

# 1199SEIU RETIRED MEMBERS CALENDAR & EVENTS

September 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](mailto:Communications@1199Funds.org) to schedule a socially distant photo shoot near your home with our Benefit and Pension Funds photographer.



As cold and flu season approaches, 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](http://www.1199SEIUBenefits.org/vaccine-locations).

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

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/appt](http://www.1199SEIUBenefits.org/appt). 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 at [www.1199SEIUBenefits.org/appt](http://www.1199SEIUBenefits.org/appt) times and facilitate social distancing.

## Stay Connected with Your Funds

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. MDLIVE offers a fast, convenient way to connect with a licensed therapist or psychiatrist by phone or video chat. To get started, visit [MDLIVE.com/AetnaMedicare](http://MDLIVE.com/AetnaMedicare) and follow the prompts to create an account. To learn more about MDLIVE, call (888) 865-0729.

## Support Your Emotional Health with Aetna's MDLIVE

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

# NEW! Boost Your Wellness with Our Online Healthy Living Resource Center

If you want to get your health on track – and keep it there – your Benefit Funds have you covered. Our all-new Healthy Living Resource Center provides expert information, tools and resources to support your well-being, organized in five sections covering Healthy Minds, Healthy Eating, Healthy Bodies, Healthy Hearts and Healthy Provider Relationships. Browse each section for tips, health trackers, interactive videos, screening guidelines and more. Healthy Living will be updated frequently with new information about upcoming programs, events and partnerships, so check back often. Just visit [www.1199SEIUBenefits.org/HealthyLiving](http://www.1199SEIUBenefits.org/HealthyLiving).



## 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: 9/5, 9/12, 9/19, 9/26

Zoom Link: [www.1199SEIUBenefits.org/rtcc](http://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: 9/6, 9/13, 9/20, 9/27

Zoom Link: [www.1199SEIUBenefits.org/mmdb](http://www.1199SEIUBenefits.org/mmdb)

Meeting ID: 833 2075 8796 Passcode: 010490

Call in: (929) 205-6099

**Yoga** **Tuesdays at 1:00 pm** Dates: 9/6, 9/13, 9/20, 9/27

Zoom Link: [www.1199SEIUBenefits.org/rsuy](http://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: 9/7, 9/14, 9/21, 9/28

Zoom Link: [www.1199SEIUBenefits.org/rcyc](http://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: 9/7, 9/14, 9/21, 9/28

Zoom Link: [www.1199SEIUBenefits.org/racj](http://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: 9/2, 9/9, 9/16, 9/23

Zoom Link: [www.1199SEIUBenefits.org/rssc](http://www.1199SEIUBenefits.org/rssc)

Meeting ID: 851 0097 9301 Passcode: 229593

# Calling All Retired Nurses—Online!

The next nurses' meeting will be on **Friday, September 2, from 2:00 pm to 3:00 pm**. The Retired Members Division holds quarterly meetings to help retired nurses stay connected with each other and informed about the latest educational and social issues affecting them. Join this month's meeting at the following

**Zoom link:** [www.1199SEIUBenefits.org/dfge](http://www.1199SEIUBenefits.org/dfge)

**Meeting ID:** 820 7409 1967 **Passcode:** 546709

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

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

**Thursday, September 15, at 11:00 am:**

**Turkey and Zucchini Burgers**

Recipe Link: [www.1199SEIUBenefits.org/rtzb](http://www.1199SEIUBenefits.org/rtzb)

Zoom Link: [www.1199SEIUBenefits.org/cvbn](http://www.1199SEIUBenefits.org/cvbn)

**Thursday, September 29, at 11:00 am:**

**Chicken Soup with Matzo Balls**

Recipe Link: [www.1199SEIUBenefits.org/rcms](http://www.1199SEIUBenefits.org/rcms)

Zoom Link: [www.1199SEIUBenefits.org/cvbn](http://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 Natalia 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, September 9, at 12:00 pm:**

**Muslos de Pollo con salsa de Zanahoria**

Recipe Link: [www.1199seiubenefits.org/rmpz](http://www.1199seiubenefits.org/rmpz)

Zoom Link: [www.1199SEIUBenefits.org/rssc](http://www.1199SEIUBenefits.org/rssc)

**Friday, September 23, at 12:00 pm:**

**Waffles sin granos con salsa de arándanos**

Recipe Link: [www.1199SEIUBenefits.org/rwga](http://www.1199SEIUBenefits.org/rwga)

Zoom Link: [www.1199SEIUBenefits.org/rssc](http://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 Natalia 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 9 de septiembre, a las 12:00 pm:**

