



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13
630 South Centre Street | San Pedro, CA 90731 | (310) 830-6116

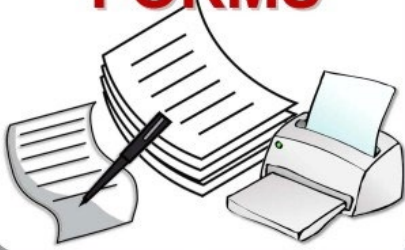
from your *Benefits Office*
Benefits Bulletin #11-2024

NOVEMBER 2024 BENEFITS BULLETIN

Greetings Brothers and Sisters of ILWU Local 13!

I am Robin Leake, your newly elected Benefits Officer. I am excited to serve our membership and assist with any benefits related concerns. For your convenience, the benefits staff is available to assist you by phone, email, text or in person in the San Pedro office. Although we have an open-door policy, appointments are also available. It is my goal to treat our membership with respect and dignity and resolve our members' issues in a timely and professional manner. Please submit your inquiry by phone @ 310-830-6116 (Office), cell (424) 339-8577 or e-mail benefits@ilwu13.org or robin.leake@ilwu13.org Please submit your inquiries with your name and registration number in the subject line. Be sure to include your phone number and specific details about what you need in the body of the email.

FORMS



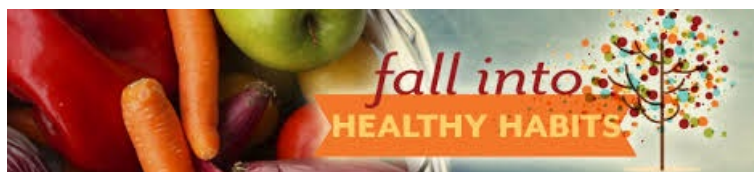
OTHER INSURANCE VERIFICATION FORMS

These forms are mailed to each member every year and you are required to complete and return to the claims office for your claims to be paid. If you have any questions or have not received this form, please call ILWU-PMA Coastwise Indemnity Plan at (800) 955-7376.

ADA LRCs

Reminder: **All ADA LRCs** are held at **ILWU Local 13** until further notice. This is due to construction happening at PMA. Remaining **2024 ADA LRCs** are:

- Tuesday, November 19, 2024
- Tuesday, December 3, 2024
- Tuesday, December 17, 2024



- Wash your hands
- Be physically active everyday
- Develop healthy ways to cope with stress
 - Set and communicate clear boundaries
 - Make sleep a priority
 - Avoid harmful substances
- Eat a fruit or vegetable with every meal

NOVEMBER OBSERVANCES 2024

VETERANS DAY

In observance of Veterans Day, the office of Local 13 will be closed on Monday 11/11/2024.

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

John F. Kennedy

THANKSGIVING DAY

In observance of Thanksgiving, the office of Local 13 will be closed on Thursday 11/28/2024 & Friday 11/29/2024.

“Gratitude, help us to see what is there instead of what isn't.”

Annette Bridges

NATIVE AMERICAN HERITAGE MONTH

This is an inspiring observance that creates an opportunity to celebrate the rich and diverse cultures, traditions, histories and contributions of Native people and encourages all Americans to learn about the history of our nation. Please visit www.bia.gov/NNAHM

NATIONAL DIABETES AWARENESS MONTH

This year's focus is on taking action to prevent diabetes health problems. Diabetes is a disease that affects about 38 million Americans, including children. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. To learn more about preventive care, visit the National Institute of Diabetes and Digestive and Kidney Diseases at niddk.nih.gov

“MOVEMBER” MEN’S HEALTH AWARENESS MONTH

“Movember” is an annual event involving the growing of moustaches during the month of November to raise awareness of Men's Health issues, such as prostate cancer, testicular cancer and men's suicide. The goal of Movember is to "change the face of men's health." More information can be found at Movember.com *The Suicide and Crisis Lifeline can be reached by 9-8-8 from any telephone.*



In Solidarity,

Robin Leake

Robin Leake
Local 13 Benefits Officer