

1199SEIU RETIRED MEMBERS CALENDAR & EVENTS

December 2022



Ready for Your Closeup? Sign Up for a Photo Shoot

Each issue of the *Retired Members Bulletin* showcases photos from our retiree community, but with in-person events still on hold, we need your help to capture new pictures! If you would like a chance to be featured in future issues, please email Communications@1199Funds.org to schedule a socially distant photo shoot near your home with our Benefit and Pension Funds photographer.



1199SEIU Funds
Benefit and Pension

**Don't Let Your Guard Down:
Protect Yourself Against
COVID-19**

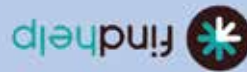
It's important to remain vigilant against COVID-19, especially as we are deep into cold and flu season. So if you are eligible for the booster shot, we encourage you to make an appointment to get yours as soon as possible and lower your risk of severe illness should you be exposed to the virus. The vaccine offers widespread protection for yourself and your loved ones. To find a COVID-19 vaccination site near you, visit our website www.1199SEIUBenefits.org/vaccine-locations.

While there are currently no in-person activities or meetings scheduled at our 498 Seventh Avenue headquarters or New York City-area satellite offices, they are open for retiree benefit assistance services that can't be handled online or over the phone. Of course, you can always access your benefits from the comfort of your home, 24/7. Simply visit www.My1199Benefits.org or make an online appointment to speak with a Retiree Services Representative by visiting www.1199SEIUBenefits.org/app. You may also call Retiree Services directly at (646) 473-8666. If you do need to visit a Funds office, you should schedule an appointment online, also at www.1199SEIUBenefits.org/app to reduce wait times and facilitate social distancing.

Stay Connected with Your Funds

Life's needs can be unexpected, but you can always count on getting support with findhelp.org, a search engine that locates free and low-cost community services and programs for you or your loved ones in your area. In partnership with the Benefit Funds, findhelp.org allows you to access resources that can aid with food security, emotional well-being services, child care, financial and legal assistance, and more. Although we are pleased to share these resources with you, the services offered through findhelp.org are not covered Funds benefits.

Access Community Resources with findhelp



Visit findhelp.1199SEIUBenefits.org

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



**ONLINE
CLASSES**

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

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: 12/5, 12/12, 12/19, 12/26

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: 12/6, 12/13, 12/20, 12/27

Zoom Link: www.1199SEIUBenefits.org/mmdb

Meeting ID: 833 2075 8796 **Passcode:** 010490

Call in: (929) 205-6099

Yoga

Tuesdays at 1:00 pm Dates: 12/6, 12/13, 12/20, 12/27

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: 12/7, 12/14, 12/21, 12/28

Zoom Link: www.1199SEIUBenefits.org/rcyc

Meeting ID: 833 7342 2539 **Passcode:** 784582

Heart and Soul Afro Cardio Jam

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

Wednesdays at 1:00 pm Dates: 12/7, 12/14, 12/21, 12/28

Zoom Link: www.1199SEIUBenefits.org/racj

Meeting ID: 895 9987 4473 **Passcode:** 889260

Latin Cardio Dance

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: 12/2, 12/9, 12/16, 12/23

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 Megan and Jamie. Take a look at the tasty offerings you'll cook up this month!

Thursday, December 8, at 11:00 am:

Oat and Pecan Apple Crumble

Recipe Link: www.1199SEIUBenefits.org/raht

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, December 22, at 11:00 am:

Lamb Burgers

Recipe Link: www.1199SEIUBenefits.org/rlby

Zoom Link: www.1199SEIUBenefits.org/cvbn

Cooking for Your Health, Now en Español!

We're excited to offer the Cooking for Your Health class in Spanish! Join Chef Yexenia for a cooking demonstration of quick, healthy recipes that are sure to become favorites. Each class will last one hour at the Zoom links listed below. Take a look at the dishes you'll be cooking this month!

Friday, December 2, at noon:

Garlicky Salmon with Dill & Lemon, with Quinoa Tabouleh

Recipe Link: www.1199SEIUBenefits.org/rsht

Zoom Link: www.1199SEIUBenefits.org/rssc

Friday, December 16, at noon:

Carrot Cupcakes with Yogurt Cream

Recipe Link: www.1199SEIUBenefits.org/rdmz

Zoom Link: www.1199SEIUBenefits.org/rssc

¡Cocinar para Su Salud, Ahora en Español!

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la chef Yexenia en una demostración de cocina con recetas rápidas y saludables que, sin duda, se convertirán en sus favoritas. Cada clase durará una hora y se realizará por Zoom en los enlaces que figuran a continuación. ¡Eche un vistazo a los platos que cocinará este mes!

Viernes 2 de diciembre, a las mediodía:

Salmon al ajillo con limon y Tabule de Quinoa

Enlace para ver la receta: www.1199SEIUBenefits.org/rsht

Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rssc

Viernes 16 de diciembre, a las mediodía:

Muffins de Zanahoria con crema de Yogurt

Enlace para ver la receta: www.1199SEIUBenefits.org/rdmz

Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rssc

The Healthy Living Resource Center Is Your Wellness Toolkit!

If you want to get and keep your health on track, your Benefit Fund has you covered. The all-new Healthy Living Resource Center gives you all the info, expert insights and wellness tools, split into five channels covering the pillars of a healthy lifestyle: Healthy Minds, Healthy Bodies, Healthy Hearts, Healthy Eating and Healthy Provider Relationships. Browse each section for nutrition tips, health trackers, interactive exercise videos, screening guidelines and a direct link to our Provider Directory. Healthy Living will be updated often with new information about upcoming programs and partnerships, so be sure to check back often.

