

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

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## Get to Know Your Candidates

Elections for the 1199SEIU Retired Members Division will be held in April during chapter meetings and at our General Membership Meeting at our Manhattan Headquarters on Thursday, April 7. The candidates will be visiting New York City chapter meetings in March, so be sure to attend your local meeting this month and ask the candidates any questions you might have.

## Vision Screening Is Back!

**Friday, March 18, 10:00 am to noon** *First come, first served*  
1199SEIU RMD, 330 West 42nd Street, 9th Floor

## “Seniors Out Speaking” Is Coming to Hicksville and Staten Island

Starting in April, our “Seniors Out Speaking” (SOS) program will meet in two new locations:

Hicksville **Tuesday, April 19 • 9:45 am to noon**  
1199SEIU Hicksville Office  
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

Staten Island **Tuesday, April 12 • 9:45 am to noon**  
1199SEIU Training and Employment Funds Office  
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.

## Note about Your February RMD Bulletin

Due to a clerical error, you may have received your February RMD bulletin with an incorrect name. We want to assure you that your personal information is safe and we apologize for any confusion this may have caused.

## Rego Park (Queens) Benefit Fund Office Has Moved

As of December 21, 2015, 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.

# Important News

March 2016

ABOUT CHAPTER MEETINGS AND CLASSES!



**1199SEIU**  
Retired Members  
Bulletin

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

# 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, March 15, 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\* **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

## 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 March.**

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

March 2016

## Calling All Retired LPNs: Our Next LPN Meeting Is March 18

The LPN meeting on Friday, March 18, is from 10:00 am to noon at our Manhattan Headquarters, 330 West 42nd Street, 9th Floor.

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!

## 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.**

## 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.**

## 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).

## 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. Tuesdays from 10:30 am to 12:30 pm.

## Shakespeare Class Tuesdays, 12:30 pm to 1:30 pm

The class is currently reading *Richard II*.  
1199SEIU RMD, 330 West 42nd Street, 9th Floor

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Meeting Topics*</b></p> <p><b>March</b>    <b>Kidney Disease</b></p> <p><b>April</b>     <b>Hearing Loss</b></p> <p><i>*Sponsored by HealthCare Partners, IPA</i></p>	<p><b>1</b></p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11-1 Beginners' Knitting &amp; Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1:30-2:30 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p><b>2</b></p> <p>10-11 Mat Yoga* (SI) 10-11 Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting &amp; 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 &amp; Crocheting (Int/Adv) 1:30-2:30 Chi Gong (BX) 2:30-3:30 Bingo (White Plains) 3-4 Latin Dance (BX)</p>	<p><b>3</b></p> <p>10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>4</b></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><b>7</b></p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts &amp; Crafts (SI) 1:30-3:30 Executive Committee Meeting</p>	<p><b>8</b></p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11-1 Beginners' Knitting &amp; Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1:30-2:30 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p><b>9</b></p> <p>10-11 Mat Yoga* (SI) 10-11 Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting &amp; 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 &amp; Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1:30-2:30 Chi Gong (BX) 3-4 Latin Dance (BX)</p>	<p><b>10</b></p> <p>10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 1-3 General Membership Meeting 3-5 Arts &amp; Crafts 3-5 Sewing</p>
<p><b>14</b></p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts &amp; Crafts (SI)</p>	<p><b>15</b></p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11-1 Beginners' Knitting &amp; Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1-2 Yoga* (New Hyde Park) 1:30-2:30 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p><b>16</b></p> <p>10-11 Mat Yoga* (SI) 10-11 Yoga* (Hicksville) 10-12 Knitting &amp; Crocheting (Beg) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (BX) 12:30-4:30 Knitting &amp; Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1:30-2:30 Chi Gong (BX) 3-4 Latin Dance (BX)</p>	<p><b>17</b></p> <p>10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 1-3 Birthday Party 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>18</b></p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-11 Chair Yoga* (SI) 10-12 LPN Meeting 10-12 Vision Screening 10-12 Quilting 1-2 Dance 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga* 3:30-4:30 Zumba Gold</p>
<p><b>21</b></p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts &amp; Crafts (SI)</p>	<p><b>22</b></p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1:30-2:30 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p><b>23</b></p> <p>10-11 Mat Yoga* (SI) 10-11 Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting &amp; 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 &amp; Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1:30-2:30 Chi Gong (BX) 3-4 Latin Dance (BX)</p>	<p><b>24</b></p> <p>10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>OFFICE CLOSED</b></p>
<p><b>28</b></p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts &amp; Crafts (SI)</p>	<p><b>29</b></p> <p>9:30-12 Photography 10:30-12 Drama 11-1 Beginners' Knitting &amp; Crocheting (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1:30-3 Discussion Group</p>	<p><b>30</b></p> <p>10-12 Choral Group 10-12 Knitting &amp; Crocheting (Beg) 11-12 Dance (Hicksville) 11:30-12:30 Yoga* (White Plains) 12:30-4:30 Knitting &amp; Crocheting (Int/Adv) 1-2 Bingo (White Plains)</p>	<p><b>31</b></p> <p>12-1 Lunch Club 1-2 Health Topic Meeting (Kidney Disease) 3-5 Arts &amp; Crafts 3-5 Sewing</p>	
<p><b>All classes are held at our Manhattan Headquarters unless otherwise indicated.</b></p>				

