

1199SEIU RETIRED MEMBERS CALENDAR & EVENTS

November 2021



From left: "Retired, but Active" Patricia Smith, Melanie Watkins-Colteste, Anasthasia Dasilva, Anne David and Derl Flatts at the East Flatbush Village Community Fitness Program

1199SEIU Funds
Benefit and Pension

1199SEIU Funds Benefit and Pension



In June, we reopened our 498 Seventh Avenue headquarters and New York City-area satellite offices to members for in-person visits. Of course, you can still access your benefits at any time, 24/7, through MyAccount (www.My1199Benefits.org) or make an online appointment to speak with a Retiree Services Center Representative by visiting www.1199SEIUBenefits.org/apppt. You may also call Retiree Services directly at (646) 473-8666. There are currently no in-person activities or meetings scheduled. If you 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.

**Your Funds Are
Always Here for You**

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ONLINE CLASSES

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: 11/1, 11/8, 11/15, 11/22

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: 11/2, 11/9, 11/16, 11/23

Zoom Link: www.1199SEIUBenefits.org/mmdb

Meeting ID: 833 2075 8796 Passcode: 010490

Call in: (929) 205-6099

Yoga **NEW**

Tuesdays at 1:00 pm

Dates: 11/2, 11/9, 11/16, 11/23

Zoom Link: www.1199SEIUBenefits.org/rsuy

Meeting ID: 838 8144 4241 Passcode: 347758

NEW CHAPTER in Hudson Valley!

We're excited to announce our new Hudson Valley Chapter, which branches off from the Westchester Chapter to better meet the needs of the more than 10,000 retirees in the region. The chapter will meet on the second Wednesday of every month online via Zoom. Check the schedule for specific dates.

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 Alex Aquino and Jill Reda. Take a look at the tasty offerings you'll cook up this month!

Thursday, November 4, at 11:00 am:

Red Thai Curry Chicken

Recipe Link: www.1199SEIUBenefits.org/rcct

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, November 18, at 11:00 am:

Perfecting Pies, Apple Crumb Pie

Recipe Link: www.1199SEIUBenefits.org/rppr

Zoom Link: www.1199SEIUBenefits.org/cvbn

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: 11/3, 11/10, 11/17, 11/24

Zoom Link: www.1199SEIUBenefits.org/rcyc

Meeting ID: 833 7342 2539 Passcode: 784582

Heart and Soul Afro Cardio Jam **NEW**

Come dance, connect and move on a soulful dance journey to the rhythms of African drums.

Wednesdays at 1:00 pm

Dates: 11/3, 11/10, 11/17, 11/24

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: 11/5, 11/12, 11/19, 11/26

Zoom Link: www.1199SEIUBenefits.org/rssc

Meeting ID: 851 0097 9301 Passcode: 229593

It's Time to Party!

The Retired Members Division is excited to announce we'll be holding holiday celebrations online during the month of December. Although we miss getting together in-person at our annual banquets, we look forward to sharing the festivities from afar. Check your mailbox for a postcard detailing all of the events and how you can join in on the fun from home!

NEW! Join Our Retired Members' Online Community

As we continue to hold many of our events online due to the ongoing COVID-19 pandemic, we are always seeking new ways to help you stay connected and get the latest information about your benefits and programs. That is why we are introducing the **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

Protect Yourself Against COVID-19 and the Flu this Fall

As we enter the winter months amid the ongoing COVID-19 pandemic, it's more important than ever to get vaccinated against the virus if you haven't done so already – or get your booster shot if you're eligible. The vaccines offer widespread protection for yourself and your loved ones. And don't forget your annual flu shot! Fortunately, both the COVID-19 vaccination and the flu shot are available through your primary care provider, at clinics and participating pharmacies. (Visit our website, www.1199SEIUBenefits.org/vaccine-locations, to find a COVID-19 vaccination site near you.) Just be sure to talk to your healthcare provider about timing your COVID-19 and flu vaccines to maximize their effectiveness.



