

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

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Manhattan Headquarters

Thursday, May 2

9:30 am to noon

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

Staten Island

Tuesday, May 14

3:00 pm to 4:30 pm

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

Hicksville

Tuesday, May 21

9:30 am to noon

100 Duffy Avenue, 3rd Floor
Hicksville, NY 11801

Important News

May 2019

ABOUT CHAPTER MEETINGS AND CLASSES!

Questions: Call (646) 473-8666

Outside NYC: (800) 575-7771

www.1199SEIUBenefits.org



1199SEIU
Retired Members
Bulletin



A Message from the Executive Director

Un Mensaje de la Directora Ejecutiva

Dear Retired Members,

Our numbers continue to grow—we welcomed 7,700 new pensioners in 2018! While the largest number of our retirees live in the New York City area, more and more retirees are living in other states. In fact, we just added a new chapter in Georgia, where thousands of our retirees now live. Georgia retirees held their chapter kickoff in Atlanta in March. Chapter meetings help you connect with old friends and former co-workers, and stay informed on the many issues affecting retirees. We hope all will take advantage of the resources and camaraderie the new chapter offers.

In other chapter news, our retirees in Orlando, Florida, elected to rename their chapter the Orlando – George Gresham Chapter, named for our 1199SEIU United Healthcare Workers East President. I was happy to join retirees in April at our Annual Florida Retiree Banquet, where we celebrated the renaming and honored George in person.

As always, I hope that you know your Benefit and Pension Funds are here to help you. If you ever have 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,

Nuestros números siguen creciendo: ¡les dimos la bienvenida a 7,700 pensionados nuevos en 2018! Si bien la mayoría de nuestros jubilados viven en el área de la ciudad de Nueva York, cada vez más de ellos viven en otros estados. De hecho, acabamos de agregar una agrupación nueva en Georgia, donde ahora viven miles de ellos. Los jubilados de Georgia realizaron el lanzamiento de su agrupación en Atlanta en marzo. Las reuniones de la agrupación le ayudan a ponerse en contacto con viejos amigos y excolegas y estar al tanto de los numerosos asuntos que afectan a los jubilados. Esperamos que todos se beneficien de los recursos y el compañerismo que ofrece la agrupación nueva.

Respecto de otras noticias sobre agrupaciones, nuestros jubilados de Orlando, Florida, decidieron cambiar el nombre de su agrupación a Agrupación George Gresham de Orlando en honor al presidente de 1199SEIU United Healthcare Workers East. Me alegró reunirme con los jubilados en abril en el Banquete Anual de Jubilados de Florida, donde celebramos el renombramiento y honramos a George en persona.

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 uno de nuestros representantes de Servicios a Jubilados al (646) 473-8666 o al (800) 575-7771.

Atentamente,



President's Message

Mensaje de la Presidenta

Dear Sisters and Brothers,

You've heard the saying "Stop and smell the roses": Well, with spring in full swing, now is a great time to do just that! The New Year often gets all of the attention, with resolutions and fresh starts, but spring is the perfect season to renew health efforts, take part in new activities and enjoy time with friends and family. I know 1199SEIU retirees are an enthusiastic, active community not interested in "slowing down," but while keeping up with busy schedules, it's also important to create time for yourself and be mindful of your stress levels and overall health. You'd be surprised just how much stress impacts us: it can affect sleep, mood and even our physical health. But don't worry—there are plenty of ways to stay active without overextending yourself.

Our Retired Members Division offers a number of classes in New York City that focus on maintaining the health of your mind and body, whether it's through moving with ease in a Tai Chi class or taking time to quiet your thoughts through meditation. Wellness isn't just about our physical health. Sometimes simply doing an activity you love, such as reading or knitting, can be enough to put your mind at ease and lift your spirits. And if you're among the many 1199SEIU retirees fortunate enough to have supplemental health coverage, all of this "spring cleaning" can be a great motivator to get any needed preventive screenings.

May also calls to mind fond memories, anchored by the celebration of Mother's Day. I would like to honor all of the mothers and mother figures in our community, and I encourage you to celebrate the difference you can make in the lives of those around you. As we recall experiences from the past, it is important to also look ahead. Each of us has unique skills and talents, and I encourage each of you to take a moment to think about ways to share them, be it by participating in retiree events, attending local chapter meetings or lending your voice to Union causes. Let's continue to make memories, learn from one another and nurture our health!

