

1199SEIU Benefit and Pension Funds
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New York, NY 10036-6977

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www.1199SEIUBenefits.org




1199SEIU
Retired Members
Bulletin



A Message from the Executive Director

Un Mensaje de la Directora Ejecutiva

Dear Retired Members,

As retirees of the 1199SEIU Funds, you know how valuable your pension benefit is to you in your retirement. Here at the Funds, we are committed to protecting those benefits that you worked so hard to earn, and we cannot do it without you. That is why I want to thank you for your cooperation in our recently concluded Pension Verification Program. By verifying your pension information with us, you have helped ensure that you will continue to receive the monthly benefit you have earned—and helped us protect you and the Funds against forgeries and other fraudulent practices.

I am reminded of our retirees' can-do spirit whenever I have the opportunity to meet with you, as I did in December at the Annual Anne Shore Holiday Banquet in New York City and, most recently, at the Annual Florida Retiree Banquet. Your vitality, pride and sense of community serve as inspiration to those who will follow you.

I hope you will always remember that your Benefit and Pension Funds are here to help you. If you ever have any questions about your health or pension benefits, please don't hesitate to call one of our Retiree Services Representatives at (646) 473-8666 or (800) 575-7771.

Sincerely,

Estimados Miembros Jubilados,

Como jubilados de los Fondos de 1199SEIU, saben lo valioso que es para ustedes su beneficio de pensión cuando están jubilados. Aquí en los Fondos, nos comprometemos a proteger aquellos beneficios para los que tanto trabajaron para ganarlos y no podemos hacerlo sin ustedes. Por eso quiero agradecerles su cooperación en nuestro Programa de Verificación de Pensiones que recientemente concluimos. Al verificar su información de pensión con nosotros, ayudaron a asegurar que continuarán recibiendo el beneficio mensual que ganaron y nos ayudaron a protegerlos, a ustedes y a los Fondos, contra las estafas y otras actividades fraudulentas.

Cada vez que tengo la oportunidad de conocerlos, recuerdo el espíritu de "sí podemos" de nuestros jubilados, como fue en diciembre en el Banquete Anual por las Fiestas Anne Shore en la ciudad de Nueva York y, más recientemente, en el Banquete Anual de Jubilados de Florida. Su vitalidad, orgullo y sentido de comunidad sirven de inspiración para aquellos que los seguirán.

Espero que siempre recuerden que sus Fondos de Beneficios y Pensiones están a su entera disposición para ayudarlos. Si tienen alguna pregunta sobre sus beneficios de salud o de pensión, no duden en llamar a uno de nuestros Representantes de Servicios a Jubilados al (646) 473-8666 o al (800) 575-7771.

Atentamente,

Former Funds Executive Director Elly Tilson Passed Away

It is with great sadness that we share news of the death of Elly Tilson, former Executive Director of the 1199SEIU Benefit and Pension Funds, who passed away on February 22, 2018. Elly was the Executive Director of the Funds for 16 years, from October 1987 to December 2003. Prior to becoming the Executive Director, Elly was a union activist with a demonstrated passion for women's rights and social justice. At the Funds, she was committed to improving the welfare of 1199SEIU members through their benefits. Please keep her family in your thoughts.



Fallece Elly Tilson, Ex Directora Ejecutiva de los Fondos

Con una gran tristeza compartimos la noticia del fallecimiento de Elly Tilson, ex Directora Ejecutiva de los Fondos de Beneficios y Pensiones de 1199SEIU, quien falleció el 22 de febrero de 2018. Elly fue la Directora Ejecutiva de los Fondos durante 16 años, desde octubre de 1987 a diciembre de 2003. Antes de convertirse en Directora Ejecutiva, Elly fue una activista sindical con una pasión demostrada por los derechos de las mujeres y la justicia social. En los Fondos, estaba comprometida a mejorar el bienestar de los miembros de 1199SEIU a través de sus beneficios. Tengan a su familia presente en sus oraciones.



