

# 2026



*Members'  
Voices*



1199SEIU Funds  
Benefit and Pension

# Health Is the Key

Dear 1199SEIU Members,

As we turn the page to a new year, we're excited to welcome you to the 2026 Benefit Funds calendar! We can't wait to share a whole new year of **Members' Voices** videos with you.

Each month, you'll meet a remarkable 1199SEIU member who has generously shared their personal health journey 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 stories as inspiring as I do. We are part of an exceptional community, and I sincerely appreciate the effort these members put into sharing their experiences. This calendar demonstrates the value of deepening our community connections and mutual support.

As we begin 2026, I encourage you to prioritize your health and join fellow 1199ers in taking meaningful steps on your own journey. We continually strive to improve the information and tools available to support you on your journey, so I hope you find everything you need online at our Healthy Living Resource Center ([www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)). We would love to hear from you—please email us at [MembersVoices@1199Funds.org](mailto:MembersVoices@1199Funds.org) and share your healthy living story!

Wishing you a happy, healthy and joyful 2026! Let's continue moving forward together—supporting one another and embracing every step of our health journeys with purpose and pride!

In good health,



Donna Rey, EdD

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



“

Each month, you'll meet a remarkable 1199SEIU member who has generously shared their personal health journey with us.

”

## 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](http://www.1199SEIUBenefits.org/appt) or call (646) 473-9200. For a list of all Funds offices, please visit [www.1199SEIUBenefits.org/locations](http://www.1199SEIUBenefits.org/locations).

**Healthy Living Resource Center**  
[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

**findhelp**  
[findhelp.1199SEIUBenefits.org](http://findhelp.1199SEIUBenefits.org)

**MyAccount**  
Sign up at [www.My1199Benefits.org](http://www.My1199Benefits.org)

**Our Website**  
[www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org)

**Health Is the Key Podcast**  
[Podcast.1199SEIUBenefits.org](http://Podcast.1199SEIUBenefits.org)

**The Benefits Channel**  
[www.1199SEIUBenefits.org/videos](http://www.1199SEIUBenefits.org/videos)

**YouTube**  
[www.YouTube.com/@1199SEIUBenefitFunds](http://www.YouTube.com/@1199SEIUBenefitFunds)

**Facebook**  
[www.Facebook.com/1199SEIUBenefitFunds](http://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 2026 Member Calendar Today!

Your Benefit Funds 2026 member calendar is available online now! Scan this QR code or visit [www.1199SEIUBenefits.org/member-calendar](http://www.1199SEIUBenefits.org/member-calendar) to download a PDF or to request an extra copy.





“I began my health journey for my children. After my pregnancies, I was overweight, nearly prediabetic and my cholesterol was high. I improved my diet, eating smaller meals, adding healthy smoothies and I started walking more. I feel great! I'm earning a master's in Nursing Education and exploring buying a new home through my benefits.”

**Charlyn Humes**

Registered Nurse  
Jamaica Hospital Medical Center



Scan to hear more about my health journey!



1199SEIUBenefits.org

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			

February 2026

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# January

NATIONAL BLOOD DONOR MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

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

**HEALTHY LIVING**

Let us help you fulfill your New Year's resolution! The Benefit Funds offer a choice of programs to support your health journey. For more information, visit [www.1199SEIUBenefits.org/the-choice-is-yours/](http://www.1199SEIUBenefits.org/the-choice-is-yours/).



Scan to hear more about my health journey!



1199SEIUBenefits.org



“I'm fit and fabulous—and I'm determined to stay that way—so I can keep enjoying the cruises I love. When my doctor diagnosed me with high cholesterol, I began eating a healthier diet and lost 25 pounds. To maintain my new, healthier look, I've made regular exercise a priority. When it comes to my health, I'm not playing!”

**Joan Garrickes-Alcott**

Dietary Aide  
Eastchester Rehabilitation and Health Care Center

**JANUARY 2026**

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# February

**MARCH 2026**

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

**AMERICAN HEART MONTH**

[www.1199SEIUBenefits.org/HealthyLiving](http://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 <small>Valentine's Day</small>
15	16 <small>Presidents' Day</small>	17 <small>Lunar New Year begins Ramadan begins (evening)</small>	18	19	20	21
22	23	24	25	26	27	28

**HEALTHY LIVING**

Season three 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. Visit [Podcast.1199SEIUBenefits.org](http://Podcast.1199SEIUBenefits.org) to hear more!





“I love providing quality care to my clients and often work long hours. But I still prioritize my health by preparing my own meals. This allows me to control what goes into the food I eat. Although I get home late, I also make sure to exercise every day. I own a stationary bike and I take dance and tai chi classes.”

