




*Members'
Voices*

2025


1199SEIU Funds
Benefit and Pension

HEALTH IS THE KEY

Dear 1199SEIU Members,

Welcome to your 2025 Benefit Funds calendar! We are excited to share a whole new year of **Members' Voices** videos with you. Each month you'll be introduced to a special 1199SEIU member who has taken the time to share their health journey story with us. By scanning the QR code found on the member's page, you'll be able to watch a new video on the first of each month, giving you the opportunity to check in with your fellow 1199ers throughout the year!

I hope you find their amazing stories as uplifting as I do. I believe we belong to an incredible community, and I truly appreciate the time and effort these members put into their videos. This calendar illustrates how important it is that we continue to build our community of support.

The beginning of a new year is a time of great promise. As we head into 2025, I want to take a moment to encourage you to join your fellow 1199ers and make time for yourself and your health journey. We are always looking for ways to make the road smoother for you, so I hope you'll find the tools you need online at our Healthy Living Resource Center (www.1199SEIUBenefits.org/HealthyLiving). And we would love to hear from you, so please email us at MembersVoices@1199Funds.org and share your healthy living story!

Wishing you a happy, healthy and joyful 2025! I look forward to taking the next steps with you on our health journeys, so keep up the good work!

Sincerely,



Donna Rey, EdD
Executive Director, 1199SEIU Benefit and Pension Funds
CEO, 1199SEIU Funds Administrative Operations



I believe we belong to an incredible community, and I truly appreciate the time and effort these members put into their videos. This calendar illustrates how important it is that we continue to build our community of support.



MEMBER RESOURCES

Funds Headquarters 498 Seventh Avenue, New York, NY 10018-0009

If you need to see us in person, you can avoid wait times by scheduling an appointment with a Member Services Representative. To make an appointment, visit www.1199SEIUBenefits.org/appt or call (646) 473-9200. For a list of all Funds offices, please visit www.1199SEIUBenefits.org/locations.

Healthy Living Resource Center
www.1199SEIUBenefits.org/HealthyLiving

findhelp
findhelp.1199SEIUBenefits.org

MyAccount
Sign up at www.My1199Benefits.org

Our Website
www.1199SEIUBenefits.org

Health Is the Key Podcast
Podcast.1199SEIUBenefits.org

The Benefits Channel
www.1199SEIUBenefits.org/videos

YouTube
www.YouTube.com/@1199SEIUBenefitFunds

Facebook
www.Facebook.com/1199SEIUBenefitFunds

Instagram
[@1199SEIUBenefitFunds](https://www.instagram.com/1199SEIUBenefitFunds)

Benefit Funds Member Services (in NYC)
(646) 473-9200

Benefit Funds Member Services (outside NYC)
(800) 575-7771

Wellness Member Assistance Program
(646) 473-6900

Get an Extra Copy of Your 2025 Member Calendar Today!

Your Benefit and Pension Funds 2025 member calendar is available online now! Scan this QR code or visit www.1199SEIUBenefits.org/member-calendar to download a PDF or to request an extra copy.



Scan to hear more about my health journey!



1199SEIUBenefits.org



“My doctor told me I was borderline diabetic with high blood pressure and cholesterol. So, I used my benefits to see a nutritionist. I didn’t go on a diet—I changed my lifestyle. I’ve lost 55 pounds and everything has improved. I even feel better mentally and I’m modeling again, which I love!”

Julia Spooner

On Call Aide
VNS Health

DECEMBER 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY

FEBRUARY 2025

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

NATIONAL BLOOD DONOR MONTH

www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King, Jr., Day	21	22	23	24	25
26	27	28	29 Lunar New Year begins	30	31	

HEALTHY LIVING

Make signing up for WeightWatchers® your New Year’s resolution! It’s a great way to take the next step on your health journey. For more information about your discounted WW rate through the Benefit Funds and to join, visit www.1199SEIUBenefits.org/WW.





