Save the Date!
1199SEIU Florida Retiree Banquet

The annual Florida Retiree Banquet will be held on Thursday, March 10, 2016, at the Orlando World Center Marriott in Orlando, Florida. Tickets will be sold at Florida retiree chapter meetings this month. $10 per member/$20 per guest. If you’re planning to stay overnight at the hotel, please call (888) 789-3090 or visit https://resweb.passkey.com/go/1199SEIUNationalBenefit2016 and reserve your room by February 16. The hotel fee is $159 per night, and all reservations must be accompanied by a first-night room deposit or be guaranteed with a major credit card.
Retirees Celebrate the Holidays — and the 70th Anniversary of Our National Benefit Fund

On December 4, some 1,300 retired 1199ers rang in the holidays at the annual Anne Shore Holiday Banquet in New York City. Retirees connected with old friends and enjoyed a performance of the “1199SEIU Retirees Shuffle,” by the Friday dance class. At the celebration, we also marked the 70th anniversary of our National Benefit Fund.

Our Benefit Funds trace their beginnings to the Local 1199 Benefit Plan, created in 1945. Funded by employer contributions, that first plan provided basic health, disability and life insurance benefits to 300 New York City retail drugstore workers. In the late 1950s, Local 1199 founder Leon Davis led efforts to organize New York’s not-for-profit hospitals, beginning with Montefiore Hospital and going on to include other major hospitals such as Long Island Jewish Medical Center, Beth Israel Medical Center and Lenox Hill Hospital. By the 1960s, more than 50,000 members were receiving comprehensive health coverage, along with vision, dental, prescription drug and child-care benefits.

In 1972, we expanded to cover workers outside New York State and became the 1199SEIU National Benefit Fund for Hospital and Health Care Employees. During the 1980s and 1990s, the Union was organizing home care and nursing home workers in significant numbers, leading to the creation of the Home Care Benefit Fund and the Greater New York nursing home funds. Today, our Benefit Funds and Pension Funds provide health coverage and pension benefits to more than 400,000 working and retired members and their families.

Seventy years later, of the more than 97,000 retirees who are receiving pension benefits, more than 50,000 are receiving health benefits through the Benefit Funds to supplement their Medicare coverage.
Florida Chapters

Broward – Leon Davis Chapter
Tuesday, January 12 – 1:00 pm to 3:00 pm
Tamarac Community Center – Coconut Palm Room
8601 West Commercial Blvd. • Tamarac, FL 33335

Casselberry – Doris Turner Chapter
Thursday, January 21 – 11:00 am to 1:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter
Monday, January 25 – 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, January 7 – 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, January 26 – 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter
Wednesday, January 20 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter
NO MEETING IN JANUARY

Port St. Lucie Chapter
Wednesday, January 27 – 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
NEW DATE
Wednesday, January 13 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter
Wednesday, January 27 – 11:00 am to 1:00 pm
1199SEIU UHWE Office
500 North West Shore Blvd. • Tampa, FL 33609

West Palm Beach Chapter
Wednesday, January 6 – 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 Tuscania Drive • Boynton Beach, FL 33472

New York City Chapters

Bronx – Joseph James Chapter
Friday, January 8 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

Brooklyn – Marshall Dubin Chapter
ROOM CHANGE
Wednesday, January 27 • 11:00 am to 1:00 pm
Brooklyn College – Student Center, 2nd Floor
East 27th Street & Campus Road • Brooklyn, NY 11210

Brooklyn – Mattie Small Chapter
Friday, January 15 • 11:30 am to 1:30 pm
1199SEIU Brooklyn Office
25 Elm Place (off Fulton Street) • Brooklyn, NY 11201

East Harlem – Leon Davis Chapter
Friday, January 29 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter
Wednesday, January 20 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilton Chapter
Tuesday, January 19 • 2:00 pm to 3:00 pm
NS-LIJ Cohen Children’s Medical Center
Teaching Center – Conference Room
269-01 76th Avenue • New Hyde Park, NY 11040

North Bronx – Bernard Minter Chapter
NEW TIME
Tuesday, January 12 • noon to 2:00 pm
Holy Rosary Church
1510 Adee Avenue (enter at parking lot) • Bronx, NY 10463

Queens – Edward Garrins Chapter
NEW LOCATION
Tuesday, January 26 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter
Monday, January 11 • 11:00 am to 1:00 pm
1199SEIU Training and Employment Funds Office
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

Suffolk County Chapter
NO MEETINGS UNTIL APRIL
First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

Westchester – Hudson Valley Region Chapter
Stay healthy! Come to our yoga class and chapter meeting on Wednesday, January 6.
Yoga: 11:30 am • Chapter Meeting: 12:30 pm
1199SEIU United Healthcare Workers East
99 Church Street • White Plains, NY 10601

North & South Carolinas Chapter

Martin Luther King, Jr., Celebration
Friday, January 15 • 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.
Join Us for Yoga/Meditation in Suffolk County  NO CLASSES UNTIL APRIL

Calling all Suffolk retirees! Join our Beginners’ 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. This class will not meet in January, February or March.

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

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.

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.

Knitting & Crocheting Teacher Wanted in Brooklyn

We are looking for a creative, experienced knitting and 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.

