

BULLETIN



1199SEIU Funds
Benefit and Pension

NOTICE: If you are a pensioner who returned to work, and you have been working for more than 40 hours a month to help alleviate industry staffing shortages, please be advised that the waiver that was granted will soon end.

Effective January 1, 2024, if you wish to continue working for more than 40 hours a month, your pension and applicable retiree health benefits will be suspended until you reduce your hours. The established Plan rule was waived during the COVID-19 pandemic but will resume across all 1199SEIU Pension Funds on January 1, 2024.

If you have questions, please call our Retiree Services Center at (646) 473-8666; outside of NYC, (800) 892-2557.

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1199SEIU Benefit and Pension Funds
498 Seventh Avenue
New York, NY 10018-0009
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Spotlight on Benefits

Make Your Health Your New Year's Resolution!

Welcome to 2024! The start of the new year is a great time to prioritize your health. As an 1199SEIU retiree, you have access to a whole host of benefits to help keep you in top shape. And if you are enrolled in the 1199SEIU Aetna Medicare Advantage plan, you are covered for visits to a primary care physician—someone who can offer you personalized care tailored to your specific needs.

When it comes to wellness, prevention is crucial! Seeing your doctor regularly enables you to have peace of mind about where you stand. Health screenings help you monitor any ongoing issues and early diagnosis helps ensure an early start if you need treatment. Your doctor may recommend screenings for blood pressure, osteoporosis and colorectal and breast cancers, among others. So, make an appointment with your doctor to find out what screenings you should have—and start 2024 with your health goals in the spotlight!

Please refer to your Summary Plan Description for more information about your retiree health benefit eligibility.



findhelp

When You Need It

Life's needs can be unexpected, but you can always count on getting support at findhelp.1199SEIUBenefits.org, your Benefit Fund's curated search engine that locates free and low-cost community services and programs wherever you and your loved ones live.

Search for assistance with transportation, emotional well-being, nutritional and food programs, financial and legal assistance and more. Although we are pleased to share these resources with you, the services offered through findhelp are not benefits covered by your Benefit Fund.

Visit findhelp.1199SEIUBenefits.org

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 January SOS presentation will take place **Tuesday, January 30, at 3:30 pm** and will cover topics related to being new to 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.



**Healthy
Minds**



**Healthy
Eating**



**Healthy
Bodies**



**Healthy
Hearts**



**Healthy Provider
Relationships**

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 Healthy Living Resource Center gives you 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 and screening guidelines. Healthy Living will be updated frequently with new information about upcoming programs and partnerships, so be sure to check back often.

Visit www.1199SEIUBenefits.org/HealthyLiving

Starting in 2024, Healthy Home Visits Will Be Scheduled Through Signify Health

If you are enrolled in the 1199SEIU Aetna Medicare Advantage plan, your 2024 Healthy Home Visits will be scheduled through Signify Health. But don't worry, your benefit isn't changing! A Healthy Home Visit is a one-hour at-home checkup and is in addition to your annual Medicare wellness visit and annual physical. During this visit, a licensed clinician will review your medications and medical history. They will also check your vital signs, look for safety risks and answer your health questions. This visit does not replace your regular doctor visits or change your health plan.

To schedule a Healthy Home Visit, call (855) 746-8709, or visit www.HealthyHomeVisit.com/Welcome

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**. That's where you'll 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

Protect Your Health this Winter by Getting Vaccinated

The winter is a great time to boost your immunity and protect yourself and others from viruses like the flu and COVID-19. Health experts caution that COVID-19 can still pose a risk and have recommended the updated booster shot. Additionally, the flu vaccine is the best way to lower your risk of severe illness should you be exposed to the virus. Vaccinations offer widespread protection for you and your loved ones, so if you are eligible, we encourage you to get your shots as soon as possible.

Visit your doctor or participating pharmacy to get your flu and COVID-19 vaccinations.

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**, an 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 www.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

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.