“I want to be around for my daughter, Trinity. I was so proud when she graduated at the top of her class. Now I want to see her get married and be there to see my grandchildren. That's why I use less salt in my curry, see my doctor and walk regularly in the park!”

Tammy Sealy

Dietary Aide
New York Congregational Nursing Center

Scan to hear more about my health journey!



JANUARY 2025

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY

MARCH 2025

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

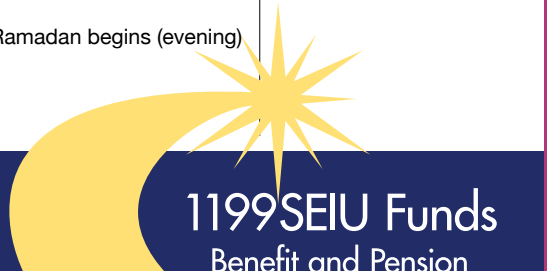
AMERICAN HEART MONTH

www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	Presidents' Day				Valentine's Day	
23	24	25	26	27	28	
					Ramadan begins (evening)	

HEALTHY LIVING

Season two of our *Health Is the Key* podcast is here! Tune in to hear cutting-edge healthy living information from our industry's experts and leaders, and learn about the resources available to support you on your journey. Visit Podcast.1199SEIUBenefits.org to hear more!



Scan to hear more about my health journey!



1199SEIUBenefits.org



“Being healthy allows me to function at a higher level so I can access my creativity. That’s why I’m working with my nutritionist to keep off the weight I gained during my pregnancies. Now I can play my guitar with no pain and take care of the people around me, which makes me happy!”

Gabriela Asch-Ortiz

Licensed Creative Arts Therapist
NewYork-Presbyterian
Morgan Stanley Children's Hospital

FEBRUARY 2025

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16	17	18	19	20	21	22
23	24	25	26	27	28	

MARCH

APRIL 2025

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

NATIONAL COLORECTAL CANCER AWARENESS MONTH

www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
Daylight Saving Time begins						
16	17	18	19	20	21	22
	St. Patrick's Day					
23	24	25	26	27	28	29
30	31					

Eid al-Fitr begins

HEALTHY LIVING

The Benefit Funds' online prenatal workshops are a great way to learn how to have a healthy pregnancy, prepare for your due date and know what to expect during labor. For more information, visit www.1199SEIUBenefits.org/maternal-health.

1199SEIU Funds
Benefit and Pension



Scan to hear more about my health journey!



1199SEIUBenefits.org



“I went to the gym with my family when I was younger. Now I get up at 4:30 am so I can go before work. The classes there make me feel great as I start my day. My routine keeps me healthy, so I’m able to hike outdoors. It helps me to relax and enjoy the beautiful views!”

Stephanie Baumann

Circulating Nurse
Good Samaritan Hospital

MARCH 2025

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL

MAY 2025

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NATIONAL STRESS AWARENESS MONTH

www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
						Passover begins (evening)
13	14	15	16	17	18	19
Palm Sunday		Tax Day			Good Friday	
20	21	22	23	24	25	26
Easter Sunday						
27	28	29	30			

HEALTHY LIVING

Our online Benefits Channel offers a wide variety of webinars—live and on demand. There's something for everyone, from stress-relief webinars to yoga/Pilates classes. Subscribe at www.1199SEIUBenefits.org/videos and we'll let you know when we add new videos.



