



WELFARE BENEFITS



FUNDS



FAIR

Brothers and Sisters:

An exciting informative day has been planned by your Elected Officials, Trustees, and Office Staff. We invite you and your family to attend and participate.

WELFARE BENEFITS FUNDS FAIR, FAMILY FUN DAY, JUNE 9TH, 2018,

at SHEET METAL WORKERS LOCAL 25

440 BARELL AVENUE, CARLSTADT, NJ 07072, **TIME: 10AM TO 2PM**

Please see attached agenda and call the Benefits office at 201-507-0334 to register your attendance. Your registration is required in order for us to make proper accommodations.

There will be many activities for the kids to enjoy. There will be food and drinks to enjoy. There will be Raffles to be won. Most of all there will be presentations and exhibitors for you to visit and learn about your benefits. Also questions will be answered.

Fraternaly yours,

Joseph Demark Jr.
President/Business Manager

**Raffles, Fun,
Food & Games**



Benefits Fair Agenda

Sheet Metal Workers Local Union No. 25



Sessions- Each session you attend will give you a Raffle Ticket for the drawing of the gifts. Gifts include Two Apple Watches and more.

In the Education Class Room:

At 10:30 to 11:15 Debbie Elkins, Director of Operations National Pension Fund will present information about your pension benefits, vesting, eligibility and retirement. Debbie will have personalized information for each member.

At 12:00 to 12:45 Ken Colombo, Fund Administrator SASMI Trust Fund, will speak about SASMI-General Information-Benefits Available for Active Participants and Retired Participants – SASMI Severance – Health Care Reimbursement (HCRA)



Heart Scan Services



In our continuing effort to provide new benefits for our members and their spouses, we are proud to share with you our partnership with Heartscan Services: a non-invasive, mobile cardiovascular screening and wellness company. On the day of our Benefits Fair, June 9th, 2018 they will provide a stroke screening, thyroid nodule screening, body mass index, blood pressure, pulse oximetry, acidity testing and information available about their successful weight loss program. In addition there will be educational materials available on various health topics.

Please you must call the SMW Local 25 Benefits Office to schedule your appointment for these screenings. There will be 25 screenings per hour – when you call please choose the hour that you would like between 10AM to 1PM. 201-507-0334, Ext. 114, please leave name, social, time preferred and how many will be in attendance.

It only takes a short time for the screenings and could save lives.

Carotid Artery Ultrasound

The major goal of a carotid ultrasound is to screen patients for blockage or narrowing of their carotid arteries, which if present may increase their risk of having a stroke. * *Stroke is the #3 disease and can be prevented if you know your risk.*

Thyroid Nodule Screening with Ultrasound

This test uses sound waves to determine if a nodule is solid or a fluid-filled cyst (the risk for cancer is higher in solid nodules). This test also monitors the growth of nodules and it helps find nodules that are difficult to feel. **Thyroid cancer is the fastest increasing cancer in the United States. It is not detected in blood work.*

Blood Pressure

Blood pressure is the pressure of the blood against the arteries. It results from the heart pumping the blood and the arteries resisting the blood flow. Blood pressure is very important because it can lead to very serious complications if it gets too high or too low. Regulating and monitoring blood pressure is very important. * *67 million American adults (31%) have high blood pressure—that's 1 in every 3 American adults- Having high blood pressure puts you at risk for heart disease and stroke, the leading causes of death in the United States.*





Pulse Oximetry

The device senses levels of oxygen saturation in arterial blood. Oxygen saturation levels are an indication of whether a person's circulatory system or blood is carrying enough oxygen to all the organs in the body. * A pulse oximeter is a device intended for the non-invasive measurement of arterial blood oxygen saturation (SpO₂) and pulse rate.

Pulse Rate

A pulse rate can be defined as the speed of a heartbeat. It is used as a reference to evaluate a person's physical and mental health. The normal pulse rate for a healthy person is 72 beats a minute.

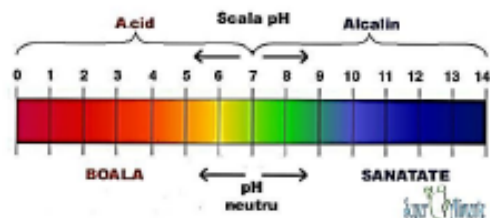
BMI (body mass index)

A measure of body fat that is the ratio of the weight of the body. Your Body Mass Index (BMI) is calculated from your weight and height and measures average body fatness. * being overweight or obese increases the risk of a number of health conditions including hypertension, adverse lipid concentrations, and type 2 diabetes.



Acidity vs. Alkalinity testing in the body

Your body's alkaline and acid balance, also known as pH, can affect your overall well-being. Know your numbers and learn about foods that promote alkalinity.



Handouts and Educational information available for participants on:

- Hypertension
- Diabetes
- Alkaline Foods
- Weight loss program
- Heart disease
- Stroke



Visit our Exhibitors

*Located In the Education Shop and
in the Tents in the Parking Lot*

EACH EXHIBITOR YOU VISIT WILL GIVE YOU A RAFFLE TICKET FOR THE DRAWING OF THE GIFTS.

GIFTS INCLUDE



Apple Watch



Electric Toothbrush



Apple Watch



Heart Scan



AETNA Health Care



CIGNA Health Care



Davis Vision

Union Building Trades Bank



Prudential Retirement



American Life Insurance

Life Insurance

It's only you who can help you decide if there's a life insurance policy for you.



Segal Actuary Consultants

EAP – Employee Assistance Program
Lower Hudson Valley

National Pension Fund



Kids Activities



**TWO BOUNCY
HOUSES**



FACE PAINTING
11 AM TO 1 PM



BALLOONIST
11:30 AM TO 1:30 PM

POPCORN



**Raffles, Fun,
Food & Games**