“Party Dance Moves” Now in Staten Island!

Get ready for the dance floor with this low-impact but high-energy dance class at our Staten Island chapter. The class meets four Thursdays per month, from 1:30 pm to 2:30 pm.

Retirees Celebrate at Annual Anne Shore Banquet

More than 1,250 retirees and their guests rang in the holidays on November 26 at the Annual Anne Shore Banquet in Manhattan. The seniors reconnected with old friends before taking to the dance floor and giving proof to the motto “Retired, but Active!”
A Message from the Executive Director

Dear Retired Members,

In the October issue of your 1199SEIU Retired Members Bulletin, we were happy to report that the Union and the League of Voluntary Hospitals and Homes of New York had reached a new collective bargaining agreement, which protects the benefits of National Benefit Fund members and retirees. Now we are pleased to inform you that at the time this issue went to press, the Union and Greater New York employers had reached an agreement on a new contract that protects the benefits of Greater New York members and retirees. We will keep you updated on any further developments.

While I regret missing the annual Anne Shore Banquet in Manhattan this past November, I am grateful to our Chief Medical Officer, Dr. Van H. Dunn, and Chief Operating Officer, Dr. Donna Rey, for stepping in and reporting to you on some important issues. Dr. Dunn discussed our implementation of the new 1199SEIU Aetna Medicare Advantage Plan, which began administering retiree health benefits for retirees living in New York City, Long Island and Westchester on January 1. And Dr. Rey shared information on the status of our pension funds as our numbers continue to grow—last year, we welcomed about 7,700 new retirees, bringing the total number receiving a pension from the Funds to nearly 110,000. The gathering was also a chance to bid farewell to Lourdes Rodriguez-Dox, our Retired Members Division Manager, who retired after more than 30 years at the Union and the Funds. Her dedication and commitment to our retirees were legendary, and she will be sorely missed. I look forward to seeing many of you at the Annual Florida Retiree Banquet in April.

In addition to your regular updates about classes and chapter meetings in this issue, you will hear from President Mary Stovall-Merrill and read an important message from Union President George Gresham.

As always, please remember that your Benefit and Pension Funds are always here to help you. If you have any questions about your health or pension benefits, please do not hesitate to call our Retiree Services representatives at (646) 473-8666 or (800) 575-7771.

Sincerely,

[Signature]

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 575-7771

February 2019
Dear Sisters and Brothers,

I hope you and your families celebrated a happy and healthy holiday season, and I trust your 2019 is off to a great start. A special thank you to all who attended the annual Anne Shore Banquet in New York City in November. As in previous years, it was a wonderful celebration for the 1199SEIU retiree community, with old and new friends having the opportunity to mingle, dance and enjoy each other’s company.

Following the whirlwind activity during the holidays, we now find ourselves in the middle of the winter season, with shorter days and unpredictable weather possibly affecting our mood and activity level. But this is the perfect time to create new routines, make changes and renew efforts to live a healthy lifestyle. As members of 1199SEIU, you have a long list of exciting ways to get involved, through free classes and programs at Benefit Fund Headquarters and at our chapters throughout the city, Long Island, Westchester County, the Carolinas and Florida. Stay up to date on all classes and activities by reviewing the 1199SEIU Retired Members Bulletin or browsing the online class schedule at www.1199SEIUBenefits.org/retiree-activities/.

As you no doubt know, we celebrate Black History Month in February, and the spirit of unity and engagement is more important than ever. As you make plans to stay involved and informed, please join us in our outreach efforts for those who may be experiencing less mobility due to illness or disability. Taking the time to visit with homebound retirees or bringing them to an event or chapter meeting helps them (and you!) stay connected and energized.

As the family of 1199SEIU retirees continues to grow, so does the importance of staying active and engaged in protecting our benefits. Together, we can make great strides toward supporting one another and strengthening programs that will enrich our community for years to come.

In solidarity,
Mary Stovall-Merrill

Estimados Hermanos y Hermanas,

Espero que usted y su familia hayan tenido una feliz y saludable temporada de fiestas, y confío en que su 2019 haya tenido un buen comienzo. Quiero agradecer especialmente a todos los que asistieron al Banquete Anual Anne Shore en la ciudad de Nueva York en noviembre. Como en años anteriores, fue una celebración maravillosa para la comunidad de jubilados de 1199SEIU, con viejos y nuevos amigos que tuvieron la oportunidad de relacionarse, bailar y disfrutar de la compañía del otro.