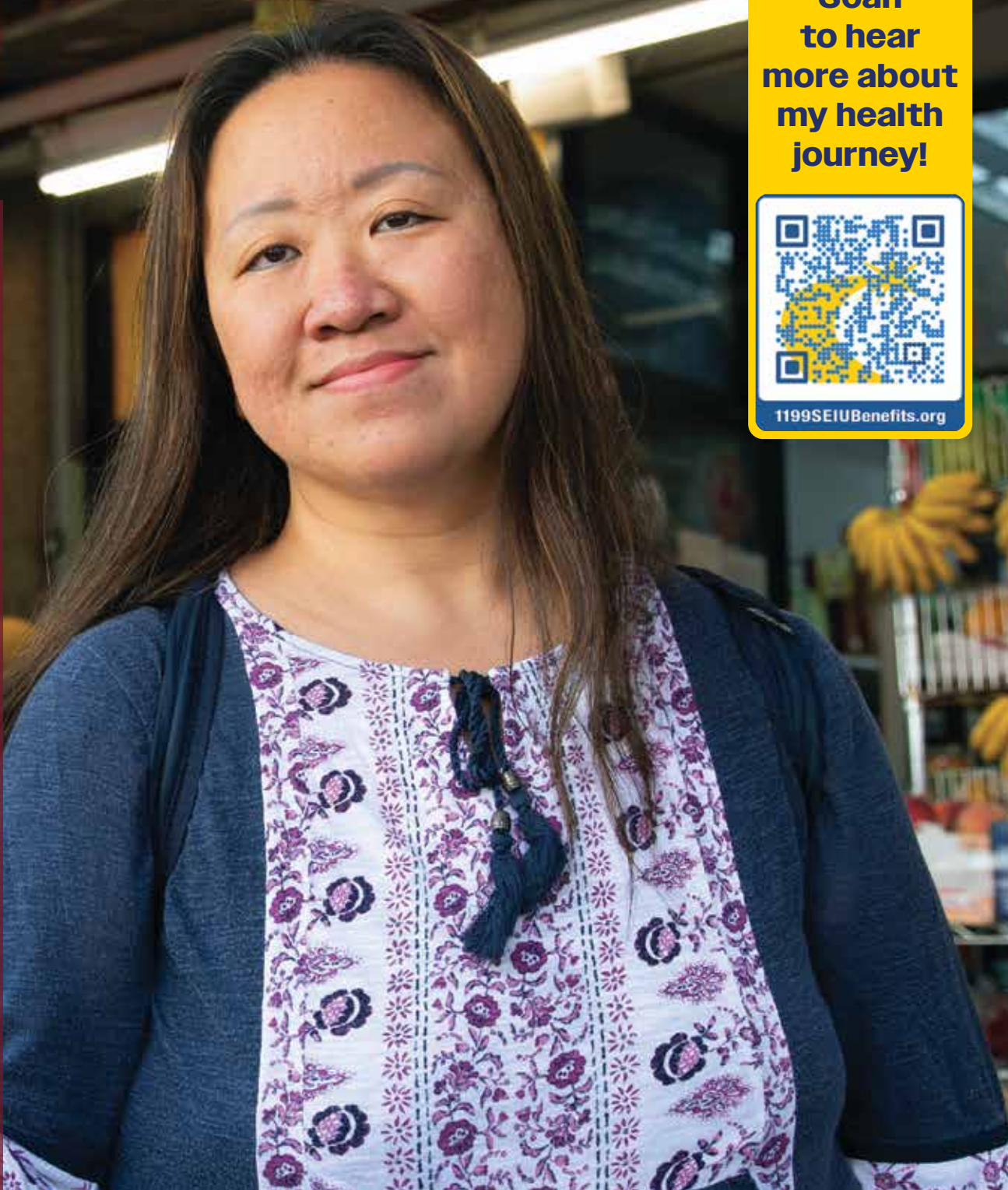
1199SEIU Funds
Benefit and Pension

Members' Voices

Scan to hear more about my health journey!



1199SEIUBenefits.org



“I need to be here to care for my special-needs children. So, I took my trusted doctor's advice to eat healthier. I've been seeing him for 20 years. He knows everything about me and when he prescribed a GLP-1, I decided to try it. Now, I've lost weight and lowered my A1C and I couldn't be happier!”

Lisa Ngai

Patient Support Associate
NYU Langone Health

APRIL 2025

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAY

JUNE 2025

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NATIONAL MENTAL HEALTH AWARENESS MONTH

www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 <small>Cinco de Mayo</small>	6	7	8	9	10
11 <small>Mother's Day</small>	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 <small>Memorial Day</small>	27	28	29	30	31

HEALTHY LIVING

With findhelp you can access free and low-cost community resources for emotional well-being, food security, housing assistance, transit, child care, goods and services, legal assistance and more. Just visit findhelp.1199SEIUBenefits.org and type in your ZIP code to find help!