In solidarity,
Mary Stovall-Merrill

Estimados Hermanos y Hermanas,

Conocen el dicho "Disfruta de las pequeñas cosas de la vida". Bueno, con la primavera en pleno apogeo, ¡este es el momento ideal para hacer eso! El Año Nuevo a menudo se lleva toda la atención, con resoluciones y nuevos comienzos, pero la primavera es la estación perfecta para renovar las iniciativas de salud, participar en actividades nuevas y disfrutar con amigos y familiares. Sé que los jubilados de 1199SEIU son una comunidad entusiasta y activa que no está interesada en "ir más lento" pero, aunque sigamos el ritmo de un horario agitado, también es importante que dedique tiempo a usted mismo y sea consciente de sus niveles de estrés y salud general. Le sorprendería saber cuánto nos afecta el estrés: puede afectar el sueño, el estado de ánimo e incluso la salud física. Pero no se preocupe, hay muchas formas de mantenerse activo sin excederse.

Nuestra División de Miembros Jubilados ofrece varias clases en la ciudad de Nueva York que se centran en mantener la salud de su cuerpo y mente, ya sea una clase de taichí en la que se mueva con tranquilidad o a través de meditación que le permita tomarse un tiempo para calmar sus pensamientos. El bienestar no solo se trata de nuestra salud física. A veces basta con hacer una actividad que le apasione, como leer o tejer, para tranquilizar su mente y mejorar su ánimo. Y si está entre los tantos jubilados de 1199SEIU que son lo suficientemente afortunados como para recibir cobertura de salud complementaria, toda esta "limpieza de primavera" puede ser una gran motivación para hacerse los exámenes médicos preventivos que necesite.

El mes de mayo también nos trae cálidos recuerdos debido a la celebración del Día de la Madre. Me gustaría homenajear a todas las madres y figuras maternas en nuestra comunidad, y los animo a celebrar la diferencia que pueden marcar en las vidas de las personas a su alrededor. A medida que recordamos experiencias pasadas, también es importante mirar hacia adelante. Cada uno de nosotros tiene habilidades y talentos únicos, y aliento a cada uno de ustedes a tomarse un momento para pensar en formas de compartirlos, ya sea al participar en eventos de jubilados, asistir a reuniones de agrupaciones locales o expresarse en causas de sindicatos. ¡Sigamos creando recuerdos, aprendiendo el uno del otro y cuidando nuestra salud!

En solidaridad,
Mary Stovall-Merrill



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

PRESIDENT / PRESIDENTE, 1199SEIU UNITED HEALTHCARE WORKERS EAST

Dear Sisters and Brothers,

With 18 more months until the 2020 national election, the mass media is, as always, in permanent campaign mode—handicapping who’s going to win, who’s likable, who has no chance, who’s supporting whom and so on. The issues—what is most important about an election—are considered secondary.

We working folk would be making a mistake to think like that. Our lives, our jobs, our families are at stake in the elections. We need to know who stands with us, and who stands against us.

No point even talking about the GOP candidate. By now, we all know much too much about where Donald Trump stands. On the other hand, more than a dozen Democratic candidates are already in the running. Many of them are promoting progressive policies and exciting new positions regarding universal healthcare, free public education—including at the university level—livable minimum wages, taxing the wealthy and corporations to pay their fair share, saving the planet from catastrophic climate change, rescuing comprehensive immigration reform from cruelty and torture on our southern border, among other vital concerns.

But so far, among the 2020 candidates, we haven’t yet heard any discussion about the rights of working people to organize to defend themselves and their families. And it is the rare candidate who is ready to walk the walk—or even walk the picket line—as well as talk the talk. We’ll be looking for those who are ready to do that.

We want to hear candidates who use their campaign to openly assert not only the right but also the value and importance of workers organizing to better their economic and social conditions—to bring democratic principles to the workplace.

Today’s candidates projecting progressive programs often find inspiration in the Franklin Delano Roosevelt administration in the 1930s. Perhaps the most audacious program being proposed today, the Green New Deal, even takes its name from FDR’s New Deal. It was in that period that 1199 was founded.

