



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13
630 South Centre Street | San Pedro, CA 90731 | (310) 830-6116
Benefits Officer - Eddie Moncado
Staff – Maria & Racheal

Benefits Bulletin #6 - 2025

JUNE 2025 BENEFITS BULLETIN

RETIRING SOON?

- *You may ask yourself, If I retire now, will I be on the 2022-2028 contract?*
 - *Can I retire on any date in the calendar year?*
 - *Am I eligible to retire?*
 - *Information on “The Bridge”*
 - *Information on “The Window”*
 - *Welfare Coverage after Retirement*
 - *Information on Medicare Part B*

Join ILWU Local 13 Health Benefits for a **RETIREMENT WORKSHOP**

Hosted by:

Eddie Moncado

Health Benefits Representative

Thursday, June 26, 2025

Noon to 2:00 p.m.

ILWU Memorial Hall

231 West C Street

Wilmington, CA 90744.

Presented by:

Sam Alvarado & Robin Leake

So. Cal Area Welfare Directors

ILWU-PMA Benefit Plans

No Reservations Required

**** ALL LOCALS ARE INVITED ****

REMINDER

Effective March 1, 2025, the Southern California ADRP Representative and Southern California Area Welfare Directors’ office have moved to new locations:

So. Cal. ADRP Representative’s Office

200 Pine Avenue
Suite 280
Long Beach, CA 90802
Office Hours: 9 – 5, Monday through Friday

So. Cal. Area Welfare Directors’ Office

4510 East Pacific Coast Highway
Suite 590
Long Beach, CA 90802
Office Hours: 8:30 – 5, Monday through Friday

A BRIEF MESSAGE FROM YOUR BENEFITS REPRESENTATIVE

If you are involved in an incident at work, please report it immediately to your foreman or nearest foreman available and contact the U.S. Department of Labor Employment Standards Administration Office of Workers' Compensation at (562) 980-357.

It does not matter the magnitude the incident might seem or might not seem at the time; we must cover our backs! Employers are ever so quick to file complaints for not reporting incidents, let us not give them that ability because we did not think something was not a problem and please, always know your foreman's name.

God forbid, if you are involved in an incident and need a doctor's note to receive medical attention, after informing the foreman, call our Business Agent at (310) 830-1877. **DO NOT CALL YOURSELF A REPLACEMENT.** **It is the foreman's responsibility** to call your injury replacement. Injury replacements you get paid time worked, if someone tells you otherwise, they are incorrect and *for our brothers and sisters that pick up an injury replacement from the Joint Dispatch Hall, please read sections 3.26 in our contract* (pay claims have no expiration date)...yes, a little homework for you all, better yet, please read all of *Section 3* while you are at it. It is all love.

"JUNE" LAST MONTH FOR THE SPECIAL PROMOTION OFFERED TO OUR LOCAL 13 MEMBERS



Have any questions? Contact
wellness@eosfitness.com

HEALTH TIP

Stay sharp – your brain health matters: your mind and body are connected. When you are good to your body, your brain also benefits. Physical, emotional, and mental health all work together to support brain health and keep your mind sharp. Here are some tips to help you care for your brain every day.

Get moving



Regular exercise can help your brain make new cells and may lower the risk of Alzheimer's disease and other memory problems. Try walking 30 minutes a day. You can also add strength training for better coordination and memory and yoga or stretching to reduce stress and enhance focus.

Feed your brain



What you eat can affect how well you think and feel. Choose whole grains, leafy greens, and berries to get healthy nutrients. Lean proteins, like fish and nuts, add brain-boosting omega-3s. Cutting back on sugar and highly processed foods can also help you think more clearly.

Give your brain a break



Good sleep is key to memory, learning, and focus. During sleep, your brain processes information, repairs cells, and strengthens connections. So try to aim for 7 to 9 hours of uninterrupted sleep. For better sleep, follow a bedtime routine with relaxation techniques like deep breathing exercises and gentle stretching. Limit your screen time before bed because the blue light can make it harder to fall asleep.

ADA JPLRC

(Americans with Disability Act Labor Relations Committee (ADA LRC))

Americans with Disabilities Act Labor Relations Committee (ADA LRC) meetings are held twice each month on the **first and third Tuesdays** unless otherwise noted. If you are seeking reasonable accommodation, or if you would like to revise or update your existing reasonable accommodation, meetings will be held at Local 13. Be sure to have all your original paperwork from your providers with you. Members must sign in, and they are seen on a **first-come, first-serve basis**.

The world needs less machinery and more humanity.

*Eddie Moncado #131390
Local 13 Benefits Officer*