**Nataliia Prysiashniuk**  
Home Health Aide  
Bestcare and VNS Health



Scan to hear more about my health journey!

1199SEIUBenefits.org

**February 2026**

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22	23	24	25	26	27	28

# March

**April 2026**

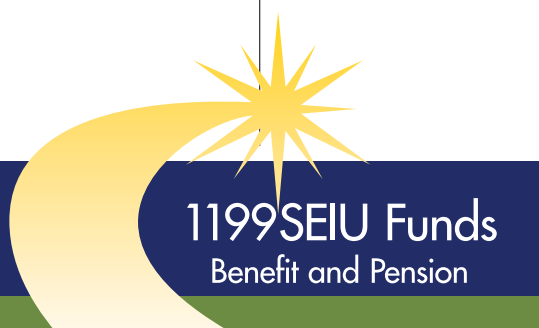
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

NATIONAL COLORECTAL CANCER AWARENESS MONTH [www.1199SEIUBenefits.org/HealthyLiving](http://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
Daylight Saving Time begins						
15	16	17	18	19	20	21
		St. Patrick's Day		Eid al-Fitr begins		
22	23	24	25	26	27	28
29	30	31				
Palm Sunday						

**HEALTHY LIVING**

The Benefit Funds' free and confidential Maternal Health Program is here to support your healthy pregnancy. Plus, we offer online prenatal workshops to help you prepare. Visit [www.1199SEIUBenefits.org/maternal-health](http://www.1199SEIUBenefits.org/maternal-health).





Scan to hear more about my health journey!



“My lifelong love for animals led me to adopt a vegan lifestyle and stay active with my two dogs. This combination helps me stay healthy, allowing me to continue my animal rights advocacy. I also found a doctor I like through the 1199SEIU Provider Directory who supports me and encourages me to stay on track!”

**Deserie Matos**

Social Worker  
Northwell Health LIJ



**March 2026**

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22	23	24	25	26	27	28
29	30	31				

**May 2026**

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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

# April

STRESS AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

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

**HEALTHY LIVING**

Our online Benefits Channel offers a wide variety of webinars—with something for everyone—live and on demand. Subscribe at [www.1199SEIUBenefits.org/videos](http://www.1199SEIUBenefits.org/videos) and we'll let you know when we add new videos.



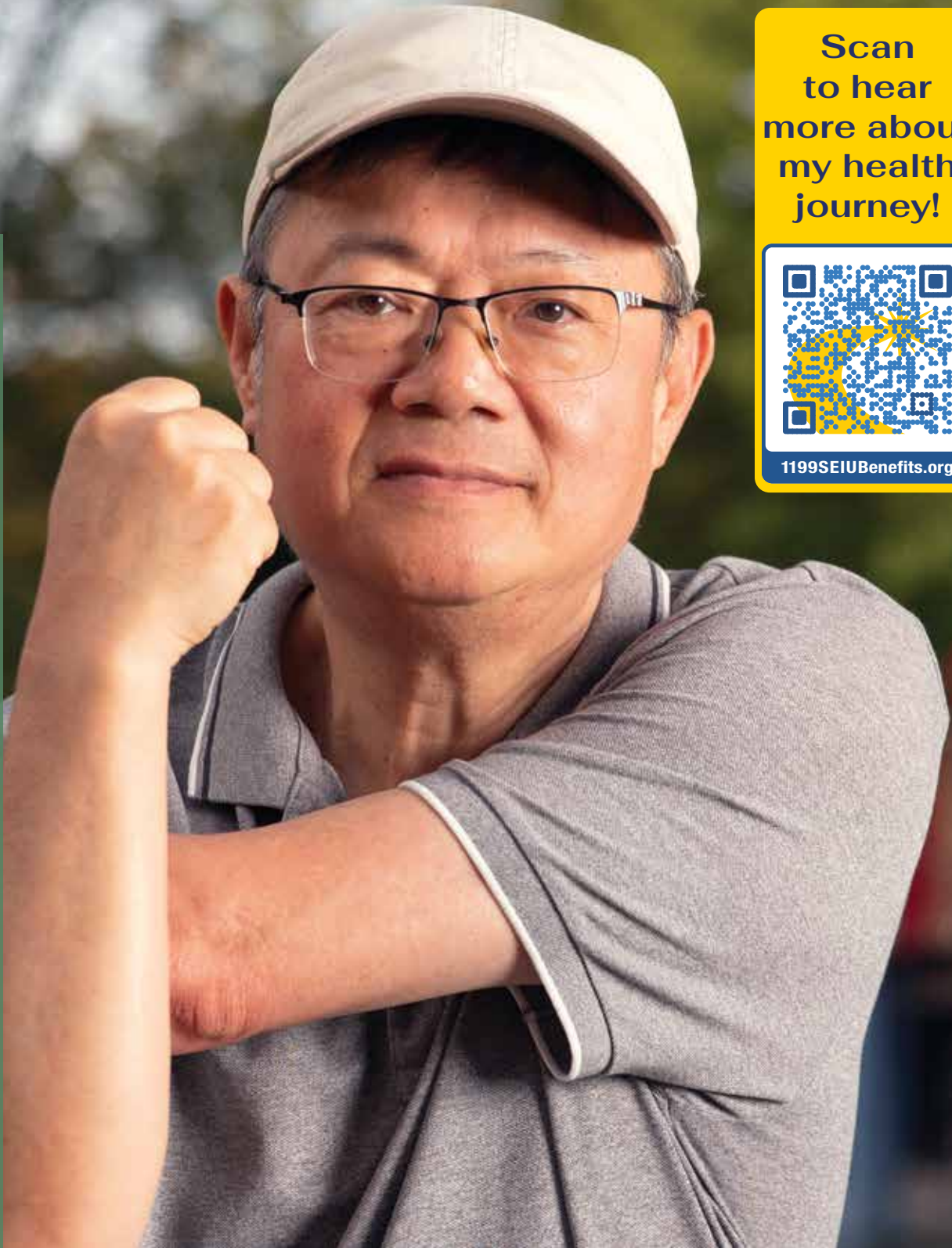
**1199SEIU Funds**  
Benefit and Pension