**Muslos de Pollo con salsa de Zanahoria**

Enlace para ver la receta: [www.1199seiubenefits.org/rmpz](http://www.1199seiubenefits.org/rmpz)

Enlace para acceder a Zoom: [www.1199SEIUBenefits.org/rssc](http://www.1199SEIUBenefits.org/rssc)

**Viernes 23 de septiembre, a las 12:00 pm:**

**Waffles sin granos con salsa de arándanos**

Enlace para ver la receta: [www.1199seiubenefits.org/rwga](http://www.1199seiubenefits.org/rwga)

Enlace para acceder a Zoom: [www.1199SEIUBenefits.org/rssc](http://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, 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](http://www.1199SEIUBenefits.org/retiree-activities) for more details.

## **FLORIDA CHAPTERS**

**Miami – Ossie Davis** Thursday, September 1 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/kfra](http://www.1199SEIUBenefits.org/kfra)  
Meeting ID: 871 8095 3693 Passcode: 825709  
Call in: (646) 558-8656 or (312) 626-6799

**South Palm Beach/Delray**  
Tuesday, September 6 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/rnxm](http://www.1199SEIUBenefits.org/rnxm)  
Meeting ID: 876 9067 3739 Passcode: 451733  
Call in: (646) 558-8656 or (301) 715-8592

**Broward – Leon Davis** Tuesday, September 6 • 1:00 pm to 2:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/afde](http://www.1199SEIUBenefits.org/afde)  
Meeting ID: 892 3828 4455 Passcode: 803665  
Call in: (646) 558-8656 or (301) 715-8592

**West Palm Beach** Wednesday, September 7 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/uydq](http://www.1199SEIUBenefits.org/uydq)  
Meeting ID: 995 8142 9679 Passcode: 657472  
Call in: (646) 558-8656 or (312) 626-6799

**Palm Bay/Melbourne** Tuesday, September 13 • 12:30 pm to 2:00 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/hxrc](http://www.1199SEIUBenefits.org/hxrc)  
Meeting ID: 819 8713 2081 Passcode: 531003  
Call in: (646) 558-8656 or (312) 626-6799

**Casselberry – Doris Turner**  
Thursday, September 15 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/xtzh](http://www.1199SEIUBenefits.org/xtzh)  
Meeting ID: 868 7968 6856 Passcode: 032879  
Call in: (646) 558-8656 or (301) 715-8592

**Port St. Lucie** Monday, September 19 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/qprc](http://www.1199SEIUBenefits.org/qprc)  
Meeting ID: 817 8018 0828 Passcode: 501074  
Call in: (646) 558-8656 or (312) 626-6799

**Orlando – George Gresham**  
Wednesday, September 21 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/olmn](http://www.1199SEIUBenefits.org/olmn)  
Meeting ID: 854 7527 1519 Passcode: 463907  
Call in: (646) 558-8656 or (301) 715-8592

**Fort Myers** Monday, September 26 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/nway](http://www.1199SEIUBenefits.org/nway)  
Meeting ID: 815 4661 3736 Passcode: 188493  
Call in: (646) 558-8656 or (312) 626-6799

**North Port** Tuesday, September 27 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/eccr](http://www.1199SEIUBenefits.org/eccr)  
Meeting ID: 849 1753 8783 Passcode: 147677  
Call in: (646) 558-8656 or (312) 626-6799

**Tampa** Wednesday, September 28 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/gytr](http://www.1199SEIUBenefits.org/gytr)  
Meeting ID: 898 3130 0650 Passcode: 402048  
Call in: (646) 558-8656 or (301) 715-8592

## **NEW YORK CHAPTERS**

**Bronx – Joseph James** Friday, September 2 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtj](http://www.1199SEIUBenefits.org/grtj)  
Meeting ID: 871 5708 9200 Passcode: 297923  
Call in: (646) 558-8656 or (312) 626-6799

**Westchester** Wednesday, September 7 • 1:30 to 3:00 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtw](http://www.1199SEIUBenefits.org/grtw)  
Meeting ID: 833 9326 8840 Passcode: 472687  
Call in: (646) 558-8656 or (312) 626-6799

**Suffolk County** Thursday, September 8 • noon to 1:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtq](http://www.1199SEIUBenefits.org/grtq)  
Meeting ID: 837 9819 3798 Passcode: 066468  
Call in: (646) 558-8656 or (312) 626-6799

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

**Staten Island** Tuesday, September 13 • 3:00 pm to 4:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtm](http://www.1199SEIUBenefits.org/grtm)  
Meeting ID: 885 0283 0962 Passcode: 304680  
Call in: (646) 558-8656 or (301) 715-8592