Después del torbellino de actividades durante las fiestas, ahora nos encontramos en medio de la temporada de invierno, con días más cortos y un clima impredecible que posiblemente afecte nuestro estado de ánimo y nivel de actividad. Pero este es el momento perfecto para crear nuevas rutinas, hacer cambios y renovar los esfuerzos a fin de llevar un estilo de vida saludable. Como miembro de 1199SEIU, tiene una gran lista de alternativas interesantes para participar, a través de clases y programas gratuitos en la sede del Fondo de Beneficios y en nuestras agrupaciones de la ciudad, Long Island, el condado de Westchester, las Carolinas y Florida. Manténgase al día sobre todas las clases y actividades revisando el Boletín de Miembros Jubilados de 1199SEIU o explorando el programa de clases en línea en www.1199SEIUBenefits.org/retiree-activities/.

Como seguramente sabe, en febrero celebramos el Mes de la Historia Afroamericana, y el espíritu de unidad y compromiso es más importante que nunca. A medida que hace planes para seguir involucrado e informado, únase a nosotros en nuestros esfuerzos de difusión a fin de llegar a aquellos que pueden estar experimentando menos movilidad debido a una enfermedad o discapacidad. Tomarse el tiempo para visitar a los jubilados confinados en el hogar o llevarlos a un evento o una reunión de la agrupación los ayuda (¿y a usted también?) a mantenerte conectados y energizados.

A medida que la familia de jubilados de 1199SEIU continúa creciendo, también lo hace la importancia de mantenerse activo y comprometido en proteger nuestros beneficios. Juntos, podemos lograr grandes avances para apoyarnos mutuamente y fortalecer los programas que enriquecerán a nuestra comunidad en los próximos años.

En solidaridad,
Mary Stovall-Merrill
Dear Sisters and Brothers,

The morning after the 2016 presidential elections, when we woke up to President Donald Trump, I knew we were in a world of trouble. Rather, we thought we knew. In fact, we could not imagine how bad things would get.

What has followed has been two years of corruption and self-enrichment, hatred, racism, misogyny, bigotry and downright cruelty aimed at immigrants, people of color, women, the LGBTQ community, even victims and survivors of hurricanes and wildfires. And so many lies—The Washington Post counted nearly 7,000 in President Trump’s first 675 days in office.

Trump would like us to forget—but we must not—that he was the least popular presidential candidate in modern history and lost the popular vote by 3 million. Ever since, he has acted as president of his “base” and not of the American people as a whole.

And still the entire Republican leadership has joined the Party of Trump, cheering on the kidnapping of immigrant children and locking them in cages; voting to gut the Affordable Care Act (including insurance for those with pre-existing conditions); voting for tax “reform” that transfers $2 trillion from taxes on working families and our children to billionaires and their corporations; and stacking federal courts, including the Supreme Court, with far-right ideologues.

But immediately after Trump’s election, an unprecedented grassroots resistance developed, starting with millions joining the Women’s Marches the day after Trump’s inauguration. The American majority had launched its fight-back. When Trump’s neo-fascist supporters marched in Charlottesville and Boston, they were outnumbered by thousands of anti-racist workers and students. When Trump and the National Rifle Association dised the survivors of the Parkland, Florida, high school massacre, the students organized the biggest movement against gun violence the country has ever seen.

And then came the midterm elections. On November 6, Democrats running for the House of Representatives got 8 million more votes than Republicans, flipping 40 Republican seats to become the new House majority. Democrats running for the U.S. Senate got 10 million more votes than Republicans. Democrats also beat seven incumbent Republican governors and flipped 400 state legislative seats.

The victories were largely due to energetic grassroots anti-Trump activism independent of the national Democratic Party. Finally the House of Representatives now begins to look more like the people being represented. For the first time, African-American women represent Massachusetts, Connecticut and Georgia; Latina women represent Texas, and Native Americans represent Kansas and New Mexico. They are joined by the first two Muslim women in congressional history.

Together with their colleagues, they will be a check on Mr. Trump and the GOP-led Senate, and are a voice for healthcare expansion, a national $15 minimum wage, affordable higher education, protecting our water and air, etc. Now we can breathe a little easier. The key words in that sentence are “a little.” Trump is still in the White House, and his partners in the Senate will continue to try to pack the courts for the next generation.

As you know, justice, like freedom, is a constant struggle. Get ready to meet the challenges we’ll face together in 2019.

In solidarity,

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

**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

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.

