UCTIE LOCAL 621

FALL 2026

The latest news, views, and announcements

LABOR UNION NEWS

MONTHLY MEETINGS:

Local 621 holds monthly meetings on the 1st Tuesday of each month.

Except July and August

Meetings are held at the union hall located at:

277 Northern Boulevard
Suite 201
Great Neck, NY 11021

We are here to help answer any questions you may have.

Visitor parking is on the main level.



NYC Pension Trustees Commit $300 Million To Fund Union-Built Housing in New York City

NEW YORK, NY – Comptroller Mark Levine and the Trustees of four of New York City's Public Pension Funds have announced a historic $300 million investment with the AFL-CIO Housing Investment Trust (HIT), marking its largest-ever allocation to the Fund as it supports effort to build and preserve homes. This new investment is the latest step in the Comptroller's commitment to invest $4 billion over the next four years in housing construction and preservation across New York City.

Comptroller Levine said: "Programs like the HIT have a proven record of generating strong returns, jobs and homes all at once. This investment is a major step toward expanding our city's crucial housing stock and tackling the rising cost of living. At a time when many New Yorkers are struggling just to keep a roof over their heads, our strategic partnership with the AFL-CIO Housing Investment Trust allows our Pension Funds to make a sound investment while delivering desperately needed housing and good Union jobs."
The four Public Pension Funds will collectively become HIT's largest investor, strengthening a 25-year partnership that has delivered strong returns for pensioners while addressing New York City's generational housing crisis.
AFL-CIO HIT invests in the construction and preservation of homes, with a particular focus on workforce and affordable units, all with 100% Union construction.

Since 2002, New York City's Public Pension Funds have invested $583 million in capital with HIT, seeing one, three and five-year returns all keeping pace with or outperforming their benchmarks.

New Yorkers have additionally benefited as HIT has created or preserved more than 40,000 housing units across the city.
"New York City's housing crisis demands investments that match the scale and urgency of the problem, and this historic $300 million commitment to the AFL-CIO Housing Investment Trust does exactly that," Manhattan Borough President Brad Hoylman-Sigal said.

"By helping create or preserve approximately (10,000) homes over the next five years, this partnership will strengthen our housing supply while supporting the Union Workers who build and maintain our city", said Hoylman.
AFL-CIO Housing Investment Trust CEO Chang Suh said: "This additional investment will help the HIT finance more housing projects in New York City, demonstrating that competitive returns can be achieved while improving communities. This is common sense investing that has worked for decades for the HIT."

Health

Some Workouts for Heart Health According to Research

The human heart is more than just a muscle. It is the engine of life, tirelessly pumping blood and oxygen through your body, beating more than 100,000 times each day without pause. And just like any engine, the heart needs care and maintenance. One of the most powerful ways to strengthen and protect it is through regular exercise. Modern research consistently shows that exercise is medicine for the heart. It lowers blood pressure, improves cholesterol, enhances circulation, and reduces the risk of cardiovascular disease—the number one cause of death worldwide. But not all workouts are created equal. Some forms of exercise have proven to be especially effective at keeping your heart strong, resilient, and youthful. In this article, we'll explore some of the best workouts for heart health, backed by science and crafted into a narrative that doesn't just inform but inspires. These workouts are not only effective but also accessible—you don't need to be an elite athlete to reap their benefits. Whether you're looking for something intense or something gentle, there's a heart-healthy workout here for you.

Brisk Walking It might surprise you that something as simple as walking can be one of the most powerful exercises for your heart. Brisk walking is a cornerstone of cardiovascular health, and research shows that just 30 minutes a day can lower your risk of heart disease significantly. Walking improves circulation, lowers blood pressure, reduces "bad" LDL cholesterol, and raises "good" HDL cholesterol. It also strengthens the heart muscle gradually, without placing undue stress on your joints. The key is to maintain a **brisk pace**—fast enough to elevate your heart rate but not so fast that you're gasping for air. You should be able to hold a conversation while walking but not sing comfortably.

Running and Jogging If walking is a good baseline for heart health, running and jogging are the next step up. Running is a vigorous aerobic activity that forces your heart to work harder, strengthening it over time. Numerous long-term studies show that runners live longer and have lower risks of cardiovascular disease compared to non-runners. Jogging at a moderate pace can improve your heart's efficiency, making it pump more blood with each beat. Running also helps maintain a healthy weight, reduces stress, and improves overall endurance.

