

LIUNA Midwest Region Retiree E-Newsletter

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

Summer 2019

HELP PROTECT LIUNA APPRENTICESHIP KEEP IRAP OUT OF CONSTRUCTION

LIUNA Retirees can help fight back against this attack on our union by telling the Department of Labor to protect LIUNA apprenticeship programs.

The U.S. Department of Labor has released new regulations governing Industry Recognized Apprenticeship Programs (IRAPs). IRAPs will be a major threat to our apprentice programs if they become recognized in the construction industry. Currently, our industry is exempt from IRAP's but anti-union groups are pushing to eliminate the exemption.

What are IRAP's and how will they hurt our apprenticeship programs?

IRAP's are loosely-regulated training programs that do not require the same quality instruction or pay scale as our LIUNA apprenticeships. Allowing IRAP's into construction would open the door to unskilled workers - jeopardizing the quality of construction and threatening our safety, wages, and benefits.

What can LIUNA Retirees do to help?

We need to keep the construction industry exempt from the IRAP rule. Please Email the Department of Labor before August 26, 2019 and let your voice be heard.

Copy and paste this link:

www.liunamembercomments.org

- Fill in your Name, Email, City, State, Local Number and Years of Service
- Click on Retiree
- Hit Send

Thank you for all you do, keeping up the fight, and for all your years of service to this great union.



Hot Weather Safety

Too much heat is not safe for anyone. Older people have a hard time dealing with heat and humidity. It is even more dangerous if you have health problems. Lower your risk of heat-related illnesses with these tips:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to your Local Union, shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. Some senior centers and other community groups offer senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

Important to Remember!

The temperature inside or outside does not have to reach 100°F to put you at risk for heat-related illness. Its important to get relief from the heat quickly. Get out of the heat, lie down, drink cool liquids, apply cool cloth to wrist and neck. If you suspect heat stroke, call 911.



Heat syncope is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not used to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and drink water to make the dizzy feeling go away.

Heat exhaustion is a warning that your body can no longer keep itself cool. You may feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

Heat Stroke - A Medical Emergency

Heat stroke is life-threatening. It occurs when the body is overwhelmed by heat and unable to control its temperature. Signs and symptoms of heat stroke include a significant increase in body temperature (generally above 104 degrees Fahrenheit), changes in mental status (like confusion or combativeness), strong rapid pulse, lack of sweating, dry flushed skin, feeling faint, staggering or coma. **Emergency medical attention is critical for a person with heat stroke symptoms, especially an older adult.**

We want you to share! Please submit pictures of events or activities to kutter@midwestlaborers.org

Call the Local Union..

Join the Retiree Council!

Important Legal Documents

You May Need as You Age

There are many different types of legal documents that can help you plan how your affairs will be handled in the future. Many of these documents have names that sound alike, so make sure you are getting the documents you want. Also, State laws vary, so find out about the rules, requirements, and forms used in your State.

Wills and **trusts** let you name the person you want your money and property to go to after you die.

Advance directives let you make arrangements for your care if you become sick. Two common types of advance directives are:

- A **living will** gives you a say in your health care if you become too sick to make your wishes known. In a living will, you can state what kind of care you do or do not want. This can make it easier for family members to make tough healthcare decisions for you.
- A **durable power of attorney for health care** lets you name the person you want to make medical decisions for you if you can't make them yourself. Make sure the person you name is willing to make those decisions for you.

For legal matters, there are ways to give someone you trust the power to act in your place.

- A **general power of attorney** lets you give someone else the authority to act on your behalf, but this power will end if you are unable to make your own decisions.
- A **durable power of attorney** allows you to name someone to act on your behalf for any legal task, but it stays in place if you become unable to make your own decisions.

Getting your affairs in order can be difficult, but it is an important part of preparing for the future, for you and your loved ones. It is important to gather as much information as possible to help ease the process.

Source: U.S. Department of Health & Human Services

Health Care Costs

a Top Retirement Concern

When asked what their top retirement concern is, 36% of adults over the age of 65 say it is health issues. That is followed by running out of money and maintaining their lifestyle.



Steps For Getting Your Affairs In Order

Put your important papers and copies of legal documents in one place. You can set up a file (paper or electronic) and put everything in a desk or fireproof safe, or list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year to see if there's anything new to add.

Tell a trusted family member or friend where you put all your important papers. You don't need to tell this friend or family member about your personal affairs, but someone should know where you keep your papers in case of an emergency. If you don't have a relative or friend you trust, ask a lawyer to help.

Are eggs good for you or not?



According to the American Heart Association, eating an egg a day as part of a healthy diet for healthy individuals is a reasonable thing to do. Some studies have shown that this level of egg consumption may actually prevent some types of strokes.

At just 78 calories each, eggs are an efficient, rich source of protein and vitamins. Egg yolks also can be good for the eyes; they are significant sources of lutein and zeaxanthin, which have been found to reduce the risk of cataracts and macular degeneration, the leading cause of blindness in people 55 and older.

But egg yolks are also known for their cholesterol. A typical large egg contains 186 mg of cholesterol. If you have to pay attention to the amount of cholesterol in your diet due to health reasons such as heart disease or diabetes, egg whites may be a better choice. Egg whites contain no cholesterol but provide plenty of protein. You may also use cholesterol-free egg substitutes, which are made with egg whites.

In summary, most healthy people can eat up to seven eggs a week with no increase in their risk of heart disease. Remember, we are talking eggs not the other food that we add to our “traditional American breakfast” such as bacon, sausage, ham, hash browns, and fats to fry the eggs.

Cholesterol is a waxy substance. It’s not inherently “bad.” In fact, your body needs it to build cells. But too much cholesterol can pose a problem.

Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from foods derived from animals. For example, meat, poultry and full-fat dairy products all contain cholesterol, called dietary cholesterol.

Healthy Adults Should Skip That Low-Dose Aspirin: The American Heart Association no longer recommends daily low-dose aspirin for older, healthy adults trying to reduce their risk for heart attack and stroke. Doctors may still consider low-dose aspirin for older, high-risk patients who are having trouble controlling their cholesterol or blood sugar. If you are in doubt about which medication you should be taking, talk to your doctor.



Preventing Ticks on Your Pets

Dogs are very susceptible to tick bites and tickborne diseases. Vaccines are not available for most of the tickborne diseases that dogs can get, and they don't keep the dogs from bringing ticks into your home. For these reasons, it's important to use a tick preventive product on your dog and check your pet daily for ticks. If you find a tick, remove it right away. Talk to your veterinarian about the best tick prevention products and Tickborne diseases in your area.

Note: Cats are extremely sensitive to a variety of chemicals. Do not apply any tick prevention products to your cats without first asking your vet.