“I speak Chinese and Spanish, so I can help a lot of people as an HHA, which is very satisfying. My health journey began with a diagnosis of high blood pressure. I have a family history of diabetes, so I start the day with a healthy breakfast, then leave early for work so I can walk to the next subway station to get more steps in.”

**Tat Kwan Lee**

Home Health Aide  
CPC and Premier  
Home Health Care Services



Scan to hear more about my health journey!



1199SEIUBenefits.org

April 2026

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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		

June 2026

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

# May

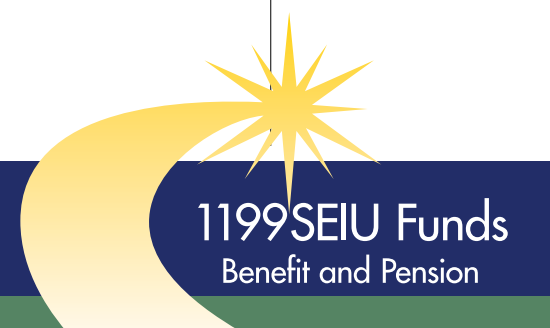
NATIONAL MENTAL HEALTH AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

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

**HEALTHY LIVING**

By visiting [findhelp.1199SEIUBenefits.org](http://findhelp.1199SEIUBenefits.org) you can access free or low-cost community resources for emotional well-being, food security, housing, transit, child care, legal assistance and more.

