



1199SEIU Retirees Prepared For Medicare Part D

When the Medicare Part D prescription drug program became law on January 1st, the news media reported widespread confusion among seniors, and problems obtaining medications.

It's not surprising, considering the often conflicting information that Medicare recipients were flooded with from the government, drug manufacturers and insurance companies.

Fortunately, 1199SEIU retirees largely escaped the confusion. In the months leading up to January, the Benefit Fund reached out to all of you to let you know what – if anything – you should do.

Because most 1199SEIU retirees have – through their Benefit Funds – full prescription coverage or at least better prescription coverage than that offered by Medicare, many thousands of you knew to reject the massive marketing campaigns aimed at seniors and to pass up Part D. And for our Greater New York members who are eligible for an enhanced benefit through Medicare Part D, most of you knew what choices to make to maximize your drug benefit. In total, over 85% of the retirees we spoke to reported that they were clear on the issue and ready for January 1.

And it worked.

Of course, now that the benefit is in effect, we're still here to help you. If you have any questions about Medicare Part D, don't hesitate to call us at **(646) 473-8770** in New York. Outside of New York, you can call us toll-free at **(800) 575-7771**.

Los Jubilados De La 1199SEIU Están Preparados Para La Parte D De Medicare

Cuando el programa de medicamentos recetados de la Parte D de Medicare se convirtió en ley el 1° de enero, los medios de comunicación reportaron una gran confusión entre los jubilados y la existencia de problemas para obtener medicamentos.

Esto no es de extrañar, considerando la información frecuentemente conflictiva que fue dirigida a los que reciben Medicare por parte del gobierno, los fabricantes de medicamentos y las compañías de seguro.

Afortunadamente, los jubilados de la 1199SEIU escaparon en gran medida a esa confusión. En los meses anteriores al mes de enero, el Fondo de Beneficios se comunicó con todos ustedes para informarles qué es lo que debieran hacer.

Debido a que la mayoría de los jubilados de la 1199SEIU tienen, por intermedio de sus Fondos de Beneficios, cobertura completa por medicamentos o por lo menos una cobertura de medicamentos mejor que aquella ofrecida por Medicare, muchos miles de ustedes sabían cómo rechazar las masivas campañas de mercadeo dirigidas a los jubilados y no aceptar el Plan D. Y para nuestros miembros del área de la Gran Nueva York que son elegibles para un beneficio ampliado a través de la Parte D de Medicare, la mayoría de ustedes sabía qué opciones elegir para maximizar su beneficio de medicamentos. En total, más del 85% de los jubilados con quienes hablamos reportaron que entendían claramente el asunto y que estaban listos para el 1° de enero.

Y resultó.

Por supuesto, ahora que el beneficio está vigente, seguimos aquí para ayudarle. Si tiene alguna pregunta sobre la Parte D de Medicare, no dude en llamarnos al **(646) 473-8770** en Nueva York. Fuera de Nueva York, nos puede llamar al número gratuito **(800) 575-7771**.

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1199SEIU RMD
President's Message
Mensaje Del Presidente

John Perkins

Dear Sisters and Brothers,

I was married young, and I never thought that I would someday have children, grandchildren, and even great-grandchildren. But as more generations are born, grandparents become very important in raising the young. As parents and grandparents we try to teach the next generation about our struggles, and our values of hard work and discipline. We succeed with some, and are frustrated by others.

Sometimes we are called "old fashioned." But many lasting values are "old fashioned." Because the young live in the present, it's important that we educate them about their history. As working members, we fought for better wages, benefits and pensions. Today, we are still active – and the next generation of 1199SEIU members is also fighting for those same things. Last month many of us, young and old, rallied in Harlem on Dr. Martin Luther King's birthday to support our home health care workers. And this month, we celebrate Black History month. It isn't easy to educate the young to their own history, and the events that preceded them. We must try to share with them our own struggles.

So, grandparents: Be positive; be helpful; be understanding. Help this next generation understand where we came from.