**Hudson Valley** Wednesday, September 14 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/rhvc](http://www.1199SEIUBenefits.org/rhvc)  
Meeting ID: 992 5560 8939 Passcode: 407967  
Call in: (646) 558-8656 or (301) 715-8592

**Brooklyn – Mattie Small**  
Friday, September 16 • 11:00 am to 12:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtz](http://www.1199SEIUBenefits.org/grtz)  
Meeting ID: 847 3547 4285 Passcode: 833644  
Call in: (646) 558-8656 or (312) 626-6799

**New Hyde Park – Eleanor Tilson**  
Tuesday, September 20 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtv](http://www.1199SEIUBenefits.org/grtv)  
Meeting ID: 898 4295 0149 Passcode: 805074  
Call in: (646) 558-8656 or (312) 626-6799

**Hicksville – Milton Konowe**  
Wednesday, September 21 • 2:00 pm to 3:30 pm  
Join Zoom Meeting: [www.1199SEIUBenefits.org/grtc](http://www.1199SEIUBenefits.org/grtc)  
Meeting ID: 820 5078 3279 Passcode: 248296  
Call in: (646) 558-8656 or (301) 715-8592



## **NEW YORK CHAPTERS** (continued)

**Midtown Manhattan** Thursday, September 22 • 2:00 pm to 3:30 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/grth](http://www.1199SEIUBenefits.org/grth)

Meeting ID: 829 5698 9299 Passcode: 396537

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

**Harlem – Leon Davis** Friday, September 23 • 2:00 pm to 3:30 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/grtx](http://www.1199SEIUBenefits.org/grtx)

Meeting ID: 848 7740 4951 Passcode: 4752318

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

**Queens – Edward Garrins**

Tuesday, September 27 • 2:00 pm to 3:30 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/grtn](http://www.1199SEIUBenefits.org/grtn)

Meeting ID: 842 8796 0384 Passcode: 403606

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

**Brooklyn – Marshall Dubin**

Wednesday, September 28 • 2:00 pm to 3:30 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/rbmd](http://www.1199SEIUBenefits.org/rbmd)

Meeting ID: 864 2454 1829 Passcode: 475844

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

## **Virginia Chapter**

Thursday, September 1 • 2:00 pm to 3:30 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/znnj](http://www.1199SEIUBenefits.org/znnj)

Meeting ID: 854 2471 2909 Passcode: 828684

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

## **New Jersey Chapter**

Thursday, September 8 • 2:30 pm to 4:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/qzuy](http://www.1199SEIUBenefits.org/qzuy)

Meeting ID: 815 0762 0238 Passcode: 378715

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

**Georgia Chapter** Friday, September 9 • 2:00 pm to 3:30 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/wbjh](http://www.1199SEIUBenefits.org/wbjh)

Meeting ID: 817 2802 1885 Passcode: 603894

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

## **Pennsylvania Chapter**

Monday, September 12 • 3:00 pm to 4:30 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/hdtb](http://www.1199SEIUBenefits.org/hdtb)

Meeting ID: 812 1855 8403 Passcode: 081837

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

## **North & South Carolinas Chapter**

Friday, September 16 • 1:30 pm to 3:00 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/grtk](http://www.1199SEIUBenefits.org/grtk)

Meeting ID: 832 8595 7258 Passcode: 762414

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

## **Puerto Rico Chapter**

Tuesday, September 20 • 11:00 am to 12:30 pm

Join Zoom Meeting: [www.1199SEIUBenefits.org/rprc](http://www.1199SEIUBenefits.org/rprc)

Meeting ID: 886 5237 3341 Passcode: 584041

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

## 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 about available educational opportunities and how you can enroll at the link below.

[www.1199SEIUBenefits.org/retiree-ed/](http://www.1199SEIUBenefits.org/retiree-ed/)

## 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 September SOS presentation will take place **Tuesday, September 27, at 3:30 pm** and will cover Medicare Part A.

Join Zoom Meeting: [www.1199SEIUBenefits.org/rsos](http://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](mailto:mi@medicarerights.org). Please visit [www.1199SEIUBenefits.org/sos](http://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](http://1199SEIU.AetnaMedicare.com) for more information and to view the monthly presentation.

## Upcoming Topics

**September** Best practices with medicines; medicine myths

**October** Diabetes focus on diet; lifestyle treatments

## 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](http://www.1199SEIUBenefits.org/RMB).



## 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](http://www.Facebook.com/groups/1199SEIURetiredMembers).