Yoga Classes

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

**Bronx**

Wednesdays, noon to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

**Brooklyn**

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, NY 11201

**Hicksville**

Wednesdays, 10:00 am to 11:00 am
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

**Manhattan Headquarters**

Thursdays, 11:00 am to noon
Fridays, 2:00 pm to 3:00 pm
330 West 42nd Street, 9th Floor • New York, NY 10036

**New Hyde Park**

* Tuesday, January 19, 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
New Hyde Park, NY 11040

**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
Jamaica, NY 11412

**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) • Staten Island, NY 10302

**Suffolk County**  NO CLASSES UNTIL APRIL

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
Riverhead, NY 11901

**White Plains**

Wednesdays, 11:30 am to 12:30 pm
1199SEIU Benefit and Pension Funds
White Plains Office • 99 Church Street • White Plains, NY 10601

Questions: Call (646) 473-8666 • Outside NYC (800) 892-2557

To learn about trip and vacation offers, call (800) 552-6262, ext. 112 & (800) 431-1130, ext. 5537.
Classes are open to all retirees and are free of charge.

### January 2016

#### Meeting Topics

**January**  Thyroid Disease

**February**  Balance Disorders

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**All classes are held at our Manhattan Headquarters unless otherwise indicated.**

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**MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY**

4

| 10-11 | Chi Gong (BKLYN) |
| 10-30-11:30 | Opera Appreciation |
| 12-1 | Art History |
| 1:3 | Arts & Crafts (SI) |

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| 9:30-12 | Photography |
| 10-11 | Intermediate Mat Yoga* (QNS) |
| 10-30-12 | Drama |
| 11-1 | Beginners' Knitting & Crocheting (QNS) |
| 11:15-12:15 | Beginners' Chair Yoga* (QNS) |
| 12:30-1:30 | Yoga* (New Hyde Park) |
| 12:30-3 | Art |
| 1:30-2:30 | Discussion Group |
| 1:30-3 | Zumba Gold (QNS) |

6

| 10-11 | Mat Yoga* (SI) |
| 10-11 | Yoga* (Hicksville) |
| 10-12 | Choral Group |
| 10-12 | Knitting & Crocheting (Beg) |
| 11-12 | Dance (Hicksville) |
| 11:30-12:30 | Yoga* (White Plains) |
| 12-1 | Yoga* (BX) |
| 12:15-1:15 | Zumba-T (Hicksville) |
| 12:30-4:30 | Knitting & Crocheting (Int/Adv) |
| 1:30-2:30 | Chi Gong (BX) |
| 2:30-3:30 | Bingo (White Plains) |
| 3-4 | Latin Dance (BX) |

7

| 10-11 | Tai Chi |
| 11-12 | Yoga* |
| 12-1 | Lunch Club |
| 1:3 | General Membership Meeting |
| 3-5 | Arts & Crafts |
| 3-5 | Sewing |

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| 10-11 | Advanced Chair Yoga* (BKLYN) |
| 10-11 | Chair Yoga* (SI) |
| 10-12 | Quilting |
| 11:15-12:15 | Zumba Gold (BKLYN) |
| 12:15-1:15 | Beginners' Chair Yoga* (BKLYN) |
| 1-2 | Dance |
| 1:30-2:30 | Zumba Gold (BKLYN) |
| 2-3 | Yoga* |
| 3:30-4:30 | Zumba Gold |

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**Questions:** Call (646) 473-8666 • Outside NYC (800) 892-2557

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*Sponsored by Healthcare Partners, IPA*
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 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.** Find a schedule of seminars and symposiums at [www.1199SEIUBenefits.org/Institute](http://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](http://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](http://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](http://www.NYC-ARTS.org/seniors).

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!

Rego Park (Queens) Benefit Fund Office Has Moved

As of December 21, the Benefit Fund’s Rego Park office is located at 97-30 64th Road, Rego Park, NY 11374. The phone number—(646) 473-8565—remains the same.

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 communities 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.

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.

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

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 892-2557
Seventy years later, of the more than 97,000 retirees who are receiving pension benefits, more than 50,000 provide health coverage and pension benefits to more than 400,000 working and retired members and other major hospitals such as Long Island Jewish Medical Center, Beth Israel Medical Center and Lenox Hill. By the 1960s, more than 50,000 members were receiving comprehensive health coverage, along with vision, dental, prescription drug and child-care benefits.

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In 1972, we expanded to cover workers outside New York State and became the 1199SEIU National Benefit Fund. By the Friday dance class. At the celebration, we also marked the 70th anniversary of our plan. The total premiums paid for the plan year ending December 31, 2014, were $744,328.

Because it is a so-called “experience-rated” contract, the premium costs are affected by, among other things, the number and size of claims. Of the total insurance premiums paid for the plan year ending December 31, 2014, the premiums paid under such “experience-rated” contracts were $8,608,215, and the total of all benefit claims paid under the experience-rated contract during the plan year was $7,228,916.

Plan expenses were $1,415,308,643. These expenses included $94,505,386 in administrative expenses, and $1,312,982,083 in benefits paid to participants and beneficiaries, $439,197 in investment and advisor fees, and $7,381,977 in general expenses.

Your Rights to Additional Information
You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

- Insurance information, including sales commissions paid by insurance carriers;
- An accountant’s report;
- Financial information and information on payments to service providers;
- Assets held for investment;
- Information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates; and
- Actuarial information regarding the funding of the plan.

To obtain a copy of the full annual report, or any part thereof, write to the Board of Trustees of the 1199SEIU National Benefit Fund for Health and Human Service Employees, PO Box 842, New York, NY 10108, or call Retiree Services, (646) 473-8666.

You also have the legally protected right to examine the annual report at the main office of the plan:

1199SEIU National Benefit Fund for Health and Human Service Employees, 330 West 42nd Street, 28th Floor; New York, NY 10036, and at the U.S. Department of Labor in Washington, DC, or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: Public Disclosure Room, Room N-1513, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue, N.W., Washington, DC 20210.
Important Benefit Notices Inside this Issue

Questions: Call (646) 473-8666          Outside NYC: (800) 892-2557

1199SEIU
Retired Members Bulletin
www.1199SEIUBenefits.org

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