In solidarity,

John Perkins

Queridos Hermanas y Hermanos,

Me casé joven y nunca pensé que algún día tendría hijos, nietos, y hasta bisnietos. Pero a medida que nacen más generaciones, los abuelos adquieren un rol muy importante en la crianza de los jóvenes. Como padres y abuelos tratamos de enseñar a la siguiente generación sobre nuestras luchas, y nuestros valores de trabajo arduo y de disciplina. Tenemos éxito con algunos, y otros nos frustran.

A veces se nos llama "de la vieja escuela", pero muchos valores duraderos son "de la vieja escuela". Debido a que los jóvenes viven en el presente, es importante que los eduquemos sobre su historia. Como miembros que estamos trabajando, hemos luchado por mejores salarios, beneficios y pensiones. Hoy en día todavía seguimos activos - y la siguiente generación de miembros de la 1199SEIU también está luchando por aquellas mismas cosas. El mes pasado, muchos de nosotros, jóvenes y viejos, asistimos a una concentración en Harlem el día del cumpleaños del Dr. Martin Luther King para dar nuestro apoyo a nuestros trabajadores de cuidados en el hogar. Y este mes celebramos el mes de la Historia Afroamericana.

No es fácil educar a los jóvenes acerca de su propia historia, y los hechos que los precedieron. Debemos tratar de compartir con ellos nuestras propias luchas.

Así que, abuelos: Sean positivos; traten de ayudar; compréndanlos. Ayuden a que esta próxima generación entienda de dónde venimos.

En Solidaridad,

John Perkins

Make 2006 A Healthier Year: Attend the Retiree Nutrition Workshop

Join retired 1199SEIU nutritionist Una Petioni on Thursday, March 23 for a nutrition workshop specially designed for retirees. This is an opportunity to enjoy games, prizes and healthy (and tasty!) food—and at the same time learn how to improve your health by eating well. We hope to see you there.



Thursday, March 23, 2-5 pm

1199SEIU
 Retired Members Division,
 9th floor,
 330 West 42nd Street

QUESTIONS? CALL: (646) 473-8761 • OUTSIDE NYC: (800) 575-7771



A Message from Mitra Behroozi

Executive Director of the
1199SEIU Benefit and Pension Funds

Dear Retired Member,

As seniors across the country tried to figure out how Medicare Part D would affect them, 1199SEIU Retirees were better prepared for the federal prescription drug program that went into effect on January 1st. We did our best to make sure you had the information that you needed to avoid the general confusion that came with Medicare Part D.

That's why your Benefit Fund is here for you. We don't just provide you with the health and pension benefits you've earned, we also give you the tools you need to understand and maximize the benefits and services we provide. And beyond that, we want to ensure you have the necessary information about critical issues affecting you - like Medicare Part D.

So, in 2006, you can look forward to us doing more of that. Each month, your bulletin will provide information on your benefits and any upcoming retiree programs and activities. And through the Activist page, the Union will keep you up to date on other concerns, like Social Security reform, that are important to our 1199SEIU retirees.

As always, if you have any ideas or suggestions for how we can serve you better, don't hesitate to contact us.

Sincerely,

Querido Miembro Jubilado,

Mientras que los jubilados en todo el país trataban de entender cómo les afectaría la Parte D de Medicare, los jubilados de la 1199SEIU estaban mejor preparados para el programa federal de medicamentos recetados que entró en vigencia el 1° de enero. Hicimos todo lo posible para asegurarnos que ustedes contarán con la información que necesitaban para evitar la confusión general que surgió con la Parte D de Medicare.

Para eso es que ustedes tienen su Fondo de Beneficios. No sólo les brindamos los beneficios de salud y pensión que se han ganado, también les suministramos las herramientas que necesitan para entender y maximizar los beneficios y servicios que proveemos. Y más que eso, nos queremos asegurar que cuentan con la información necesaria sobre los temas críticos que les afectan - como por ejemplo la Parte D de Medicare.

