

1199SEIU RETIRED MEMBERS CALENDAR & EVENTS

July/August 2021



1199SEIU Retirees Stay Active and Connected Through Zoom

1199SEIU Funds Benefit and Pension

As pandemic conditions continue to improve, we reopened our 498 Seventh Avenue headquarters and New York City-area satellite offices to members for in-person visits on June 14. Of course, you can still access your benefits at any time, 24/7, through MyAccount (www.My1199Benefits.org) or make an online appointment to speak with a Retiree Services Center Representative by visiting www.1199SEIUBenefits.org/appt. You may also call Retiree Services directly at (646) 473-8666. If you do choose to visit a Funds office, you should first schedule an appointment online—also at www.1199SEIUBenefits.org/appt—to reduce wait times and facilitate social distancing. All chapter meetings and classes will continue online until further notice.

**Your Funds Are Always
Here for You
Funds Offices Reopened
to Members in June**

Non-Profit Org.
U.S. Postage
PAID
New York, NY
Permit No. 3700

1199SEIU Benefit and Pension Funds
498 Seventh Avenue
New York, NY 10018-0009
Address Service Requested



Act Now to Protect Your Pension Benefit

The Pension Verification Program for retirees in the Health Care Employees Pension Fund (HCEPF) and the Greater New York Pension Fund (GNYPF) protects your earned pension benefit from forgeries and other fraudulent practices. If you received a letter from your Pension Fund and HMS, the firm we've hired to conduct the verification program, it is important to reply as soon as possible. Please follow the steps detailed in the letter to verify your pension benefit information. If you need assistance completing the process, please call HMS at (855) 589-3556.

Stay Informed with Aetna Online Health Presentations

Through our partnership with Aetna, you can stay up to date on important health and wellness topics by viewing monthly online presentations. Aetna will present a 30-minute live webinar from an Aetna registered nurse, who will review each month's health topic and provide resources.

The video will be available on the Aetna website at the start of each month, allowing you to watch whenever it fits your schedule. Visit 1199SEIU.AetnaMedicare.com for more information and to view the monthly presentation.

Upcoming Topics

July

Health and Wellness
Outdoors

August

Influenza/Vaccines/
Preventive Screenings

Tune In for "Seniors Out Speaking" Online

The Medicare Rights Center's "Seniors Out Speaking" (SOS) program helps 1199SEIU retirees learn more about timely Medicare topics via monthly webinar presentations.

The July SOS presentation will take place **Tuesday, July 27**, at 3:30 pm and will cover Medicare appeals. The August meeting will take place **Tuesday, August 31**, at 3:30 pm and will provide information on troubleshooting Medicare coverage problems.

Join Zoom Meeting: <https://www.1199SEIUBenefits.org/rsos>

If you do not have Internet access, you can use the following call-in information: **Conference line: (646) 558-8656**
Webinar ID: 999 7268 1095

If you have any registration questions, please contact mi@medicarerights.org. Please visit www.1199SEIUBenefits.org to access additional materials and information related to the SOS program.

Stay Connected with Online Chapter Meetings

We hope you are enjoying these online meetings, using them to "connect" with friendly faces, get updates on Funds news and information about your retiree benefits. Join your chapter meeting by typing the Zoom link listed below into your Internet browser and entering the meeting ID and passcode when prompted. **OR** you can also join your meeting using the phone number listed below your chapter. Visit www.1199SEIUBenefits.org/retiree-activities for more details.

FLORIDA CHAPTERS

Ossie Davis **NO MEETING IN AUGUST**

Thursday, July 1 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/kfra

Meeting ID: 952 3514 8193 Passcode: 743541

Call in: (646) 558-8656 or (312) 626-6799

Broward – Leon Davis **NO MEETING IN AUGUST**

Tuesday, July 6 • 1:00 pm to 2:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/afde

Meeting ID: 926 2853 1040 Passcode: 508149

Call in: (646) 558-8656 or (301) 715-8592

South Palm Beach **NO MEETING IN AUGUST**

Tuesday, July 6 • 10:30 am to noon

Join Zoom Meeting: www.1199SEIUBenefits.org/rnxm

Meeting ID: 998 8141 0166 Passcode: 438683

Call in: (646) 558-8656 or (301) 715-8592

West Palm Beach **NO MEETING IN AUGUST**

Wednesday, July 7 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/uydq

Meeting ID: 973 8980 3121 Passcode: 364751

Call in: (646) 558-8656 or (312) 626-6799

Palm Bay/Melbourne **NO MEETING IN AUGUST**

Tuesday, July 13 • 12:30 pm to 2:00 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/hxrc