President's Message

Mensaje de la Presidenta

Dear Sisters and Brothers,

Staying active is important for your physical and mental well-being, but it doesn't replace the need for your primary care doctor. After four decades as a clinical laboratory technologist, I know the value of preventive medicine. During my career, I often saw the warning signs of potentially serious problems detected early enough so that patients could receive treatment and avoid complications. As 1199SEIU retirees, you know how valuable your supplemental health coverage is, so I strongly urge you to visit your primary care doctor at least once a year for a wellness visit.

I want to encourage you to explore the array of exercise classes offered by our Retired Members Division (RMD). You may choose among such classes as yoga, dance, drama, arts and crafts, a choral group, Tai Chi and Chi Gong. There's something for everyone, so whether you live near Fund Headquarters in Manhattan, in any of the city's boroughs or on Long Island, you'll find activities to help you stay energized, moving, social and "Retired but Active!"

I'd like to also take a moment to thank all of you who have attended your local chapter meetings and stayed current with your Union dues. If you've missed a few meetings or fallen behind on your dues, I encourage you to come back and to restart your contributions. Remember, supporting our Union is an important way to help ensure that future 1199SEIU retirees are able to enjoy the benefits for which we all have worked so hard.

In solidarity,
Mary Stovall-Merrill

Estimados Hermanos y Hermanas,

Estar activos es importante para su bienestar físico y mental, pero no reemplaza la necesidad de contar con su médico de atención primaria. Después de cuatro décadas como técnica de laboratorio clínico, conozco el valor de la medicina preventiva. Durante mi carrera, con frecuencia veía las señales de advertencia de problemas potencialmente graves detectados lo suficientemente temprano para que los pacientes pudieran recibir tratamiento y evitar complicaciones. Como jubilados de 1199SEIU, ustedes saben lo valioso que es su cobertura de salud complementaria, así que los animo encarecidamente a que visiten a su médico de atención primaria al menos una vez al año para una visita de bienestar.

Quiero alentarlos a explorar la variedad de clases de ejercicios que ofrece nuestra División de Miembros Jubilados (RMD, por sus siglas en inglés). Pueden elegir entre clases de yoga, baile, teatro, arte y manualidades, un grupo de coro, taichí y chi kung. Hay algo para todos los gustos, así que si viven cerca de la Sede Central del Fondo en Manhattan, en cualquiera de los distritos de la ciudad o en Long Island, encontrarán actividades que los ayudarán a estar llenos de energía, en movimiento, y ser sociales y ¡"Jubilados pero Activos"!

También me gustaría tomar un momento para agradecerles a todos los que asistieron a las reuniones de su agrupación local y se mantuvieron al día con las cuotas Sindicales. Si faltaron a algunas reuniones o no están al día con sus cuotas, los aliento a volver y reanudar sus contribuciones. Recuerden que apoyar a nuestro Sindicato es una forma importante de ayudar a asegurar que los futuros jubilados de 1199SEIU puedan disfrutar los beneficios para los que tanto hemos trabajado.

En solidaridad,
Mary Stovall-Merrill



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

PRESIDENT / PRESIDENTE, 1199SEIU UNITED HEALTHCARE WORKERS EAST

Dear Sisters and Brothers,

When Supreme Court Justice Antonin Scalia died in 2016, President Obama nominated a prestigious jurist to fill the vacancy and the Republican leadership refused to even meet with the nominee. Instead, they waited until Donald Trump was elected and filled the position with one of the most right-wing judges in the country, Neil Gorsuch. Now, with an anti-labor majority on the court, millions of schoolteachers, fire fighters, mail carriers, bus drivers and others who work for our cities, states and the federal government are in danger of losing their collective bargaining rights, and their unions are in danger of losing their lifeblood—union dues.

You'd think this would be the death blow to a labor movement in decline. But you'd be wrong. Even in the face of the complete takeover of all branches of the federal government by forces hostile to workers and their unions, the most amazing thing happened last month in West Virginia. This is a state where public workers are forbidden by law to strike, where they have no collective bargaining rights, where they have no contract and where teachers' pay is 48th lowest of the 50 states.