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

**Staten Island**
Thursdays, 1:30 pm to 2:30 pm
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

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.

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, February 7 • 9:30 am to noon
330 West 42nd Street, 33rd Floor (Penthouse) • New York, NY 10036

**Staten Island**
Tuesday, February 12 • 3:00 pm to 4:30 pm
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

**Hicksville**
Tuesday, February 19 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

**Shakespeare Class**
Tuesdays, 12:30 pm to 1:30 pm
1199SEIU RMD, 330 West 42nd Street, 9th Floor

The class is reading A Midsummer’s Night Dream, a phantasmagorical comedy of love and loss, framed by the mischievous antics of imps, spirits, gods and goddesses.

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.

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 575-7771
**New York FEBRUARY CALENDAR**

**MONDAY**

| 4 | 10-11 | Chi Gong (BKLYN) |
| 5 | 10-11 | Yoga/Meditation (QNS) |
| 6 | 10-11 | Opera Appreciation |
| 7 | 10-11 | Dance (BKLYN) |
| 8 | 10-11 | Hatha Yoga (QNS) |
| 9 | 10-11 | Mindfulness Meditation (BKLYN) |
| 10 | 10-11 | Art History |
| 11 | 10-11 | Dance (QNS) |
| 12 | 10-11 | Arts & Crafts (BKLYN) |

**TUESDAY**

| 4 | 10:10 | Yoga/Meditation (Hicksville) |
| 5 | 10:10 | Yoga/Meditation (Hicksville) |
| 6 | 10:10 | Yoga (Beg) (Hicksville) |
| 7 | 10:10 | Yoga (Beg) (Hicksville) |
| 8 | 10:10 | Yoga (Beg) (QNS) |

**WEDNESDAY**

| 4 | 10:10 | Yoga (Beg) (QNS) |
| 5 | 10:10 | Yoga (Adv) (Hicksville) |
| 6 | 10:10 | Yoga (Adv) (Hicksville) |
| 7 | 10:10 | Yoga (Adv) (QNS) |
| 8 | 10:10 | Yoga (Adv) (QNS) |

**THURSDAY**

| 4 | 10:10 | Yoga (Beg) (QNS) |
| 5 | 10:10 | Yoga (Beg) (QNS) |
| 6 | 10:10 | Yoga (Beg) (QNS) |
| 7 | 10:10 | Yoga (Beg) (QNS) |
| 8 | 10:10 | Yoga (Beg) (QNS) |

**FRIDAY**

| 4 | 10:10 | Yoga (Beg) (QNS) |
| 5 | 10:10 | Yoga (Beg) (QNS) |
| 6 | 10:10 | Yoga (Beg) (QNS) |
| 7 | 10:10 | Yoga (Beg) (QNS) |
| 8 | 10:10 | Yoga (Beg) (QNS) |

**All classes are held at our Manhattan Headquarters unless otherwise indicated.**

**Questions: Call (646) 473-8666 • Outside NYC (800) 575-7771**

February 2019
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

Program: Registration begins at 9:00 am. Enjoy a continental breakfast until the town hall meeting at 10:30 am. A banquet luncheon will be served at 11:45 am, followed by entertainment and dancing until 3:00 pm.

Reservations Are Required: Reservation forms will be available onsite at the February and March chapter meetings, where tickets will also be sold. Tickets must be purchased with a money order, and all 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. The cost per ticket is $10 per member and $20 per guest. Please leave the “PAY TO” area of your money order blank until after your membership has been verified. Money orders should then be made payable to 1199SEIU NBF. (For retirees’ convenience, the Florida-based check cashing company Amscot does not charge for money orders.)

Banquet Reservation Deadline Is Friday, March 22, 2019: Members who do not buy their tickets at a chapter meeting, who cannot attend a meeting or who live outside meeting areas may request a reservation form from Lisa Tilson (see below). This form must be submitted no later than March 22. To receive your ticket(s) and bus information, mail your money order and reservation form, along with a self-addressed, stamped envelope, to: Lisa Tilson, PO Box 6688, Delray Beach, FL 33482.

DO NOT SEND YOUR MONEY ORDER WITHOUT A RESERVATION FORM.

Hotel Reservation Deadline Is Wednesday, March 13, 2019: To reserve a room at the Orlando World Center Marriott, call (407) 239-4200 or (888) 789-3090, or visit https://book.passkey.com/go/benefit2019. The room reservation block is “1199SEIU National Benefit and Pension Funds Banquet” at a special rate of $171 per night.