Por ello, en el 2006, pueden esperar que hagamos más de eso. Cada mes su boletín le brindará información sobre sus beneficios y los programas y actividades para jubilados que se presenten en el futuro. Y a través de la página del Activista, el sindicato les mantendrá al día sobre otros temas de inquietud, como la reforma del Seguro Social, que son importantes para nuestros jubilados de la 1199SEIU.

Y como siempre, si ustedes tienen ideas o sugerencias sobre cómo servirles mejor, no duden en contactarnos.

Sinceramente,



RETIRES DOT.COM

There's a popular myth that seniors don't use the internet. But we know from the emails that you send us that this is simply not true. Now you can help us by telling us what new features would be helpful for you, from chapter meeting information to details on the benefits and services we provide. The 1199SEIU Benefit and Pension Funds are improving our website to make it more user-friendly and to allow you to easily access information about your pensions and benefits. And we want to hear from you.

Let us know how we can serve you better. Just email your website suggestions to

Communications@1199nbf.org.

We look forward to hearing from you!

MARCH NYC CALENDAR & CHAPTER MEETINGS

All Classes are open to Retirees and free of charge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10-12 Choral Group 10-12 Needlework (beg) 12:30-4:30 Needlework (Inter./Adv.)	2 11-12 Dance & Exercise 12 Luncheon 3-5 Sewing Class	3 10-12 Quilting Class
6 10:30-11:30 Opera Appreciation Class 12-1 Art History Class	7 10-12 Photography 10-12 Drama Class 12-3 Art Class 12-1:30 Discussion Group 1:30-4:30 Bridge Class	8 10-12 Choral Group 10-12 Needlework (beg) 12:30-4:30 Needlework (Inter./Adv.)	9 11-12 Dance & Exercise 12 Luncheon 3-5 Sewing Class	10 10-12 Quilting Class
13 10:30-11:30 Opera Appreciation Class 12-1 Art History Class	14 10-12 Photography 10-12 Drama Class 12-3 Art Class 12-1:30 Discussion Group 1:30-4:30 Bridge Class	15 10-12 Choral Group 10-12 Needlework (beg.) 12:30-4:30 Needlework (Inter./Adv.)	16 11-12 Dance & Exercise 12 Luncheon 3-5 Sewing Class	17 10-11 Vision/Hearing Screening 10-12 Quilting Class
20 10:30-11:30 Opera Appreciation Class 12-1 Art History Class	21 10-12 Photography 10:30-12 Drama Class 12-3 Art Class 12-1:30 Discussion Group 1:30-4:30 Bridge Class	22 10-12 Choral Group 10-12 Needlework (beg) 12:30-4:30 Needlework (Inter./Adv.)	23 11-12 Dance & Exercise 12 Luncheon 3-5 Sewing Class	24 10-12 Quilting Class
27 10:30-11:30 Opera Appreciation Class 12-1 Art History Class	28 10-12 Photography 10-12 Drama Class 12-3 Art Class 12-1:30 Discussion Group 1:30-4:30 Bridge Class	29 10-12 Choral Group 10-12 Needlework (beg) 12:30-4:30 Needlework (Inter./Adv.)	30 9:30-12 Exec. Board Mtg 12 Luncheon 1-3 General Membership Mtg. 3-5 Sewing Class	31 10-12 Quilting Class

NEW HYDE PARK - ELEANOR TILSON CHAPTER

L.I.J. Schneider Children's Hospital
Cafeteria Room B & C
269-01 76th Ave.
Tuesday, March 21, 2006
1:30 pm - 3:30 pm

QUEENS - ST. ALBANS CHAPTER

Guy Brewer Democratic Club
197-01 Linden Blvd.
Tuesday, March 28, 2006
11:30 am - 1:30 pm

