



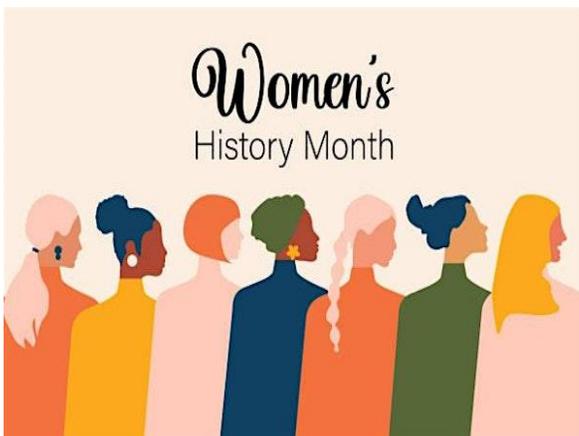
INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13
630 South Centre Street | San Pedro, CA 90731 | (310) 830-6116

from your Benefits Office
Benefits Bulletin #3-2025

MARCH 2025 BENEFITS BULLETIN

IMPORTANT BENEFITS OFFICE NOTE

The Benefits office will be closed for training on Monday, March 10, 2025, and closing early 2:30 p.m. on Friday, March 14th and Friday, March 28th.



MARCH IS WOMEN'S HISTORY MONTH

Extra thanks to the women who keep our office running: Marlaina, Irene, Maria, Racheal, Ruth, Paula, Taylor, Chloe, Traci, Bella, and Kelli.....and to **ALL** the Women...*Thank you.*

WELFARE/PENSION CLAIMS

The time is approaching to start preparing Welfare/Pension claims. The ILWU-PMA Benefit Plans in San Francisco **will notify by mail all the members that might be losing their benefits effective July 1, 2025.** Make sure your dr. notes have been submitted to the Dues office at Local 13. Any questions regarding Vacation/Holiday, please contact *Ray Pearson, Records Clerk* (310) 233-5402.

REMINDER

For your convenience, a representative from the *ILWU Credit Union* is available in the lobby of Local 13 office, from 11:00 a.m. to 2:00 p.m. on the last Friday of every month.



CONTACT ME TO GET STARTED!



Andy Catania
Business Development
Representative
310.408.7862
866.445.9828, ext. 236
acatania@ilwucu.org



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.**

(Over)

HEALTH TIP

Go beyond diet and exercise. Maintaining a healthy weight isn't just about what's on your plate. To find the best approach for you, your doctor can help you identify your needs, goals, and challenges – and build a personalized plan for success.

<p><u>Build a healthy plan</u> Your weight management plan should fit your life. Take advantage of resources for every step of your journey, including diet and exercise, mental health and wellness, classes and coaching, self-care, social health, and more.</p>	<p><u>Make time to move</u> Cutting calories can help you lose weight but keeping it off long-term is a different story. Exercise is a must – aim for at least 30 minutes of physical activity, 5 times a week, to keep lost pounds from coming back.¹</p>	<p><u>Rethink your drinks</u> Calories from soda, juice, and alcohol add up fast. Switching to water, unsweetened tea and coffee, and unsweetened seltzers can help you maintain a healthy weight.²</p>
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1. "American Heart Association Recommendations for Physical Activity in Adults and kids," American Heart Association, January 19, 2024
2. "Rethink Your Drink," Centers for Disease Control and Prevention, December 27, 2023.



PLANNING FOR A SUCCESSFUL RETIREMENT

ILWU Credit Union is presenting a seminar for Local 13 Members: "Planning For A Successful Retirement" through CFS* on Tuesday, April 22nd in San Pedro and Thursday, April 24th in Long Beach. ILWU Credit Union is offering Local 13 Members the opportunity to attend a no cost Retirement Planning Seminar created specifically for the ILWU to review the key issues one should consider before deciding to retire. Retirement Planning is a process that reviews your income and expenses in retirement, tax situation, debts and liabilities, health and life insurance, and investments, to make sure you are on track to retire successfully. All Local 13 Members are welcome to attend. You can choose from two dates! The seminar in San Pedro will be held on Tuesday, April 22nd at 12:00 p.m. at the Local 63 Hall located at 350 West 5th Street. The seminar in Long Beach will be held on Thursday, April 24th at 12:00 p.m. at the ILWU Credit Union Long Beach Branch located at 3447 Atlantic Avenue. To register for either session visit www.ilwucu.org/seminar or call (866) 445-9828.

*Non-deposit investment products and services are offered through CUSO Financial Services, L.P. ("CFS"), a registered broker-dealer (Member FINRA/SIPC) and SEC Registered Investment Advisor. Products offered through CFS: are not NCUA/NCUSIF or otherwise federally insured, are not guarantees or obligation of the credit union, and may involve investment risk including possible loss of principal. Investment Representatives are registered through CFS. The credit union has contracted with CSF to make non-deposit investment products and services available to credit union members. Insurance products and services are offered through Next Financial Insurance Services Company.

MESSAGE FROM YOUR BENEFITS REPRESENTATIVE

I am Eddie Moncado #131390. On January 29, 2025, I was elected to be the Benefits Officer, and I would like to thank our membership for supporting me. The office is here to help our members, pensioners, and family. My goal is to make a difference and be impactful while serving our local. In closing, I would like to thank all our pensioners, A books and IDs for all their hard work 365 days each year.

The world needs less machinery and more humanity.

Local 13 Benefits Officer

A blue handwritten signature, likely of Eddie Moncado.