1199SEIU Funds
Benefit and Pension



Scan to hear more about my health journey!

1199SEIUBenefits.org



“I am very healthy right now, but diabetes runs in my family. Since I have children of my own, healthy living is a priority for me. So, I built a home gym and grow fruits and vegetables in my backyard. Now I can continue to share my love with all of my kids, like my parents did for me.”

Junior Beauzile

Maintenance Lead
Luxor Nursing and Rehabilitation at Sayville

MAY 2025

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE

JULY 2025

S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

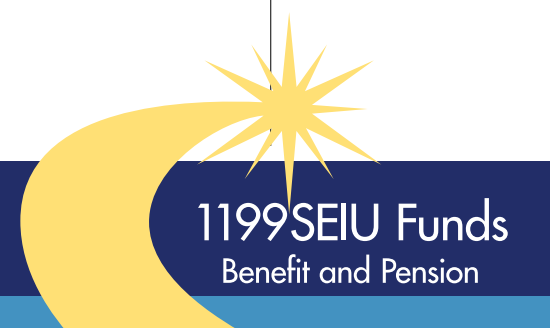
NATIONAL MEN'S HEALTH MONTH

www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
					Eid al-Adha begins (evening)	
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Father's Day				Juneteenth		
22	23	24	25	26	27	28
29	30					

HEALTHY LIVING

Our Healthy Living Resource Center offers information, tips and resources to support your health journey. Visit www.1199SEIUBenefits.org/HealthyLiving to browse the five sections: Healthy Minds, Healthy Eating, Healthy Bodies, Healthy Hearts and Healthy Provider Relationships.





“As a Black woman there’s a stigma about seeing a therapist, but mine has helped me a great deal. I also live near outdoor trails that are hidden gems for me to walk on with my dog, Ollie, to clear my mind. Now I can live my best life and travel to new places. You can’t put a price on health.”

Fern White

Secretary III
Mount Sinai Downtown, Union Square

Scan to hear more about my health journey!



JUNE 2025

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22	23	24	25	26	27	28
29	30					

JULY

AUGUST 2025

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
					31	

NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Independence Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

HEALTHY LIVING

If you or a loved one needs mental or emotional health support, call the Benefit Funds' Wellness Member Assistance Program at (646) 473-6900 for a referral, or search our provider directory for a mental health professional at FindADoc.1199SEIUBenefits.org.





Members' Voices



“I want to see my kids grow up healthy and happy, so I stay active with them. I also make sure we eat small, healthy meals with plenty of vegetables and fruit. I want to maintain my weight and be a role model for them. Healthy living is a lifestyle for us—it's something we want to do.”

Riley Chavarria

Registered Nurse
Northwell Health

Scan to hear more about my health journey!



