



MARK A. ESPINOSA  
President

UNITED FOOD AND COMMERCIAL WORKERS UNION

**L O C A L 9 1 9**

U.F.C.W.

6 Hyde Road • Farmington, Connecticut 06032-2802 • Tel. 860-677-9333

Outside Local Dialing Area 1-800-842-2215

www.ufcw919.org



JAMES R. WALLACE, JR.  
Secretary-Treasurer

February 2017

## Announcing UFCW Local 919



**Education is the most powerful weapon which you can use to change the world. - Nelson Mandela**

### **U.F.C.W. Local 919 Scholarship Forms**

**Check the web site for printable forms.**

**You Business Agent will also have them available**

**You can also request via a phone call or email at the union.**

# ATTENTION Union Members

- **Change of Address**
- **Change of Beneficiary**
- **Change of Marital Status**

Your Local Union can only Serve a member when we are kept informed of essential information. Your failure to keep us informed prevents us from providing you with benefits and services to which you are entitled.

**1.Address 2.Beneficiary 3.Marital Status**

# UFCW LOCAL 919

## GENERAL MEMBERSHIP MEETINGS



**DOUBLE TREE**  
*by Hilton*  
42 Century Dr.,  
Bristol, CT 06010  
7:00 P.M.



### MEETING NOTICE

**Monday, March 27, 2017**

**Monday, June 26, 2017**

**JULY & AUGUST - NO MEETINGS**

**Monday, September 25, 2017**

**Monday, December 18, 2017**

**YOUR UNION  
IS JUST  
A  
PHONE CALL AWAY**

**It doesn't cost  
It Pays to  
belong to  
Local 919**

DO NOT HESITATE TO CONTACT YOUR UNION office if you have a problem pertaining to your job or any problem where you feel the Union can help you.

PHONE CALLS	LOCAL	LONG DISTANCE
Union Office .....	860-677-9333 .....	1-800-842-2215
	<b>Benefit Departments</b>	
Food Division .....	860-677-8118 .....	1-800-842-2214
Non-Food Division .....	860-677-8671 .....	1-800-842-2214
Credit Union .....		1-800-225-3609

[www.ufcw919.org](http://www.ufcw919.org)

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- ▶ Personal Loans and Credit Lines
- ▶ Education Loans

Call Metro today at 877-MY-METRO, visit [www.metrocu.org](http://www.metrocu.org)  
or contact your Human Resource Department.

# HEALTHCARE CORNER

## Ask Your Benefit Office: Is Preventive Care Covered? Yes – Covered In-Network at 100%

Prevention is key. According to the Centers for Disease Control and Prevention, “Chronic diseases, such as heart disease, cancer, and diabetes, are responsible for 7 of every 10 deaths among Americans each year and account for 75% of the nation’s health spending.”

The Patient Protections and Affordable Care Act of 2010 requires 100% coverage for certain medical services for the Full-Time and Part-Time ACA plans as long as the patient is seen by an in-network provider.

Below you will find a list of the most common preventive services that are covered in-network at 100% without cost sharing. This means, you will have no deductible, co-payment or co-insurance for your wellness exam and related tests as long as you see a participating provider. Please note, some screenings are required for patients with a history of illness and, in those situations, may be covered under the Major Medical benefit instead of the Preventive Care benefit. In those cases, you may have out-of-pocket expenses. If you have any questions about what is covered under the Preventive Care benefits, please call Benefits office at 1-800-842-2214.

### Common Preventive Services:

- Annual physical exam (If the preventive item or service is not billed separately from the office visit, and the primary purpose of the office visit is the delivery of such preventive item or service.)
- Blood Pressure screening for all adults (included in the payment for a physician visit).
- Colorectal cancer screenings (fecal occult blood testing, sigmoidoscopy, and colonoscopy) for adults aged 50 or older, including bowel preparatory medications as required.
- Breast cancer screening (mammography) for women aged 40 and older, every 1 to 2 years.
- Annual well woman visits along with cervical cancer screening provided to women with cytology (Pap smear).
- Immunization vaccines for adults and children. The specific dose, recommended age, and/or recommended populations must be satisfied:
  - Diphtheria/tetanus/pertussis
  - Measles/mumps/rubella (MMR)
  - Influenza
  - Human papillomavirus (HPV)
  - Pneumococcal (polysaccharide)
  - Zoster
  - Hepatitis A
  - Hepatitis B
  - Meningococcal





**Regional Director's column**  
**By Tom Clarke**

# Moving Beyond the Election

Whether you are happy or sad about the results of this election, please understand that no president or person has total control over your life. Whether you agree or disagree with our new president-elect, you should feel more compelled than ever to stand up for your values and the things you believe in.

Being a part of a union family means you have more power than most to shape your life and make it better. Your union contract guarantees that your rights at work and your hard-earned wages and benefits will continue to be protected. It also means that your concerns will never fail to be heard.

Incredible value can be created when we stand together to negotiate the better wages, benefits and life that we've all earned and deserve. Now, more than ever, we must commit ourselves to that strength.

As we prepare for our government to transition and President Trump to take office, rest assured that our

union family will continue to be a strong advocate for hard-working men, women and their families in Region 1 and across the country.

We will continue to embrace the values that we stood for in this election, including fairness, dignity and respect in the workplace. We will continue to talk about issues that must be addressed on a national level, such as social and economic inequality, the need to protect Social Security and Medicare, and the need for paid sick leave, predictable scheduling, and good, quality jobs that can support a family. We will continue to negotiate the better wages and benefits that our members have earned and deserve. And we will continue to reach out to workers who don't have a union contract, and grow our union family.

It is our sincere hope that President Trump will change course and leave his divisive campaign tactics behind, and focus instead on implementing policies and pieces of legislation that will make life better for UFCW members and hard-working families everywhere. Local 919 and our entire union family will hold him accountable if he fails to do so.

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**Stay connected with your Union!**  
**Download the new Local 919 app today!!**

Here's how....

Scan this QR code with a smart phone, it will bring you to your app store.

OR

Download the app from our website:  
[www.ufcw919.org](http://www.ufcw919.org)



**From your Executive Board and your fellow workers  
of United Food and Commercial Workers Union,  
Local 919**

  
Mark A. Espinosa,  
President

  
James Wallace, Jr.,  
Secretary-Treasurer

  
Michael Calderon  
Executive Vice President

  
Thomas J. Bodyk,  
Vice President - #687 S&S

  
Juliette Sabo,  
Vice President - #673 S&S

  
Robert Gigiletti,  
Vice President - #606 S&S

  
John W. Casey, III  
Vice President - # 662 S&S

  
Wanda Jabloewski,  
Vice President - #645 S&S

  
Ed Pryjmaczuk,  
Recorder

**UFCW MEMBERSHIP HAS ITS BENEFITS**



***It doesn't cost it pays - It pays to belong to***

***LOCAL 919***

***Over 70 Years of Services To Its Members and The Community***