Strength Training While strength training is often associated with building muscle, it also provides crucial benefits for heart health. Lifting weights, resistance band exercises, or bodyweight movements like squats and push-ups improve overall cardiovascular fitness in ways that complement aerobic exercise. Research shows that regular strength training lowers blood pressure, improves cholesterol, and helps regulate blood sugar. It also supports weight management, which is vital for preventing heart disease. The cardiovascular benefit comes from the fact that muscles trained with resistance become more efficient at using oxygen, reducing the workload on the heart. Additionally, a stronger body makes aerobic activities like walking, cycling, or swimming more effective and less fatiguing.

Yoga At first glance, yoga may not seem like a "cardio workout." But don't underestimate its impact on heart health. While yoga may not raise the heart rate as dramatically as running or swimming, it plays a crucial role in reducing **stress**, a major contributor to heart disease. Yoga combines movement, breath control, and mindfulness. Research has shown that regular practice lowers blood pressure, reduces heart rate, and improves vascular function. Certain styles, like Vinyasa or Power Yoga, can also provide aerobic benefits, but even gentle forms such as Hatha or restorative yoga contribute to heart health through relaxation and balance. By reducing cortisol (the stress hormone) and improving emotional well-being, yoga supports the heart indirectly yet powerfully. It is the perfect complement to more vigorous forms of exercise, providing balance for both the body and mind.

Hiking Climbing trails, navigating uneven ground, and breathing fresh air all combine to create a powerful workout for the heart. From a physiological perspective, hiking improves cardiovascular endurance, strengthens the heart muscle, and lowers blood pressure. The added element of elevation challenges the heart even more, enhancing aerobic fitness, shows that spending time in nature reduces stress, lowers cortisol levels, and promotes emotional well-being. For the heart, which is sensitive to both physical and psychological stress, this combination is invaluable. Whether it's a gentle nature walk or a challenging mountain trek, hiking offers the perfect blend of exercise, fresh air, and soul nourishment.







Autumn Soup Recipe



2 Tbsp. vegetable oil, plus more for greasing
2 butternut squash (about 4¾ lb. total), halved lengthwise, seeds removed
2 cups of thinly sliced white or yellow onion
1 Tbsp. light brown sugar
2 tsp. minced fresh ginger
2 garlic cloves, coarsely chopped
½ cinnamon stick
5 cups (or more) low-sodium chicken broth or vegetable broth
Kosher salt, freshly ground black pepper
Chopped fresh parsley for serving

Step 1
Place rack in center of oven and preheat oven to 375°. Grease a baking sheet with **vegetable oil**. Place **2 butternut squash (about 4¾ lb. total), halved lengthwise, seeds removed**, cut side down, on prepared sheet. Bake until squash is very soft, for about 50 minutes. Using a paring knife, remove peel from squash; discard peel. Cut squash into 2" pieces.

Step 2
Heat **2 Tbsp. vegetable oil** on the stovetop in a heavy large pot over medium-low heat. Mix in **2 cups thinly sliced onion**, **1 Tbsp. light brown sugar**, **2 tsp. minced fresh ginger**, **2 garlic cloves, coarsely chopped**, and **½ cinnamon stick**. Cover pot and cook until onion is tender, for about 15 minutes. Add squash and **5 cups low-sodium chicken broth or vegetable stock** and increase to medium-high heat. Bring to boil, then reduce heat to medium-low. Cover and simmer for 10 minutes. Discard cinnamon stick.

Step 3
Working in batches, purée soup in a blender. Return soup to pot; season with **kosher salt** and **freshly ground black pepper**. Bring to a simmer, thinning soup with more broth if necessary.

Step 4
Ladle soup into bowls. Top with **chopped fresh parsley**.

Do ahead: Soup, without parsley, can be made 1 day ahead. Transfer to an airtight container and chill.

