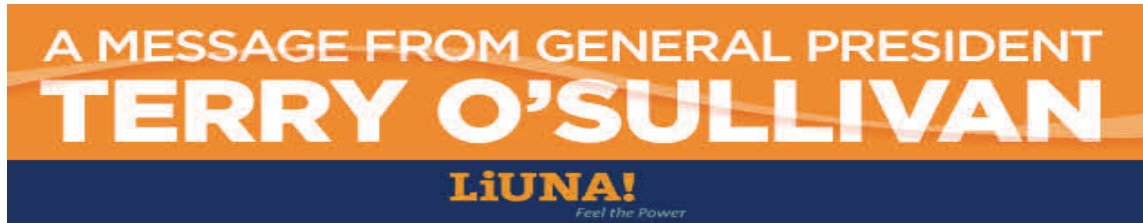


LIUNA Midwest Region Retiree E-Newsletter

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

Spring 2020



Dear Brothers and Sisters,

Your advocacy for LIUNA apprenticeship programs made a difference. The Department of Labors' decision on Industry Approved Apprenticeship Programs (IRAP's) validated what you and your brothers and sisters already know, union registered apprenticeship programs are the gold standard. The final rule on apprenticeship ensures that LIUNA and the building trades first-class, cutting edge apprenticeship programs will continue to be the construction industry standard bearer.

This victory would not have happened without the extraordinary activism of LIUNA members in defense of our training and apprenticeship programs. The more than 88,000 comments submitted by our members is a testament to LIUNA's solidarity, strength, and activism.

We won this battle and we will be ready for whatever comes next. Whether it's an attack on our wages, pensions, or our right to collectively bargain, we must remain vigilant.

On behalf of myself, General Secretary-Treasurer Armand E. Sabitoni, and the entire LIUNA General Executive Board, I want to express our pride and our thanks for your commitment, your solidarity, and your determination. With the half-million strong, proud, and united brothers and sisters of LIUNA, there is nothing we cant do.

Always Feel the Power, Use the Power, and Be the Power!

We Mourn, Honor, & Remember

On April 28th, trade unionists around the world will pause to remember workers who have died or have been injured on the job. The day serves as a reminder of why organizations like LIUNA , as well as the entire labor movement, continue to fight for strong safety and health protections for workers.

While many strides have been made for worker safety, there is still more to do to make sure that our members, and all workers, get to return home safely to their families every day.

In 2019, the following Midwest Region Laborers died while working for the calling. On April 28th, please take a moment and remember our fallen brothers.

- **Matthew Rowen, Local 264**
- **Benjamin W. Fisher Local 645**
- **Jack W. Botkin, Local 309**
- **Cedric T. Barnett, Local 645**



Robocalls -TRACED Act Passed!

The TRACED Act, which was signed into law, should make it easier for consumers to identify robocalls so that they can avoid answering them.

Consumers now have more protections against robocalls, but it could take a while for the number of intrusive calls to decline significantly.

What you can do in the meantime to protect yourself.

List your phone numbers with the Do Not Call (DNC) Registry. By signing up, you can request that your landline or cell number be removed from the call lists used by legitimate telemarketing companies. But the registry won't stop illegal robocallers—who ignore the list—from contacting you, and the DNC registry doesn't cover calls from organizations like political parties, nonprofits, and companies with which you have established a business relationship.

Don't interact with robocallers. No technology is perfect, and some robocalls are likely to get through despite your best efforts. If you do answer a robocall, hang up immediately. Although it may be tempting to give the robocaller a piece of your mind, don't engage. If you do, you'll just be encouraging robocallers to keep calling.

File a complaint with the FTC and the FCC. The FTC maintains a database of rogue robocallers. This list is used by the call-blocking industry and phone companies to update their call-blocking lists.

FTC <https://www.ftc.gov/faq/consumer-protection/submit-consumer-complaint-ftc>

FCC <https://www.fcc.gov/consumers/guides/filing-informal-complaint>



Juror Scam Alert: *“You have missed jury duty, if you do not send money now, you could face prosecution”.*

Bogus Phone Calls, Emails on Jury Service...People are getting phone calls and emails, threatening them with prosecution for failing to comply with jury service in federal or state courts.

Facts: Most all contact will be through the U.S. mail. Courts do not require anyone to provide sensitive information in a phone call or email. Any phone contact by real court officials will not include requests for Social Security numbers, credit card numbers, or any other sensitive information. Courts and law enforcement NEVER demand payment over the phone.

Persons receiving such a telephone call or email should not provide the requested information, and should notify the Clerk of Court's office.

Elections 2020 & Social Security

We know first hand what happens when policy makers put off making tough choices. With more than 64 million Americans relying on benefits each month, we most certainly do not want a Social Security crisis.

With so much on the line, here are four important questions you can ask your candidate.

4 Questions for Your Candidates

1. How will you make sure Social Security can pay people full benefits now and in the future?

2. Are you willing to fund Social Security in a way that improves service?

3. What will you do to make sure people who need disability benefits can get them without hassles?

4. How will you help the SSA fight fraud and waste?

Source: AARP

Coronavirus: What heart and stroke patients need to know

The American Heart Association (AHA) is advising caution and preparation for people who have heart disease or who have survived a stroke. Based on current information, it appears elderly people with coronary heart disease or hypertension are more likely to be infected and to develop more severe symptoms. Stroke survivors may also face increased risk for complications if they get COVID-19.

For people with underlying heart issues, the concerns are serious. It appears people over 65 with coronary heart disease or hypertension are more likely to be infected and to develop more severe symptoms. It is imperative that those at increase risk take additional, reasonable precautions.