Stay Connected with Your Funds

For your convenience, all of our offices 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. Visit **MyAccount** (www.My1199Benefits.org) or make an online appointment to speak with a Retiree Services Representative by visiting www.1199SEIUBenefits.org/Appt. You may also call Retiree Services at (646) 473-8666.

If you need to visit a Funds office, schedule an appointment online at www.1199SEIUBenefits.org/Appt to reduce wait times and facilitate social distancing.

Retiree Chapter Meetings

We hope you are enjoying these meetings, using them to connect with friendly faces and get updates on Funds news and information about your retiree benefits. As we continue to keep an eye on health recommendations and guidelines, we have decided to resume holding in-person chapter meetings at several locations in the New York area. *All other chapters will continue to meet online via Zoom.* Take a look at the listings below and plan to attend your in-person meeting, or simply join your chapter meeting by typing the Zoom link listed below into your Internet browser and entering the meeting ID and passcode when prompted. You can also join your meeting using the phone number listed below your chapter.

Visit www.1199SEIUBenefits.org/Retiree-Activities for more details.

FLORIDA STATEWIDE (All Florida Chapters)

Tuesday, January 9 • noon to 2:00 pm

Join Zoom meeting: www.1199SEIUBenefits.org/qrrpa

Meeting ID: 830 3747 6716 Passcode: 826854

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

IN-PERSON AND ZOOM CHAPTER MEETINGS

WHITE PLAINS CHAPTER

Wednesday, January 3 • noon to 2:00 pm

1199SEIU White Plains Office

10 Bank Street, Rooms 1 & 2 • White Plains, NY 10606

Join Zoom meeting: www.1199SEIUBenefits.org/grtw

Meeting ID: 830 2948 0209 Passcode: 465404

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

SUFFOLK COUNTY REGION CHAPTER

Thursday, January 4 • noon to 2:00 pm

First Baptist Church of Riverhead

1018 Northville Turnpike • Riverhead, NY 11901

No Zoom capabilities

BRONX-WIDE (All Bronx Chapters)

Friday, January 5 • noon to 2:00 pm

2501 Grand Concourse, Third Floor • Bronx, NY 10468

Join Zoom meeting: www.1199SEIUBenefits.org/grtb

Meeting ID: 863 7137 7078 Passcode: 125761

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

STATEN ISLAND CHAPTER

Tuesday, January 9 • noon to 2:00 pm

1199SEIU Staten Island Office

790 Richmond Avenue, Rooms 1&2 • Staten Island, NY 10302

Join Zoom meeting: www.1199SEIUBenefits.org/grtm

Meeting ID: 886 9058 0702 Passcode: 564703

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

HUDSON VALLEY REGION CHAPTER

Wednesday, January 10 • noon to 2:00 pm

Beulah Baptist Church

92 Catherine Street • Poughkeepsie, NY 12601

No Zoom capabilities

HICKSVILLE CHAPTER

Wednesday, January 17 • noon to 2:00 pm

100 Duffy Avenue, Third Floor • Hicksville, NY 11801

Join Zoom meeting: www.1199SEIUBenefits.org/grtv

Meeting ID: 819 7854 9154 Passcode: 513455

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

BROOKLYN – MARSHALL DUBIN

& BROOKLYN – MATTIE SMALL CHAPTERS

Friday, January 19 • noon to 2:00 pm

Brooklyn College

2705 Campus Road, Second Floor, Bedford Room

No Zoom capabilities

QUEENS CHAPTER

Monday, January 22 • noon to 2:00 pm

The Community Bridge Home, Inc.