JULY 2025

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST

SEPTEMBER 2025

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

NATIONAL IMMUNIZATION AWARENESS MONTH

www.1199SEIUBenefits.org/HealthyLiving

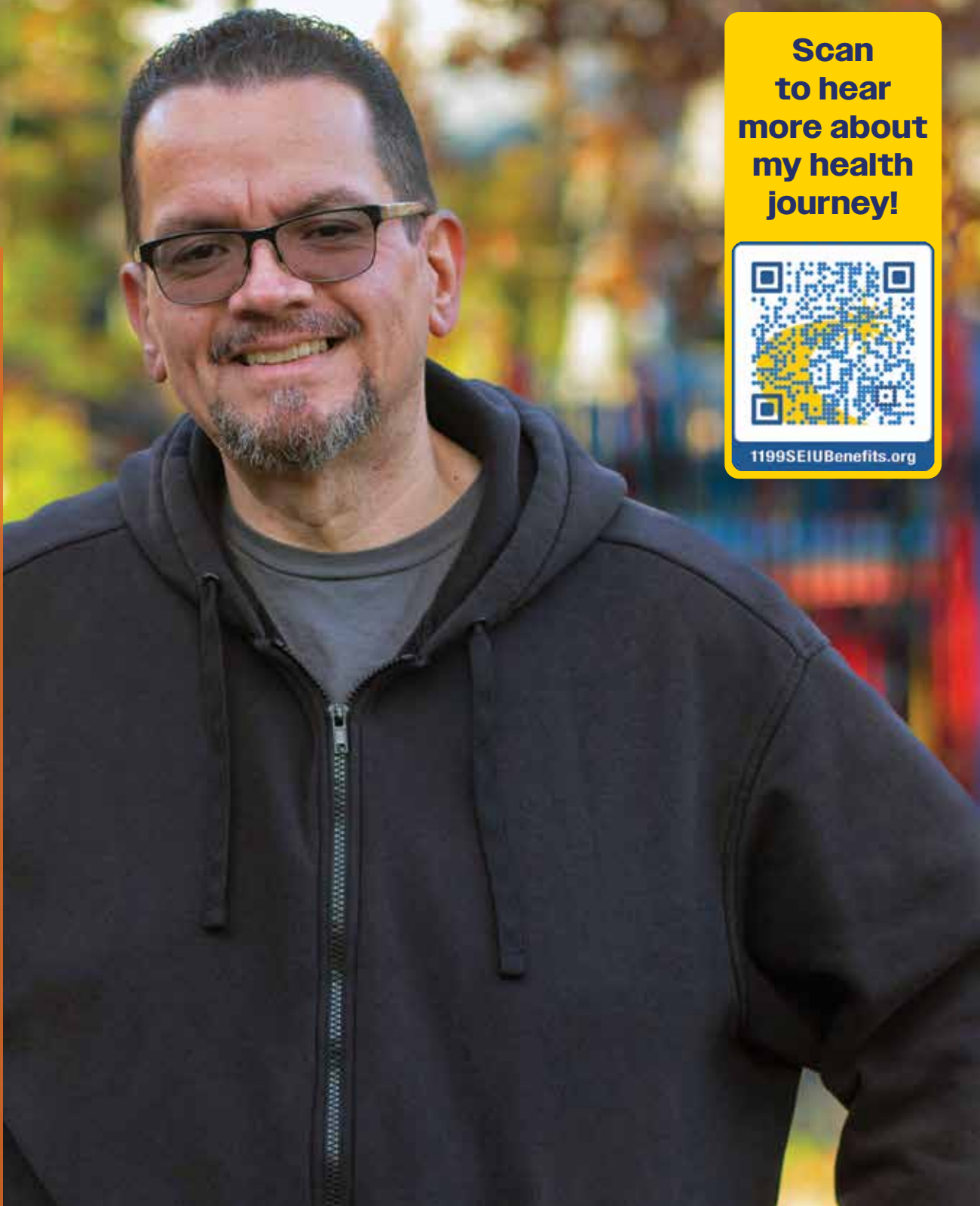
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
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24	25	26	27	28	29	30
31						

HEALTHY LIVING

Teladoc Health Primary360 providers can offer you annual exams and preventive care, diagnose health concerns, fill prescriptions and refer you to in-network specialists. Visit www.Teladoc.com or call (800) TELADOC (835-2362) for more information.



1199SEIU Funds
Benefit and Pension



Scan to hear more about my health journey!

1199SEIUBenefits.org

“Healthy eating is part of my health journey. My doctor was great—he helped me change how I looked at food. I’ve lost 120 pounds and I’m still going. Now I can be a role model for my daughters and be there as they grow. We work in healthcare, but we need to take care of ourselves too!”

