

BULLETIN



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.



Stay Connected with Your Funds
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/app. 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/app to reduce wait times and facilitate social distancing.

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



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 months' news and information at your fingertips! If you don't have a smart phone, just visit www.1199SEIUBenefits.org/RMB.

It's Not Too Late for a COVID-19 Booster
While the number of reported cases of COVID-19 has been falling, health experts caution that the virus can still pose a risk. 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.

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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: 3/6, 3/13, 3/20, 3/27
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: 3/7, 3/14, 3/21, 3/28
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: 3/7, 3/14, 3/21, 3/28
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: 3/1, 3/8, 3/15, 3/22
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: 3/1, 3/8, 3/15, 3/22
Zoom Link: 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: 3/3, 3/10, 3/17, 3/24
Zoom Link: www.1199SEIUBenefits.org/rssc
Meeting ID: 851 0097 9301 **Passcode:** 229593

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 and find out how to enroll at** www.1199SEIUBenefits.org/retiree-ed.

Cooking for Your Health

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 Brandy and Tina. Take a look at the tasty offerings you'll cook up this month!

Thursday, March 9 at 11:00 am:

Chickpea Curry and Chickpea Meatballs
Recipe Link: www.1199SEIUBenefits.org/rceo
Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, March 23 at 11:00 am:

Sole Meunière with Green Beans and Fig Vinaigrette
Recipe Link: www.1199SEIUBenefits.org/rcet
Zoom Link: www.1199SEIUBenefits.org/cvbn

Cooking for Your Health, Now en Español!

We're excited to offer the Cooking for Your Health class in Spanish! Join Chefs Natalia and Yexenia 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, March 3, at noon: Vegetables with Lo Mein Noodles

Recipe Link: www.1199SEIUBenefits.org/rcso
Zoom Link: www.1199SEIUBenefits.org/rscs

Friday, March 17, at noon:

Cauliflower Pizza Crust with White Cashew Cream Sauce
Recipe Link: www.1199SEIUBenefits.org/rcsd
Zoom Link: www.1199SEIUBenefits.org/rscs

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

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la Chefs Natalia y Yexenia 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 3 de marzo, a las 12:00 pm:

Fideos "Lo Mein" con Vegetales

Enlace para ver la receta: www.1199SEIUBenefits.org/rcso
Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs

Viernes 17 de marzo, a las 12:00 pm: Pizza con Base de Coliflor

Enlace para ver la receta: www.1199SEIUBenefits.org/rcsd
Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs



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 for more details.

FLORIDA CHAPTERS

West Palm Beach Wednesday, March 1 • 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, March 2 • 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

Port St. Lucie Monday, March 6 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/qrpa
Meeting ID: 817 8018 0828 Passcode: 501074
Call in: (646) 558-8656 or (312) 626-6799

South Palm Beach/Delray
Tuesday, March 7 • 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, March 7 • 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

Palm Bay/Melbourne Tuesday, March 14 • 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, March 15 • 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, March 16 • 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

Tampa Wednesday, March 22 • 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

Fort Myers Monday, March 27 • 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, March 28 • 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

NEW YORK CHAPTERS

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

Bronx – Joseph James Friday, March 3 • 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 (312) 626-6799

Hudson Valley Wednesday, March 8 • 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, March 9 • 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

North Bronx – Bernard Minter
Monday, March 13 • 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, March 14 • 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

Hicksville – Milton Konowe
Wednesday, March 15 • 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

Brooklyn – Mattie Small
Friday, March 17 • 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

New Hyde Park – Eleanor Tilson
Tuesday, March 21 • 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

Brooklyn – Marshall Dubin
Wednesday, March 22 • 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, March 23 • 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, March 24 • 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

Queens – Edward Garrins
Tuesday, March 28 • 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

Access Community Resources with Findhelp



Life's needs can be unexpected, but you can always count on getting support with findhelp.org, a search engine that locates free and low-cost community services and programs for you or your loved ones in your area. In partnership with the Benefit Funds, findhelp.org allows you to access resources that can aid with food security, emotional well-being services, child care, financial and legal assistance and more. Although we are pleased to share these resources with you, the services offered through findhelp.org are not covered Benefit Funds benefits.

Visit findhelp.1199SEIUBenefits.org

Calling All Retired Nurses—Online!

The nurses' meeting will be on **Wednesday, March 29, 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 Zoom meeting: www.1199SEIUBenefits.org/dfge
Meeting ID: 820 7409 1967 Passcode: 546709
Call in: (646) 558-8656 or (301) 715-8592

Online Chapter Meetings (continued)



TEXAS, TENNESSEE AND PENSACOLA (CST)

Thursday, March 2 • noon to 1:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/rttp
 Meeting ID: 875 5909 8800 Passcode: 983300
 Call in: (646) 558-8656

WASHINGTON, OREGON, CALIFORNIA AND NEVADA (PST)

Friday, March 3 • noon to 1:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/rwoc
 Meeting ID: 828 9127 0655 Passcode: 602834
 Call in: (646) 558-8656

NEW JERSEY & VIRGINIA CHAPTER

Thursday, March 9 • 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, March 10 • 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

PENNSYLVANIA CHAPTER

Monday, March 13 • 3:00 pm to 4:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/hdtd
 Meeting ID: 812 1855 8403 Passcode: 081837
 Call in: (646) 558-8656 or (301) 715-8592

NORTH & SOUTH CAROLINAS CHAPTER

Friday, March 17 • 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

PUERTO RICO & U.S. VIRGIN ISLANDS CHAPTER (AST)

Tuesday, March 21 • 11:00 am to 12:30 pm
 Join Zoom Meeting: www.1199SEIUBenefits.org/rprc
 Meeting ID: 886 5237 3341 Passcode: 584041
 Call in: (646) 558-8656 or (301) 715-8592

The Healthy Living Resource Center Is Your Wellness Toolkit!

If you want to get and keep your health on track, your Benefit Funds have you covered. The Healthy Living Resource Center gives you all the info, expert insights and wellness tools, split into five channels covering the pillars of a healthy lifestyle: Healthy Minds, Healthy Bodies, Healthy Hearts, Healthy Eating and Healthy Provider Relationships. Browse each section for nutrition tips, health trackers, interactive exercise videos and screening guidelines. Healthy Living will be updated frequently with new information about upcoming programs and partnerships, so be sure to check back often.

Visit www.1199SEIUBenefits.org/HealthyLiving

Support Your Emotional Health with Aetna's MDLIVE

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, an online resource. With MDLIVE, you can connect with a licensed therapist or psychiatrist by phone or video chat from the comfort of your home on your schedule. To get started, visit MDLIVE.com/AetnaMedicarebh and follow the prompts to create an account. To learn more about MDLIVE, call (888) 865-0729.

Tune In for "Seniors Out Speaking" Online

The Medicare Rights Center's "Seniors Out Speaking" (SOS) program provides 1199SEIU retirees with timely Medicare information via monthly webinar presentations. The March SOS presentation will take place **Tuesday, March 28, at 3:30 pm** and will cover Medicare and home health care.

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. Visit www.1199SEIUBenefits.org/sos to access additional materials and information.

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

March and April: Hypertension and Hyperlipidemia; Stroke