The AHA video “what heart and stroke patients need to know” provides answers to your questions and offers guidance on additional precautions. <https://www.youtube.com/watch?v=2Zeb2o8ySWk>

Hand Sanitizer – Home Made or Store Bought

Let’s just start out by first clarifying the fact that when it comes to protecting yourself from germs (viruses and bacteria), HAND WASHING with soap and water for at least 20 seconds is the MOST IMPORTANT number one action for you to take.

If you are away from home, you can’t carry your sink with you so... what to do. This is where using hand sanitizer comes in. Clean your hands with a product that contains at least 60% alcohol.

Now to the heart of the problem, with the current public health crisis, hand sanitizer is in short supply, resulting in some making their own. If you decide to make your own hand sanitizer, avoid any recipe that doesn’t use at least 60% alcohol. There are numerous recipes and tutorials on the web. Most common recipes call for rubbing alcohol and aloe vera gel (helps prevent drying of the skin). Something to consider if you decide to make your own:

Be sure to clean and sanitize all your tools and equipment to prevent contamination.

Using too little alcohol, the product will not be as effective in killing germs.

Do not use recipes that call for vodka or other types of liquor.

Using too little aloe vera can cause dry cracked skin.

Lastly, for hand sanitizer to be effective it *must* be used correctly. That means using the proper amount (read the label to see how much you should use), and rubbing it all over the surfaces of both hands until your hands are dry. Do not wipe your hands or wash them after applying.

Remember, it’s all about hand washing regularly and frequently throughout the day to protect yourself and your family. OK, I will get of my soap box about handwashing ;).



Telehealth - Medical Care From A Distance

Telehealth, also referred to as telemedicine, is digital communication between you and your healthcare provider allowing you to receive medical care without going to the doctors office. In response to the current public health crisis, many insurance providers and Medicare have temporarily expanded their coverage of telehealth services.

According to Medicare, you will be able to receive a specific set of services through telehealth including evaluation and management visits (common office visits), mental health counseling and preventive health screenings. This will help ensure you are able to visit with your doctor from your home, without having to go to a doctor’s office or hospital, which puts you and others at risk of exposure to COVID-19.

Source: <https://www.medicare.gov/medicare-coronavirus#300>

Fraudulent Coronavirus Home Test Kits.

The FDA has issued an alert about fraudulent at-home coronavirus test kits. At this time, the FDA has not authorized any test that is available to purchase for testing yourself at home for COVID-19. According to the FDA “*The FDA sees the public health value in expanding the availability of COVID-19 testing through safe and accurate tests that may include home collection, and we are actively working with test developers*”

TAKE A DEEP BREATH

Public health issues can obviously cause stress. There's just no getting around that. But there are some simple ways you can deal with that stress. Remember, when you decrease stress you can improve your health. (And feel better, of course.)

Fight Stress with Healthy Habits

1. Slow down - Plan ahead and allow enough time to get the most important things done without having to rush. Try watching a sunset or sunrise with your favorite beverage and friend.
2. Snooze more - Try to get seven to nine hours of sleep each night. To fight insomnia, add mind fullness and activity.
3. Let worry go - The world won't end if a few things fall off of your plate. Give yourself a break and just breathe. Get outside, spend time on the porch or in the yard. Breathe fresh air.
4. Laugh it up - Laughter makes us feel good. Don't be afraid to laugh out loud, even when alone.
5. Get connected - A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up, get creative with technology and have video chats.
6. Get organized - Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.
7. Be active every day - Exercise can relieve mental and physical tension. Walk around the house, around the yard or try an online workout.
8. Lean into things you can change - Make time to learn a new skill, work towards a goal, or to love and help others.

Source: heart.org/HealthyForGood

Mobile Brain Games & Your Wellbeing

Playing brain games can help with select brain skills and can play an important role in maintaining overall mental health. Recent studies have shown that you only need five minutes per day on brain boosting puzzles or games in order to significantly increase mental wellbeing.



Solitaire- This is an all-time favorite card game for adults that helps stay mentally active.

Block Puzzle Legend- A brick game match is similar to Tetris and is simple & fun to play.

Scrabble- If you are one who likes to spend time productively and has love for words.

Sudoku Master- Is a number placement game played worldwide and helps keep your math alive.

Words with Friends- Is a multiplayer word game that is similar to Scrabble.

All of these games can be downloaded to Android & iPhone devices for free.

NUTRITION FACTS LABEL MAKEOVER

The new Nutrition Facts label has debuted on many cans, boxes and bags of food.

Here are the nutrition label change highlights you should know about:

Added sugars now live on the label. Sugars in your diet can be naturally occurring or added. Naturally occurring sugars are found naturally in foods such as fruit (fructose) and milk (lactose). Added sugars are sugars and syrups put in foods during preparation or processing.

You can put down the calculator. With the old labels, it was easy to eat a whole package thinking it was one serving. The new label helps guard against that error by doing the math for you.

We're getting more realistic serving sizes. Serving size requirements hadn't changed since 1993, even though people are eating more than they should. Experts say the change will help you better estimate what you are putting on your plate.

Bigger and bolder font. Calories, servings per container and serving sizes are now easier to see.

More nutrients. Vitamin D and potassium must be on the label. Vitamins A and C are no longer required, but they can be included. You'll also find revised daily values for sodium, dietary fiber and Vitamin D.

Smarter labels can help you make smarter choices. Check out the Food Label Smarts video to show you how to use the Nutrition Facts label when you shop.

<https://youtu.be/KlwCAM30NQL>

Source: www.heart.org