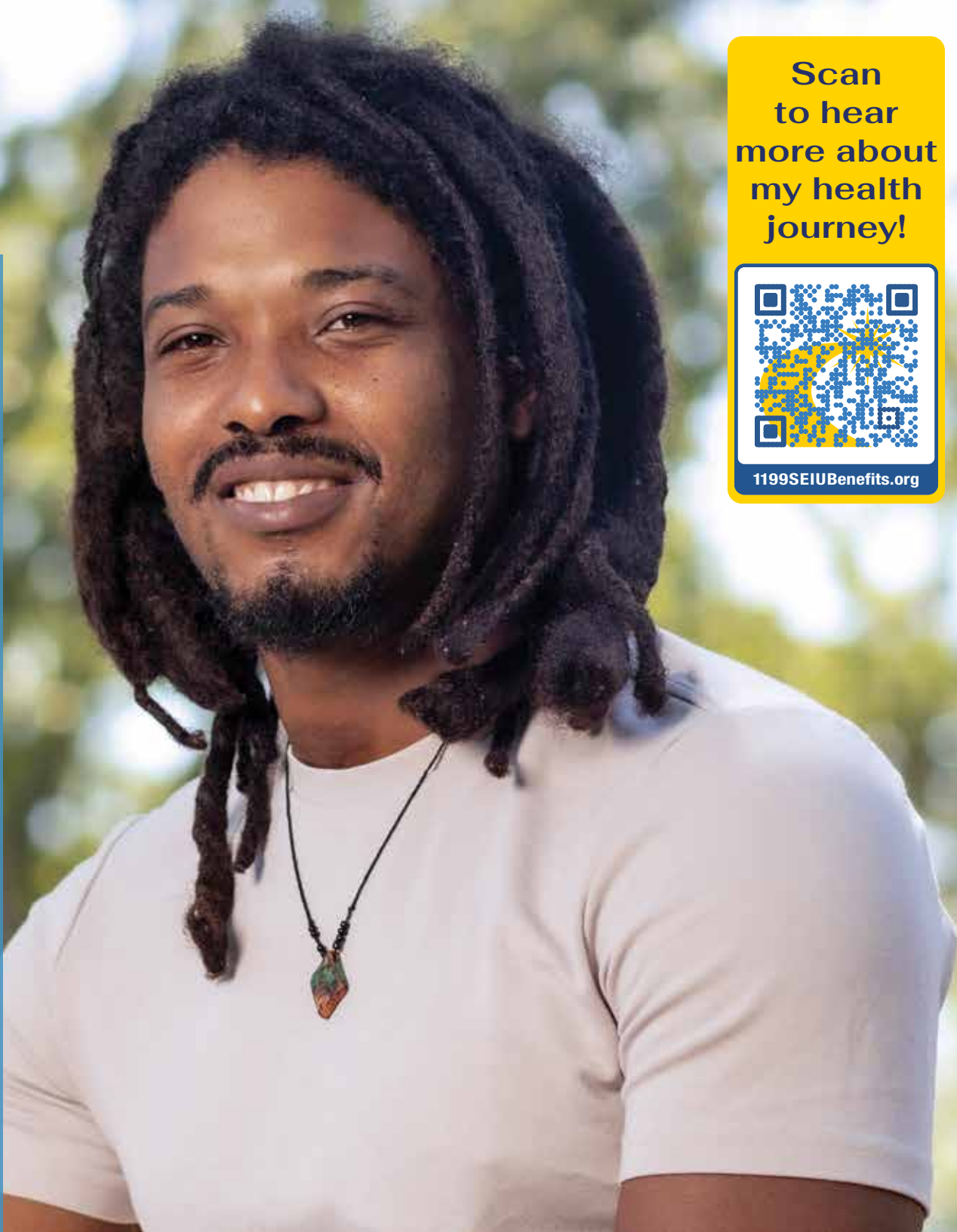




Scan to hear more about my health journey!



1199SEIUBenefits.org



“I want to be healthy because I have a 2-year-old son and a fiancée. I need to be mentally and physically present for them. I go to a gym, do calisthenics and play basketball in the park. I love doing cardio and I’ve lost 60 pounds. I also practice Zen Yoga for my mental health so I can find a sense of peace, focus and calm.”

**Kervendy Coicou**

Patient Care Tech  
NewYork-Presbyterian

May 2026

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

July 2026

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

# June

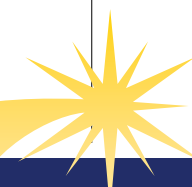
MEN'S HEALTH MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://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	23	24	25	26 <small>Juneteenth</small>	27
28 <small>Father's Day</small>	29	30				

**HEALTHY LIVING**

Our Healthy Living Resource Center (HLRC) offers information, tips and resources to support your health journey. Visit [www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving) to access the HLRC and check back often for updates.



**1199SEIU Funds**  
Benefit and Pension



Scan to hear more about my health journey!



“I love my community and living in the Bronx. It gives me so many opportunities to be active. I especially like walking along the Bronx River and keeping a journal of inspirational affirmations. I believe in the mind-body connection and meditate to stay healthy and de-stress. There’s nothing like the power of positive thinking!”

**Tonya Roberts**

Family Health Worker  
GABI Pediatrics,  
Montefiore Medical Center

June 2026

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28	29	30				

# July

August 2026

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23	24	25	26	27	28	29
30	31					

BIPOC MENTAL HEALTH AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://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 or search our Provider Directory at [FindADoc.1199SEIUBenefits.org](http://FindADoc.1199SEIUBenefits.org).

**1199SEIU Funds**  
Benefit and Pension



“My passion is running —I save money on transportation and it feels great! I started at my own pace and now, I'm proud to say I run marathons with my daughter. Plus, I've lost almost 50 pounds, giving me the strength and confidence to pursue my dream of running through new cities and exploring life in other countries.”

**Johanna Jimenez**

Hospital Concierge  
NYU Langone Health

Scan to hear more about my health journey!