Car Transportation: If you are driving to the Orlando World Center Marriott, parking is $11 plus tax per car. Be sure to ask for your discount parking coupon at the banquet.

Bus Transportation: Reserved bus seats will be available only in chapter areas. The bus schedule will appear in the March 1199SEIU Retired Members Bulletin and will also be given out at the March chapter meetings.

If you need a reservation form, or have any further questions about the 1199SEIU Florida Retiree Banquet, contact Lisa Tilson at (877) 369-8340 (toll free), (561) 617-7099 (fax) or Elizabeth.Tilson@1199Funds.org.

New 1199SEIU Aetna Medicare Advantage Plan Improves Access, Care and Service

For retirees receiving health benefits in New York City, Long Island and Westchester County, the Benefit Fund switched to the 1199SEIU Aetna Medicare Advantage Plan from EmblemHealth, effective January 1. The move gives you access to a broader network of physicians, with no premiums or co-pays for primary care visits. Your doctor is likely already a participating provider. In addition, your medical, dental and prescription drug benefits are all covered under the Aetna plan. And now you can access even more benefits to help you maintain your health, such as home visits, care management programs and preventive screenings, as well as improved coverage for routine hearing and vision exams.

We hope the transition has been a smooth one for you, but if you have any questions about your benefits, please call our Retiree Services Center at (646) 473-8666 or Aetna 1199SEIU Member Services at (877) 839-1055.
**Florida Chapters**

**Broward – Leon Davis Chapter**  
Tuesday, February 5 – 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, February 21 – 12:45 pm to 2:45 pm  
Casselberry Public Library  
215 North Oxford Road • Casselberry, FL 32707

**Fort Myers Chapter**  
Monday, February 25 – 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, February 7 – 10:30 am to 12:30 pm  
Norland United Methodist Church  
885 NW 195th Street • Miami Gardens, FL 33169

**North Port Chapter**  
Tuesday, February 26 – 11:00 am to 1:00 pm  
Morgan Family Community Center  
6207 West Price Blvd. • North Port, FL 34291

**Orlando Chapter**  
Wednesday, February 20 – 11:00 am to 3:00 pm  
UAW Local #788  
1825 West Oak Ridge Road • Orlando, FL 32809

**Palm Bay/Melbourne Chapter**  
Tuesday, February 19 – 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**  
Monday, February 4 – 11:00 am to 1:00 pm  
Port St. Lucie Community Center  
2195 SE Airoso Blvd. • Port St. Lucie, FL 34984

**South Palm Beach Chapter**  
Thursday, February 14 – 10:00 am to noon  
Temple Anshei Shalom  
7099 West Atlantic Avenue • Delray Beach, FL 33446

**Tampa Chapter**  
Wednesday, February 27 – 11:00 am to 1:00 pm  
Springhill Suites by Marriott  
4835 West Cypress Street • Tampa, FL 33607

**West Palm Beach Chapter**  
Wednesday, February 6 – 11:00 am to 1:00 pm  
St. Christopher’s Episcopal Church – Parish Hall  
1063 North Haverhill Road • West Palm Beach, FL 33417

For more 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

**New York Chapters**

**Bronx – Joseph James Chapter**  
Friday, February 8 • 11:00 am to 1:00 pm  
1199SEIU Healthcare & Education Center  
2501 Grand Concourse, Room 301 • Bronx, NY 10468

**Brooklyn – Marshall Dubin Chapter**  
Wednesday, February 27 • 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, February 15 • 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, February 22 • 10:30 am to noon  
Jefferson Senior Center  
2205 First Avenue • New York, NY 10029

**Hicksville – Milton Konowe Chapter**  
Wednesday, February 20 • 11:00 am to 1:00 pm  
1199SEIU Hicksville Office  
100 Duffy Avenue • Hicksville, NY 11801

**New Hyde Park – Eleanor Tilson Chapter**  
Tuesday, February 19 • 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, February 12 • 12:00 pm to 2:00 pm  
Holy Rosary Church  
1510 Adee Avenue (enter at parking lot) • Bronx, NY 10469

**Queens – Edward Garrins Chapter**  
Tuesday, February 26 • 11:30 am to 1:00 pm  
Majority Baptist Church  
115-21 Farmers Blvd. • St. Albans, NY 11412

**Staten Island Chapter**  
Tuesday, February 12 • 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**  
NO CHAPTER 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, February 6: 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, February 15 • 9:30 am to noon  
Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150  
For more information, call (843) 861-1265.