

SEIU 721 Retirees are Union Strong!

*By Myran Cotton, Chair
SEIU 721 Political Sub-Committee*

Brothers and Sisters,

Happy Holidays! Please stay safe and healthy. I'm proud of and grateful for each one of you - for your determination and commitment to the hard work that it takes to organize our communities and make a difference in the lives of so many.

We have all put in the work. We have all knocked on doors, made calls, and talked with our families and friends. We have generously donated and volunteered. We know that if we don't, what is at stake.

It's also important to know that our fight -- both this year and in the years ahead -- is far from over.

We can't afford to lose on abortion, lose on Social Security, or Medicare and Medicaid. We can't lose on drug prices and healthcare.

We can't lose on gun safety and climate change. We can't lose on personal freedoms and choices.

We can't lose on the economy and cutting costs for working and



Myran Cotton

middle-class families.

We can't forget about the young people who voted in historic numbers again, just as they did two years ago. They voted to continue addressing the climate crisis, gun violence, their personal rights and freedoms, and student debt relief.

Los Angeles is a city of inclusion, where we all feel at home, we all feel safe, and we honor our diversity and ability to work alongside each other to build our collective dreams. It is a city that was built

by dreamers and doers from every corner of this earth who came here seeking a better, safer, and more secure future.

Now, we need to focus our attention on the Peach State. Georgia's Senate race is heading to a runoff on December 6, 2022.

Senator Raphael Warnock is running against Herschel Walker -- a MAGA Republican who supports a nationwide abortion ban, opposes Medicaid expansion, and has aligned himself with Rick Scott -- the architect of the GOP efforts to slash Social Security and Medicare.

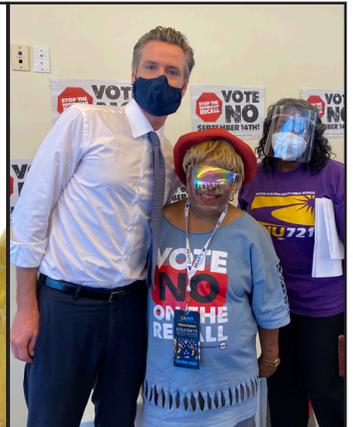
I've contacted Senator Raphael Warnock's campaign office to see how we can help. Donations can be sent directly to them through his website WarnockforGeorgia.com. They also have phone banking available. Please give what you can every little bit helps.

Winning this seat will make sure our values are met.

Special thanks and a big shout out to staff members, Vito Triglia and Gloria Aguilar.



Retirees Support 2022 Elections



Candidates Say Thanks to **SEIU Retirees**



SNEAK IN MORE HEART-HEALTHY OMEGA 3 WITH THESE TIPS

High-fat foods have gotten a bad rap over the last few decades. But healthy fats — like omega-3 fatty acids — are an important part of a balanced diet.

Types of omega-3

There are 3 main types of omega-3: ALA (alpha-linolenic acid), EPA (eicosapentaenoic acid), and DHA (docosahexaenoic acid). ALA is found in mostly plant sources, such as walnuts and oils.

And EPA and DHA are found in fish, like salmon. Your body can convert ALA into other types of omega-3 — yet it's converted



Baked fish with rosemary potatoes

in small amounts. That's why it's important to eat not only foods with ALA, but also foods that have omega-3 EPA and DHA.

So, which foods contain the most omega-3? Fish — such as mackerel, halibut, salmon, and tuna — is one of the best sources. Eating these types of fish can benefit your heart and reduce the risk of heart disease.²

Here are 7 ways to sneak more omega-3 into your diet — including creative twists on fish recipes.

1. Sprinkle flax seed on a salad

Get more omega-3 and fiber into your diet by adding ground flax seed to a salad. Flax seeds have a mild nutty, earthy flavor, so you'll hardly notice the addition.

2. Add chia seeds to your smoothie

Chia seeds may be tiny, but they're packed with important nutrients, including protein, fiber, and omega-3. Similar to ground



Crunchy fish with vegetables

flax seed, chia also has a mild nutty flavor that you'll hardly notice in a smoothie.

3. Use walnut butter

Peanut and almond butter are the big stars in the nut butter world, but from a nutritional standpoint, walnut butter may have them beat. Although walnut butter has slightly less protein than the other nut butter options, it contains the most omega-3.

4. Snack on soy

Soybeans are another great source of omega-3 — especially if you're looking for a healthy, on-the-go snack option. Consider trying edamame, baked tofu, or soy-based "dairy" products — like cheese, milk, or yogurt — for a snack rich in protein and omega-3.

5. Nosh on nori, seaweed, and spirulina

If you're looking for a plant-based omega-3 option, consider trying nori, seaweed, or spirulina (a supplement made from blue-green algae).

6. Buy grass-fed meat, dairy, and egg products

These products typically contain higher levels of omega-3 than the

non-grass-fed options. Most labels will let you know if the product was grass-fed, so be sure to check.

7. Try a new spin on a fish dish

While the above tips can help you sneak more omega-3 into your diet, keep in mind that not all omega-3 sources are the same. Eating fish — like herring, salmon, and even sardines — is still one of the best ways to get this important fatty acid into your diet.

How much omega-3 is too much?

As with any diet change, it's always a good idea to talk to your doctor first — especially if you're trying a new supplement. Instead, focus on healthy habits, like eating a balanced diet full of whole grains, fruits and vegetables, plant-based protein, and these omega-3-rich foods.



Asian-style oven-baked fish

SEIU Retirees Committee
Newsletter

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