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, November 1 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/qrra

Meeting ID: 978 5754 0297 Passcode: 409669

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

Broward – Leon Davis Tuesday, November 2 • 1:00 pm to 2:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/afde

Meeting ID: 926 2853 1040 Passcode: 508149

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

South Palm Beach/Delray

Tuesday, November 2 • 10:30 am to noon

Join Zoom Meeting: www.1199SEIUBenefits.org/rnxm

Meeting ID: 998 8141 0166 Passcode: 438683

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

West Palm Beach

Wednesday, November 3 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/uydq

Meeting ID: 973 8980 3121 Passcode: 364751

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

Miami – Ossie Davis Thursday, November 4 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/kfra

Meeting ID: 952 3514 8193 Passcode: 743541

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

Palm Bay/Melbourne Tuesday, November 9 • 12:30 pm to 2:00 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/hxrc

Meeting ID: 933 4473 4437 Passcode: 317153

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

Orlando Wednesday, November 17 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/olmn

Meeting ID: 998 7525 7552 Passcode: 066079

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

Casselberry – Doris Turner

Thursday, November 18 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/xtzh

Meeting ID: 974 8313 9012 Passcode: 339648

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

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 November SOS presentation will take place **Tuesday, November 30, at 3:30 pm** and will cover Medicare coverage of vaccines.

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

November
Mental health

December
Nutrition

FLORIDA CHAPTERS (continued)

Fort Myers Monday, November 22 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/nway
Meeting ID: 940 7963 4641 Passcode: 382169
Call in: (646) 558-8656 or (312) 626-6799

North Port Tuesday, November 23 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/eccr
Meeting ID: 951 9611 6821 Passcode: 066079
Call in: (646) 558-8656 or (312) 626-6799

Tampa Wednesday, November 24 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/gytr
Meeting ID: 980 4345 0320 Passcode: 456067
Call in: (646) 558-8656 or (301) 715-8592

NEW YORK CHAPTERS

Westchester Wednesday, November 3 • 1:30 to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtw
Meeting ID: 936 2398 8805 Passcode: 498136
Call in: (646) 558-8656 or (312) 626-6799

Bronx – Joseph James Friday, November 5 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtj
Meeting ID: 950 1780 2260 Passcode: 915217
Call in: (646) 558-8656 or (312) 626-6799

North Bronx – Bernard Minter
Monday, November 8 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtb
Meeting ID: 959 9599 4187 Passcode: 631228
Call in: (646) 558-8656 or (312) 626-6799

Staten Island Tuesday, November 9 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtm
Meeting ID: 964 4319 3528 Passcode: 878927
Call in: (646) 558-8656 or (301) 715-8592

Hudson Valley Wednesday, November 10 • 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, November 11 • noon to 1:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtx
Meeting ID: 974 7009 2977 Passcode: 844564
Call in: (646) 558-8656 or (312) 626-6799

Harlem – Leon Davis Monday, November 15 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtx
Meeting ID: 981 7997 7542 Passcode: 194925
Call in: (646) 558-8656 or (301) 715-8592

Midtown Manhattan
Thursday, November 18 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grth
Meeting ID: 964 1371 1218 Passcode: 348177
Call in: (646) 558-8656 or (301) 715-8592

New Hyde Park – Eleanor Tilson
Tuesday, November 16 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtv
Meeting ID: 978 3488 3243 Passcode: 264423
Call in: (646) 558-8656 or (312) 626-6799

Hicksville – Milton Konowe
Wednesday, November 17 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtc
Meeting ID: 979 4765 6945 Passcode: 194035
Call in: (646) 558-8656 or (301) 715-8592

Brooklyn – Mattie Small
Friday, November 19 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtz
Meeting ID: 998 5182 5410 Passcode: 489089
Call in: (646) 558-8656 or (312) 626-6799

Queens – Edward Garrins Tuesday, November 23 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtn
Meeting ID: 960 6984 2049 Passcode: 526974
Call in: (646) 558-8656 or (312) 626-6799

Brooklyn – Marshall Dubin
Wednesday, November 24 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rbmd
Meeting ID: 973 1776 2323 Passcode: 245888
Call in: (646) 558-8656 or (312) 626-6799

VIRGINIA CHAPTER
Thursday, November 4 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/znnj
Meeting ID: 971 4436 8067 Passcode: 545333
Call in: (646) 558-8656 or (312) 626-6799

PENNSYLVANIA CHAPTER
Monday, November 8 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/hdtb
Meeting ID: 984 1982 9062 Passcode: 348177
Call in: (646) 558-8656 or (301) 715-8592

New Jersey Chapter
Thursday, November 11 • 2:30 pm to 4:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/qzuy
Meeting ID: 930 6806 3201 Passcode: 545543
Call in: (646) 558-8656 or (312) 626-6799

GEORGIA CHAPTER
Friday, November 12 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/wbjh
Meeting ID: 941 5351 2138 Passcode: 229119
Call in: (646) 558-8656 or (301) 715-8592

NORTH & SOUTH CAROLINAS CHAPTER
Friday, November 19 • 1:30 pm to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtk
Meeting ID: 970 6884 4069 Passcode: 213320
Call in: (646) 558-8656 or (312) 626-6799