Back then, the labor movement, in partnership with FDR, gave us Social Security, Workers’ Compensation, unemployment insurance, the 40-hour work week, an end to child labor, and the right to organize, bargain collectively and strike. These great social advances had, until then, been considered impractical, naive and impossible to achieve.

But over the past decades, under administrations of both parties, Congress and state legislatures have, piece by piece, dismantled workers’ rights, fueled by millions of dollars from the Chamber of Commerce, Wall Street, Big Pharma, the oil, gas and tech industries, and global retail outfits like Walmart and Amazon, as well as hard-right industrial giants like Koch Industries. (It should be added that the passivity of many unions—the failure to educate, organize and defend their members in the face of these attacks—has also taken its toll.)

Eight decades ago, when FDR first embraced labor law and pressed Congress to respect workers, he did it because workers themselves demanded it—in the streets, on their jobs and at the ballot box. Much has changed since then, but some things haven’t. In the 2020 elections, we will need political leaders to become advocates and fighters on behalf of workers, and we need to organize and mobilize ourselves to demand that they do so. Best to get ready now.

In solidarity,

George Gresham

Queridos Hermanos y Hermanas,

A 18 meses de las elecciones nacionales de 2020, los medios de comunicación están, como siempre, en modo de campaña permanente: evaluando quién ganará, quién es agradable, quién no tiene oportunidad, quién apoya a quién y demás. Los problemas, que son lo más importante en una elección, se consideran secundarios.

Nosotros, los trabajadores, estaríamos cometiendo un error si los consideráramos de esa manera. Nuestras vidas, trabajos y familias están en juego en las elecciones. Necesitamos saber quién está con nosotros y quién está en contra.

Ni siquiera tiene sentido hablar del candidato del Partido Republicano. A esta altura, ya sabemos muy bien dónde está parado Donald Trump. Por otra parte, ya hay más de una docena de candidatos demócratas posibles. Muchos de ellos promueven políticas progresistas y nuevas posturas interesantes sobre la atención de la salud universal, la educación pública gratuita (incluso a nivel universitario), salarios mínimos con los que se pueda vivir, el cobro de impuestos a los ricos y a las corporaciones para que paguen lo que les corresponde, salvar al planeta de la catástrofe del cambio climático, preservar las reformas de inmigración integrales y evitar la crueldad y la tortura en nuestra frontera sur, entre otras cuestiones fundamentales.

Pero hasta ahora, entre los candidatos de 2020, aún no hemos oído discusión alguna sobre los derechos de los trabajadores para organizarse y defenderse a sí mismos y a sus familias. Y rara vez aparece un candidato dispuesto a actuar (o participar en las huelgas), además de hablar. Estaremos al tanto de aquellos que estén dispuestos a hacerlo.

Queremos oír a candidatos que utilicen su campaña para defender abiertamente no solo el derecho sino también el valor y la importancia de los trabajadores que se organizan para mejorar las condiciones sociales y económicas y aportar principios democráticos al lugar de trabajo.

Los candidatos de hoy que proyectan programas progresistas a menudo se inspiran en la gestión de Franklin Delano Roosevelt en la década de 1930. Tal vez el programa más audaz que se propone hoy, el Green New Deal (Nuevo Trato Verde), incluso adopta el nombre del New Deal (Nuevo Trato) de F. D. Roosevelt. Fue en ese período que 1199 se fundó.

En aquel momento, el movimiento obrero, junto con F. D. Roosevelt, nos dieron el Seguro Social, la indemnización por accidentes y enfermedades laborales, el seguro de desempleo, la semana laboral de 40 horas, la prohibición del trabajo infantil y el derecho de organizar, negociar de manera colectiva y hacer huelga. Hasta ese momento, estos grandes avances sociales habían sido considerados imprácticos, ingenuos e imposibles de lograr.

Pero a lo largo de las últimas décadas, durante la gestión de ambos partidos, el Congreso y las legislaturas estatales han desmantelado poco a poco los derechos de los trabajadores con la ayuda de millones de dólares de la Cámara de Comercio, Wall Street, Big Pharma, las industrias de tecnología, gas y petróleo, y las organizaciones minoristas globales como Walmart y Amazon, así como los gigantes de la industria de extrema derecha como Koch Industries. (Cabe añadir que la pasividad de muchos sindicatos respecto de la incapacidad de educar, organizar y defender a sus miembros frente a estos ataques ha causado estragos.)