And yet in all 55 counties in the state, 35,000 West Virginia schoolteachers went out on strike, joined by cafeteria workers, bus drivers, janitors and other school employees. After nine days on strike, the teachers won—coming to an agreement with the Republican governor and state lawmakers on a 5 percent raise and a hold on raising health insurance costs. Moreover, the agreement extends to all state workers, not just those in the schools.

They won because they were organized, they were involved from bottom to top, and they were united. There can never be enough member involvement. It is how workers win.

Whatever wages, health and pension benefits, training opportunities, job security, vacation and sick days we have in our contracts are there because 1199ers were willing to fight for them. Nothing is ever given to us.

A union is not its elected officers or its headquarters officers. The union is its members, and a union is strong only to the extent that the members are involved and ready to fight for what is rightfully theirs. We 1199SEIU officers and staff think we know our members pretty well, but you know who else also knows our members well? Our employers. They know if we're united, if our members are ready to mobilize and fight. And they know when we're not.

This year, we are bargaining contracts on behalf of more than 150,000 of our members. This is the time for every member—including our retiree veterans—to get involved in whatever way you can, joining with our other sisters and brothers on the job in letting the employers know we're ready to do whatever it takes to fight for our jobs, our benefits and our families. Contract negotiations are not a spectator sport. We all need to get in the game.

In solidarity,

George Gresham

Queridos Hermanos y Hermanas,

Quando el juez de la Corte Suprema Antonin Scalia murió en 2016, el Presidente Obama nominó a un jurista prestigioso para que cubriera la vacante y el liderazgo republicano se negó incluso a reunirse con el nominado. En cambio, esperaron hasta que Donald Trump fuera elegido y cubrieron el puesto con uno de los jueces de la derecha más extrema del país, Neil Gorsuch. Actualmente, con una mayoría en contra de los sindicatos en el tribunal, millones de maestros, bomberos, carteros, conductores de autobús y demás personas que trabajan para nuestras ciudades, nuestros estados y el gobierno federal corren el riesgo de perder sus derechos de convenios colectivos, y sus sindicatos corren el riesgo de perder su parte vital: las cuotas sindicales.

Ustedes podrían pensar que esto sería el golpe mortal para un movimiento obrero en decadencia. Pero estarían equivocados. Incluso frente a la adquisición completa de todas las sucursales del gobierno federal por parte de fuerzas hostiles a los trabajadores y a sus sindicatos, ocurrió lo más asombroso el mes pasado en Virginia Occidental. Es un estado en donde a los trabajadores públicos se les prohíbe por ley hacer paro, en donde no tienen derechos de convenios colectivos, en donde no tienen contrato y en donde el pago de los maestros ocupa la posición 48.º de los pagos más bajos de los 50 estados.

Y sin embargo en los 55 condados del estado, 35,000 maestros de Virginia Occidental hicieron paro, al que se unieron trabajadores de cafetería, conductores de autobús, conserjes y otros empleados de escuelas. Después de nueve días de paro, triunfaron los maestros. Llegaron a un acuerdo con el gobernador republicano y los legisladores estatales de un aumento del 5 por ciento y un congelamiento del aumento de los costos de seguro médico. Por otra parte, el acuerdo se extiende a todos los trabajadores estatales, no solo a aquellos en las escuelas.

Triunfaron porque estaban organizados, estaban completamente involucrados y estaban unidos. La participación de los miembros nunca podrá ser suficiente. Así es cómo triunfan los trabajadores.

Cualesquiera que sean los salarios, los beneficios de salud y pensión, las oportunidades de capacitación, la seguridad laboral, las vacaciones y los días pagados por enfermedad que tengamos en nuestros contratos, están allí presentes porque los miembros de 1199 estuvieron dispuestos a luchar por ellos. Nunca se nos regaló nada.

