

LIUNA Midwest Region Retiree E-Newsletter

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

Spring 2019

LIUNA Midwest Region Directors Retire!



Angie Taylor, Director Midwest Region Health & Safety Fund Retires After 31 Years

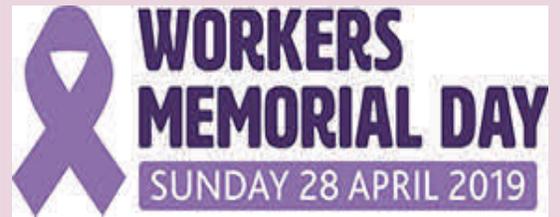
Angie Taylor has been apart of a Laborer family since the day she was born. Angie's Dad, Ted Berberich was training director in Belton Missouri and her Mom Jan, is still a member of Laborers' Local 663 in Kansas City. Angie began her LIUNA career in 1988 as a nurse helping with health fair events and teaching the medical portion of the Hazardous Waste Program. In 1994 she became the Assistant Director of Training at Belton Missouri and soon after was promoted to Training Director. In 2001 Angie became the Director of Midwest Region Laborers' Health & Safety Fund. Over the next eighteen years under her leadership the Health & Safety Fund has grown into a program that is an invaluable asset to our LIUNA organization, contractors, membership and their families. After 31 years with the Laborers', Angie retired to follow her dream of being a full time grandma. When she is not spoiling her 9 grandchildren, she plans on helping with an occasional health fair and traveling.



Mike Goetz, Director LDHC, Railcet and Tri-Fund Coordinator Retires After 22 Years

Mike Goetz worked for the State of Illinois for 20years before coming to LIUNA Midwest Region in 1997. Mike was hired as director of Laborers' Home Development Corporation (LDHC) and in 2003, promoted to Tri Funds Coordinator and Director of and Railcet. He also serves as Vice Chairman of the IL Finance Authority and President of the IL Housing Council. Under Mikes direction, LHDC grew from 4 to 16 developments which offer more than 1,000 affordable housing units across the Midwest Region. Although Mike retired in February after 22 years with the Laborers', he will continue to stay involved with ongoing LHDC projects and is looking forward to seeing them through to completion. Mike plans to enjoy spending time with family, especially his granddaughters and relaxing at his vacation home in Florida.

Best wishes to Angie and Mike, and thank you for your many years of service.



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.

Workers' Memorial Day is commemorated annually on April 28th because this is the anniversary date of the establishment of the Occupational Safety and Health Administration (OSHA). While many strides have been made for worker safety since the inception of OSHA, there is still much more to do to make sure that our members, and all workers, get to return home safely to their families every day.

We Mourn, Honor, & Remember

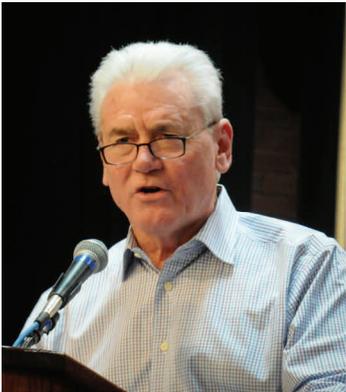
In 2018, four Midwest Region Laborers died while working for the calling. On April 28th, please take a moment and remember our fallen brothers who never came home from work:

- **Wm. "Billy" Brown Jr. Local 741**
- **Ronald G. Pointer Local 42**
- **Kevin Johnson Local 350**
- **Justin Nance Local 1112**

Congratulations on your Centennial!

LIUNA Local 362 Celebrates 100th Anniversary!

Hundreds of Local 362 members gathered to celebrate their proud history. Guest speakers included John F. Penn, LIUNA Vice President & Regional Manager and Terry O'Sullivan, LIUNA General President.



LIUNA President Terry O'Sullivan



John Penn speaks about the Locals history, LIUNA membership, remembering and honoring fallen workers and veterans, and Local 362 proud history of community involvement.



Local 362 Retirees Dick Kellerhals (left) and George Reynar (right) take advantage of the health fair screenings provided by LIUNA Midwest Region Health & Safety during the celebration.



Disaster Preparedness for Alzheimer's Caregivers

People with Alzheimer's disease can be especially vulnerable during disasters such as severe weather, fires, floods, and other emergency situations. It is important for caregivers to have a disaster plan that includes the special needs of people with Alzheimer's, whose impairments in memory and reasoning severely limit their ability to act appropriately in crises.

The Administration for Community Living offers a disaster planning toolkit for people with dementia that includes tip sheets and checklists to assist with planning. For more information visit the National Institute on Aging: www.nia.nih.gov/health/disaster-preparedness-alzheimers-caregivers

If you think technology is just for younger people, think again.

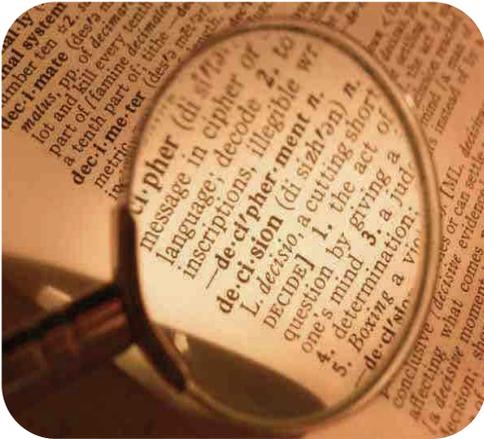
More "older folks" are using smart phones than ever before and enjoying the apps (applications) that go with them. Not only are apps fun but they can also provide a life saving service. If you or a loved one take medications, there is an app called Medisafe that will remind you to take your medication and, also alert you when your prescriptions are running low.