1199SEIUBenefits.org

July 2026

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# August

September 2026

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NATIONAL IMMUNIZATION AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://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
23	24	25	26	27	28	29
30	31					

**HEALTHY LIVING**

Teladoc Health Primary360 providers offer exams, preventive care and prescriptions, diagnose health concerns, and make specialist referrals. Visit [www.Teladoc.com](http://www.Teladoc.com) or call (800) TELADOC (835-2362) for more information.





Scan to hear more about my health journey!



1199SEIUBenefits.org

“I make my health a priority to honor my family’s legacy of longevity and to one day become a great-grandfather.

So, I cook healthy food and stay active by cycling with my wife and children. It brings back memories of riding my bike on my grandfather’s farm in the Dominican Republic. Now we’re creating memories with our children.”

**Ramon Fernandez**

Housekeeper  
Pelham Parkway Nursing Care and Rehabilitation Facility

August 2026

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30	31					

October 2026

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# September

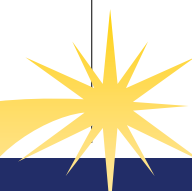
PROSTATE CANCER AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

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

**HEALTHY LIVING**

If you want to stay heart-healthy, get to "Know Your Numbers." So, visit [www.1199SEIUBenefits.org/HealthyHearts](http://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

Scan to hear more about my health journey!



“When I feel my best, I can give my best to my family. After COVID-19, I was stressed and gained weight. So, I kicked it into high gear and started seeing an online therapist and a nurse practitioner. I upped my activity to 45 minutes a day. It didn’t happen overnight, but I lost 30 pounds and now I’m a role model for my kids.”

**Katherine Krantz**

Physical Therapist Assistant  
Garnet Health Medical Center, Catskills

September 2026

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# October

November 2026

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

NATIONAL BREAST CANCER AWARENESS MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

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



**HEALTHY LIVING**

Our Chief Medical Officer, Dr. Van H. Dunn, recommends regular screenings to help you maintain good health. For a full list of guidelines, visit [www.1199SEIUBenefits.org/get-screened](http://www.1199SEIUBenefits.org/get-screened).

**1199SEIU Funds**  
Benefit and Pension



“I want my daughters to know even though diabetes runs in our family, *it’s not our destiny*. So, when I saw the email about the Virta program, it saved me. I was struggling, but everything finally clicked. **My A1C and blood sugar dropped, I’ve lost 50 pounds and I’m off insulin.** With the Benefit Funds, the choice was mine and this one worked.”

**Maria Steiper**  
Quality Coordinator  
Good Samaritan Hospital

Scan to hear more about my health journey!



*Movement Heals*

October 2026

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# November

December 2026

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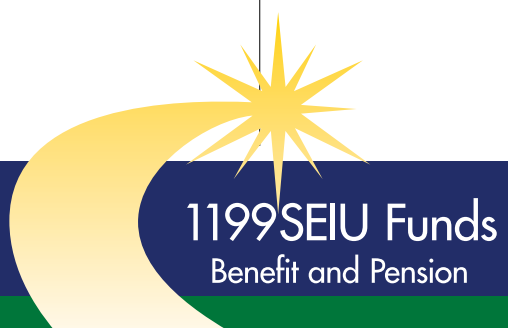
AMERICAN DIABETES MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

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

**HEALTHY LIVING**

Your Benefit Funds offer free online live yoga and dance classes, as well as on-demand exercise videos for all fitness levels. To learn more, visit [www.1199SEIUBenefits.org/30-minutes-workouts](http://www.1199SEIUBenefits.org/30-minutes-workouts).





Scan to hear more about my health journey!



“I was overweight with high blood pressure and I knew change was necessary. Reading about FlyteHealth in the *FYB* magazine gave me hope. With their nutritional guidance and GLP-1 support, I gained the tools I needed to improve my health. So far, I've lost over 20 pounds and my blood pressure has gone down—I'm on a roll!”

**Jean Peters**

Patient Care Associate  
Mount Sinai Morningside



November 2026

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15	16	17	18	19	20	21
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29	30					

January 2027

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

# December

CELEBRATE YOUR HEALTH JOURNEY MONTH

[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)

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

**HEALTHY LIVING**

If you need 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](http://www.1199SEIUBenefits.org/HealthyRelationships) to learn more.

**1199SEIU Funds**  
Benefit and Pension



**Healthy Living Resource Center**  
**[www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving)**



**[www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org)**  
**(646) 473-9200**

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Podcast.1199SEIUBenefits.org

The logo for 1199SEIU Funds, featuring a large yellow crescent moon on the left and a yellow starburst on the right, both set against a dark blue background. The text "1199SEIU Funds" and "Benefit and Pension" is written in white below the starburst.

**1199SEIU Funds**  
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