Al sindicato no lo conforman sus funcionarios elegidos o sus funcionarios de la sede central. Lo conforman sus miembros y es fuerte solo en la medida que los miembros estén involucrados y listos para luchar por lo que es legítimamente de ellos. Nosotros los funcionarios y el personal de 1199SEIU pensamos que conocemos bastante bien a nuestros miembros, pero ¿saben ustedes quién más también conoce bien a nuestros miembros? Nuestros empleadores. Ellos saben si estamos unidos, si nuestros miembros están listos para movilizarse y luchar. Y saben cuándo no lo estamos.

Este año, estamos negociando contratos en nombre de más de 150,000 de nuestros miembros. Este es el momento para que todos los miembros (incluidos nuestros veteranos jubilados) se involucren de la manera que puedan y se unan con nuestras otras hermanas y hermanos en el trabajo de hacerles saber a los empleadores que estamos listos para hacer lo que haga falta para luchar por nuestros trabajos, nuestros beneficios y nuestras familias. Las negociaciones contractuales no son un deporte de espectadores. Todos necesitamos entrar en el juego.

En solidaridad,

George Gresham

Yoga Classes

Classes are held four times each month, except where noted.* Variations of yoga practice offered are: Yoga; Mat Yoga; Intermediate Mat Yoga; Beginners' Yoga; Beginners' Chair Yoga; Chair Yoga; Advanced Chair Yoga; Hatha Yoga; Advanced Yoga; Beginners' Yoga/Meditation; and Yoga/Meditation. Please check the calendar to match practice with day/time and location. Locations are:

Bronx

1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

Brooklyn

25 Elm Place (between Fulton & Livingston Streets), Rooms 4 & 5
Brooklyn, NY 11201

Hicksville

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

Manhattan Headquarters

330 West 42nd Street, 9th Floor • New York, NY 10036

New Hyde Park*

*(one class per month) Northwell Health Cohen Children's Medical Center Teaching Center—Cafeteria—Lower Level
269-01 76th Avenue • New Hyde Park, NY 11040

Queens

Devore Dance Center
205-05 Hollis Avenue, Main Floor • Jamaica, NY 11412

Staten Island

790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

Suffolk County*

*(three classes per month) First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

White Plains

1199SEIU Benefit and Pension Funds
White Plains Office • 99 Church Street • White Plains, NY 10601



Dance Classes

If you're interested in learning the latest dance steps, come join our dance classes. Classes are held four times a month, except where noted. **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 • 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 10036

Queens • Mondays, 12:30 pm to 1:30 pm

Devore Dance Center 205-05 Hollis Avenue, Main Floor
Jamaica, NY 11412

Unwind with Mindfulness Meditation in Brooklyn

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.**

Arts & Crafts Classes **NEW CLASS!** Now in Brooklyn!

Explore your creative side with a new Arts & Crafts class in our Brooklyn chapter. Except on holidays, the class meets four Mondays each month, from 1:00 pm to 3:00 pm.

Sign Up for "Seniors Out Speaking"

Become a volunteer in the Medicare Rights Center's "Seniors Out Speaking" (SOS) program and help educate other seniors about their Medicare benefits. For more information about our 1199SEIU SOS volunteer program, call (646) 473-6916.

Manhattan Headquarters

Thursday, May 3 • 9:30 am to noon

330 West 42nd Street, 33rd Floor (Penthouse) • New York, NY 10036

Staten Island • Tuesday, May 8 • 3:00 pm to 4:30 pm

790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

Hicksville • Tuesday, May 15 • 9:30 am to noon

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

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.
- Get information on upcoming cultural events, senior services and programs, community partners and senior centers near your home at the Department for the Aging website, www.NYC.gov/aging.
- Join the Theatre Development Fund (TDF), a nonprofit organization that works to make theater affordable and accessible to all. For full details, visit www.TDF.org.