Autumn Cookie Recipe



Ingredients

- 3 cups (375g) **all-purpose flour** spooned & leveled
- 2 teaspoons of **cream of tartar**
- 1 teaspoon of **baking soda**
- 1 and 1/2 teaspoons ground **cinnamon**
- 1/2 teaspoon **salt**
- 1 cup (16 Tbsp. 226g) **unsalted butter** softened to room temperature
- 1 and 1/3 cup (267g) **granulated sugar**
- 1 large **egg +** 1 large **egg yolk**, at room temperature
- 2 teaspoons **pure vanilla extract**

Topping

- 1/3 cup (70g) **granulated sugar**
- 1 teaspoon **ground cinnamon**

Instructions

1. Preheat oven to 375°F (190°C). Line two large cookie sheets with parchment paper or silicone baking mats. Set aside.
2. **Make the cookies:** Whisk the flour, cream of tartar, baking soda, cinnamon, and salt together in a medium bowl.
3. In a large bowl using a hand mixer or stand mixer fitted with a paddle attachment, beat the butter and granulated sugar together on high speed until smooth and creamy, about 2 minutes. Add the egg, egg yolk, and vanilla extract. Beat at a medium-high speed until combined. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed. With the mixer running at low speed, slowly add the dry ingredients to the wet ingredients in 3 different parts. The dough will be thick.
4. **Make the topping:** Combine the granulated sugar and cinnamon together in a small bowl.
5. Roll cookie dough into balls, about 1.5 Tablespoons (35g) of cookie dough each. Roll the dough balls in cinnamon-sugar topping. Sprinkle extra cinnamon-sugar on top if desired. Arrange 3 inches apart on the baking sheets.
6. Bake cookies for 10 minutes. The cookies will be very puffy and soft. When they are still very warm, lightly press down on them with the back of a spoon or fork to help flatten them out. Allow cookies to cool on the baking sheet for 10 minutes and transfer to a wire rack to cool completely

DENTAL NEWS:





Daily Habits Shown in Your Smile

- **Diet:** Diets high in sugar and acid cause visible tooth decay and cavities.
- **Tobacco and Alcohol:** Using tobacco products stains teeth, damages gums, and raises the risk of oral cancer.
- **Hygiene Routine:** Plaque buildup and bleeding gums show whether brushing and flossing habits are consistent.

Connection to Overall Health

- **Heart health:** Bacteria from the mouth can enter the bloodstream and cause inflammation linked to heart disease.
- **Blood sugar:** Poor oral health makes it harder to control diabetes, and diabetes increases the risk of gum disease.
- **Daily function:** A healthy mouth lets you eat, speak, and smile without pain.

Daily Care Tips

- **Brush twice a day:** Use a soft-bristled brush and fluoride toothpaste for two minutes.
- **Clean between teeth:** Floss or use an interdental cleaner daily to remove plaque.
- **Eat well:** Limit sugary foods and drinks that feed harmful bacteria.
- **See a dentist:** Visit your dentist for regular checkups and cleanings.

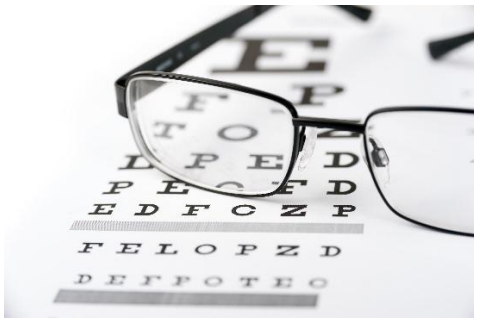
Dental Coverage:

Sele-Dent is the dental plan for all United Benefit Fund participants. If you have any questions, please call Danielle Parco at 718-513-2477 Ext. 101.

Visit:
https://www.Sele-dent.com

1. On the top of the page click on Labor Organizations. Then click on unions.
2. In the middle of the page the blue box will say, “View Benefits Information for your Group”. Click on this box.
3. A list of organizations will appear, click on United Benefit Fund.
4. The screen will display Plan One and plan Two and a list of dentists in your area.

VISION COVERAGE:



