

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

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## Florida Retirees Celebrate at Annual Banquet

On Thursday, March 10, 1,400 Florida retirees gathered at the Orlando World Center Marriott Resort & Convention Center for our Annual Florida Retiree Banquet, setting a new attendance record for the event. Retirees came from across the state and beyond, including many from New York. Florida Retirees Coordinator Marilyn Silverberg welcomed the attendees, who also heard from 1199SEIU President George Gresham, 1199SEIU Secretary-Treasurer Maria Castañeda, 1199SEIU Benefit and Pension Funds Executive Director Mitra Behroozi and Lourdes Rodriguez-Dox from the Retired Members Division. Everyone mixed and mingled with friends and former co-workers while enjoying food, music and dancing. Please join us in thanking all who helped make the banquet such a success.



## Calling All Retired Nurses

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!

# Important News

May 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)



## A Message from the Executive Director

## Un Mensaje de la Directora Ejecutiva

Dear Retired Members,

This year, we mark another milestone as the 1199SEIU Health Care Employees Pension Fund reaches “normal retirement age”—65 years old. As 1199SEIU retirees, you are among a select group that receives a defined benefit pension, something that was once standard in American business but has become increasingly rare. Meanwhile, our pension funds continue to grow. What started as a single pension plan covering just a few hundred workers has evolved into three pension funds with combined assets of more than \$10 billion. The funds currently pay out almost \$750 million a year to more than 97,000 1199SEIU retirees.

Despite the advantage of having a defined benefit pension plan to supplement your Social Security, we know many retirees still worry about making ends meet. This spring, we held focus groups with recent retirees to help understand how we could better meet all our members’ needs and concerns. From our newly retired members, we learned that many of them wished they had done more as younger, active workers to prepare for retirement. As a result of the groups, we are launching an initiative that will give retirees the opportunity to offer their wisdom and guidance to active workers. So we need your help. If you are interested in sharing your perspective to help support your fellow 1199ers, please read the article, “65th Anniversary of Health Care Employees Pension Fund Is Something to Celebrate,” on page 7, to find out how you can get involved. We would love to hear from you!

As always, I want to remind you that your Benefit and Pension Funds are here to help you. If you have any questions about your health or pension benefits, please don’t hesitate to call our Retiree Services Representatives at (646) 473-8666 or (800) 892-2557.

Sincerely,

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

Estimados Miembros Jubilados,

Este año cumplimos otro hito porque el Fondo de Pensiones para los Trabajadores de la Salud de 1199SEIU alcanza su “edad normal de jubilación”: 65 años. Como jubilados de 1199SEIU, ustedes se encuentran en un grupo selecto que recibe beneficios de pensión definidos; algo que era antaño un estándar en la economía estadounidense, pero que cada vez es más raro. Mientras tanto, nuestros fondos de pensión siguen creciendo. Lo que comenzó como un plan único de pensión, que cubría a unos cientos de empleados, ha evolucionado para convertirse en tres fondos de pensión con activos combinados de más de 10 billones de dólares. Los fondos pagan actualmente casi \$750 millones al año a más de 97,000 jubilados de 1199SEIU.

A pesar de la ventaja de tener un plan de beneficios de pensión definidos para complementar nuestra Seguridad Social, conocemos a muchos jubilados que aún tienen que preocuparse por tener suficiente dinero para vivir. Esta primavera realizamos grupos de enfoque con personas que se han jubilado recientemente para entender mejor cómo satisfacer las necesidades e inquietudes de todos nuestros miembros. De los miembros que se han jubilado recientemente hemos aprendido que muchos de ellos desearían haber hecho más cuando eran trabajadores activos más jóvenes para prepararse para la jubilación. Como resultado de los grupos, hemos lanzado una iniciativa que les dará a los jubilados la oportunidad de ofrecer sus conocimientos y sabiduría a los trabajadores activos. Así que necesitamos su ayuda. Si están interesados en compartir sus perspectivas para ayudar a brindar apoyo a sus compañeros de 1199, lean el artículo “El 65 Aniversario del Fondo de Pensiones para los Trabajadores de la Salud Es Algo para Celebrar” en la página 7, para averiguar cómo pueden participar. ¡Nos encantaría recibir noticias suyas!