120-50 Springfield Blvd • Cambria Heights, NY 11411

No Zoom capabilities

ZOOM ONLY CHAPTER MEETINGS

TEXAS, TENNESSEE & PENSACOLA CHAPTERS (CST)

Thursday, January 11 • noon to 2:00 pm

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

Meeting ID: 875 5909 8800 Passcode: 983300

Call in: (646) 558-8656

WASHINGTON, OREGON, CALIFORNIA & NEVADA CHAPTERS (PST)

Friday, January 12 • noon to 2:00 pm

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

Meeting ID: 828 9127 0655 Passcode: 602834

Call in: (646) 558-8656

PUERTO RICO & U.S. VIRGIN ISLANDS CHAPTERS (AST)

Tuesday, January 16 • noon to 2:00 pm

Join Zoom meeting: www.1199SEIUBenefits.org/rprc

Meeting ID: 892 5555 2267 Passcode: 242830

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

MARYLAND, DELAWARE & OHIO CHAPTERS

Tuesday, January 23 • noon to 2:00 pm

Join Zoom meeting: www.1199SEIUBenefits.org/rmdo

Meeting ID: 868 0583 8421 Passcode: 738082

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

NEW JERSEY, VIRGINIA, PENNSYLVANIA AND NORTH & SOUTH CAROLINA CHAPTERS

Thursday, January 25 • noon to 2:00 pm

Join Zoom meeting: www.1199SEIUBenefits.org/qzuy

Meeting ID: 863 2761 2855 Passcode: 845282

Call in: (646) 558 8656

ALABAMA & GEORGIA – GEORGE GRESHAM CHAPTERS (CST)

Friday, January 26 • noon to 2:00 pm

Join Zoom meeting: www.1199SEIUBenefits.org/wbjh

Meeting ID: 818 9683 7787 Passcode: 197846

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

HIPAA NOTICE

If you would like a copy of the Funds' Notice of HIPAA Privacy Practices, please visit www.1199SEIUBenefits.org, or request one in writing by writing to the 1199SEIU Benefit Funds Privacy Officer at 498 Seventh Avenue, 9th Floor, New York, NY 10018.

SUMMARY ANNUAL REPORT 1199SEIU National Benefit Fund for Health and Human Service Employees

This is a summary of the annual report of the 1199SEIU National Benefit Fund for Health and Human Service Employees (the "Fund"), EIN: 13-1628401, for the period January 1, 2022, to December 31, 2022. This is a welfare benefit plan offering life insurance, PPO contract, health, dental, vision and prescription drug benefits. The annual report has been filed with the Employee Benefits Security Administration, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Except with respect to the benefits specified under "Insurance Information" below, the plan is self-insured and has committed to pay covered claims out of plan assets.

Insurance Information

The plan has contracts with Amalgamated Life Insurance Company ("Amalgamated Life"), Guardian Life Insurance Company of America, Excellus BlueCross BlueShield ("Excellus BCBS"), Aetna Life Insurance Company, Emblem Health, MVP Select Care, Dental Service of Massachusetts, Inc D/B/A Delta Dental of MA to pay certain life insurance, PPO contract, dental benefits, and accidental death and dismemberment claims incurred under the terms of the plan. The total premiums paid for the plan year ending December 31, 2022, were \$165,738,078.

Because the Amalgamated Life and Excellus BCBS contracts are so-called "experience-rated" contracts, the premium costs are affected by, among other things, the number and size of claims. Of the total insurance premiums paid for the plan year ending December 31, 2022, the premiums paid under such "experience-rated" contracts were \$11,198,012, and the total of all benefit claims paid under these experience-rated contracts during the plan year was \$8,350,109.

Basic Financial Statement

The value of plan assets, after subtracting liabilities of the plan, was \$162,396,045 as of December 31, 2022, compared to \$132,728,999 as of January 1, 2022. During the plan year, the plan experienced an increase in its net assets of \$29,667,046. This change includes unrealized appreciation and depreciation in the value of plan assets; that is, the difference between the value of the plan's assets at the end of the year and the value of the assets at the beginning of the year, or the cost of assets acquired during the year. During the plan year, the plan had total income of \$2,066,779,638, including employer contributions of \$2,052,633,806, other contributions of

\$6,266,000, gain in earnings from investments of \$761,866, COBRA payments of \$4,406,627, and other earnings of \$2,711,339. Plan expenses were \$2,037,112,592. These expenses included \$91,351,866 in administrative expenses, \$1,921,593,653 in benefits paid to participants and beneficiaries, \$24,674 in investment and advisor fees, \$263,603 in interest expenses, \$14,060,632 in lease expenses and \$9,818,164 in other expenses.

