

1199SEIU Benefit and Pension Funds
330 West 42nd Street
New York, NY 10036-6977

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Calling All Retired Nurses: Our Next Nurses' Meeting Is June 17

The nurses' meeting on Friday, June 17, is from 10:00 am to noon at 310 West 43rd Street, Cafeteria.

The Retired Members Division holds quarterly meetings to help nurses 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!

Dance Classes

If you're interested in learning the latest dance steps, come join our dance classes in Manhattan, Brooklyn and Hicksville. You'll get moving with the Electric Slide, the Wobble, the Cupid Shuffle and more! Classes are held four times a month. **Please check the calendar for exact dates.**

Manhattan Headquarters

Fridays, 1:00 pm to 2:00 pm

330 West 42nd Street • New York, NY 10036

Brooklyn

NEW! Mondays, 11:00 am to noon

NEW! Wednesdays, 2:00 pm to 3:00 pm

25 Elm Place (between Fulton & Livingston Streets) • Brooklyn, NY 11201

Hicksville

Wednesdays, 11:00 am to noon

100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

Congratulations to the New 1199SEIU Retired Members Division Officers

Elections for the 1199SEIU Retired Members Division were held in April. Congratulations to the winners!

President: Mary Stovall-Merrill, retired Clinical Laboratory Technologist, Peninsula Hospital Center

Executive Vice President: Julian McDavid, retired Union organizer, Montefiore Medical Center

Vice President: Carolyn Smith, retired Laboratory Technologist, Montefiore Medical Center

Secretary: Linda Lawson, retired Secretary, Interfaith Medical Center

Retirees Representative, 1199SEIU Executive Council: Victoria Owens, retired EKG Technician, Fieldstone Lodge Care Center

Coming in July—Our Annual Retiree Art Show

Join us for the annual 1199SEIU Art Exhibit from July 7 to July 28 at the 1199SEIU Art Gallery, 310 West 43rd Street. Don't miss this fabulous show!

Important News

June 2016

ABOUT CHAPTER MEETINGS AND CLASSES!



1199SEIU
Retired Members
Bulletin

Questions: Call (646) 473-8666 Outside NYC: (800) 892-2557
www.1199SEIUBenefits.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Vision Screening Is Back! Manhattan Headquarters Friday, June 17, 10:00 am to noon 1199SEIU RMD, 330 West 42nd Street, 9th Floor</p> <p>White Plains Wednesday, June 1, 12:30 pm to 2:30 pm 99 Church Street, White Plains, NY 10601</p> <p>First come, first served. Please note: General Vision Services Vision Screening is only a pre-test. No prescriptions will be written.</p>		<p>1</p> <p>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) 12:30-2:30 Vision Screening (White Plains) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Chi Gong (BKLYN) 1:30-2:30 Chi Gong (BX) 2-3 Dance (BKLYN) 2:30-3:30 Bingo (White Plains) 3-4 Latin Dance (BX)</p>	<p>2</p> <p>10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga* / Meditation (Suffolk County) 12-1 Lunch Club 3-5 Arts & Crafts 3-5 Sewing</p>	<p>3</p> <p>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</p>
<p>6</p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 11-12 Dance (BKLYN) 12-1 Mindfulness Meditation (BKLYN) 12-1 Art History 1-3 Arts & Crafts (SI) 1:30-3:30 Executive Committee Meeting</p>	<p>7</p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12:30 Drama 11-1 Beginners' Knitting & Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>8</p> <p>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) 1-2 Chi Gong (BKLYN) 1-2 Bingo (White Plains) 1:30-2:30 Chi Gong (BX) 2-3 Dance (BKLYN) 3-4 Latin Dance (BX)</p>	<p>9</p> <p>10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 1-3 General Membership Meeting 3-5 Arts & Crafts 3-5 Sewing</p>	<p>10</p> <p>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</p>
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<p>20</p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 11-12 Dance (BKLYN) 12-1 Mindfulness Meditation (BKLYN) 12-1 Art History 1-3 Arts & Crafts (SI)</p>	<p>21</p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12:30 Drama 11-1 Beginners' Knitting & Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>22</p> <p>10-11 Mat Yoga* (SI) 10-11 Yoga* (Hicksville) 10-12 Knitting & Crocheting (Beg) 10-12 Choral Group 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) 1-2 Chi Gong (BKLYN) 1-2 Bingo (White Plains) 1:30-2:30 Chi Gong (BX) 2-3 Dance (BKLYN) 3-4 Latin Dance (BX)</p>	<p>23</p> <p>10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga* / Meditation (Suffolk County) 12-1 Lunch Club 3-5 Arts & Crafts 3-5 Sewing</p>	<p>24</p> <p>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</p>
<p>27</p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 11-12 Dance (BKLYN) 12-1 Mindfulness Meditation (BKLYN) 12-1 Art History 1-3 Arts & Crafts (SI)</p>	<p>28</p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12:30 Drama 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>29</p> <p>10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Bingo (White Plains)</p>	<p>30</p> <p>12-1 Lunch Club 1-2 Health Topic Meeting (End-of-Life Decisions) 3-5 Arts & Crafts 3-5 Sewing</p>	<p>All classes are held at our Manhattan Headquarters unless otherwise indicated.</p>