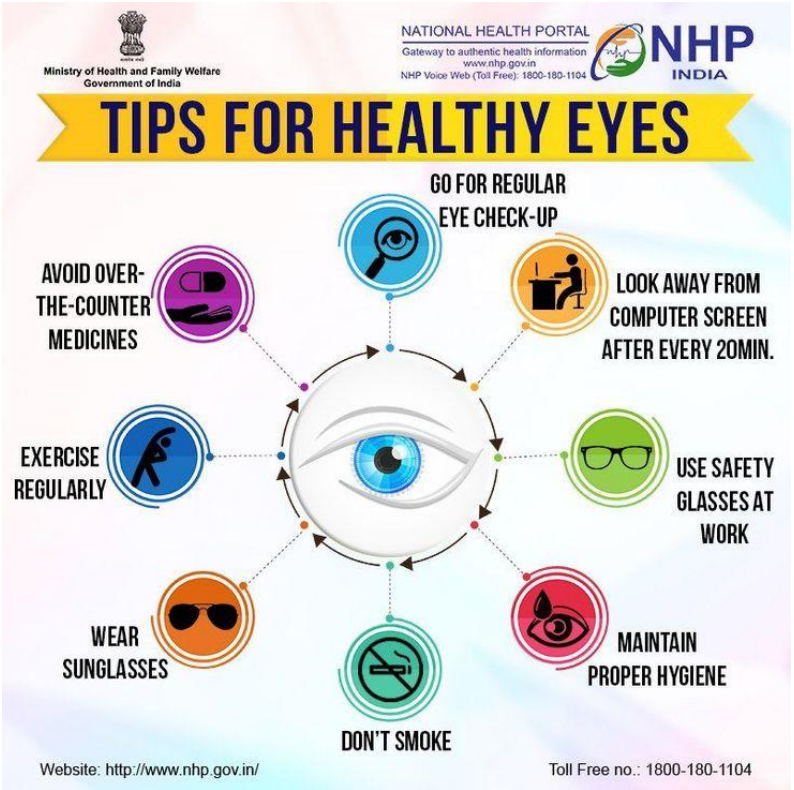
General Vision Services (GVS) is the vision provider network for United Benefit Fund.

To find a participating provider visit the GVC website at www.general vision.com or download the GVS app. Use the benefit code 6063. Here is where you will be able to view your vision plan and locate providers in your area.

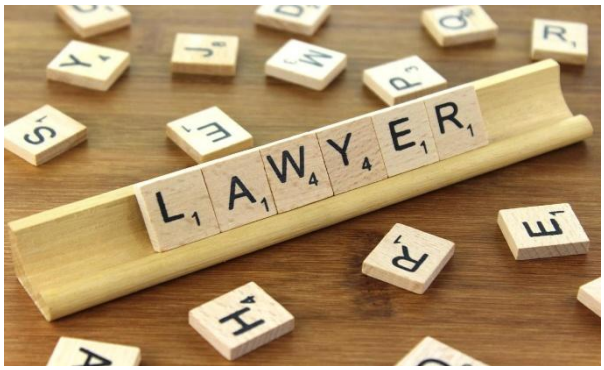
Also, use the zip code locate feature to find a participating provider or you can call GVS at 800-847-4661.

Out of network benefits are available, this information is on the website.

If you have any questions regarding your coverage, please contact Maureen Barrett at 718-513-2477 Ext. 104.



UNION MEMBER PRE-PAID LEGAL SERVICES:



Local 621 and United Benefit Fund offer a Pre-paid Legal Plan for our members.

All legal services are provided by the Law Offices of Trivella & Forte.

Some services included but not limited to:

- Wills and Estate Planning
- Divorce Representation
- Bankruptcy Consultation
- Real Estate Transactions

Some services have no attorney cost (court fees to be paid by the union member) or have reduced fees.

Contact:
Trivella & Forte, LLP
1311 Mamaroneck Avenue
White Plains, NY 10605

Phone: 914-949-9075

FOLLOW US ON SOCIAL MEDIA:



- **Tik Tok: @uctie_local621**
- **Instagram: uctie_621**
- **Facebook: Sixtwentyone_Uctie**

Website:
http://uctielocal621.com

401K PLAN INFORMATION:

As of January 2027, our plan will be moving from Lincoln Financial to Empower. In the coming weeks you will receive information from Empower regarding this move, as well as information on how to register for the Empower website. It is extremely important that you contact our office to make sure that your address, phone number(s) and email information are up to date. This will ensure that you receive all the necessary correspondence regarding the change of recordkeepers for your 401k account.

Lastly, our Board of Trustees has elected paper correspondence for all plan materials from Empower. Should you wish to receive information electronically, including your 401k plan statements, please make sure you register for the Empower website and elect electronic statements, as our office is not able to change this information for you.

Our office contact is Rita DeLucia. She can be reached at rdelucia@uctie.com or by calling 718-513-2477 Ext 107.



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