Your Rights to Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

1. An accountant's report;
2. Financial information and information on payments to service providers;
3. Assets held for investment;
4. Insurance information, including sales commissions paid by insurance carriers;
5. Information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates; and
6. Actuarial information regarding the funding of the plan.

To obtain a copy of the full annual report, or any part thereof, write to the Board of Trustees of the 1199SEIU National Benefit Fund for Health and Human Service Employees, who is the plan administrator, at PO Box 842, New York, NY 10108-0842, or call Member Services at (646) 473-9200.

You also have the right to receive from the plan administrator, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report.

You also have the legally protected right to examine the annual report at the main office of the plan at the 1199SEIU National Benefit Fund for Health and Human Service Employees, 498 Seventh Avenue, 9th Floor, New York, NY 10018, and at the U.S. Department of Labor in Washington, DC, or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: U.S. Department of Labor, Employee Benefits Security Administration, Public Disclosure Room, 200 Constitution Avenue NW, Room N-1513, Washington, DC 20210.

SUMMARY ANNUAL REPORT

1199SEIU Greater New York Benefit Fund

This is a summary of the annual report of the 1199SEIU Greater New York Benefit Fund (the “Fund”), EIN: 13-6125570, for the period January 1, 2022, to December 31, 2022. This is a welfare benefit plan offering life insurance, health, dental, vision and prescription drug benefits. The annual report has been filed with the Employee Benefits Security Administration, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Except with respect to the benefits specified under “Insurance Information” below, the plan is self-insured and has committed to pay covered claims out of plan assets.

Insurance Information

The plan has contracts with Amalgamated Life Insurance Company (“Amalgamated Life”), Cigna Health and Life Insurance Company (“Cigna”) and Aetna Life Insurance Company and Affiliates to pay certain life insurance and dental benefits claims incurred under the terms of the plan. The total premiums paid for the plan year ending December 31, 2022, were \$2,901,583.

Because the Amalgamated Life contract is a so-called “experience-rated” contract, the premium costs are affected by, among other things, the number and size of claims. Of the total insurance premiums paid for the plan year ending December 31, 2022, the premiums paid under such “experience-rated” contract were \$718,091, and the total of all benefit claims paid under these experience-rated contracts during the plan year was \$472,370.

Basic Financial Statement

The value of plan assets, after subtracting liabilities of the plan, was \$58,669,968 as of December 31, 2022, compared to \$26,212,500 as of January 1, 2022. During the plan year, the plan experienced an increase in its net assets of \$32,457,468. This change includes unrealized appreciation and depreciation in the value of plan assets; that is, the difference between the value of the plan’s assets at the end of the year and the value of the assets at the beginning of the year, or the cost of assets acquired during the year. During the plan year, the plan had total income of \$252,091,100, including employer contributions of \$209,392,258, other contributions of \$39,357,538, a gain in earnings from investments of \$9,636, COBRA payments of \$243,998, member spousal contributions of \$2,802,099 and other earnings of \$285,571. Plan expenses were \$219,633,632. These expenses included

\$15,827,949 in administrative expenses and \$50,000 in other expenses, \$203,751,178 in benefits paid to participants and beneficiaries, and \$4,505 in investment and advisor fees.

Your Rights to Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

1. An accountant’s report;
2. Financial information and information on payments to service providers;
3. Assets held for investment;
4. Insurance information, including sales commissions paid by insurance carriers;
5. Transactions in excess of 5 percent of the plan assets;
6. Information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates; and
7. Actuarial information regarding the funding of the plan.

To obtain a copy of the full annual report, or any part thereof, write to the Board of Trustees of the 1199SEIU Greater New York Benefit Fund, who is the plan administrator, at PO Box 842, New York, NY 10108-0842, or call Member Services at (646) 473-9200.

You also have the right to receive from the plan administrator, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report.