Meeting ID: 933 4473 4437 Passcode: 317153

Call in: (646) 558-8656 or (312) 626-6799

Port St. Lucie **NO MEETING IN AUGUST**

Wednesday, July 14 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/qrpa

Meeting ID: 978 5754 0297 Passcode: 409669

Call in: (646) 558-8656 or (312) 626-6799

Casselberry – Doris Turner **NO MEETING IN JULY**

Monday, August 2 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/xtzh

Meeting ID: 974 8313 9012 Passcode: 339648

Call in: (646) 558-8656 or (301) 715-8592

Orlando **NO MEETING IN JULY**

Thursday, August 5 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/olmn

Meeting ID: 998 7525 7552 Passcode: 066079

Call in: (646) 558-8656 or (301) 715-8592

FLORIDA CHAPTERS (continued)

Fort Myers NO MEETING IN JULY

Tuesday, August 10 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/nway
Meeting ID: 940 7963 4641 Passcode: 382169
Call in: (646) 558-8656 or (312) 626-6799

North Port NO MEETING IN JULY

Wednesday, August 11 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/eccr
Meeting ID: 951 9611 6821 Passcode: 066079
Call in: (646) 558-8656 or (312) 626-6799

Tampa NO MEETING IN JULY

Thursday, August 12 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/gytr
Meeting ID: 980 4345 0320 Passcode: 456067
Call in: (646) 558-8656 or (301) 715-8592

NEW YORK CHAPTERS

Bronx – Joseph James NO MEETING IN AUGUST

Friday, July 2 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtj
Meeting ID: 950 1780 2260 Passcode: 915217
Call in: (646) 558-8656 or (312) 626-6799

Westchester NO MEETING IN AUGUST

Wednesday, July 7 • 1:30 to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtw
Meeting ID: 936 2398 8805 Passcode: 498136
Call in: (646) 558-8656 or (312) 626-6799

Suffolk County NO MEETING IN AUGUST

Thursday, July 8 • noon to 1:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtq
Meeting ID: 974 7009 2977 Passcode: 844564
Call in: (646) 558-8656 or (312) 626-6799

North Bronx – Bernard Minter NO MEETING IN AUGUST

Monday, July 12 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtb
Meeting ID: 959 9599 4187 Passcode: 631228
Call in: (646) 558-8656 or (312) 626-6799

Staten Island NO MEETING IN AUGUST

Tuesday, July 13 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtm
Meeting ID: 964 4319 3528 Passcode: 878927
Call in: (646) 558-8656 or (301) 715-8592

Hudson Valley NEW CHAPTER

Wednesday, July 14 and Wednesday, August 11 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rhvc
Meeting ID: 992 5560 8939 Passcode: 407967
Call in: (646) 558-8656 or (301) 715-8592

Brooklyn – Mattie Small NO MEETING IN JULY

Tuesday, August 3 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtz
Meeting ID: 998 5182 5410 Passcode: 489089
Call in: (646) 558-8656 or (312) 626-6799

New Hyde Park – Eleanor Tilson NO MEETING IN JULY

Wednesday, August 4 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtv
Meeting ID: 978 3488 3243 Passcode: 264423
Call in: (646) 558-8656 or (312) 626-6799

Hicksville – Milton Konowe NO MEETING IN JULY

Thursday, August 5 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtc
Meeting ID: 979 4765 6945 Passcode: 194035
Call in: (646) 558-8656 or (301) 715-8592

Midtown Manhattan NO MEETING IN JULY

Friday, August 6 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grth
Meeting ID: 964 1371 1218 Passcode: 348177
Call in: (646) 558-8656 or (301) 715-8592

Harlem – Leon Davis NO MEETING IN JULY

Monday, August 9 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtx
Meeting ID: 981 7997 7542 Passcode: 194925
Call in: (646) 558-8656 or (301) 715-8592

Queens – Edward Garrins NO MEETING IN JULY

Wednesday, August 11 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtn
Meeting ID: 960 6984 2049 Passcode: 526974
Call in: (646) 558-8656 or (312) 626-6799

Brooklyn – Marshall Dubin NO MEETING IN JULY

Thursday, August 12 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtk
Meeting ID: 973 1776 2323 Passcode: 245888
Call in: (646) 558-8656 or (312) 626-6799

Virginia Chapter NO MEETING IN AUGUST

Thursday, July 1 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/znnj
Meeting ID: 971 4436 8067 Passcode: 545333
Call in: (646) 558-8656 or (312) 626-6799