Como siempre, quiero recordarles que sus Fondos de Beneficios y Pensión están aquí para ayudarles. 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,



## President's Message

### Mensaje de la Presidenta

Dear Sisters and Brothers,

I know many of you enjoy the arrival of spring as much as I do, when you can take advantage of the warmer weather, get outdoors and stay active. This month is also the time for two special celebrations, National Nurses Week and, of course, Mother's Day, so I'd like first to take the opportunity to wish all of our mothers and grandmothers a Happy Mother's Day.

National Nurses Week is celebrated every year, beginning on May 6. Working as a nurse for many years, I saw how important it was for us to take care of our health. And now, as a retiree, I know that staying well allows us to remain "Retired but Active." On that note, I want to congratulate all of you who continue to fill our Retired Members Department classes. Please join me in thanking the staff at our Retired Members Department for all their hard work to offer something for everyone—from Chi Gong and yoga to arts and crafts, sewing or quilting—and if you haven't stopped by 330 West 42nd Street yet, now is a great time to make the trip.

Another sure way to stay active and up to date on all your Fund benefits is by attending your local chapter meetings, so if you've missed a few, make sure to get back to them this month. Let me also thank the retirees who have stayed current with their Union dues and encourage those who may have fallen behind to make sure you restart your contributions. Paying our dues helps ensure our voices continue to be heard and preserves our proud tradition for the next generation.

As this is my last message to you as President of the Retired Members Division, I'd like to express how rewarding and fulfilling this role has been. While the position presented challenges and was hard work, it has truly been a pleasure to serve you for two terms, and I wish each and every one of you a *happy, healthy and active* retirement!

In solidarity,  
**Lena Hayes**

Queridos Hermanos y Hermanas,

Me consta que muchos de ustedes disfrutaron de la llegada de la primavera tanto como yo, cuando pueden aprovechar el clima más cálido, salir afuera y mantenerse activos. Este mes también es el momento para dos celebraciones especiales, la Semana Nacional de las Enfermeras y por supuesto, el Día de la Madre. Por ello me gustaría en primer lugar aprovechar esta oportunidad para desear a todas nuestras madres y abuelas un Feliz Día de la Madre.

La Semana Nacional de las Enfermeras se celebra todos los años a partir del 6 de mayo. Después de trabajar como enfermera muchos años, he visto lo importante que era para nosotras cuidar de nuestra salud. Y ahora, como jubilada, sé que mantenernos bien nos permite estar "Jubiladas, pero Activas". En relación con eso, quiero felicitar a todos los que siguen acudiendo a nuestras clases del Departamento de Miembros Jubilados. Les pido que se unan a mí para agradecer al personal de nuestro Departamento de Miembros Jubilados por todo su duro trabajo para ofrecer algo para todos, desde Chi Gong y yoga hasta artes y manualidades, costura o elaboración de colchas, y si aún no han visitado nuestro local en 330 West 42nd Street, este es un momento fantástico para hacerlo.

Otra forma segura de mantenerse activo y al día con todos los beneficios de su Fondo es asistiendo a las reuniones de su agrupación local. Por esto, si se han perdido algunas, no se olviden de regresar este mes. También me gustaría agradecer a los jubilados que se han mantenido al día con sus cuotas sindicales y alentar a aquellos que se han retrasado a reanudar sus contribuciones. El pago de las cuotas sindicales nos ayuda a garantizar que sigamos siendo escuchados y conserva nuestra orgullosa tradición para la siguiente generación.

Como este es mi último mensaje para ustedes como Presidenta de la División de Miembros Jubilados, me gustaría expresar cuán gratificante y satisfactorio ha sido este cargo para mí. Si bien se trataba de un trabajo duro y lleno de retos, ha sido un verdadero placer servirles durante dos períodos, y quiero desearles a todos una jubilación *¡feliz, saludable y activa!*

En solidaridad,  
**Lena Hayes**





# A Message from / Un Mensaje de **GEORGE GRESHAM**

**PRESIDENT / PRESIDENTE, 1199SEIU UNITED HEALTHCARE WORKERS EAST**

Dear Sisters and Brothers,

No one who works a full-time job should be forced to live in poverty. That's why we in New York created the Mario Cuomo Campaign for Economic Justice—to fight for the most vulnerable by pushing to raise New York's minimum wage to \$15 an hour. A reasonable minimum wage is a necessity to improve the standard of living for workers, encourage fair and more efficient business practices, and ensure that the most vulnerable members of the workforce can contribute to the economy.