Rafael Oquendo
Senior Lab Helper
Montefiore Medical Center

AUGUST 2025

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24	25	26	27	28	29	30
31						

SEPTEMBER

OCTOBER 2025

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NATIONAL CHOLESTEROL EDUCATION MONTH

www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <small>Labor Day</small>	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 <small>Rosh Hashanah begins (evening)</small>	23	24	25	26	27
28	29	30				

HEALTHY LIVING

One of the most important things you can do to stay heart-healthy is to "Know Your Numbers." So visit www.1199SEIUBenefits.org/HealthyHearts to learn more about how your cholesterol, blood sugar, blood pressure and BMI numbers stack up!



1199SEIU Funds
Benefit and Pension



“My A1C and cholesterol levels were high, so I decided to change my life. Now I enjoy preparing healthy foods and my doctor says my levels are better. I want to be healthy so I can spend time with my daughter and doing the things I love!”

Honorina Landi

Home Health Aide
Premier Home Health Care Services/
Unlimited Care

Scan to hear more about my health journey!

1199SEIUBenefits.org

SEPTEMBER 2025

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER

NOVEMBER 2025

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16	17	18	19	20	21	22
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30						

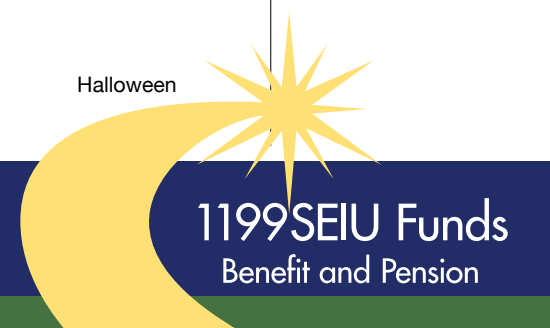
NATIONAL BREAST CANCER AWARENESS MONTH

www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <small>Yom Kippur begins (evening)</small>	2	3	4
5	6	7	8	9	10	11
12	13 <small>Indigenous Peoples' Day</small>	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 <small>Halloween</small>	

HEALTHY LIVING

Our Chief Medical Officer, Dr. Van H. Dunn, recommends regular screenings to help you maintain a healthier, fuller life. For a full list of recommended screening guidelines, visit www.1199SEIUBenefits.org/get-screened for more information.



1199SEIU Funds
Benefit and Pension

Members' Voices

“When my doctor told me I was pre-diabetic I was shocked, so I started my health journey. I cut down on sugar and started rollerblading whenever I could. I also like the Benefit Funds' exercise classes. My family loves to dance—now I feel like I can join them!”

Sylvanna Gonsalves

Certified Nursing Assistant
Flushing Hospital Medical Center

Scan to hear more about my health journey!



