrales suplementados por el Fondo de Beneficios, no tienen ningún costo a su cargo o solo cargos reducidos, así como cobertura adicional como cobertura de la vista y dental básica. Y, gracias a un nuevo contrato, los jubilados del Fondo de Beneficios del área metropolitana de Nueva York ya no tienen copagos por los medicamentos de venta con receta médica.

Para obtener más información sobre sus beneficios de salud, llame a nuestros representantes de Beneficios de Salud para Jubilados al (646) 473-8770. Para averiguar más acerca de los Planes Medicare de su área y cómo aprovechar al máximo sus beneficios de Medicare, también puede comunicarse con la Línea de Ayuda del Centro de Derechos de Medicare llamando al (800) 333-4114, o con nuestros propios voluntarios Ancianos que Expresan Opiniones (SOS, por sus siglas en inglés), de 1199SEIU, llamando al (646) 473-6916. Si no es elegible para recibir beneficios suplementarios a través del Fondo, uno de nuestros voluntarios SOS puede ayudarle a encontrar el plan adecuado para usted.

¡Buenas Noticias para los Jubilados de Westchester!

Su Plan de Medicare 1199SEIU EmblemHealth VIP Comienza el 1 de Enero

Nuestro Fondo de Beneficios está trabajando siempre para ayudar a tantos jubilados como sea posible a aprovechar al máximo su cobertura de salud suplementaria para jubilados. De modo que cuando negociamos recientemente la renovación de nuestro Plan 1199SEIU EmblemHealth Medicare Advantage para el área de la ciudad de Nueva York, también pudimos negociar una tarifa asequible para nuestros 2,300 jubilados de Westchester elegibles para Medicare por primera vez. El 1 de enero de 2016, estos miembros jubilados se unirán a nuestros jubilados de la ciudad de Nueva York, Nassau y Suffolk para recibir cobertura mejorada a través del plan. Si vive en Westchester, esté atento para conocer más detalles sobre su nuevo plan.
Get Involved in the “Seniors Out Speaking” Program

Join other 1199SEIU retirees to become a volunteer in the Medicare Rights Center’s “Seniors Out Speaking” (SOS) program. After receiving two hours of training, SOS volunteers work with fellow 1199SEIU retirees within their community to educate other seniors about how to get the most from their Medicare benefits. Our 1199SEIU SOS volunteers meet the first Thursday of each month. Call (646) 473-6916 for more details.

Participe en el Programa “Ancianos que Expresan Opiniones”

Únase a otros jubilados de 1199SEIU para convertirse en un voluntario del programa “Ancianos que Expresan Opiniones” (SOS, por sus siglas en inglés), del Centro de Derechos de Medicare. Después de recibir dos horas de capacitación, los voluntarios de SOS trabajan con los jubilados compañeros de 1199SEIU de su comunidad para educar a otros ancianos sobre cómo aprovechar al máximo sus beneficios de Medicare. Nuestros voluntarios del programa SOS de 1199SEIU se reúnen el primer jueves de cada mes. Llame al (646) 473-6916 para obtener más detalles.
Florida Chapters

Broward – Leon Davis Chapter
Tuesday, October 13 – 1:00 pm to 3:00 pm
Tamarac Community Center – Coconut Palm Room
8601 West Commercial Blvd. • Tamarac, FL 33351

Casselberry – Doris Turner Chapter
Thursday, October 22 – 11:00 am to 1:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter
Monday, October 26 – 11:00 am to 1:00 pm
The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

Miami-Dade – Ossie Davis Chapter
Thursday, October 1 – 10:30 am to 12:30 pm
18441 NW 2nd Avenue
Lincoln Building – North Wing, Suite 502 (Penthouse)
Miami Gardens, FL 33169

North Port Chapter
Tuesday, October 27 – 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter
Wednesday, October 21 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter
Tuesday, October 20 – 1:30 pm to 3:30 pm
Palm Bay United Methodist Church – Fellowship Hall
2100 Port Malabar Blvd., NE • Palm Bay, FL 32905

Port St. Lucie Chapter  NEW DATE
Monday, October 19 – 11:00 am to 1:00 pm
Port St. Lucie Community Center
2195 SE Airoso Blvd. • Port St. Lucie, FL 34984

South Palm Beach Chapter
Thursday, October 8 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter
Wednesday, October 28 – 11:00 am to 1:00 pm
1199SEIU UHWE Office
500 North West Shore Blvd. • Tampa, FL 33609

West Palm Beach Chapter
Wednesday, October 7 – 11:00 am to 1:00 pm
St. Christopher’s Episcopal Church – Parish Hall
1063 North Haverhill Road • West Palm Beach, FL 33417

For information, contact Marilyn Silverberg:
Marilyn.Silverberg@1199Funds.org; Toll-free: (877) 369-8340
Palm Beach County: (561) 369-8340; Fax: (561) 369-8342
8775 Via Tuscany Drive • Boynton Beach, FL 33472

New York City Chapters

Bronx – Joseph James Chapter
Friday, October 9 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301

Brooklyn – Marshall Dubin Chapter  ROOM CHANGE
Wednesday, October 28 • 11:00 am to 1:00 pm
Brooklyn College – Student Center, 2nd Floor
East 27th Street & Campus Road

Brooklyn – Mattie Small Chapter
Friday, October 16 • 11:30 am to 1:30 pm
1199SEIU Brooklyn Office
25 Elm Place (off Fulton Street)