The Mario Cuomo Campaign for Economic Justice is a coalition—actually headquartered in the 1199SEIU offices—spearheaded by Governor Andrew Cuomo in the name of his father, the former governor. Last year, the state labor commission ruled that all New York fast-food workers will earn \$15 an hour by 2018. The governor also established the \$15 floor for all New York State employees. Other institutions are following. Buffalo and Rochester, two of New York's largest cities, have set the \$15-an-hour minimum. Some 28,000 employees of the State University of New York (SUNY) have also won the new minimum wage.

It costs a lot to live in New York. For example, the average monthly rent for an apartment in Long Island is \$1,500, which is 100 percent of a minimum-wage worker's income. Forget Manhattan and Brooklyn. And many of those who work the hardest, including our own home care workers who are at the forefront of the Mario Cuomo Campaign, earn far less than a fair and livable wage. Simply put, New Yorkers deserve fair pay for an honest day's work.

The "Fight for \$15" movement has given a huge burst of energy to organized labor. Until recently, that fight focused on fast-food workers, and we 1199ers proudly played a role in support of these poverty-level sisters and brothers. But we have tens of thousands of our own 1199 sisters and brothers who are making less than that. It is an absolute scandal that workers who devote their lives to caring for our frail, elderly, sick and disabled are themselves living in poverty. And now, we have put an end to this disgrace. On April 4, Governor Cuomo signed the bill that would raise the minimum wage in New York City to \$15 by the end of 2018.

It's been a long time coming, but a change is gonna come. Oh yes, it will.

In solidarity,

George Gresham

Queridos Hermanos y Hermanas,

Nadie que trabaje a tiempo completo debería verse forzado a vivir en la pobreza. Por eso hemos creado en Nueva York la Mario Cuomo Campaign for Economic Justice (Campaña Mario Cuomo por la Justicia Económica)—para luchar por los más vulnerables al impulsar el aumento del salario mínimo en Nueva York a \$15 la hora. Un salario mínimo razonable es una necesidad para mejorar la calidad de vida de los trabajadores, fomentar prácticas comerciales justas y más eficaces, y asegurarnos de que los miembros más vulnerables de la fuerza laboral puedan contribuir a la economía.

La Mario Cuomo Campaign for Economic Justice es una coalición—con sede en las oficinas de 1199SEIU—y está encabezada por el Gobernador Andrew Cuomo en nombre de su padre, el anterior gobernador. El año pasado, la comisión de trabajo del estado dispuso que todos los trabajadores del sector de comida rápida de Nueva York ganarían \$15 por hora al 2018. El Gobernador también estableció un mínimo de \$15 para todos los empleados estatales de Nueva York. Otras instituciones están siguiendo el ejemplo. Buffalo y Rochester, dos de las ciudades más grandes de Nueva York han establecido un mínimo de \$15 por hora. Unos 28,000 empleados de la Universidad Estatal de Nueva York (SUNY, por sus siglas en inglés) también han conseguido el nuevo salario mínimo.

Cuesta mucho vivir en Nueva York. Por ejemplo, el alquiler promedio mensual de un apartamento en Long Island es \$1,500, lo que representa el 100 por ciento de los ingresos de un trabajador con salario mínimo. Y olvidense de vivir en Manhattan y Brooklyn. Y muchos de los que trabajan más duro, incluidos nuestros propios trabajadores de cuidados en el hogar que están al frente de la Mario Cuomo Campaign, ganan mucho menos que un salario justo con el que se puede vivir. Por decirlo de forma sencilla, los neoyorquinos se merecen un salario justo por su trabajo honrado.

El movimiento "Lucha por los \$15" ha dado un enorme impulso de energía al movimiento sindical. Hasta hace poco, esa lucha estaba centrada en los trabajadores del sector de comida rápida, y nosotros los miembros de 1199 desempeñamos con orgullo un papel al apoyar a nuestros hermanos y hermanas que viven en el nivel de la pobreza. Pero tenemos decenas de miles de nuestros propios hermanos y hermanas de 1199 que ganan menos. Es un escándalo absoluto que los trabajadores que dedican sus vidas a cuidar de las personas débiles, enfermas, ancianas y discapacitadas, vivan ellos mismos en la pobreza. Y por fin hemos acabado con esta tragedia. El 4 de abril, el Gobernador Cuomo firmó la ley que aumentará el salario mínimo de la ciudad de Nueva York a \$15 al finalizar el 2018.

Hemos esperado mucho por esto, pero por fin llegará el cambio. Definitivamente.