1199SEIUBenefits.org



OCTOBER 2025

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER

DECEMBER 2025

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AMERICAN DIABETES MONTH

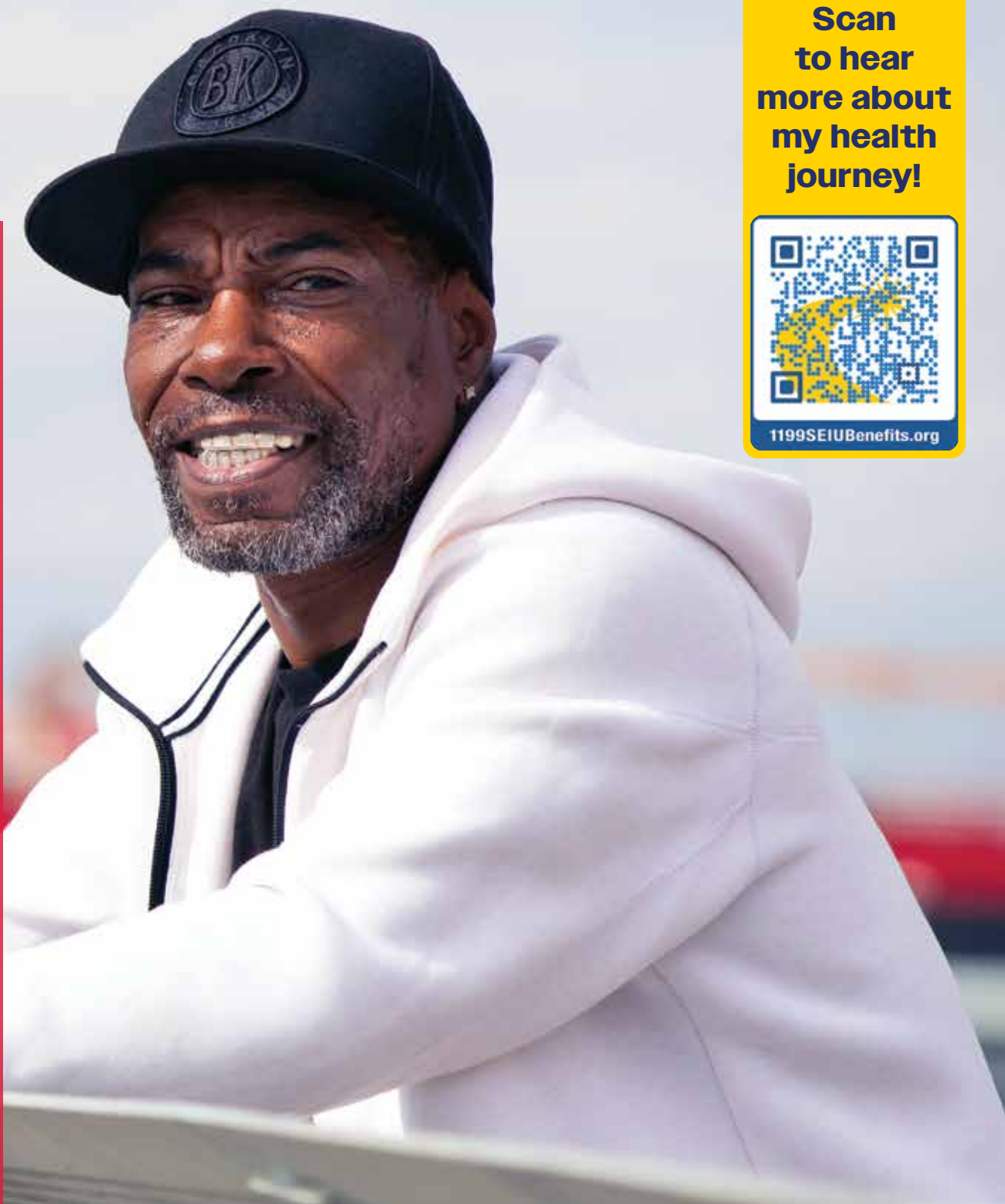
www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
Daylight Saving Time ends		Election Day				
9	10	11	12	13	14	15
		Veterans Day				
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30				Thanksgiving Day		

HEALTHY LIVING

Your Benefit Funds offer free online yoga and dance classes for all fitness levels —live and on demand. To find out more about these 30-minute workouts, visit www.1199SEIUBenefits.org/30-minutes-workouts.

1199SEIU Funds
Benefit and Pension



Scan to hear more about my health journey!

1199SEIUBenefits.org

“I have asthma and a family history of medical conditions. So, I see a doctor for my annual physical and get the screenings he recommends. Healthy living allows me to make a difference in my home care job. When I helped my client start walking again, I felt like the greatest aide in the world.”

Donald McNair

Personal Care Aide
Personal-Touch Home Care

NOVEMBER 2025

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER

JANUARY 2026

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

CELEBRATE YOUR HEALTH JOURNEY MONTH

www.1199SEIUBenefits.org/HealthyLiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
First Night of Hanukkah						
21	22	23	24	25	26	27
				Christmas Day	Kwanzaa begins	
28	29	30	31			
			New Year's Eve			

HEALTHY LIVING

Whether you're looking for a primary care physician or a mental health professional, there are questions you should ask to forge a strong connection. Visit www.1199SEIUBenefits.org/HealthyRelationships to learn more.