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

# Annual Florida Retiree Banquet

Thursday, March 10, 2016 • 9:00 am to 3:00 pm

## Orlando World Center Marriott Resort & Convention Center

8701 World Center Drive • Orlando, FL 32821-6358

Telephone: (888) 789-3090 or (407) 239-4200

We look forward to seeing all of our Florida retirees at the banquet on March 10! **Reservations are required. Be sure to bring your banquet tickets with you.**

### Bus Schedule

#### **Broward – Leon Davis Chapter** 5:15 am – Board bus

Lowe's parking lot • 8050 West Oakland Park Blvd. • Sunrise, FL 33351  
(park closest to North University Drive)

#### **Casselberry – Doris Turner Chapter** 7:45 am – Board bus

St. Augustine Church • 375 North Sunset Drive • Casselberry, FL 32707  
(park on the Seminola Blvd. side)

#### **Fort Myers Chapter** 5:15 am – Board bus

Bealls Shopping Plaza • 1209 Homestead Road North  
Lehigh Acres, FL 33936 (park in lower end)

#### **Miami-Dade – Ossie Davis Chapter** 4:30 am – Board bus

18441 NW 2nd Avenue • Lincoln Building • Miami Gardens, FL 33169  
(park in rear lot of building)

#### **North Port Chapter** 5:15 am – Board bus

Morgan Family Community Center • 6207 West Price Blvd.  
North Port, FL 34291 (located across from Northport High School)

#### **Orlando Chapter** 8:00 am – Board bus

UAW Local #788 • 1825 West Oak Ridge Road • Orlando, FL 32809  
(park in rear lot of building on grassy area)

#### **Palm Bay/Melbourne Chapter** 6:45 am – Board bus

Palm Bay Community Center – Parks & Recreation  
1502 Port Malabar Blvd., NE • Palm Bay, FL 32905  
(park along brown wood fence in front grassy area)

#### **Port St. Lucie Chapter** 6:30 am – Board bus

Walmart Supercenter • 10855 South US Highway 1  
Port St. Lucie, FL 34952  
(enter at traffic light—south entrance—and park to the left)

#### **South Palm Beach Chapter** 5:15 am – Board bus

Temple Anshei Shalom • 7099 West Atlantic Avenue  
Delray Beach, FL 33446 (park in far rear parking area)

#### **Tampa Chapter – Tampa (first stop)** 7:00 am – Board bus

SunTrust Bank (Union meeting site)  
500 North West Shore Blvd. • Tampa, FL 33609  
Park on 3rd level **only** and come down to street level for bus pick-up.  
(bus will park on main lot – street level)

#### **Tampa Chapter – Brandon (second stop)** 7:45 am – Board bus

Westfield Brandon Mall  
459 Brandon Town Center Drive • Brandon, FL 33511  
(park at the southwest side of the mall between Sears and Macy's)

#### **West Palm Beach Chapter** 5:15 am – Board bus

St. Christopher's Episcopal Church  
1063 North Haverhill Road • West Palm Beach, FL 33417  
(park in rear parking lot away from church on Haverhill Road side)

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

## MARCH CHAPTER MEETINGS

**There are no Florida Chapter Meetings in March.**

### New York City Chapters

#### **Bronx – Joseph James Chapter**

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

#### **Brooklyn – Marshall Dubin Chapter**

Wednesday, March 30 • 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, March 18 • 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, March 18 • 10:30 am to noon  
Jefferson Senior Center  
2205 First Avenue • New York, NY 10029

#### **Hicksville – Milton Konowe Chapter**

Wednesday, March 16 • 11:00 am to 1:00 pm  
1199SEIU Hicksville Office  
100 Duffy Avenue • Hicksville, NY 11801

#### **New Hyde Park – Eleanor Tilson Chapter**

Tuesday, March 15 • 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, March 8 • noon to 2:00 pm  
Holy Rosary Church  
1510 Adea Avenue (enter at parking lot) • Bronx, NY 10469

#### **Queens – Edward Garrins Chapter**

Tuesday, March 22 • 11:30 am to 1:00 pm  
Majority Baptist Church  
115-21 Farmers Blvd. • St. Albans, NY 11412

#### **Staten Island Chapter**

Monday, March 14 • 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, March 2. 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

#### **Friday, March 18 • 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.