

BULLETIN



The Benefit Funds' Chief Medical Officer Dr. Van H. Dunn received his first COVID-19 vaccine on January 18 at Northwell Health.

1199SEIU Funds
Benefit and Pension



We are committed to keeping you informed and answering your questions, so visit our website, www.1199SEIUBenefits.org/vaccines, to Get the Facts and watch for details on upcoming online retiree information sessions.

Have You Gotten the COVID-19 Vaccine Yet?

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



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: 3/1, 3/8, 3/15, 3/22

Zoom Link: www.1199SEIUBenefits.org/rtcc

Meeting ID: 810 9614 8014 Passcode: 141598

Mindful Meditation

Tuesdays at 11:00 am

Dates: 3/2, 3/9, 3/16, 3/23

Zoom Link: www.1199SEIUBenefits.org/mmdb

Meeting ID: 833 2075 8796 Passcode: 010490

Call in: (929) 205-6099

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

Zoom Link: www.1199SEIUBenefits.org/rcyc

Meeting ID: 833 7342 2539 Passcode: 784582

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 Yexenia Gómez. Take a look at the tasty offerings you'll cook up this month!

Thursday, March 11, at 11:00 am:

Cuban Picadillo (ground beef hash) with Quinoa

Recipe Link: www.1199SEIUBenefits.org/rccm

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, March 25, at 11:00 am:

Mexican Pozole (Chicken stew)

Recipe Link: www.1199SEIUBenefits.org/src

Zoom Link: www.1199SEIUBenefits.org/cvbn

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

Port St. Lucie Monday, March 1 • 11:00 am to 12:30 pm

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

Meeting ID: 978 5754 0297 Passcode: 409669

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

South Palm Beach Tuesday, March 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

Broward – Leon Davis Tuesday, March 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

West Palm Beach Wednesday, March 3 • 11:00 am to 12:30 pm

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

Meeting ID: 973 8980 3121 Passcode: 364751

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

Miami – Ossie Davis Thursday, March 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, March 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, March 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, March 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

FLORIDA CHAPTERS *(continued)*

Fort Myers Monday, March 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, March 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, March 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 – Hudson Valley Region
Wednesday, March 3 • 1:30 pm 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, March 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, March 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, March 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

Suffolk County Thursday, March 11 • noon to 1:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtq
Meeting ID: 974 7009 2977 Passcode: 844564
Call in: (646) 558-8656 or (312) 626-6799

New Hyde Park – Eleanor Tilson Tuesday, March 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, March 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, March 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, March 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, March 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

Midtown Manhattan Thursday, March 25 • 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

Harlem – Leon Davis Friday, March 26 • 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

VIRGINIA CHAPTER

Thursday, March 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, March 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, March 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, March 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, March 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

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 March SOS presentation will take place Thursday, March 25, at 1:30 pm and will discuss Medicare coverage of behavioral health services.

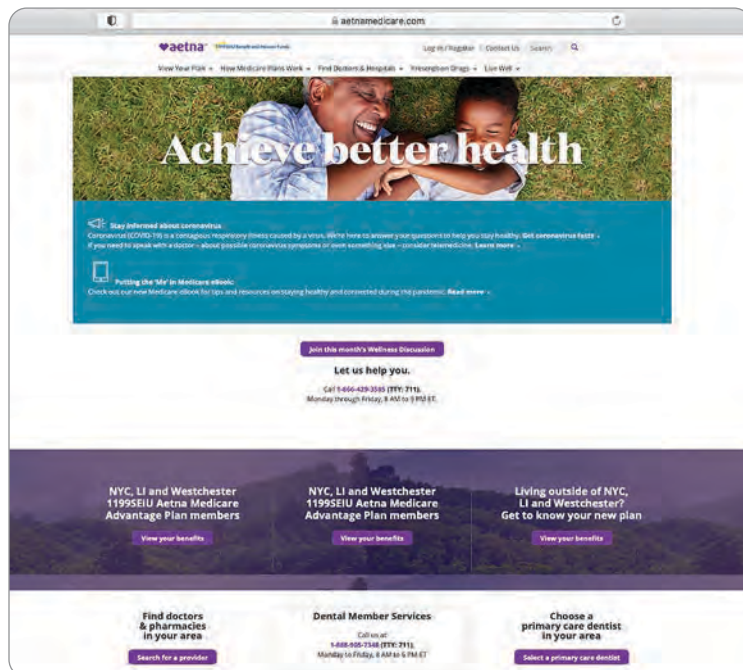


To access the presentation:

- Register for an online account at www.medicareinteractive.org/1199.
- Fill in the registration form using registration code **1199MM**
- Log into your account at the scheduled date and time, and click on “Medicare Minute” on the left side of your profile to view the webinar.

If you do not have Internet access, you can use the following call-in information: **Conference line: (646) 558-8656**
Webinar ID: 995 3134 7632

If you have any registration questions, please contact mi@medicarerights.org. Please visit www.1199SEIUBenefits.org to access additional materials and information related to the SOS program.



Stay Informed with Aetna Online Health Meetings

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, starting next month.

Upcoming Topics

March

Cardiac Health/Dental Hygiene

April

Healthy Vision/Arthritis/Pain

Calling All Retired Nurses—Online!

The nurses’ meeting will be on Wednesday, March 10, 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

Meeting ID: 918 7715 3631

Passcode: 695693

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