You also have the legally protected right to examine the annual report at the main office of the plan at the 1199SEIU Greater New York Benefit Fund, 498 Seventh Avenue, 9th Floor, New York, NY 10018, and at the U.S. Department of Labor in Washington, DC, or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: U.S. Department of Labor, Employee Benefits Security Administration, Public Disclosure Room, 200 Constitution Avenue NW, Room N-1513, Washington, DC 20210

Discrimination Is Against the Law

The 1199SEIU Benefit Funds comply with applicable federal civil rights laws and do not discriminate against or exclude people on the basis of race, color, national origin, age, disability or sex. The Funds provide free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats). The Funds provide free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Compliance Coordinator. If you believe the Funds have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with: Compliance Coordinator, 498 Seventh Avenue, New York, NY 10018; (646) 473-6600 (phone); (646) 473-8959 (fax); PrivacyOfficer@1199Funds.org (email). You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Compliance Coordinator can help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201; (800) 368-1019 or (800) 537-7697 (TDD). Complaint forms are available at www.hhs.gov/ocr/complaints/index.html.

SUMMARY ANNUAL REPORT

1199SEIU National Benefit Fund for Home Care Employees

This is a summary of the annual report of the 1199SEIU National Benefit Fund for Home Care Employees (the “Fund”), EIN: 13-4129368, for the period January 1, 2022, to December 31, 2022. This is a welfare benefit plan offering life insurance, health, dental, vision and prescription drug benefits. The annual report has been filed with the Employee Benefits Security Administration, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Except with respect to the benefits specified under “Insurance Information” below, the plan is self-insured and has committed to pay covered claims out of plan assets.

Insurance Information

The plan has contracts with Amalgamated Life Insurance Company (“Amalgamated Life”) and Dentcare Delivery Systems, Inc. (“Dentcare”), to pay certain life insurance and dental benefits claims incurred under the terms of the plan. The total premiums paid for the plan year ending December 31, 2022, were \$1,255,482.

Because the Amalgamated Life contract is a so-called “experience-rated” contract, the premium costs are affected by, among other things, the number and size of claims. Of the total insurance premiums paid for the plan year ending December 31, 2022, the premiums paid under such “experience-rated” contracts were \$923,244, and the total of all benefit claims paid under these experience-rated contracts during the plan year was \$327,686.

Basic Financial Statement

The value of plan assets, after subtracting liabilities of the plan, was \$125,009,037 as of December 31, 2022, compared to \$120,490,984 as of January 1, 2022. During the plan year, the plan experienced an increase in its net assets of \$4,518,053. This change includes unrealized appreciation and depreciation in the value of plan assets; that is, the difference between the value of the plan’s assets at the end of the year and the value of the assets at the beginning of the year, or the cost of assets acquired during the year. During the plan year, the plan had total income of \$195,016,836, including employer contributions of \$138,411,599, New York State Quality Incentive Vital Access Provider Pool funding of \$49,028,431, a gain in earnings from investments of \$249,627, COBRA payments of \$111,979, member

premiums of \$6,583,442 and other income of \$91,152. Plan expenses were \$190,498,783. These expenses included \$12,127,398 in administrative expenses, \$177,052,417 in benefits paid to participants and beneficiaries, \$1,270,878 in other expenses and \$48,090 in investment expenses.

Your Rights to Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

1. An accountant’s report;
2. Financial information and information on payments to service providers;
3. Assets held for investment;
4. Insurance information, including sales commissions paid by insurance carriers;
5. Information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates; and
6. Actuarial information regarding the funding of the plan.

To obtain a copy of the full annual report, or any part thereof, write to the Board of Trustees of the 1199SEIU National Benefit Fund for Home Care Employees, who is the plan administrator, at PO Box 842, New York, NY 10108-0842, or call Member Services at (646) 473-9200.

You also have the right to receive from the plan administrator, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report.

You also have the legally protected right to examine the annual report at the main office of the plan at the 1199SEIU National Benefit Fund for Home Care Employees, 498 Seventh Avenue, 9th Floor, New York, NY 10018, and at the U.S. Department of Labor in Washington, DC, or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: U.S. Department of Labor, Employee Benefits Security Administration, Public Disclosure Room, 200 Constitution Avenue NW, Room N-1513, Washington, DC 20210.

