



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13  
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Staff – Maria & Racheal

Health & Benefits Bulletin #7 - 2025

# JULY 2025 HEALTH & BENEFITS BULLETIN

## A MESSAGE FROM THE HEALTH & BENEFITS OFFICER

July came with the quickness, and I hope it found you and your family blessed and highly favored. July has always been exciting for me from the start, whether playing with the neighborhood kids, having water balloon fights or taking road trips after Dad got a ringer, to as an adult knowing around July 1<sup>st</sup> a pay raise is about to hit, and a shoe voucher should be on its way. What I just mentioned are just a couple of side notes compared to what July brings.... Three holidays! Holidays that were brought to us through our union. I'll make a brief comment on one of the three holidays, July 5<sup>th</sup> Bloody Thursday, we remember those we lost. Through their fights they gave us everything and we must take care of it. The other two holidays are July 4<sup>th</sup> Independence Day and July 28<sup>th</sup> Harry Bridges Birthday.

Brothers and Sisters, if you have had an unfavorable dealing with ICM (Innovated Care Management), can I ask if you don't mind, could you send me an email with your name and work number and briefly tell me how unsatisfactory they were [Eddie.Moncado@ilwu13.org](mailto:Eddie.Moncado@ilwu13.org).

Lastly, July also brings the heat, we see when the employers put out signs to take all the precautions, so we don't get heat stroke. Please take those precautions seriously and stay hydrated, take a breather if needed, because your health is most important.

## RETIREMENT WORKSHOP

HOSTED BY: **EDDIE MONCADO**

**WEDNESDAY, JULY 16, 2025**  
**12:00 PM**

**ILWU Memorial Hall**  
**231 West C Street, Wilmington, CA 90744**

Attend this seminar created specifically for the ILWU to review the benefits of saving and investing in your 401(k) and planning for a successful retirement. The presentation will discuss the differences between Traditional and Roth 401(k)'s and the tax savings benefits. Learn more about your investment options and how to navigate the website in real time. It will also review the concepts of dollar cost averaging and compound growth and how the 401(k) can supplement income in retirement in conjunction with your ILWU pension and Social Security.



### REGISTER NOW!

Reserve a spot now! To register, please scan the QR code, visit [www.ilwucu.org/401k](http://www.ilwucu.org/401k) or call 866.445.9828

**Presented by:** Nevil Dhabhar, Program Manager – 562.606.1203 [ndhabhar@ilwucu.org](mailto:ndhabhar@ilwucu.org)



**ILWU SCORES LAFC & CRYPTO.COM ARENA TICKETS**

**BMO STADIUM**

July 29<sup>th</sup> – August 1<sup>st</sup> – August 5<sup>th</sup>

Scan to score \$80 off your tickets



<https://www.gofevo.com/group/LAFC-ILWU>

Offer subject to availability, ticketing fees apply.

**CRYPTO.COM ARENA**

July 13<sup>th</sup> – July 15<sup>th</sup> – August 7<sup>th</sup> – August 12<sup>th</sup> – August 16<sup>th</sup>

Scan to score \$70 off your tickets



<https://www.gofevo.com/group/LASparks-ILWU>

Offer subject to availability, ticketing fees apply.

**HEALTH TIP – SUMMER AND HEALTH**

- You can help your children prepare mentally, physically, and emotionally for the upcoming school year with healthy and fun summer activities.
- Children and adolescents need to be physically active for at least an hour every day.
- Children and adolescents need to eat a variety of fruits, vegetables, whole grains, low-fat or non-dairy items, and proteins

**Why is this important:**

- Handle stress well – through physical activity and taking steps to change upsetting thoughts
- Relate to others – by encouraging positive social interactions and emotional awareness.
- Make healthy choices – about how they eat and play

**Recommendations:**

- ✿ Get 60 minutes of physical activity each day ✿ Get outside when possible ✿ Try new activities ✿ Eat fruits and vegetables with each meal ✿ Eat less sugar ✿ Practice making healthy food choices as a family ✿ Get plenty of sleep each day ✿ Practice positive thinking ✿ Reduce screen time ✿

**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 Health & Benefits Officer