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

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

The class is now reading *Henry IV, Part 2*, a play about the burden of power, old age and atonement for the past.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meeting Topics*</p> <p>May: Hepatitis A, B and C</p> <p>June: Sleep Disorders</p> <p><i>*Sponsored by HealthCare Partners, IPA</i></p>	<p>1</p> <p>9-10 Yoga*/Meditation (Hicksville)</p> <p>9:30-12 Photography</p> <p>10-11 Mat Yoga* (Int) (QNS)</p> <p>10:30-12 Drama</p> <p>11-1 Knitting & Crocheting (Beg) (QNS)</p> <p>11:15-12:15 Chair Yoga* (Beg) (QNS)</p> <p>12:30-1:30 Shakespeare</p> <p>12:30-3 Art</p> <p>1:15-2:15 Zumba Gold (QNS)</p> <p>1:30-2:30 Falun Dafa (SI)</p> <p>1:30-3 Discussion Group</p> <p>2:30-3:30 Mat Yoga* (SI)</p>	<p>2</p> <p>9-10 Yoga* (Beg) (Hicksville)</p> <p>9-11 Knitting & Crocheting (Beg) (BKLYN)</p> <p>10-11 Yoga* (Adv) (Hicksville)</p> <p>10-12 Choral Group</p> <p>10-12 Knitting & Crocheting (Beg)</p> <p>11-12 Dance (Hicksville)</p> <p>11-1 Knitting&Crocheting(Int/Adv)(BKLYN)</p> <p>11:30-12:30 Yoga* (White Plains)</p> <p>12-1 Yoga* (BX)</p> <p>12:15-1:15 Zumba-T (Hicksville)</p> <p>12:30-4:30 Knitting & Crocheting (Int/Adv)</p> <p>1-2 Chi Gong (BKLYN)</p> <p>1:30-2:30 Chi Gong (BX)</p> <p>2-3 Dance (BKLYN)</p> <p>2:30-3:30 Bingo (White Plains)</p> <p>3-4 Latin Dance (BX)</p>	<p>3</p> <p>10-11 Tai Chi</p> <p>11-12 Yoga*</p> <p>11-12 Yoga* (Beg) (Suffolk Cty)</p> <p>12-1 Meditation (Suffolk Cty)</p> <p>12-1 Lunch Club</p> <p>1:30-2:30 Zumba (SI)</p> <p>2:30-3:30 Chair Yoga* (SI)</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>4</p> <p>10-11 Chair Yoga* (Adv) (BKLYN)</p> <p>10-12 Quilting</p> <p>11:15-12:15 Zumba Gold (BKLYN)</p> <p>12:15-1:15 Chair Yoga* (Beg) (BKLYN)</p> <p>1-2 Dance</p> <p>1:30-2:30 Zumba Gold (BKLYN)</p> <p>2-3 Yoga*</p> <p>3:30-4:30 Zumba Gold</p>
	<p>7</p> <p>10-11 Chi Gong (BKLYN)</p> <p>10-11 Yoga*/Meditation (QNS)</p> <p>10:30-11:30 Opera Appreciation</p> <p>11-12 Dance (BKLYN)</p> <p>11:15-12:15 Hatha Yoga* (QNS)</p> <p>12-1 Mindfulness Meditation (BKLYN)</p> <p>12-1 Art History</p> <p>12:30-1:30 Dance (QNS)</p> <p>1-3 Arts & Crafts (BKLYN)</p> <p>1:30-3:30 Executive Committee Meeting</p>	<p>8</p> <p>9-10 Yoga*/Meditation (Hicksville)</p> <p>9:30-12 Photography</p> <p>10-11 Mat Yoga* (Int) (QNS)</p> <p>10:30-12 Drama</p> <p>11-1 Knitting & Crocheting (Beg) (QNS)</p> <p>11:15-12:15 Chair