Hace ocho décadas, cuando F. D. Roosevelt adoptó la ley laboral por primera vez y presionó al Congreso para que respetara a los trabajadores, lo hizo porque los mismos trabajadores lo exigían, ya fuera en las calles, sus trabajos o en las urnas. Mucho cambió desde ese momento, pero algunas cosas no lo hicieron. En las elecciones de 2020, necesitaremos que los líderes políticos se conviertan en defensores y luchadores en nombre de los trabajadores, y necesitamos organizarnos y movilizarnos para exigir que así lo hagan. Mejor prepararnos ahora.

En solidaridad,

George Gresham

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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 Rm. 1
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



Shakespeare Class Suspended

There will be no Shakespeare classes in May, June or July. The class will resume in September with a new play.

**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.

“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.

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 11801

Queens Mondays, 12:30 pm to 1:30 pm

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

Jamaica, NY 11412

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Health Meeting Topics*</p> <p>May: Chronic Conditions and the Importance of Annual Checkups</p> <p>June: Preventing Falls</p> <p><i>*Presented by the National Benefit Fund Wellness Department Health Educators</i></p> <p>All classes are held at our Manhattan Headquarters unless otherwise indicated.</p>		<p>1</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>10:15-11:15 Tai Chi (White Plains)</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>2</p> <p>10-11 Tai Chi</p> <p>11-12 Yoga</p> <p>11-12 Yoga (Beg) (Suffolk Co)</p> <p>12-1 Meditation (Suffolk Co)</p> <p>12-1 Lunch Club</p> <p>1:30-2:30 Party Dance Moves (SI)</p> <p>2:30-3:30 Chair Yoga (SI)</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>3</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>6</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>7</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>12:30-3 Art</p> <p>1:15-2:15 Zumba Gold (QNS)</p> <p>1:30-2:30 Zumba (SI)</p> <p>1:30-3 Discussion Group</p> <p>2:30-3:30 Mat Yoga (SI)</p>	<p>8</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>10:15-11:15 Tai Chi (White Plains)</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>9</p> <p>10-11 Tai Chi</p> <p>11-12 Yoga</p> <p>12-1 Lunch Club</p> <p>1-3 General Membership Meeting</p> <p>1:30-2:30 Party Dance Moves (SI)</p> <p>2:30-3:30 Chair Yoga (SI)</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>10</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>13</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>14</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>12:30-3 Art</p> <p>1:15-2:15 Zumba Gold (QNS)</p> <p>1:30-3 Discussion Group</p>	<p>15</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>10:15-11:15 Tai Chi (White Plains)</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>16</p> <p>10-11 Tai Chi</p> <p>11-12 Yoga</p> <p>11-12 Yoga (Beg) (Suffolk Co)</p> <p>12-1 Meditation (Suffolk Co)</p> <p>12-1 Lunch Club</p> <p>1-3 Birthday Party</p> <p>1:30-2:30 Party Dance Moves (SI)</p> <p>2:30-3:30 Chair Yoga (SI)</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>17</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>20</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>21</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>12:30-3 Art</p> <p>1-2 Yoga (New Hyde Park)</p> <p>1:15-2:15 Zumba Gold (QNS)</p> <p>1:30-2:30 Zumba (SI)</p> <p>1:30-3 Discussion Group</p> <p>2:30-3:30 Mat Yoga (SI)</p>	<p>22</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>10:15-11:15 Tai Chi (White Plains)</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>23</p> <p>10-11 Tai Chi</p> <p>11-12 Yoga</p> <p>11-12 Yoga (Beg) (Suffolk Co)</p> <p>12-1 Meditation (Suffolk Co)</p> <p>12-1 Lunch Club</p> <p>1-2 Health Topic Meeting</p> <p>1:30-2:30 Party Dance Moves (SI)</p> <p>2:30-3:30 Chair Yoga (SI)</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>24</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>27</p> <p>OFFICE CLOSED</p>	<p>28</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>12:30-3 Art</p> <p>1:15-2:15 Zumba Gold (QNS)</p> <p>1:30-2:30 Zumba (SI)</p> <p>1:30-3 Discussion Group</p> <p>2:30-3:30 Mat Yoga (SI)</p>	<p>29</p> <p>10-12 Choral Group</p> <p>10-12 Knitting & Crocheting (Beg)</p> <p>12:30-4:30 Knitting & Crocheting (Int/Adv)</p>	<p>30</p> <p>12-1 Lunch Club</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>31</p> <p>10-12 Quilting</p> <p>1-2 Dance</p>

Welcome to Our New Georgia Chapter!