NASSAU - MILTON KONOWE CHAPTER

1199SEIU Uniondale Office
50 Charles Lindbergh Ave., Ste. #602
Wednesday, March 15, 2006
11 am - 1 pm

N. BRONX - BERNARD MINTER CHAPTER

Aging in America
1500 Pelham Pkwy.
Tuesday, March 14, 2006
1 pm - 3 pm

BRONX - JOSEPH JAMES CHAPTER

1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301
Friday, March 10, 2006
10 am - 12 pm

EAST HARLEM - LEON DAVIS CHAPTER

Casita Maria Senior Center
55 East 102nd St.
Friday, March 31, 2006
10:30 am - 12 pm

BROOKLYN - MATTIE SMALL CHAPTER

(Brooklyn Cluster)
25 Elm Place (Bet. Fulton and Livingston Sts.)
Friday, March 17, 2006
11:30 am - 1:30 pm

BROOKLYN - MARSHALL DUBIN CHAPTER

Brooklyn College - Student Center
Penthouse
East 27th Street & Campus Rd.
Wednesday, March 29, 2006
10:30 am - 12:30 pm

Save the Date

Annual Florida Retiree Banquet, March 6

Marriott Coral Springs Hotel
11775 Heron Bay Blvd
Coral Springs, Florida

Breakfast/Meeting 9:00 to 10:30 am

Luncheon 12:00 pm to 3:00 pm

\$10 Members, \$10 Guest (you may only bring 1 guest)

Save March 6 to dine and dance with your fellow retirees. You'll also have the opportunity to wish South Florida coordinator Carolyn Dorman the best in her "second retirement" and meet our new statewide coordinator, Marilyn Silverberg and Executive Director of the Benefit and Pension Funds Mitra Behroozi.

For more information or to reserve your tickets now, call Marilyn Silverberg at (561) 369-8342. Tickets will also be sold at all Florida chapter meetings.

Ossie Davis Chapter Holds

1st Annual Awards Luncheon

Our Miami-Dade 1199SEIU Retiree Chapter—recently renamed the Ossie Davis Chapter—held its first annual awards luncheon in December. Congresswoman Carrie Meek (D-FL), a good friend of our Union and a longtime advocate for working families, received the inaugural award. Rep. Meek received a standing ovation from the crowd.

Held at Miami's Crowne Plaza Hotel, Miami, Florida, the luncheon brought together 100 members of the chapter, together with 1199SEIU retirees from Palm Beach and others from local SEIU chapters.

Former NBF Executive Director Eleanor Tilson served as M.C. and other speakers included our new statewide Coordinator for Florida, Marilyn Silverberg and SEIU Local 11 President John Henley.

The Ossie Davis chapter is already planning next year's awards luncheon, building on the success of the first one.

SOUTH FLORIDA CHAPTERS

- **Broward – Saturday, March 11th – 12:00 noon**
Tamarac Library
8701 West Commercial Blvd., Tamarac
- **West Palm Beach – Wednesday, March 1st – 10:00 AM**
Jewish Community Center (JCC)
3151 North Military Trail (561) 689-7700
- **South Palm Beach – Monday, March 6th – 10:00 AM**
Temple Emeth
5780 Atlantic Avenue at intersection of Via Flora

MIAMI-DADE CHAPTER

Friday, March 10th
10:30 AM to 12:30 PM
15-25 NW 167th Street
Suite 300
Miami, Florida

ORLANDO CHAPTERS

Thursday, March 9th
11:00 AM to 1:00 PM
Casselberry Public Library
215 North Oxford Rd.
Casselberry, Florida

Thursday, March 16th
11:00 AM to 1:00 PM
Downtown Orlando
Local 8 SEIU Headquarters
7001 Lake Ellenor Drive
Orlando, Florida

N & S CAROLINAS CHAPTER

Friday, March 17th
9:30 am to 12:00 pm
Birnie Hope Center
210 South Purdy Street
Sumter, SC

Nonnie B. Perry
(803) 481-0475

FROM THE DESK OF THE FUND'S
MEDICAL DIRECTOR
Celia Shmukler, MD

Rx

Be alert to seasonal depression

With the holiday season over and the winter months stretching on, seasonal depression is very common. The shortened days—especially in the northeast, when accompanied by cold and chill—can reinforce a sense of sadness, despair and helplessness. Other factors can also lead to depression, including chronic or acute medical problems; side effects of some medications; alcohol or drug abuse; and of course traumatic personal experiences, such as financial difficulties or the death of a loved one.