Yoga* (Beg) (QNS)</p> <p>12:30-1:30 Shakespeare</p> <p>12:30-3 Art</p> <p>1:15-2:15 Zumba Gold (QNS)</p> <p>1:30-3 Discussion Group</p>	<p>9</p> <p>9-10 Yoga* (Beg) (Hicksville)</p> <p>9-11 Knitting & Crocheting (Beg) (BKLYN)</p> <p>10-11 Yoga* (Adv) (Hicksville)</p> <p>10-12 Choral Group</p> <p>10-12 Knitting & Crocheting (Beg)</p> <p>11-12 Dance (Hicksville)</p> <p>11-1 Knitting&Crocheting(Int/Adv)(BKLYN)</p> <p>11:30-12:30 Yoga* (White Plains)</p> <p>12-1 Yoga* (BX)</p> <p>12:15-1:15 Zumba-T (Hicksville)</p> <p>12:30-4:30 Knitting & Crocheting (Int/Adv)</p> <p>1-2 Bingo (White Plains)</p> <p>1-2 Chi Gong (BKLYN)</p> <p>1:30-2:30 Chi Gong (BX)</p> <p>2-3 Dance (BKLYN)</p> <p>3-4 Latin Dance (BX)</p>	<p>10</p> <p>10-11 Tai Chi</p> <p>11-12 Yoga*</p> <p>12-1 Lunch Club</p> <p>1:30-2:30 Zumba (SI)</p> <p>2:30-3:30 Chair Yoga* (SI)</p> <p>1-3 General Membership Meeting</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>
<p>14</p> <p>10-11 Chi Gong (BKLYN)</p> <p>10-11 Yoga*/Meditation (QNS)</p> <p>10:30-11:30 Opera Appreciation</p> <p>11-12 Dance (BKLYN)</p> <p>11:15-12:15 Hatha Yoga* (QNS)</p> <p>12-1 Mindfulness Meditation (BKLYN)</p> <p>12-1 Art History</p> <p>12:30-1:30 Dance (QNS)</p> <p>1-3 Arts & Crafts (BKLYN)</p>	<p>15</p> <p>9:30-12 Photography</p> <p>10-11 Mat Yoga* (Int) (QNS)</p> <p>10:30-12 Drama</p> <p>11-1 Knitting & Crocheting (Beg) (QNS)</p> <p>11:15-12:15 Chair Yoga* (Beg) (QNS)</p> <p>12:30-1:30 Shakespeare</p> <p>12:30-3 Art</p> <p>1-2 Yoga* (New Hyde Park)</p> <p>1:15-2:15 Zumba Gold (QNS)</p> <p>1:30-2:30 Falun Dafa (SI)</p> <p>1:30-3 Discussion Group</p> <p>2:30-3:30 Mat Yoga* (SI)</p>	<p>16</p> <p>9-10 Yoga* (Beg) (Hicksville)</p> <p>9-11 Knitting & Crocheting (Beg) (BKLYN)</p> <p>10-11 Yoga* (Adv) (Hicksville)</p> <p>10-12 Knitting & Crocheting (Beg)</p> <p>11-1 Knitting&Crocheting(Int/Adv)(BKLYN)</p> <p>11:30-12:30 Yoga* (White Plains)</p> <p>12-1 Yoga* (BX)</p> <p>12:30-4:30 Knitting & Crocheting (Int/Adv)</p> <p>1-2 Bingo (White Plains)</p> <p>1-2 Chi Gong (BKLYN)</p> <p>1:30-2:30 Chi Gong (BX)</p> <p>2-3 Dance (BKLYN)</p> <p>3-4 Latin Dance (BX)</p>	<p>17</p> <p>10-11 Tai Chi</p> <p>11-12 Yoga*</p> <p>11-12 Yoga* (Beg) (Suffolk Cty)</p> <p>12-1 Meditation (Suffolk Cty)</p> <p>12-1 Lunch Club</p> <p>1:30-2:30 Zumba (SI)</p> <p>2:30-3:30 Chair Yoga* (SI)</p> <p>1-3 Birthday Party</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>18</p> <p>10-11 Chair Yoga* (Adv) (BKLYN)</p> <p>10-12 Quilting</p> <p>1-2 Dance</p> <p>1:30-2:30 Zumba Gold (BKLYN)</p> <p>2-3 Yoga*</p> <p>3:30-4:30 Zumba Gold</p>
