

BULLETIN



1199SEIU Funds
Benefit and Pension

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



The Medicare Open Enrollment period is now through December 7. During this time, you may receive solicitations urging you to enroll in various Medicare Advantage plans. **If you're enrolled in the 1199SEIU Aetna Medicare Advantage plan, you do not need to take any action to remain enrolled and covered in this plan.** In fact, if you want to retain your 1199SEIU Aetna Medicare Advantage plan, you should **not** enroll in another plan. You cannot be enrolled in two Medicare Advantage Plans at once, and signing up for another plan could jeopardize your 1199SEIU retiree health benefits. It can be confusing to receive these solicitations, so please contact the Retiree Services Center at (646) 473-8666 if you have any questions.

Don't Fall for Medicare Advantage Plan Pitches

Stay Connected with Your Funds

For your convenience, all of our offices 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, or make an online appointment to speak with a Retiree Services Representative by visiting www.1199SEIUBenefits.org/Appt. You may also call Retiree Services at (646) 473-8666. If you need to visit a Funds office, schedule an appointment online at www.1199SEIUBenefits.org/Appt to reduce wait times and facilitate social distancing.

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.

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.





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: 11/6, 11/13, 11/20, 11/27
Zoom link: www.1199SEIUBenefits.org/rtcc
Meeting ID: 848 6128 3210

Mindful Meditation Encourages a healthy mind-body connection with meditation and breathing techniques.

Tuesdays at 11:00 am Dates: 11/7, 11/14, 11/21, 11/28
Zoom link: www.1199SEIUBenefits.org/mmdb
Meeting ID: 871 7247 2969 **Call in:** (360) 209-5623

Standing Yoga This class connects the body, breath and mind. It uses standing postures, breathing exercises and meditation to improve overall health.

Tuesdays at 1:00 pm Dates: 11/7, 11/14, 11/21, 11/28
Zoom link: www.1199SEIUBenefits.org/rsuy
Meeting ID: 842 7889 6267

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: 11/1, 11/8, 11/15, 11/22
Zoom link: www.1199SEIUBenefits.org/rcyc
Meeting ID: 884 1636 6703

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: 11/1, 11/8, 11/15, 11/22
Zoom link: www.1199SEIUBenefits.org/racj
Meeting ID: 810 2197 1718

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: 11/3, 11/10, 11/17, 11/24
Zoom link: www.1199SEIUBenefits.org/rssc
Meeting ID: 861 3295 5230

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

Thursday, November 9 at 11:00 am: Vegetable Hash
Recipe link: www.1199SEIUBenefits.org/rceo
Zoom link: www.1199SEIUBenefits.org/cvbn

Thursday, November 30 at 11:00 am:
Turkey Burger and Sweet Potato Bowl
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 Rob 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, November 3, at noon:
Stuffed Peppers with Quinoa and Vegetables
Recipe Link: www.1199SEIUBenefits.org/rcso
Zoom Link: www.1199SEIUBenefits.org/rscs

Friday, November 17, at noon: Gumbo
Recipe Link: www.1199SEIUBenefits.org/rcsd
Zoom Link: www.1199SEIUBenefits.org/rscs

¡Cocinar para Su Salud, Ahora en Español!

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la Chef Natalia y Rob 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 noviembre a las 12:00 pm:
Pimentones Rellenos de Pavo, Quinoa y Vegetales
Enlace para ver la receta: www.1199SEIUBenefits.org/rcso
Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs

Viernes 17 de noviembre, a las 12:00 pm: Gumbo
Enlace para ver la receta: www.1199SEIUBenefits.org/rcsd
Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rscs



Spotlight on Benefits

We care about your emotional health

If you want to talk with a licensed therapist or psychiatrist about your emotional well-being and you are enrolled in the 1199SEIU Aetna Medicare Advantage plan, you are eligible to receive quality behavioral and mental health care as part of your plan. Your co-payment will be \$10 if you see an Aetna MAPD plan provider or a Medicare provider who accepts Medicare payments.

Your 1199SEIU Aetna Medicare Advantage plan also offers the option to receive care from a licensed therapist or psychiatrist through MDLIVE, which offers virtual mental health visits by phone or video. There are no visit limits, and the co-payment is \$0.

For more information, visit [MDLIVE.com/AetnaMedicareBH](https://www.mdlive.com/AetnaMedicareBH) or call MDLIVE at (888) 865-0729.

Please refer to your Summary Plan Description for more information about your retiree health benefit eligibility.



