

1199SEIU Benefit and Pension Funds
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Important News

December 2018 ABOUT CHAPTER MEETINGS AND CLASSES!



Questions: Call (646) 473-8666
Outside NYC: (800) 575-7771
www.1199SEIUBenefits.org

1199SEIU
Retired Members
Bulletin

There are no classes or chapter meetings in NYC, Long Island or the Carolinas in December. Watch for the return of your calendar and chapter meeting schedule in January.

In the meantime, take a moment to look at all of the classes and activities your Retired Members Division offers and think about trying something new next year!

Art: Brush up on your drawing, painting or sculpting skills—or explore one of these art forms for the first time.

Art History: Discover the genius of the great masters, and learn the history behind their most famous works.

Arts & Crafts: Unleash your creativity with fun, do-it-yourself projects while socializing with your fellow retirees.

Bingo: Engage in a bit of friendly competition with fellow retirees—and even make new friends!

Chi Gong: Relieve stress with this combination of slow body movements, deep breathing and meditation, performed while seated or standing.

Choral Group: Lend your voice to this talented group of singers who perform at local nursing homes and special events throughout the city.

Dance: Get moving with the latest dance steps in a fun, no-pressure environment.

Drama: Act now! Read plays aloud and discuss how their themes relate to daily life—no experience or memorization required.

Falun Dafa: Engage both your body and mind with this combination of five slow-moving exercises and meditation.

Knitting & Crocheting: Enjoy this relaxing and creative craft while making timeless pieces for yourself, family and friends.

Latin Dance: Take a spin on the dance floor, and cha-cha, salsa and merengue your way to fitness and health.

Mindfulness Meditation: Learn how to focus and calm your mind to better manage anxiety, chronic pain or just the pressures of daily life.

Opera Appreciation: Whether you're an opera fan or can only hum along to the "famous ones," you'll gain a greater appreciation of this classic art form.

Photography: Tap into your visual creativity and get great tips on taking amazing photos.

Quilting: If you're just starting out or you've been quilting for years, you will get inspiration—and handy tips—to create colorful and intricate designs.

Sewing: Learn the basics of handling a needle and thread or pick up new techniques from our skilled instructors.

Shakespeare: Appreciating Shakespeare just got easier! This class brings to life timeless works like *Romeo and Juliet* and *Hamlet*.

Tai Chi: This graceful form of exercise features a series of gentle, flowing moves that are said to help reduce tension and promote serenity.

Yoga: Beginners and experts alike can practice these classic poses and breathing techniques to improve strength, flexibility and balance.



Zumba: You'll have such a great time with this energetic, dance-based exercise routine, you'll forget it's a real calorie-burning workout!



New York-Area Retirees:

We Are Switching to a New Medicare Advantage Plan

As of January 1, 2019, retirees who live in the five boroughs of New York or Nassau, Suffolk or Westchester County and receive supplemental health coverage through the Benefit Fund will switch from the 1199SEIU EmblemHealth VIP Medicare Plan to the 1199SEIU Aetna Medicare Advantage Plan. We are making this a seamless transition for you, and you will experience no disruption in coverage. Under the new plan, you will continue to have the same comprehensive medical and prescription drug coverage but with a broader network of doctors. Keep an eye on your mail for your plan welcome kit, with details about your dental coverage and your new ID cards.

Calling All Retired Nurses!

The nurses' meeting will be on Friday, December 21, from 10:00 am to noon, at 330 West 42nd Street, 9th Floor.

The Retired Members Department holds quarterly meetings to help licensed practical nurses stay connected with each other and informed about the latest educational and social issues affecting them. Join us in March, June, September and December—we hope you'll get involved!

Sign Up for "Seniors Out Speaking" NO MEETINGS IN DECEMBER

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.

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.

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.

Save the Date! 1199SEIU Florida Retiree Banquet

The annual Florida Retiree Banquet will be held on Tuesday, April 16, 2019, at the Orlando World Center Marriott, 8701 World Center Drive, Orlando, FL 32821

Tickets will **only** be sold at Florida chapter meetings during the months of January, February and March and **must be purchased with a money order**. Please leave the "PAY-TO" area of your money order blank until after your membership has been verified. The cost per ticket is \$10 per member and \$20 per guest.

Important: All ticket purchases are subject to verification of membership. No cash or checks will be accepted. No ticket purchases or reservations by mail or at the door. Each retiree may bring ONE guest.

PLEASE NOTE: THERE ARE NO NEW YORK CITY, LONG ISLAND OR NORTH AND SOUTH CAROLINA CHAPTER MEETINGS IN DECEMBER.

Florida Chapters

Broward – Leon Davis Chapter

Tuesday, December 11 – 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, December 20 – 11:00 am to 1:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter

NO CHAPTER MEETING IN DECEMBER

The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

Miami-Dade – Ossie Davis Chapter

Thursday, December 6 – 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street • Miami Gardens, FL 33169

North Port Chapter

NO CHAPTER MEETING IN DECEMBER

Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter

Wednesday, December 19 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32808

Palm Bay/Melbourne Chapter

Tuesday, December 18 – 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**

Monday, December 10 – 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, December 13 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter

NO CHAPTER MEETING IN DECEMBER

Springhill Suites by Marriott
4835 West Cypress Street • Tampa, FL 33607

West Palm Beach Chapter

Wednesday, December 5 – 11:00 am to 1:00 pm
St. Christopher's Episcopal Church – Parish Hall
1063 North Haverhill Road • West Palm Beach, FL 33417

For further information, contact Elizabeth (Lisa) Tilson:
Elizabeth.Tilson@1199Funds.org; Toll-free: (877) 369-8340
Palm Beach County: (561) 367-3739; Fax: (561) 617-7099
PO Box 6688, Delray Beach, FL 33482

North & South Carolinas Chapter

Friday, December 7 • 9:30 am to noon

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