

1199SEIU RETIRED MEMBERS CALENDAR & EVENTS

May 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

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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 [MyAccount \(www.My1199Benefits.org\)](http://MyAccount(www.My1199Benefits.org)) or make an online appointment to speak with a Retiree Services Representative by visiting www.1199SEIUBenefits.org/apppt. You may also call Retiree Services directly at (646) 473-8666. If you do need to visit a Funds office, you should first schedule an appointment online, also at www.1199SEIUBenefits.org/apppt, to reduce wait times and facilitate social distancing.

Stay Connected with Your Funds

As we continue to hold many of our events online, 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.



Have You Joined Our Retired Members' Online Community Yet?

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1199SEIU Benefit and Pension Funds
498 Seventh Avenue
New York, NY 10018-0009
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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: 5/2, 5/9, 5/16, 5/23
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: 5/3, 5/10, 5/17, 5/24
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: 5/3, 5/10, 5/17, 5/24
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: 5/4, 5/11, 5/18, 5/25
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: 5/4, 5/11, 5/18, 5/25
Zoom Link: www.1199SEIUBenefits.org/raej
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: 5/6, 5/13, 5/20, 5/27
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 Natalia and Sonia. Take a look at the tasty offerings you'll cook up this month!

Thursday, May 12, at 11:00 am:

Cod with Vegetable Curry Sauce

Recipe Link: www.1199SEIUBenefits.org/rcvc

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, May 26 at 11:00 am:

All About the Fiber Banana Bread

Recipe Link: www.1199SEIUBenefits.org/rfbb

Zoom Link: www.1199SEIUBenefits.org/cvbn

Cooking for Your Health, Now en Español ! **NEW**

We're excited to offer the Cooking for Your Health class in Spanish! Join chef Yexenia Gomez 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, May 6, at 12:00 pm: Chiles Rellenos

Recipe Link: www.1199SEIUBenefits.org/rscrc

Zoom Link: www.1199SEIUBenefits.org/rssc

Friday, May 20, at 12:00 pm:

Pechuga de Pollo Con Chimichurri

Recipe Link: www.1199SEIUBenefits.org/rspc

Zoom Link: www.1199SEIUBenefits.org/rssc

¡Cocinar para Su Salud, Ahora en Español ! **NUEVO**

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la chef Yexenia Gomez 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 6 de mayo, a las 12:00 pm: Chiles Rellenos

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

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

Viernes 20 de mayo, a las 12:00 pm:

Pechuga de Pollo Con Chimichurri

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

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

Stay Connected with Online Chapter Meetings

We hope you are enjoying these online meetings, using them to “connect” with friendly faces and 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

Port St. Lucie Monday, May 2 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/qpra
Meeting ID: 817 8018 0828 Passcode: 501074
Call in: (646) 558-8656 or (312) 626-6799

South Palm Beach/Delray Tuesday, May 3 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rnxm
Meeting ID: 876 9067 3739 Passcode: 451733
Call in: (646) 558-8656 or (301) 715-8592

Broward – Leon Davis Tuesday, May 3 • 1:00 pm to 2:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/afde
Meeting ID: 892 3828 4455 Passcode: 803665
Call in: (646) 558-8656 or (301) 715-8592

West Palm Beach Wednesday, May 4 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/uydq
Meeting ID: 995 8142 9679 Passcode: 657472
Call in: (646) 558-8656 or (312) 626-6799

Miami – Ossie Davis Thursday, May 5 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/kfra
Meeting ID: 871 8095 3693 Passcode: 825709
Call in: (646) 558-8656 or (312) 626-6799

Palm Bay/Melbourne Tuesday, May 10 • 12:30 pm to 2:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/hxrc
Meeting ID: 819 8713 2081 Passcode: 531003
Call in: (646) 558-8656 or (312) 626-6799

Orlando – George Gresham
Wednesday, May 18 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/olmn
Meeting ID: 854 7527 1519 Passcode: 463907
Call in: (646) 558-8656 or (301) 715-8592

Casselberry – Doris Turner
Thursday, May 19 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/xtzh
Meeting ID: 868 7968 6856 Passcode: 032879
Call in: (646) 558-8656 or (301) 715-8592

Fort Myers Monday, May 23 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/nway
Meeting ID: 815 4661 3736 Passcode: 188493
Call in: (646) 558-8656 or (312) 626-6799

North Port Tuesday, May 24 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/eccr
Meeting ID: 849 1753 8783 Passcode: 147677
Call in: (646) 558-8656 or (312) 626-6799