En solidaridad,

George Gresham

# 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, May 17, 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

# Join Us for Yoga & Meditation in Suffolk County

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 for exact dates.**

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

# 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.**

## 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. **Please 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).

## Dance Classes

If you're interested in learning the latest dance steps, come join our Dance classes in Manhattan and Brooklyn. 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** **Mondays, 11:00 am to noon** **NEW!**  
25 Elm Place (between Fulton & Livingston Streets) • Brooklyn, NY 11201

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></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 &amp; Crafts (SI) 1:30-3:30 Executive Committee Meeting</p>	<p><b>3</b></p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12:30 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>4</b></p> <p>10-11 Mat Yoga* (SI) 10-11 Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting and 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 and 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>5</b></p> <p>10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga*/Meditation (Suffolk County) 12-1 Lunch Club 12-1 General Membership Meeting 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>6</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>
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<p><b>23</b></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 &amp; Crafts (SI)</p>	<p><b>24</b></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) 12:30-1:30 Shakespeare 12:30-3 Art 1:30-2:30 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p><b>25</b></p> <p>10-11 Mat Yoga* (SI) 10-11 Yoga* (Hicksville) 10-12 Knitting and 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 and Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1:30-2:30 Chi Gong (BX) 3-4 Latin Dance (BX)</p>	<p><b>26</b></p> <p>10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga*/Meditation (Suffolk County) 12-1 Lunch Club 1-2 Health Topic Meeting (Osteoporosis) 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>27</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 2-3 Yoga*</p>
<p><b>30</b></p> <p><b>OFFICE CLOSED</b></p>	<p><b>31</b></p> <p>9:30-12 Photography 10:30-12:30 Drama 12:30-1:30 Shakespeare 12:30-3 Art 1:30-3 Discussion Group</p>	<p>All classes are held at our Manhattan Headquarters unless otherwise indicated.</p>		<p><b>Meeting Topics*</b></p> <p><b>May Osteoporosis</b> <b>June End-of-Life Decisions</b></p>

\* Sponsored by HealthCare Partners, IPA

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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. Class is held 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



# 65th Anniversary of Health Care Employees Pension Fund Is Something to Celebrate

With this year marking the 65th anniversary of the 1199SEIU Health Care Employees Pension Fund, there's no better time to look ahead at what we can do to help current members be better prepared for retirement. The number of members nearing retirement age will only continue to grow in the years ahead, as baby-boomers age and, as we have been for the past 65 years, we're committed to helping them get ready.

The original pension plan for 1199 members was created in 1951 and covered a few hundred workers. Today, there are three separate pension funds with combined assets of more than \$10 billion, which pay benefits to some 97,000 retirees. We welcome more retirees each year—8,600 last year alone—and we're living longer. In the past 10 years, the number of our retirees has doubled.

These numbers are impressive, and they remind us that we must help new retirees prepare for the financial responsibilities they'll need to meet, and for their transition to retirement. To that end, we recently held focus groups to hear from our retirees, to learn what we did well to help them prepare and the areas where we could improve. Adhering to our commitment to all 1199SEIU members, active and retired, we are doubling our efforts to educate younger members about their pension benefit, including articles in our member magazine, *For Your Benefit*, and a new pension video that features current retirees sharing their experiences with younger, active members. If you have some advice on planning for retirement that you'd like to share, please jot it down and send it to us at [Communications@1199Funds.org](mailto:Communications@1199Funds.org).

Retirees who are fortunate enough to have a defined benefit pension like yours deserve the support to make the most of it, and we want you to know that your Benefit and Pension Funds are always here for you. If you have questions about your benefits, are interested in financial wellness workshops, or have any other concerns, please call (646) 473-8666 or (800) 892-2557 or visit [www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org).



## El 65 Aniversario del Fondo de Pensiones para los Trabajadores de la Salud Es Algo para Celebrar

Este año se cumple el 65 aniversario del Fondo de Pensiones para los Trabajadores de la Salud de 1199SEIU, y no hay mejor momento para mirar adelante y ver qué podemos hacer para ayudar a los miembros actuales a prepararse mejor para la jubilación. El número de miembros que se acercan a la edad de la jubilación solo continuará creciendo en los próximos años, cuando envejezca la generación de baby-boomers e, igual que llevamos haciéndolo en los últimos 65 años, estamos comprometidos a ayudarlos a prepararse.