FindHelp When You Need It  **findhelp**

Life's needs can be unexpected, but you can always count on getting support at [findhelp.1199SEIUBenefits.org](https://www.findhelp.1199SEIUBenefits.org), your Benefit Funds' curated search engine that locates free and low-cost community services and programs wherever you and your loved ones live. Search for assistance with transportation, emotional well-being, nutritional and food programs, financial and legal assistance and more. Although we are pleased to share these resources with you, the services offered through findhelp are not benefits covered by your Benefit Funds.

Visit [findhelp.1199SEIUBenefits.org](https://www.findhelp.1199SEIUBenefits.org)

Protect Your Health This Fall by Getting Vaccinated!

The fall is a great time to boost your immunity and protect yourself and others from viruses like the flu and COVID-19. Health experts caution that COVID-19 can still pose a risk and have recommended the updated booster shot. Additionally, the flu vaccine is the best way to lower your risk of severe illness should you be exposed to the virus. Vaccinations offer widespread protection for you and your loved ones, so if you are eligible, we encourage you to get your shots as soon as possible.

Visit your doctor or participating pharmacy to get your flu and COVID-19 vaccinations.

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](https://www.1199SEIU.AetnaMedicare.com) for more information and to view the monthly presentation.

Upcoming Topics

November: Memory Loss/Dementia, Aetna Support Programs, Staying Connected During the Holidays

HCEPF and GNYPF Retirees: Verify Your Information to Protect Your Pension

The Pension Verification Program for retirees in the Health Care Employees Pension Fund (HCEPF) and the Greater New York Pension Fund (GNYPF) protects your earned pension benefit from forgeries and fraudulent practices. If you received a letter from your Pension Fund and HMS, the firm we've hired to conduct the verification program, it is important that you reply as soon as possible. Please follow the steps detailed in the letter to verify your pension benefit information and avoid any disruption in your pension payments.

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 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

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 November SOS presentation will take place **Tuesday, November 28, at 3:30 pm** and will cover Medicare Part B and Part D Appeals.

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 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 join your meeting using the phone number listed below your chapter.

Visit www.1199SEIUBenefits.org/Retiree-Activities for more details.

FLORIDA STATEWIDE CHAPTER MEETING *For All Florida Chapters*

Tuesday, November 14 • noon to 2:00 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/qrpa Meeting ID: 830 3747 6716 Passcode: 826854

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

NEW YORK CHAPTERS

Hicksville, Suffolk County, New Hyde Park & Connecticut Chapters

Wednesday, November 8 • noon to 2:00 pm

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

Meeting ID: 819 7854 9154 Passcode: 513455

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

Bronx – Area-wide Chapter Meeting:

Joseph James & Bernard Minter Chapters

Monday, November 13 • noon to 2:00 pm

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

Meeting ID: 863 7137 7078 Passcode: 125761

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

Brooklyn – Marshall Dubin, Brooklyn – Mattie Small, Midtown Manhattan & Harlem – Leon Davis Chapters

Friday, November 17 • noon to 2:00 pm

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

Meeting ID: 897 5370 5628 Passcode: 818525

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

Queens – Edward Garrins & Staten Island Chapters

Monday, November 20 • noon to 2:00 pm

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

Meeting ID: 886 9058 0702 Passcode: 564703

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

Hudson Valley & Westchester Chapters

Monday, November 27 • noon to 2:00 pm

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

Meeting ID: 830 2948 0209 Passcode: 465404

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

TEXAS, TENNESSEE & PENSACOLA CHAPTERS (CST)

Thursday, November 9 • noon to 2:00 pm

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

Meeting ID: 875 5909 8800 Passcode: 983300

Call in: (646) 558-8656

WASHINGTON, OREGON, CALIFORNIA & NEVADA CHAPTERS (PST)

Friday, November 10 • noon to 2:00 pm

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

Meeting ID: 828 9127 0655 Passcode: 602834

Call in: (646) 558-8656

NEW JERSEY, VIRGINIA, PENNSYLVANIA AND NORTH & SOUTH CAROLINA CHAPTERS

Wednesday, November 15 • noon to 2:00 pm

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

Meeting ID: 863 2761 2855 Passcode: 845282

Call in: (646) 558-8656

ALABAMA & GEORGIA – GEORGE GRESHAM CHAPTERS (CST)

Thursday, November 16 • noon to 2:00 pm

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

Meeting ID: 818 9683 7787 Passcode: 197846

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

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

Tuesday, November 21 • noon to 2:00 pm

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

Meeting ID: 892 5555 2267 Passcode: 242830

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

MARYLAND, DELAWARE & OHIO CHAPTERS

Tuesday, November 28 • noon to 2:00 pm

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

Meeting ID: 868 0583 8421 Passcode: 738082

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