Tampa Wednesday, May 25 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/gytr
Meeting ID: 898 3130 0650 Passcode: 402048
Call in: (646) 558-8656 or (301) 715-8592

NEW YORK CHAPTERS

Westchester Wednesday, May 4 • 1:30 to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtw
Meeting ID: 833 9326 8840 Passcode: 472687
Call in: (646) 558-8656 or (312) 626-6799

Bronx – Joseph James Friday, May 6 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtj
Meeting ID: 871 5708 9200 Passcode: 297923
Call in: (646) 558-8656 or (301) 715-8592

North Bronx – Bernard Minter
Monday, May 9 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtb
Meeting ID: 899 2809 2328 Passcode: 880819
Call in: (646) 558-8656 or (312) 626-6799

Staten Island Tuesday, May 10 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtm
Meeting ID: 885 0283 0962 Passcode: 304680
Call in: (646) 558-8656 or (301) 715-8592

Hudson Valley Wednesday, May 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

Suffolk County Thursday, May 12 • noon to 1:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtq
Meeting ID: 837 9819 3798 Passcode: 066468
Call in: (646) 558-8656 or (312) 626-6799

New Hyde Park – Eleanor Tilson Tuesday, May 17 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtv
Meeting ID: 898 4295 0149 Passcode: 805074
Call in: (646) 558-8656 or (312) 626-6799

Hicksville – Milton Konowe Wednesday, May 18 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtc
Meeting ID: 820 5078 3279 Passcode: 248296
Call in: (646) 558-8656 or (301) 715-8592

NEW PUERTO RICO CHAPTER MEETING ONLINE

Save the date! We're excited to announce our Puerto Rico Chapter will meet online from 11:00 am to 12:30 pm. Stay tuned for more information and all the details you'll need!

NEW YORK CHAPTERS (continued)

Brooklyn – Mattie Small Friday, May 20 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtz
Meeting ID: 847 3547 4285 Passcode: 833644
Call in: (646) 558-8656 or (312) 626-6799

Queens – Edward Garrins Tuesday, May 24 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtn
Meeting ID: 842 8796 0384 Passcode: 403606
Call in: (646) 558-8656 or (312) 626-6799

Brooklyn – Marshall Dubin
Wednesday, May 25 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rbmd
Meeting ID: 864 2454 1829 Passcode: 475844
Call in: (646) 558-8656 or (312) 626-6799

Midtown Manhattan Thursday, May 26 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grth
Meeting ID: 829 5698 9299 Passcode: 396537
Call in: (646) 558-8656 or (301) 715-8592

Harlem – Leon Davis Friday, May 27 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtx
Meeting ID: 848 7740 4951 Passcode: 392318
Call in: (646) 558-8656 or (301) 715-8592

VIRGINIA CHAPTER
Thursday, May 5 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/znnj
Meeting ID: 854 2471 2909 Passcode: 828684
Call in: (646) 558-8656 or (312) 626-6799

PENNSYLVANIA CHAPTER
Monday, May 9 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/hdtb
Meeting ID: 812 1855 8403 Passcode: 081837
Call in: (646) 558-8656 or (301) 715-8592

NEW JERSEY CHAPTER
Thursday, May 12 • 2:30 pm to 4:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/qzuy
Meeting ID: 815 0762 0238 Passcode: 378715
Call in: (646) 558-8656 or (312) 626-6799

GEORGIA CHAPTER
Friday, May 13 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/wbjh
Meeting ID: 817 2802 1885 Passcode: 603894
Call in: (646) 558-8656 or (301) 715-8592

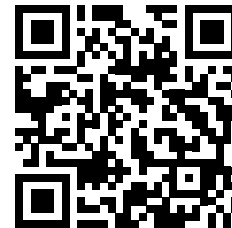
NORTH & SOUTH CAROLINAS CHAPTER
Friday, May 20 • 1:30 pm to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtk
Meeting ID: 832 8595 7258 Passcode: 762414
Call in: (646) 558-8656 or (312) 626-6799

STARTING IN JUNE

will hold its first online meeting on Tuesday, June 21, 2022, from 11:00 am to 12:00 pm. You will need to connect via Zoom.

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.



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

It's important to remain vigilant against COVID-19. 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.

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 May SOS presentation will take place **Tuesday, May 24, at 3:30 pm** and will cover the Medicare Savings Program.

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.

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

May
June

Healthy at Home
Health and Wellness Outdoors