New Jersey Chapter NO MEETING IN AUGUST

Thursday, July 8 • 2:30 pm to 4:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/qzuy
Meeting ID: 930 6806 3201 Passcode: 545543
Call in: (646) 558-8656 or (312) 626-6799

Georgia Chapter NO MEETING IN AUGUST

Friday, July 9 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/wbjh
Meeting ID: 941 5351 2138 Passcode: 229119
Call in: (646) 558-8656 or (301) 715-8592

Pennsylvania Chapter NO MEETING IN AUGUST

Monday, July 12 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/hdtb
Meeting ID: 984 1982 9062 Passcode: 348177
Call in: (646) 558-8656 or (301) 715-8592

North & South Carolinas Chapter NO MEETING IN JULY

Tuesday, August 3 • 1:30 pm to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtk
Meeting ID: 970 6884 4069 Passcode: 213320
Call in: (646) 558-8656 or (312) 626-6799

NEW CHAPTER in Hudson Valley!

We're excited to announce our new Hudson Valley Chapter, which branches off from the Westchester Chapter to better meet the needs of the more than 10,000 retirees in the region. The chapter will meet on the second Wednesday of every month online via Zoom. Check the schedule for specific dates.

Exercise Your Mind and Body with Tai Chi, Mindful Meditation and Chair Yoga



ONLINE CLASSES

The Retired Members Division has again partnered with Mind over Matter Fitness to bring you classes for your mental and physical well-being. View the class descriptions and join the classes online via Zoom at the links listed below. For more information, please call (646) 473-8761.

Tai Chi

Experience a gentle breath and movement meditation to help you feel more open, limber and calm.

Mondays at 11:00 am

Dates: 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23

Zoom Link: www.1199SEIUBenefits.org/rtcc

Meeting ID: 810 9614 8014 Passcode: 141598

Mindful Meditation

Encourages a healthy mind-body connection with meditation and breathing techniques.

Tuesdays at 11:00 am

Dates: 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24

Zoom Link: www.1199SEIUBenefits.org/mmdb

Meeting ID: 833 2075 8796 Passcode: 010490

Call in: (929) 205-6099

Stand-Up Yoga **NEW**

Tuesdays at 1:00 pm

Dates: 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24

Zoom Link: www.1199SEIUBenefits.org/rsuy

Meeting ID: 838 8144 4241 Passcode: 347758

Chair Yoga

Loosen and stretch tense muscles, reduce stress, improve circulation, and build strength and balance while doing seated exercises.

Wednesdays at 11:00 am

Dates: 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25

Zoom Link: www.1199SEIUBenefits.org/rcyc

Meeting ID: 833 7342 2539 Passcode: 784582

Heart and Soul Afro Cardio Jam **NEW**

Come dance, connect and move on a soulful dance journey to the rhythms of African drums.

Wednesdays at 1:00 pm

Dates: 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25

Zoom Link: www.1199SEIUBenefits.org/raaj

Meeting ID: 895 9987 4473 Passcode: 889260

Latin Cardio Dance **NEW**

An exhilarating cardio class set to Latin music that uses easy-to-follow choreography to keep you moving and grooving while toning your body and burning fat.

Fridays at 11:00 am

Dates: 7/2, 7/9, 7/16, 7/23, 8/6, 8/13, 8/20, 8/27

Zoom Link: www.1199SEIUBenefits.org/rssc

Meeting ID: 851 0097 9301 Passcode: 229593

Cooking for Your Health



ONLINE CLASSES

Let's get cooking! We're excited to get in the kitchen to show you how to prepare healthy meals and share tips for better eating. Each class will last one hour at the Zoom links listed below and will include a cooking demonstration with chefs Germaine Baptiste and Jill Reda. Take a look at the tasty offerings you'll cook up this month!

Thursday, July 8, at 11:00 am:

Sauteed Lemon Piccata Halibut

Recipe Link: www.1199SEIUBenefits.org/rhlp

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, July 22, at 11:00 am:

Fire-roasted Vegetable Stir-Fry

Recipe Link: www.1199SEIUBenefits.org/rvsf

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, August 12, at 11:00 am:

Warm Pinto Bean Salad and Vegan Caesar Salad

Recipe Link: www.1199SEIUBenefits.org/rssc

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, August 26, 11:00 am:

Pasta with Pink Sauce and Almond Parm

Recipe Link: www.1199SEIUBenefits.org/rppr

Zoom Link: www.1199SEIUBenefits.org/cvbn