El plan original de pensiones para los miembros de 1199 se creó en 1951 y cubría a unos cuantos cientos de trabajadores. Hoy en día, contamos con tres fondos separados de pensiones con activos combinados por valor de más de 10 billones de dólares, que pagan beneficios a unos 97,000 jubilados. Cada año se incorporan más jubilados—8,600 solo el año pasado—y cada vez vivimos más tiempo. En los últimos 10 años se ha doblado el número de nuestros jubilados.

Estas cifras son impresionantes, y nos recuerdan que debemos ayudar a los nuevos jubilados a prepararse para las responsabilidades financieras que tienen que cubrir, y para su transición a la jubilación. Con ese fin, realizamos recientemente grupos de enfoque para escuchar la opinión de nuestros jubilados. Para averiguar qué hicimos bien para prepararlos y qué áreas podrían mejorarse. Para cumplir con nuestro compromiso con todos los miembros de 1199SEIU, activos y jubilados, estamos redoblando nuestros esfuerzos por educar a los miembros más jóvenes sobre sus beneficios de pensión, con artículos en nuestra revista para los miembros, *Para su Beneficio*, y un nuevo video sobre las pensiones donde aparecen jubilados actuales compartiendo sus experiencias con miembros en activo más jóvenes. Si tienen consejos sobre cómo prepararse para la jubilación que desean compartir con los demás, escríbanlos y envíenlos a [Communications@1199Funds.org](mailto:Communications@1199Funds.org).

Los jubilados que tienen la suerte de contar con beneficios de pensión definidos como los suyos, se merecen nuestro apoyo para sacarles el máximo partido, y queremos que sepan que los Fondos de Beneficios y Pensiones, están siempre a su disposición. Si tienen preguntas sobre sus beneficios, están interesados en los talleres de bienestar financieros o si tienen alguna otra inquietud, llamen al (646) 473-8666 o al (800) 892-2557, o visite [www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org).

1199SEIU Funds  
Benefit and Pension

## Florida Chapters

### Broward – Leon Davis Chapter

Tuesday, May 10 – 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, May 19 – 11:00 am to 1:00 pm  
Casselberry Public Library  
215 North Oxford Road • Casselberry, FL 32707

### Fort Myers Chapter

Monday, May 23 – 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, May 5 – 10:30 am to 12:30 pm  
Norland United Methodist Church  
885 NW 195th Street  
Miami Gardens, FL 33169

### North Port Chapter

Tuesday, May 24 – 11:00 am to 1:00 pm  
Morgan Family Community Center  
6207 West Price Blvd. • North Port, FL 34291

### Orlando Chapter

Wednesday, May 18 – 11:00 am to 1:00 pm  
UAW Local #788  
1825 West Oak Ridge Road • Orlando, FL 32809

### Palm Bay/Melbourne Chapter

Tuesday, May 17 – 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, May 25 – 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, May 12 – 10:00 am to noon  
Temple Anshei Shalom  
7099 West Atlantic Avenue • Delray Beach, FL 33446

### Tampa Chapter

Wednesday, May 25 – 11:00 am to 1:00 pm  
1199SEIU UHWE Office  
500 North West Shore Blvd. • Tampa, FL 33609

### West Palm Beach Chapter

Wednesday, May 4 – 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, May 13 • 11:00 am to 1:00 pm  
1199SEIU Healthcare & Education Center  
2501 Grand Concourse, Room 301 • Bronx, NY 10468

### Brooklyn – Marshall Dubin Chapter

Wednesday, May 25 • 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, May 20 • 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, May 27 • 10:30 am to noon  
Jefferson Senior Center  
2205 First Avenue • New York, NY 10029

### Hicksville – Milton Konowe Chapter

Wednesday, May 18 • 11:00 am to 1:00 pm  
1199SEIU Hicksville Office  
100 Duffy Avenue • Hicksville, NY 11801

### New Hyde Park – Eleanor Tilson Chapter

Tuesday, May 17 • 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, May 10 • 1:00 pm to 3:00 pm  
Holy Rosary Church  
1510 Adele Avenue (*enter at parking lot*) • Bronx, NY 10469

### Queens – Edward Garrins Chapter

Tuesday, May 24 • 11:30 am to 1:00 pm  
Majority Baptist Church  
115-21 Farmers Blvd. • St. Albans, NY 11412

### Staten Island Chapter

Monday, May 9 • 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, May 12 • 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, May 4. 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, May 20 • 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.