Depression is more common than you may think. About six percent of women and three percent of men in the United States suffer severe enough depression to require medical treatment.

If you experience a mild or situational depression, here are some things that could help:

- Ask for support from a friend or a relative;
- Exercise daily and eat a healthy diet;
- Engage in a new activity—take a class or a trip, go somewhere new, or do something for fun;
- Relax - take a warm bath or do deep-breathing;
- Avoid drugs and alcohol

Most of all, don't hesitate to talk to your doctor about your depression. You don't have to deal with it on your own.

"Mrs. Mean Nicotine"

"I know you can't recognize me.
Because I am felt but never seen.
I hide in the shadows of your smoke
I'm Mrs. Mean Nicotine

Being mean is part of my problem
But I can make it your problem, too
Sometimes I can't even stand myself.
At the things I can make you do.

I know you love me, cause I can tell,
The way you sincerely smoke, my friend,
You puff and drag your cigarette to the end.

I can even wake you up at night
To get a drag or two.
I can make you walk out in the rain
To satisfy your Nicotine blues.

I can make your Heart beat, skip and race,
Like a roller coaster in your dreams.
I can make you sweat when it ain't hot
Just call me Mrs. Mean Nicotine.

And when your lungs are burned with smoke
And you're praying for a breath or two.
Just remember all the years it took
To do the things I can make you do.

So take the 1199 Retired Members advice, my friends
And stop smoking like a fiend
And it is guaranteed you won't have to deal
With the effects of Mrs. Mean Nicotine

For more information on getting help quitting smoking,
call the New York State Smoker's Quitline at (866) NY-
QUITS (866-697-8487).

Submitted by,
Lena Hayes
1199SEIU Retired Member

Retirees Support “Quinn Principles” for Home Health Aides

On Dr. Martin Luther King Jr.'s birthday last month, thousands of 1199SEIU retirees and active members joined His Eminence Edward Cardinal Egan, Senators Charles Schumer and Hillary Clinton, NYS Attorney General Eliot Spitzer, State Senate Minority Leader David Paterson, Rev. Al Sharpton and numerous City Council members, including the newly elected speaker Christine Quinn, to honor Dr. King's legacy by standing up for New York's home health aides.

On stage at the rally, surrounded by 1199SEIU President Dennis Rivera and Long Island Union members and retirees, Suffolk County Executive Thomas Suozzi signed what is widely considered to be the best Living Wage Law in the state.

On the eve of the demonstration, People Care Homecare Agency agreed to an 1199SEIU contract after 12 years of resistance. The Union will next try to reach a just contract for its Home Health Aides at the Best Care and Personal Touch Agencies.

The week before the January 16th rally, the Union and Council Speaker Quinn unveiled the “Quinn Principles,” a set of fair employment guidelines aimed at improving the lives of home health aides. The Quinn Principles would cover tens of thousands of hard-working and dedicated caregivers. All Certified Home Health Agencies are being asked to guarantee these fair employment principles:

Quinn Principles

- Provide the highest quality of care for our patients
- Pay a living wage so that Home Health Aides can care for themselves and their families
- Ensure that Home Health Aides have adequate, employer-funded health insurance
- Enhance the training and education for Home Health Aides so that they can provide the best possible care
- Refuse to contract with any other agencies for these services unless the Home Health Aides are treated fairly according to these Principles
- Cease doing business with contracting agencies which refuse to adhere to these Principles within 90 days.

