



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

Benefits Bulletin #03 - 2026

MARCH 2026 BENEFITS BULLETIN

WOMEN'S HISTORY MONTH

National Women's History Month is celebrated throughout March. To all you Iconic Superheroes we see and appreciate all your contributions and all you do. I would like to share a few quotes:

"I'm not afraid of storms, for I'm learning to sail my ship." — *Louisa May Alcott*
"When somebody tells me I cannot do something, that's when I do it." — *Gertrude*

KAISER PERMANENTE

Kaiser Permanente will have a representative at the Local 13 offices in San Pedro, on Tuesday, March 17, 2026, at 9:30 a.m. to provide information and help with any concerns that YOU the membership may have.

RETIREMENT WORKSHOP

ILWU LOCAL 13 – BENEFITS OFFICER

EDDIE MONCADO

Presents

ILWU RETIREMENT WORKSHOP

WEDNESDAY

MARCH 18

12:00 p.m.

Location:

ILWU MEMORIAL HALL

231 West "C" Street

Wilmington, CA 90744

WITH SPECIAL GUESTS:

ILWU-PMA Benefit Plans So. Cal. Area Directors
SAM ALVARADO & ROBIN LEAKE

Information On Your Pension Plan

- Qualifications & Eligibility
- Information on "The Bridge"
- Information on "The Window"
- Medical coverage after retirement
- When to sign up for Medicare

Walk in's welcome!
All Locals invited!

(Over)

INFORMATION REGARDING MEDICARE PART A & B

Active members, including those who are age 65 or approaching age 65 — do **NOT** need to apply for Medicare Part A and Part B as long as they are actively employed and covered under the union health plan.

While you are active, your current coverage remains primary. However, once you retire, you will be required to enroll in Medicare Part A and Part B to maintain your retiree health coverage.

We encourage members to apply for Medicare promptly upon retirement to avoid any lapse in coverage or potential late enrollment penalties.

If you would like additional information, please contact the ILWU-PMA Benefit Plans in San Francisco at (415) 673-8500 or call/visit the Social Security Administration for enrollment information and schedule an appointment.

20000 Mariner Avenue #150
Torrance, CA 90503
(877) 319-0732

2005 Long Beach Blvd.
Long Beach, CA 90806
(800) 772-1213

4957 Paramount Blvd.
Lakewood, CA 90712
(866) 964-6484

IN CASE OF AN EMERGENCY

In the event of an emergency, it is extremely important to have your correct personal information, i.e., cell/home telephone #, address, and/or a contact name. Please come to the Dues Office at Local 13 and update your records.

⚓ ILWU CREDIT UNION ⚓

For your convenience, a representative from the *ILWU Credit Union* will be available in the lobby of Local 13 office, **Friday, March 6, 2026, from 9:00 a.m. to 11:00 a.m.**

ADA JPLRC

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

If you have been cited to appear, or if you would like to revise your existing accommodation(s), please plan to attend meetings, scheduled for the **first and third Tuesdays of each month** at Local 13 unless otherwise noted.

In Solidarity,



Eddie Moncado #131390

“The world needs less machinery and more humanity.”

Local 13 Health & Benefits Officer



Stay Connected!

Visit the ILWU Local 13 monthly Benefits Bulletin for more upcoming workshops!