Language Assistance Services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (646) 473-9200.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (646) 473-9200。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните (646) 473-9200.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele (646) 473-9200.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다 (646) 473-9200.

ATTENZIONE: In caso la lingua parlata sia l’italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero (646) 473-9200.

שפראך הילף סערוויסעס פריי פון אפצאל. רופט אויב איר רעדט אידיש, זענען פארהאן פאר אײך: (646) 473-9200. אויפמערקזאם:

আছে। উপলব্ধ পরিষেবা সহায়তা ভাষা নিঃখরচায় তাহলে, পাবেন বলতে কথা, বাংলা আপনি যদি করুনঃ লক্ষ্য ১ করুন ফোন (646) 473-9200.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (646) 473-9200.

اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم ملحوظة: إذا كنت تتحدث (646) 473-9200.

ATTENTION: Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement. Appelez (646) 473-9200.

శ్రద్ధ పెట్టండి: ఒకవేళ మీరు తెలుగు భాష మాట్లాడుతున్నట్లయితే, మీ కొరకు తెలుగు భాషా సహాయక సేవలు ఉచితంగా లభిస్తాయి. (646) 473-9200.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa (646) 473-9200.

ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε (646) 473-9200.

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefonihi në (646) 473-9200.



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: 1/8, 1/22, 1/29
Zoom link: www.1199SEIUBenefits.org/rtcc
Meeting ID: 848 6128 3210

Mindful Meditation This practice encourages a healthy mind-body connection with meditation and breathing techniques.

Tuesdays at 11:00 am Dates: 1/2, 1/9, 1/16, 1/23
Zoom link: www.1199SEIUBenefits.org/mmdb
Meeting ID: 871 7247 2969 Call in: (360) 209-5623

Standing Yoga This class connects the body, breath and mind. It uses standing postures, breathing exercises and meditation to improve overall health.

Tuesdays at 1:00 pm Dates: 1/2, 1/9, 1/16, 1/23
Zoom link: www.1199SEIUBenefits.org/rsuy
Meeting ID: 842 7889 6267

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: 1/3, 1/10, 1/17, 1/24
Zoom link: www.1199SEIUBenefits.org/rcyc
Meeting ID: 884 1636 6703

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: 1/3, 1/10, 1/17, 1/24
Zoom link: www.1199SEIUBenefits.org/racj
Meeting ID: 810 2197 1718

Latin Cardio Dance Join this 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: 1/5, 1/12, 1/19, 1/26
Zoom link: www.1199SEIUBenefits.org/rssc
Meeting ID: 861 3295 5230

Cooking for Your Health

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

Thursday, January 11, at 11:00 am:

Beef & Butternut Squash Chili Stew & Toppings

Recipe link: www.1199SEIUBenefits.org/rceo

Zoom link: www.1199SEIUBenefits.org/cvbn

Thursday, January 25, at 11:00 am:

Comfort Noodles with Bok Choy

Recipe link: www.1199SEIUBenefits.org/rcet

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 Chefs Rob and Teresa 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, January 5, at noon:

Airfryer Chicken and Roasted Cauliflower Steaks

Recipe Link: www.1199SEIUBenefits.org/rcso

Zoom Link: www.1199SEIUBenefits.org/rscs

Friday, January 19, at noon:

Dark Chocolate Cups and Flaxseed pudding

Recipe Link: www.1199SEIUBenefits.org/rcsd

Zoom Link: www.1199SEIUBenefits.org/rscs

¡Cocinar para Su Salud, Ahora en Español!

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la Chefs Rob y Teresa 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 5 de enero, a las 12:00 pm:

Pollo Entero en el Air Fryer y Asada Pepollo

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

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

Viernes 19 de enero, a las 12:00 pm: Parfaits de Linaza

Chia y Frambuesas / Trufas de Chocolate Amargo

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

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