Features of the free Medisafe medication reminder app:

- ◆ Easy to use. Manage medications with the user-friendly app.
- ◆ You get personalized reminders for each of your medications on time, every time.
- ◆ Stay connected to your caregivers through real-time missed medication alerts.
- ◆ Be notified when your prescriptions are running low so you are never without your meds.
- ◆ Vital drug interaction warnings. Get an alert whenever any of your prescribed medications should not be taken together
- ◆ List your caregiver as a Medfriend to send them a notification if you accidentally miss a medication.
- ◆ Manage your family members' medications from one convenient place with our dependents feature.

Visit www.medisafeapp.com to download the free app on Google Play or on the App Store.

Living Will: Making Your Wishes Known



A living will is a written, legal document that spells out medical treatments you would and would not want to be used to keep you alive, as well as your preferences for other medical decisions, such as pain management or organ donation.

Any time you become seriously ill, many decisions have to be made about the medical care you receive. As long as you are able to communicate your wishes, you can direct health care providers about treatment choices you want. If you are no longer able to speak for yourself, your loved ones will have to guess and then agree upon your treatment. Make your wishes known about end-of-life care decisions by talking with your loved ones and documenting your preferences.

When determining your wishes, consider how important it is to be independent and self-sufficient. What circumstances might make you feel like your life is not worth living. Would you want treatment to extend your life in any situation? Would you want treatment if a cure is possible?

You should address a number of possible end-of-life care decisions in your living will. Talk to your doctor if you have questions about any of the following medical decisions:

- **Life Prolonging Care** including blood transfusions, CPR, diagnostic tests, dialyses, administration of drugs, use of a respirator, and surgery.
- **Food and Water** to supply the body with nutrients and fluids intravenously or by using a tube in the stomach.
- **Comfort care (palliative care)** if you do not want life-prolonging treatments. Palliative care is given to reduce pain and keep you comfortable. This may include being allowed to die at home, getting pain medications, being fed ice chips to soothe mouth dryness, and avoiding invasive tests or treatments.
- **Organ and tissue donations** may be an option. If you are an organ donor, you may be kept on life-sustaining treatment temporarily until the procedure is complete.

It's important your family and doctors understand your wishes concerning end-of-life decisions, it's equally important to designate an agent to make sure your wishes are carried out. A legal document that appoints a healthcare agent is sometimes called a "healthcare power of attorney."

A health care agent is someone who can speak for you if you are unable to do so. Selecting a power of attorney for health care can help your family make difficult decisions and make sure your personal values and wishes are respected.

A general term that refers to the various documents about end of life decisions and appointing someone to speak on your behalf is advanced directives. You can find state specific advanced directive forms at aarp.org/advancedirectives. Other resources include Elder Law attorneys, area agencies on aging, bar associations, medical societies and most hospitals also provide free forms.

An Area Agency on Aging (AAA) is a public or private nonprofit agency designated by a state to address the needs and concerns of all older persons at the regional and local levels. AAA is a general term—names of local AAAs may vary.

Find your local AAA by visiting Eldercare.gov or calling 1-800-677-1116.



Be #Fit4Function with Go4Life®

Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

Endurance

So you can



climb steps



dance the night away



Strength

So you can



lift groceries



carry grandchildren



Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



Flexibility

So you can



drive



get dressed



Visit go4life.nia.nih.gov and be #Fit4Function.

Want to be more physically active, but find its hard to start?

If you want to fit exercise and physical activity into your daily life **Go4Life** may be perfect for you. **Go4Life**, by the National Institute on aging at NIH, is a campaign designed specifically for adults 50+.

Motivating adults to become physically active for the first time, return to exercise after a break in their routine, or building more exercise and physical activity into weekly routines are the essential elements of the campaign. **Go4Life** offers exercise videos, motivational tips, and many other free resources to help you Get Ready, Start Exercising, and Keep Going!



APRIL 2019

spring Cleanup

Simplify healthy eating by stocking up on nourishing foods.

First, inventory your pantry, fridge and freezer.

{ Do you see lots of cans, boxes and bags? }

Many packaged foods contain added sugar, saturated or trans fats and sodium (e.g., cookies, chips and other snack foods). Replace with fresh whole produce and whole grains. Include all the food groups.

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Spring! Great Time for a Tune Up

To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Get your weight, blood pressure, glucose and cholesterol levels checked out by your primary-care provider. If you have medical conditions that requires further monitoring, get the recommended tests done at the same time.

Don't forget your eyes. If it has been a year since your eyes were tested, schedule an appointment with an eye care professional—either an ophthalmologist or optometrist. People over age 60 should have dilated eye exams yearly.

Cavities are not just for kids. Some medications cause dry mouth which puts you at higher risk for tooth decay. See your dentist for regular check up and don't forget to ask if they provide oral cancer screening.

Can you hear me now. Finally, if you are finding it difficult hear what people are saying, especially in a crowd, the most important thing you can do is get your hearing tested. Talk to your doctor or an audiologist (health professional who can identify and measure hearing loss) about your hearing loss as soon as possible.



Call the Local Union...join the Retiree Council!