<p>21</p> <p>10-11 Chi Gong (BKLYN)</p> <p>10-11 Yoga*/Meditation (QNS)</p> <p>10:30-11:30 Opera Appreciation</p> <p>11-12 Dance (BKLYN)</p> <p>11:15-12:15 Hatha Yoga* (QNS)</p> <p>12-1 Mindfulness Meditation (BKLYN)</p> <p>12-1 Art History</p> <p>12:30-1:30 Dance (QNS)</p> <p>1-3 Arts & Crafts (BKLYN)</p>	<p>22</p> <p>9-10 Yoga*/Meditation (Hicksville)</p> <p>9:30-12 Photography</p> <p>10-11 Mat Yoga* (Int) (QNS)</p> <p>10:30-12 Drama</p> <p>11-1 Knitting & Crocheting (Beg) (QNS)</p> <p>11:15-12:15 Chair Yoga* (Beg) (QNS)</p> <p>12:30-1:30 Shakespeare</p> <p>12:30-3 Art</p> <p>1:15-2:15 Zumba Gold (QNS)</p> <p>1:30-2:30 Falun Dafa (SI)</p> <p>1:30-3 Discussion Group</p> <p>2:30-3:30 Mat Yoga* (SI)</p>	<p>23</p> <p>9-10 Yoga* (Beg) (Hicksville)</p> <p>9-11 Knitting & Crocheting (Beg) (BKLYN)</p> <p>10-11 Yoga* (Adv) (Hicksville)</p> <p>10-12 Choral Group</p> <p>10-12 Knitting & Crocheting (Beg)</p> <p>11-12 Dance (Hicksville)</p> <p>11-1 Knitting&Crocheting(Int/Adv)(BKLYN)</p> <p>11:30-12:30 Yoga* (White Plains)</p> <p>12-1 Yoga* (BX)</p> <p>12:15-1:15 Zumba-T (Hicksville)</p> <p>12:30-4:30 Knitting & Crocheting (Int/Adv)</p> <p>1-2 Bingo (White Plains)</p> <p>1-2 Chi Gong (BKLYN)</p> <p>1:30-2:30 Chi Gong (BX)</p> <p>2-3 Dance (BKLYN)</p> <p>3-4 Latin Dance (BX)</p>	<p>24</p> <p>10-11 Tai Chi</p> <p>11-12 Yoga*</p> <p>11-12 Yoga* (Beg) (Suffolk Cty)</p> <p>12-1 Meditation (Suffolk Cty)</p> <p>12-1 Lunch Club</p> <p>1:30-2:30 Zumba (SI)</p> <p>2:30-3:30 Chair Yoga* (SI)</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>25</p> <p>10-11 Chair Yoga* (Adv) (BKLYN)</p> <p>10-12 Quilting</p> <p>11:15-12:15 Zumba Gold (BKLYN)</p> <p>12:15-1:15 Chair Yoga* (Beg) (BKLYN)</p> <p>1-2 Dance</p> <p>1:30-2:30 Zumba Gold (BKLYN)</p> <p>2-3 Yoga*</p>
<p>28</p> <p>OFFICE CLOSED</p>	<p>29</p> <p>9:30-12 Photography</p> <p>10:30-12 Drama</p> <p>12:30-1:30 Shakespeare</p> <p>12:30-3 Art</p> <p>1:30-3 Discussion Group</p>	<p>30</p> <p>9-11 Knitting & Crocheting (Beg) (BKLYN)</p> <p>10-12 Choral Group</p> <p>10-12 Knitting & Crocheting (Beg)</p> <p>11-1 Knitting&Crocheting(Int/Adv)(BKLYN)</p> <p>12:30-4:30 Knitting & Crocheting (Int/Adv)</p>	<p>31</p> <p>12-1 Lunch Club</p> <p>1-2 Health Topic Meeting</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>All classes are held at our Manhattan Headquarters unless otherwise indicated.</p>