Unwind with Mindfulness Meditation in Brooklyn **NEW CLASS**

Boost your mental and physical well-being with our new Mindfulness-Based Stress Reduction class in Brooklyn. You'll learn a combination of meditation and yoga to help ease stress and increase your energy. The class meets on Mondays from noon to 1:00 pm. **Please check the calendar for exact dates.**

NEW! Wednesday Chi Gong Classes in Brooklyn

Due to popular demand, we have added a Chi Gong class in Brooklyn on Wednesdays from 1:00 pm to 2:00 pm. Chi Gong is also offered 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.

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. **Please check the calendar for exact dates.**

The Price of Continuing Education Classes Has Changed

Courses through the **1199SEIU/League Training and Upgrading Fund's Institute for Continuing Education (ICE)** now cost \$20 per credit/hour.

Keep up with the latest research, clinical trends and emerging healthcare issues through ICE's 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. **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.

"Seniors Out Speaking" Comes to Florida

Starting this month, Florida Retirees Coordinator Marilyn Silverberg will introduce our "Seniors Out Speaking" (SOS) program at chapter meetings in Broward, Casselberry, Miami-Dade, Orlando, Palm Bay/Melbourne, Port St. Lucie, South Palm Beach and West Palm Beach.

SOS will also meet in Hicksville, Manhattan and Staten Island.

Hicksville Tuesday, June 21 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

Manhattan Headquarters Thursday, June 2 • 9:30 am to noon
330 West 42nd Street, 9th Floor • New York, NY 10036

Staten Island Tuesday, June 14 • 9:30 am to noon
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

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 and related health insurance coverage. For more information about our 1199SEIU SOS volunteer program, please call (646) 473-6916.

Shakespeare Class

NO CLASS THIS MONTH (Classes resume in September.)

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 (between Fulton & Livingston Streets), 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, June 14, 1:00 pm to 2:00 pm *(one class per month)
Northwell Health (formerly NS-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*

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



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. Class is held Tuesdays from 10:30 am to 12:30 pm.

Meeting Topics*

*Sponsored by HealthCare Partners, IPA

- June** End-of-Life Decisions
- September** Living with Lung Disease

Florida Chapters

Broward – Leon Davis Chapter

Tuesday, June 14 – 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, June 23 – 11:00 am to 1:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter

Monday, June 27 – 11:00 am to 1:00 pm
The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

Miami-Dade – Ossie Davis Chapter **NEW LOCATION**

Thursday, June 2 – 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street • Miami Gardens, FL 33169

North Port Chapter

Tuesday, June 28 – 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter

Wednesday, June 22 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter

Tuesday, June 21 – 1:30 pm to 3:30 pm
Palm Bay Community Center – Room C
1502 Port Malabar Blvd., NE • Palm Bay, FL 32905

Port St. Lucie Chapter

Wednesday, June 29 – 11:00 am to 1:00 pm
Port St. Lucie Community Center
2195 SE Airosa Blvd. • Port St. Lucie, FL 34984

South Palm Beach Chapter

Thursday, June 9 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter

Wednesday, June 29 – 11:00 am to 1:00 pm
1199SEIU UHWE Office
500 North West Shore Blvd. • Tampa, FL 33609

West Palm Beach Chapter

Wednesday, June 1 – 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 Tuscan Drive • Boynton Beach, FL 33472

**To learn about trip and vacation offers, call
(800) 552-6262, ext. 112 & (800) 431-1130, ext. 5537.
Please note that the travel companies—not the Funds or
the Union—are solely responsible for the trips provided.**

New York City Chapters

Bronx – Joseph James Chapter

Friday, June 10 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

Brooklyn – Marshall Dubin Chapter

Wednesday, June 29 • 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, June 17 • 11:30 am to 1:30 pm
1199SEIU Brooklyn Office
25 Elm Place (between Fulton & Livingston Streets) • Brooklyn, NY 11201

East Harlem – Leon Davis Chapter

Friday, June 24 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter

Wednesday, June 15 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter

Tuesday, June 21 • 2:00 pm to 3:00 pm
Northwell Health (formerly 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

Tuesday, June 14 • 1:00 pm to 3:00 pm
Holy Rosary Church
1510 Adea Avenue (enter at parking lot) • Bronx, NY 10469

Queens – Edward Garrins Chapter

Tuesday, June 28 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter

Monday, June 13 • 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

Thursday, June 9 • 11:00 am to 1:00 pm
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, June 1. **Vision screening will be held at the chapter
meeting.** 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

Family Day in the Park Thursday, June 9 • 9:30 am to noon
Bernie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For information, call Nonnie B. Perry at (803) 481-0475.