We are excited to announce our new retiree chapter in Georgia! Our retiree population in Georgia has grown to almost 2,600. The kickoff meeting was held in Atlanta on March 1. Check your monthly *Retired Members Bulletin* for future meeting dates.



¡Bienvenidos a nuestra nueva agrupación en Georgia!

¡Nos entusiasma anunciar nuestra nueva agrupación de jubilados en Georgia! Nuestra población de jubilados en Georgia ha llegado a casi 2,600. La reunión de lanzamiento se realizó en Atlanta el 1 de marzo. Consulte el *Boletín para Miembros Jubilados* mensual para obtener información sobre las próximas fechas de reuniones.

NBF Pension Fund Retirees: Have You Verified Your Information Yet?

You should have received a letter from the Pension Fund and HMS, the firm we've hired to conduct the 2019 Health Care Employees Pension Fund (HCEPF) Pension Verification Program. It's very important that you respond quickly in order to avoid any disruption in your pension payments. Help us ensure that you continue to receive the pension you've earned—and to protect yourself and the Pension Fund—by verifying your information as soon as possible.

Jubilados del Fondo de Pensiones y Beneficios Nacional: ¿Ya Verificó Su Información?

Debería haber recibido una carta del Fondo de Pensiones y de HMS, la firma que contratamos para llevar a cabo el Programa de Verificación de Pensiones de 2019 del Fondo de Pensiones para los Trabajadores de la Salud (HCEPF, por sus siglas en inglés). Es muy importante que responda rápidamente para evitar cualquier interrupción en los pagos de su pensión. Verifique su información tan pronto como sea posible para que podamos asegurarnos de que sigue recibiendo la pensión que merece (y protegerlo a usted y al Fondo de Pensiones).



Florida Chapters

Broward – Leon Davis Chapter

Thursday, May 9 – 2:00 pm to 4:00 pm **NEW DAY AND TIME!**

Tamarac Community Center – Coconut Palm Room
8601 West Commercial Blvd. • Tamarac, FL 33351

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

Thursday, May 16 – 12:45 pm to 2:45 pm

Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter

Monday, May 20 – 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 2 – 10:30 am to 12:30 pm

Norland United Methodist Church
885 NW 195th Street • Miami Gardens, FL 33169

North Port Chapter

Tuesday, May 21 – 11:00 am to 1:00 pm

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

Orlando – George Gresham Chapter **NEW NAME!**

Wednesday, May 15 – 11:00 am to 1:00 pm

UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter

Tuesday, May 14 – 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, May 6 – 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, May 9 – 10:00 am to noon

Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter

Wednesday, May 22 – 11:00 am to 1:00 pm

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

West Palm Beach Chapter

Wednesday, May 1 – 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

Georgia Chapter

Watch your mail for details on upcoming meetings.

New York Chapters

Bronx – Joseph James Chapter

Friday, May 10 • 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 29 • 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 17 • 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 31 • 10:30 am to noon

Jefferson Senior Center
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter

Wednesday, May 15 • 11:00 am to 1:00 pm

1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter

Tuesday, May 21 • 2:00 pm to 3:30 pm

Northwell Health (formerly NS-LIJ) Cohen Children's Medical Center
Teaching Center – Room 1
269-01 76th Avenue • New Hyde Park, NY 11040

North Bronx – Bernard Minter Chapter

Tuesday, May 14 • Noon to 2:00 pm

Holy Rosary Church
1510 Adee Avenue (*enter at parking lot*) • Bronx, NY 10469

Queens – Edward Garrins Chapter

Tuesday, May 28 • 11:30 am to 1:00 pm

Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter

Tuesday, May 14 • 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 9 • 11:00 am to 1:00 pm

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

Westchester – Hudson Valley Region Chapter

Wednesday, May 1 • 12:30 pm to 2:30 pm

1199SEIU United Healthcare Workers East
99 Church Street • White Plains, NY 10601

North & South Carolinas Chapter

Friday, May 17 • 9:30 am to noon

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