

RETIREE NEWSLETTER

REMINDER



UNAC/UHCP has life insurance for members. The amount is \$1750 and is valid until age 75. Be sure your beneficiary is correct at the UNAC/UHCP Office or the insurance will go to your estate. Updated information should be given to the UNAC/UHCP HR office. Be sure someone in your family has this information.

For Kaiser retirees: The person to reach for a sticker on your Kaiser card to receive pharmacy discounts is: Carolyn Dallas, (626) 405-5395 or email address carolyn.c.dallas@kp.org

IMPORTANT NUMBERS FOR RETIREES

MEDICARE: (800) 633-4227
www.medicare.gov

SOCIAL SECURITY: (800) 772-1213
www.ssa.gov



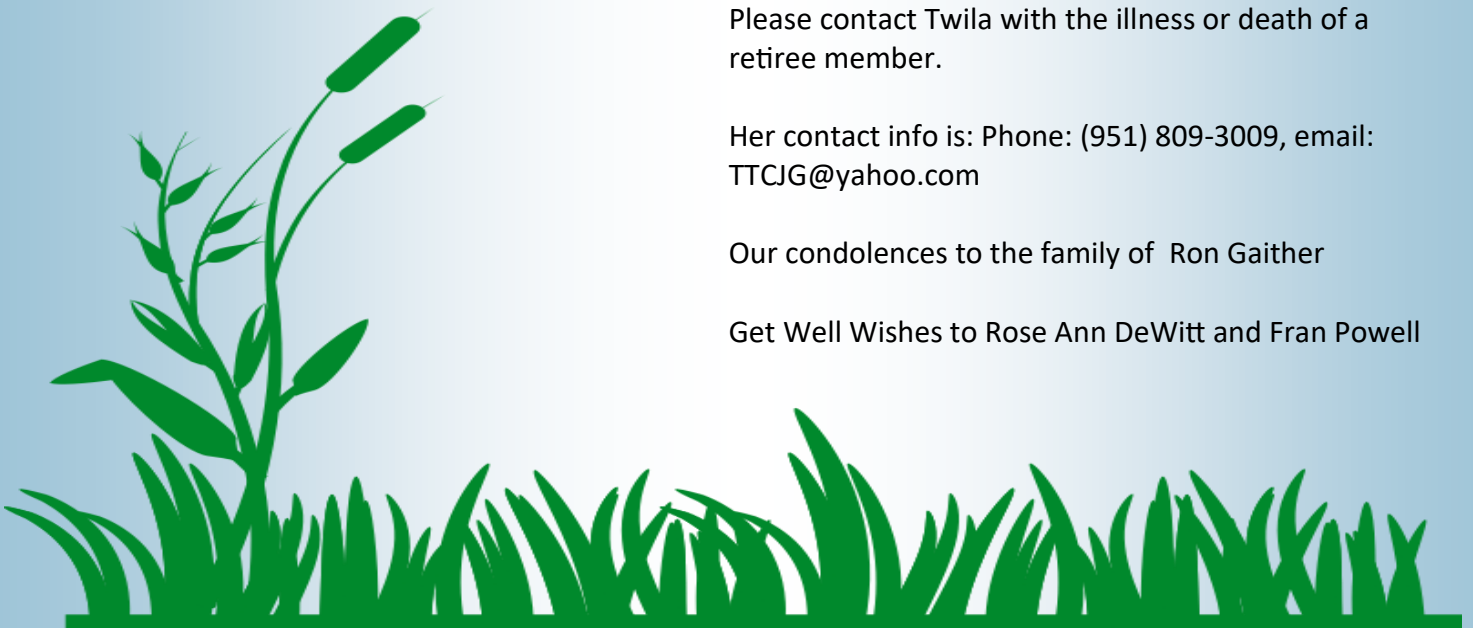
WE HAVE ESTABLISHED A SUNSHINE COMMITTEE

Our chair person is Twila Costello.
Please contact Twila with the illness or death of a retiree member.

Her contact info is: Phone: (951) 809-3009, email: TTCJG@yahoo.com

Our condolences to the family of Ron Gaither

Get Well Wishes to Rose Ann DeWitt and Fran Powell



SAVE THE DATE

AFSCME Convention will be in Boston, July 15-20, 2018

UNAC/UHCP

RETIREEE Convention

Will be held at the Disneyland hotel, October 7, 2018



MEMBERSHIP MEETING

The next meeting will be Tuesday, April 17, 2018 from 10:00am to 2:00pm at the UNAC/UHCP San Diego Office, 5030 Camino de la Siesta, Suite 306, San Diego CA 92108.

Our speaker will be Ms. Daphne Miller, B.A. fitness instructor for the "Feeling Fit" program for San Diego County. This is a free to participate program for older adults. The goal of the program is to provide strength and endurance training as well as flexibility and balance. Daphne also coordinates the "Mall Walker" and exercise program at Grossmont Center in La Mesa sponsored by Sharp Grossmont Hospital Senior Resource Center, Andrea Holmberg Director. Daphne has been coordinating fitness program with her own special style and flare for the last 15 years. She makes the exercise experience fun!

Don't miss this meeting. If you plan to attend please RSVP to Jannette Williams at (909) 599-8622.

DUES REMINDER

If you have not sent your dues in for 2018 please send the \$25 to the UNAC/UHCP office, 955 Overland Court, Suite 150, San Dimas, CA 91733.

Thanks to all who attended and participated in the Day of Action, February 24, 2018 in San Diego which commemorated the Memphis march by the AFSCME Sanitation Workers.



A DAY OF ACTION