Florida Retirees Create Memories at Annual Banquet

More than 1,100 retirees celebrated together at the Annual Florida Retiree Banquet on March 23. 1199SEIU United Healthcare Workers East President George Gresham and Maria Castaneda, Secretary Treasurer, urged everyone to stay vigilant in their efforts to help protect the Union's gains for future generations. Mitra Behroozi, Executive Director of 1199SEIU Benefit and Pension Funds, updated attendees on the growth and status of the Funds. Lourdes Rodriguez-Dox, a Manager in the Benefit Funds' Retired Members Division (RMD), was joined at the dais by June Blain, Director of Member Programs, to greet the retirees and host the event.

Throughout the day, retirees reconnected with old friends, made some new ones and took to the dance floor, giving full expression to the RMD motto "Retired but Active!"



Los Jubilados de Florida Evocan Recuerdos en el Banquete Anual

Más de 1,000 jubilados celebraron juntos en el Banquete Anual para Jubilados de Florida el 23 de marzo. El Presidente George Gresham de 1199SEIU United Healthcare Workers East y Maria Castaneda, Secretaria Tesorera, instaron a todos a mantenerse alertas a la hora de ayudar a proteger los logros del Sindicato para las generaciones futuras y a movilizarse y votar por esos valores en las elecciones de este año. Mitra Behroozi, Directora Ejecutiva de los Fondos de Beneficios y Pensiones de 1199SEIU, les brindó a los asistentes información actualizada sobre el crecimiento y el estado de los Fondos. Lourdes Rodriguez-Dox, Administradora de la División de Miembros Jubilados (RMD, por sus siglas en inglés) de los Fondos de Beneficios, subió al estrado junto con June Blain, Directora de los Programas para Miembros, para saludar a los jubilados y presentar el evento.

Durante el evento, los jubilados se reencontraron con viejos amigos, hicieron algunos nuevos y salieron a bailar a la pista de baile, lo que le dio una expresión plena al lema de la RMD: ¡"Jubilados pero Activos"!

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

Please note that the travel company—not the Funds or the Union—is solely responsible for the trips provided.

Florida Chapters

Florida Chapter Meeting Topic* **NEW!**

May: Making a Healthy Change—the focus is on 7 simple steps for making healthy changes in eating, exercising and reducing stress.

*Sponsored by Humana, Inc.

Broward – Leon Davis Chapter

Tuesday, May 8 – 1:00 pm to 3:00 pm
Tamarac Community Center – Coconut Palm Room
8601 West Commercial Blvd. • Tamarac, FL 33351

Casselberry – Doris Turner Chapter **NEW TIME!**

Thursday, May 17 – 11:00 am to 1:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter

Monday, May 21 – 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, May 3 – 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street • Miami Gardens, FL 33169

North Port Chapter

Tuesday, May 22 – 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter

Wednesday, May 16 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter

Tuesday, May 15 – 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 **NEW DAY!**

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

Tampa Chapter **NEW LOCATION!**

Wednesday, May 23 – 11:00 am to 1:00 pm
Springhill Suites by Marriott
4835 West Cypress Street • Tampa, FL 33607

West Palm Beach Chapter

Wednesday, May 2 – 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

New York Chapters

Bronx – Joseph James Chapter

Friday, May 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, May 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, May 18 • 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 25 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter

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

New Hyde Park – Eleanor Tilson Chapter

Tuesday, May 15 • 2:00 pm to 3:30 pm
Northwell Health (formerly NS-LIJ) Cohen Children's Medical Center
Cafeteria – Lower Level
269-01 76th Avenue • New Hyde Park, NY 11040

North Bronx – Bernard Minter Chapter

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

Queens – Edward Garrins Chapter

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

Staten Island Chapter

Tuesday, May 8 • 1:30 pm to 3:00 pm
1199SEIU Training and Employment Funds Office
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

Suffolk County Chapter

Thursday, May 10 • 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 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, May 18 • 9:30 am to noon

Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For more information, call (843) 861-1265.