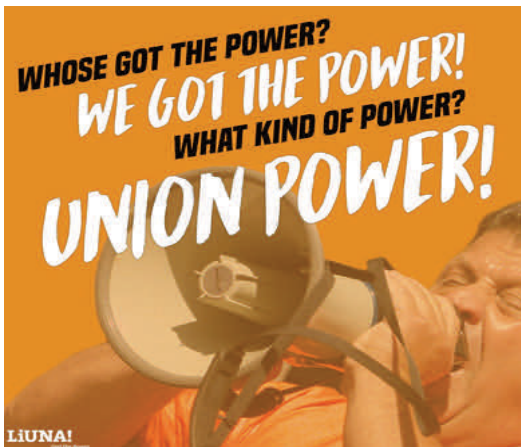


LIUNA Midwest Region Retiree E-Newsletter

Laborer For Life: Once a Laborer, Always a Laborer....A Laborer for Life!

July 2018



**Union Members
Will
Stand Together
And
Fight Together
Despite
Janus Decision**

JANUS v. AFSCME

Terry O'Sullivan, General President LIUNA made the following statement on the U.S. Supreme Court's decision on Janus v. AFSCME Council 31:

LIUNA proudly represents tens of thousands of dedicated, hard-working public employees who are undaunted by the Janus decision.

The Court has abandoned sound legal precedent and sided with anti-worker interests whose aim is to weaken unions by seeking to force unions and those who support us to bear the cost of representing free-riders. While the plaintiff's backers claim this case is about "freedom of speech" nothing could be further from the truth. The Janus case represents an all-out attack on public sector unions meant to diminish the bargaining power of millions of public sector workers and divide us in the workplace.

Despite the cynical efforts of the anti-worker groups financing Janus, union membership has always and will always strengthen the middle class and help build our nation's prosperity.

The strong, proud, and united members of LIUNA will continue to stand together and fight together to protect the wages, benefits, and working conditions that come with a union card.

Look for the next email news letter in October. Contact us at 800-218-2253 or email kutter@midwestlaborers.org

BENEFITS PLUS VOLUNTARY BENEFITS PROGRAM

LIUNA Midwest Region Benefits Plus offers voluntary self purchase health and life-style insurance products to LIUNA members and their families. Offerings include:

- Home and Auto
- Health Insurance
- Medicare Supplement
- Ullico Products
- Accident, Illness, and Disability
- Dental
- Legal Shield and ID Shield
- Hearing
- Prescription
- Dental

For more information visit online at www.midwestlaborers.org/health-safety/benefits-plus

[EEOC Releases Report on Older Workers and Age Discrimination](#)

U. S. Equal Employment Opportunity Commission (EEOC) report finds that age discrimination remains too common and too accepted as outdated assumptions about older workers and their abilities persists, even though today's experienced workers are more diverse, better educated and working longer than previous generations.

Honoring Retired Members Who Achieve 50 Years of Membership

It is with a great sense of gratitude and pride that LIUNA honors retired members with a 50-year Gold Card in commemoration of this memorable occasion.

Receiving the Gold Card is an important milestone for LIUNA members as it represents many years of hard work, sacrifices, constant belief in and lifetime commitment to this great Union.



Bloomington Indiana: Laborer Local 741 proudly honored 50 Year Member Charles Ely with his Gold Card. Charles Ely (center) received his Gold Card from Retiree Council President Roger Kent (left), and Business Manager Ray Hobbs (right). Charles joins the now 40 Gold Card Members of Local 741, Congratulations!



Bloomington Indiana: Labor Local 741 hosts its first Retiree Council meeting for 2018.

Retirees

Reap the rewards of being a LIUNA retiree and continue to be an active part of your community.

*Call the Local ...
when is the next
Retiree Council
meeting*



Des Moines Iowa: Bob Wright, Retiree Council President Labor Local 177 administers the Oath of Office to newly elected officers.

Keep Your Independence As You Age

The scary thing about getting older is the thought of losing your independence. The statistics are frightening: 25% of your muscle mass is gone by age 70 — a major reason people lose their independence — and the majority of people who break a hip never fully regain their independence. Although it is scary, there is so much you can do to improve your chances of staying active and living independently in your own home for your whole life. Here are a few recommendations:

1. **Stay active:** Being physically active is a challenge, especially if you have mobility problems or a physical disability, but attempting even gentle exercise will help get muscles moving, make you fitter and boost your mood.
2. **Stimulate your brain:** We get out of the habit of stimulating our brain as we age. It's really important to keep our brains active and challenged as much as possible and anything that requires concentration and engagement can really help keep your mental abilities sharp, increasing memory function, reducing boredom and boosting your creativity.
3. **Communicate and stay social:** Reach out and give those people you know and love a call. Head to your local church, community center or library to find out what groups and services are provided for "older adults". Consider volunteering. If you have mobility problems, there are several safe and reliable online communication forums you can try.
4. **Accept help when you need it:** If you are struggling with aspects of daily life such as paying bills, housework, preparing meals, getting yourself ready in the morning, there is no shame in asking for help. It's better to have someone help you rather than struggling on.
5. **Use daily living aids:** Products such as walkers, bathing aids, large handled kitchen utensils just to name a few are designed to support everyday tasks that just sometimes become hard work or painful. Common conditions such as arthritis can make chores and tasks a challenge. These devices are developed to help you stay independent—not take your independence away.
6. **Live healthily:** Makes no difference how old you are or what health condition you may have, it's never too late to make healthier lifestyle choices such as improving your diet and quitting bad habits.
7. **Use technology:** Love it or hate it, technology could help you stay independent as you get older. You can order your groceries online, Skype with family who live far away, and Apps and games can also help keep your mind active. Technology is increasingly used in health as well. There are devices and Apps to help manage diabetes, jog your memory, keep track of medical history and medications, manage doctors appointments, speak to your doctor versus driving to the clinic plus thousands more.
8. **Avoid trips and falls:** Medical conditions can cause dizziness, balance problems, chronic pain, stiff joints and low blood pressure. Some medications can cause dizziness or sometimes, falls occur simply by accident. No matter the cause, you should look at your home and assess potential trip and slip hazards. Other simple ways to make your home safer include lighting on stairs, night lights, keep floors clear, wear well-fitted shoes, avoid having to climb to reach things and finally, MAKE SURE you have your eyes/vision checked regularly.

Independence is not about doing everything for yourself, or living how you always have done. Independence is sometimes about accepting what we cannot change and finding ways to change what we can.

Take Off Your Socks

Your feet can tell your health care provider a lot. Here are a few things they are looking for:

- Swelling or fluid-backup in feet and legs can be a sign of heart or liver disease, but it can also be a sign of infection or blood clot,
- Feeling your pulses to check your circulation ,
- Looking for cuts or damage as well as the color of your skin,
- Checking between your toes, because often infections start there, and
- If you have diabetes, it's especially important to make sure your feet have no cuts, rashes, or ulcers. They may also check for nerve damage by testing how well you feel your feet being touched.

Don't wait to be asked to remove our socks, take them off before the health care providers gets to the room.



Retirement Questions Answered at Retirement 101

With its short, easy-to-read Q&A format, the International Foundation web page Retirement 101 can help you find quick, concise information on defined benefit and defined contribution retirement plans.



Retirement 101 covers topics including vesting, matching contributions, inflation, early retirement, disability, bankruptcy, cost-of-living adjustments and more.

In addition, you can enjoy short, fun videos featuring control of retirement through education and preparedness.

The web site is easy to access and no password or permission is needed.

Visit www.ifebp.org/retirement101 for valuable resources on financial education and retirement.

Despite CDC Recommendation, Many Adults Still Refuse Shingles Vaccine

Shingles is an extremely common—and painful—viral infection, afflicting 1 out of every 3 Americans at some point in their life. It is caused by the same virus that causes chickenpox, so anyone who has had chickenpox is at risk of developing shingles. After a person recovers from chickenpox, the virus remains dormant in the body. While it is unclear what causes the virus to “wake up” later in life, scientists do know that the only way to reduce the risk of getting shingles is to get vaccinated.

Recommended Shingles Vaccine: The CDC recommends the new shingles vaccine Shingrix for adults 50 and older. Shingrix provides strong protection against shingles and the most common shingles complication, postherpetic neuralgia (burning pain that lasts long after the rash and blisters).

Adults 50 years and older should receive 2 doses of Shingrix 2-6 months apart.

Who Should Get Vaccinated? The CDC recommends healthy adults 50 years and older, including those who had shingles in the past, have received Zostavax, or are unsure if they have had chickenpox.

Safety Corner

9-Volt Battery Fire Prevention

Did you know that 9-volt batteries are a fire hazard? If a metal object touches the positive and negative posts together, it can cause a short circuit, making enough heat to start a fire. To avoid any danger of fire, follow this advice:

- ◇ **Don't** store item in a container with other batteries or with items like steel wool, aluminum foil, paperclips, coins and keys near 9-volt batteries.
- ◇ **Don't** throw 9-volt batteries away in trash. They can come in contact with other pieces of metal.
- ◇ **Keep** batteries in original packaging before use. Cover both posts with masking, duct or electrical tape if they are loose or when storing them for recycling—even weak batteries carry a charge.
- ◇ **Store** batteries standing up.