East Harlem – Leon Davis Chapter
Friday, October 30 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue

Hicksville – Milton Konowe Chapter
Wednesday, October 21 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue

New Hyde Park – Eleanor Tilson Chapter
Tuesday, October 20 • 2:00 pm to 3:00 pm
NS-LU Cohen Children’s Medical Center
Teaching Center – Conference Room
269-01 76th Avenue

North Bronx – Bernard Minter Chapter  NEW TIME
Tuesday, October 13 • noon to 2:00 pm
Holy Rosary Church
1510 Ade Avenue (enter at parking lot)

Queens – Edward Garrins Chapter  NEW LOCATION
Tuesday, October 27 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd., St. Albans

Staten Island Chapter
Monday, October 12 • 11:00 am to 1:00 pm
1199SEIU Training and Employment Funds Office
790 Port Richmond Avenue (off Forest Avenue)

Suffolk County Chapter
Thursday, October 8 • 11:00 am to 1:00 pm
First Baptist Church of Riverhead
1018 Northville Turnpike, Riverhead

Westchester – Hudson Valley Region Chapter
Stay healthy! Come to our yoga class and chapter meeting on Wednesday, October 7.
Yoga: 11:30 am • Chapter Meeting: 12:30 pm
1199SEIU United Healthcare Workers East
99 Church Street, White Plains

North & South Carolinas Chapter

Friday, October 16, 9:30 am to noon
Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For information, call Nonnie B. Perry at (803) 481-0475.
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.

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 and in the Bronx on Wednesdays from 1:30 pm to 2:30 pm. Check the calendar for exact dates.

Sign Up for “Seniors Out Speaking”
Join other 1199SEIU retirees to become a volunteer in the Medicare Rights Center’s “Seniors Out Speaking” (SOS) program. SOS program volunteers work within their community to educate other seniors about how to get the most from their Medicare benefits.

To volunteer: Our 1199SEIU SOS volunteers meet the first Thursday of each month. Call (646) 473-6916 for more details.

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 symposiums for social workers, dietitians, laboratory technologists, LPNs and more. Through a special arrangement, the three- and six-hour classes 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. Find a schedule of seminars and symposiums at www.1199SEIUBenefits.org/Institute.

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. Here are just a few of the initiatives you can read about through their network of websites 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.

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

**Bronx**
*NEW!* Advanced Chair Yoga class: Fridays, 10:00 am to 11:00 am
*NEW!* Beginners’ Chair Yoga class: Fridays, 12:15 pm to 1:15 pm

25 Elm Place (off Fulton Street), Rooms 4 & 5

**Brooklyn**
Wednesday, 10:00 am to 11:00 am
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301

**New Hyde Park* NEW TIME**
Tuesday, October 20, 1:00 pm to 2:00 pm *(one class per month)*
North Shore-LIJ Cohen Children’s Medical Center
Teaching Center—Conference Room • 269-01 76th Avenue

**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
Devore 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
790 Port Richmond Avenue (off Forest Avenue)

**Suffolk County* NEW LOCATION**
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**
Wednesday, 11:30 am to 12:30 pm
1199SEIU Benefit and Pension Funds
White Plains Office • 99 Church Street

Join Us for Yoga & Meditation in Suffolk County
Calling all Suffolk retirees! Join our Yoga & Meditation class in Suffolk County. This class combines beginners’ yoga instruction with guided meditation. The gentle practice of yoga is said to help improve your flexibility, strengthen your bones and reduce your stress, while the meditation can leave you feeling relaxed and refreshed. Classes meet three times per month from 11:00 am to 1:00 pm. Please check the calendar.

First Baptist Church of Riverhead • 1018 Northville Turnpike • Riverhead, NY 11901

To learn about trip and vacation offers, call (800) 552-6262, ext. 112 & (800) 431-1130, ext. 5537.

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 892-2557

October 2015
Dear Sisters and Brothers,

As summer fades and we look forward to cooler temperatures that are aconditioning, I want to begin by thanking all of you who came out in the heat over the last few months for chapter meetings this fall. Chapter meetings are a great way to make sure you are up to date on important issues and activities. If you missed a few meetings, I urge all of you to keep up with the latest news by checking the class schedule by visiting www.1199SEIUBenefits.org or by going to the bulletin board at our Manhattan Headquarters (unless otherwise indicated).

To stay connected, of course, we also need to stay healthy. As a former nurse, I know how important it is to take care of your body and mind. That’s why I encourage all of you to participate in the many fitness classes we offer, such as yoga, Tai Chi, or Chi Gong. There are also lots of choices (at our Manhattan Headquarters and many local chapters) to get you moving and keep your body—and mind—and spirit healthy.

I would also like to thank the many retirees who have joined our chapter in the Bronx. As a Senior, I am proud to be part of our chapter and appreciate all of your contributions. Please keep in mind that paying your dues helps to maintain the strength of our local chapter and supports our commitment to the next generation of 1199SEIU members.

In solidarity,

President’s Message

Meeting Topics*

October
Hepatitis C

November
Diabetes

*Supported by HealthCare Partners, IPA

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Classes are open to all retirees and are free of charge.

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**Shakespeare Class**

*The class is currently reading Richard II.*

**Tuesdays, 12:30 pm to 1:30 pm**

1199SEIU RMD, 330 West 42nd Street, 9th Floor

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

The Drama class reads plays and screenplays 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. Tuesdays from 10:30 am to noon.

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 892-2557

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