Los jubilados apoyan los “Principios de Quinn” para los Trabajadores de Cuidados en el Hogar

En el día del cumpleaños del Dr. Martin Luther King del mes pasado, miles de jubilados y miembros activos de la 1199SEIU se unieron a Su Eminencia el Cardenal Edward Egan, los Senadores Charles Schumer y Hillary Clinton, el Fiscal General del Estado de Nueva York Eliot Spitzer, el Líder de la Minoría del Senado Estatal David Paterson, el Rev. Al Sharpton y numerosos miembros del Consejo de la Ciudad, incluyendo la nueva Presidenta recientemente elegida Christine Quinn, para honrar el legado del Dr. King apoyando a los trabajadores de cuidados en el hogar de Nueva York.

En el estrado en la concentración, rodeado por el Presidente de la 1199SEIU, Dennis Rivera y los miembros y jubilados del sindicato de Long Island, el Ejecutivo del Condado de Suffolk, Thomas Suozzi firmó lo que se considera ampliamente como la mejor Ley de Salario Digno en el estado.

En la víspera de la concentración, la Agencia People Care Homecare aceptó celebrar un contrato con la 1199SEIU luego de 12 años de poner resistencia. Seguidamente el sindicato tratará de lograr un contrato justo para los trabajadores de cuidados en el hogar de las Agencias Best Care y Personal Touch.

La semana anterior a la concentración del 16 de enero, el sindicato y la Presidenta del Consejo Quinn presentaron los “Principios Quinn”, un conjunto de normas justas de empleo dirigidas a mejorar las vidas de los trabajadores de cuidados en el hogar. Los Principios Quinn cubrirían a cientos de miles de trabajadores de cuidados en el hogar que trabajan muy arduamente y en forma muy dedicada. Se les pide a todas las Agencias Certificadas de Cuidados en el Hogar que garanticen el cumplimiento de estos principios de empleo digno:

Principios de Quinn

- Brindar la mejor calidad de cuidados para nuestros pacientes
- Pagar un salario digno de manera que los Trabajadores de Cuidados en el Hogar puedan cuidar de sí mismos y de sus familias
- Asegurarse que los Trabajadores de Cuidados en el Hogar tengan un seguro de salud adecuado que sea financiado por el empleador
- Mejorar la capacitación y la educación de los Trabajadores de Cuidados en el Hogar para que puedan brindar los mejores cuidados posibles
- Negarse a contratar a otras agencias por estos servicios a menos que los Trabajadores de Cuidados en el Hogar sean tratados dignamente y de acuerdo a estos Principios
- Dejar de trabajar con las agencias contratantes que se nieguen a adherirse a estos Principios en un plazo de 90 días.

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1199SEIU Benefit & Pension Funds
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New York, NY 10036-6977

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UPCOMING EVENTS/TRIPS

ATLANTIC CITY CLARIDGE CASINO

Monday, March 20, 2006
Pay \$19, Get back \$18



Manhattan - 9:00 AM
1199SEIU - 330 West 43rd St.
(Bet. 8th and 9th Avenues)
Vianka Biales (646) 473-8756

Brooklyn - 8:30 AM
Brooklyn Cluster - 25 Elm Place
(Bet. Fulton & Livingston Sts.)
Lena Hayes (718) 624-1363

St. Albans - 8:30 AM
197-01 Linden Boulevard
Clifton Rutherford
(718) 657-8348

**For additional departure sites
please contact the RMD main
office at (646) 473-8756.**

VISION/ HEARING SCREENING

March 17, 2006
10 am – 11 am

1199SEIU
Retired Members Division
330 West 42nd Street
9th Floor
New York, NY 10036

**ALL PAYMENTS MUST BE MADE BY CHECK OR MONEY ORDER ONLY. For ALL TRIP reservations and information contact
Vianka Biales at (646) 473-8756. Only trips listed in this Bulletin are sponsored by the Retired Members Division.**