Visit www.1199SEIUBenefits.org/HealthyLiving

Support Your Emotional Health with Aetna's MDLIVE

A healthy mind is just as important as a healthy body. Now, retirees enrolled in the 1199SEIU Aetna Medicare Advantage Plan can get support for their emotional well-being through MDLIVE, a new online resource. With MDLIVE, you can connect with a licensed therapist or psychiatrist by phone or video chat from the comfort of your home on *your* schedule. To get started, visit MDLIVE.com/AetnaMedicarebh and follow the prompts to create an account. To learn more about MDLIVE, call (888) 865-0729.

Learn New Skills and Explore Interests with Continuing Education Programs

Is there a subject you've always wanted to study or a topic you want to learn more about? 1199SEIU retirees can access free and low-cost educational opportunities, including in-person courses at colleges throughout New York and online classes offered nationwide.

Learn more and find out how to enroll at www.1199SEIUBenefits.org/retiree-ed

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.

There will not be a December presentation. Please check back in January for the next online presentation.

Read Your Retired Members Bulletin Online!

Did you know that you can view your monthly *Retired Members Bulletin* on your computer or smart phone *before* you receive it in the mail? Just scan this QR code and you can have all the month's news and information at your fingertips! If you don't have a smart phone, just visit www.1199SEIUBenefits.org/RMB.



Tune In for "Seniors Out Speaking" Online

The Medicare Rights Center's "Seniors Out Speaking" (SOS) program provides 1199SEIU retirees with timely Medicare information via monthly webinar presentations. The December SOS presentation will take place **Tuesday, December 27, at 3:30 pm** and will cover **choosing between Medicare Advantage and original Medicare**.

Join Zoom Meeting: 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/sos to access additional materials and information related to the SOS program.

PUERTO RICO AND U.S. VIRGIN ISLANDS NBF RETIREES: New Medicare Advantage Plan

Great news! The 1199SEIU National Benefit Fund (NBF) has partnered with Aetna to bring Medicare Advantage coverage to eligible retirees living in Puerto Rico and the U.S. Virgin Islands, effective January 1, 2023. The 1199SEIU Aetna Medicare Advantage Plan provides comprehensive medical, hospital and prescription benefits; access to a large physician network; dental, hearing and vision benefits, and more. You should have received information in the mail. Still have questions? Call our Retiree Services Center at (646) 473-8666 or Aetna 1199SEIU Retiree Services at (855) 798-0967.

You may also visit <https://aetnamedicare.com/1199seiu/en/index.html> for more information.

Retired Members' Online Holiday Celebrations

Happy holidays! We are excited to welcome several new regions to this month's Chapter Meeting holiday parties: Texas, Tennessee, Washington, Oregon, California and Nevada! Find your regular listing below, dress in your most festive attire, and get ready to spread some holiday cheer with 1199SEIU retirees near and far. There's more – all attendees will be entered into a raffle to win a special holiday prize. See you there! Can't join via Zoom? Call in to the party at (646) 558-8656.



All holiday meetings will take place from noon until 3:00 pm.



TEXAS, TENNESSEE AND PENSACOLA (CST)

Thursday, December 1

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

Meeting ID: 875 5909 8800 Passcode: 983300

WASHINGTON, OREGON, CALIFORNIA AND NEVADA (PST)

Friday, December 2

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

Meeting ID: 828 9127 0655 Passcode: 602834

GEORGIA, PORT ST. LUCIE, MIAMI–OSSIE DAVIS AND VIRGINIA (EST)

Monday, December 5

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

Meeting ID: 867 9050 9679 Passcode: 683117

PALM BAY, SOUTH PALM BEACH AND STATEN ISLAND (EST)

Tuesday, December 6

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

Meeting ID: 830 7254 1423 Passcode: 465536

QUEENS–EDWARD GARRINS, WESTCHESTER AND WEST PALM BEACH (EST)

Wednesday, December 7

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

Meeting ID: 810 9394 2270 Passcode: 853643

SUFFOLK COUNTY, PENNSYLVANIA, U.S. VIRGIN ISLANDS, PUERTO RICO, BRONX–JOSEPH JAMES (EST)

Thursday, December 8

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

Meeting ID: 826 1545 7617 Passcode: 004872

HUDSON VALLEY, NORTH BRONX–BERNARD MINTER AND BROWARD–LEON DAVIS (EST)

Friday, December 9

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

Meeting ID: 869 6548 2179 Passcode: 003778

NYC HEADQUARTERS, FORT MYERS, RETIRED NURSES AND NEW HYDE PARK–ELEANOR TILSON (EST)

Monday, December 12

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

Meeting ID: 812 1892 2481 Passcode: 346680

NORTH & SOUTH CAROLINAS, NEW JERSEY AND BROOKLYN–MATTIE SMALL (EST)

Tuesday, December 13

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

Meeting ID: 827 5692 3131 Passcode: 196861

TAMPA, HICKSVILLE–MILTON KONOWE AND BROOKLYN–MARSHALL DUBIN (EST)

Wednesday, December 14

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

Meeting ID: 810 7445 2630 Passcode: 571064

HARLEM–LEON DAVIS, ORLANDO–GEORGE GRESHAM, NORTH PORT AND CASSELBERRY–DORIS TURNER (EST)

Thursday, December 15

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

Meeting ID: 812 6330 8532 Passcode: 721620

Have You Joined Our Retired Members' Online Community Yet?



Stay connected and get the latest information about your benefits and programs with our **1199SEIU Retired Members Facebook group**. Here you can find the latest news, learn about upcoming meetings and talk with fellow retirees. Join the group today and invite other retired members. Remember: We are stronger together!

Visit www.Facebook.com/groups/1199SEIURetiredMembers