

**LIUNA Midwest Region
Retiree E-Newsletter
*FALL 2020***

LIUNA! VOTES 2020

“This election is about more than we as individuals, it’s about our future, as a Union and as a country. When you vote, support the candidates that support working men and women, who support our military, and who support OUR country” John Penn, LIUNA Vice President and Midwest Regional Manager

LIUNA!
FOR
BIDEN
HARRIS

Feel the Power



JOE BIDEN on Retirement & Social Security

PROTECT AND INCREASE SOCIAL SECURITY BENEFITS FOR THOSE RETIREES MOST IN NEED

- Joe Biden will put Social Security on a path to long term solvency by asking Americans with especially high wages to pay the same taxes which middle-class families pay.
- He plans to increase benefits for retirees who due to low lifetime wages have very little retirement savings.
- Workers who put in 30 years of work would be guaranteed a benefit equal to at least 125% of the federal poverty level.
- Biden will never play politics with funding for the Social Security Benefits.

PRESERVE PENSION FUNDS THAT HAVE ALLOWED GENERATIONS TO RETIRE IN DIGNITY

- Joe Biden will push Congress to enact legislation to help shore up public and private pension funds and help distressed funds.
- He calls for an elimination of penalties for retirement benefits that unfairly punish public-sector workers.
- Joe Biden is committed to strengthening our multi-employer pension plans.

PROTECT AND STRENGTHEN MEDICARE TO ENSURE QUALITY HEALTH CARE

- Joe Biden will protect Medicare and Medicaid, including expanding it to Americans who are 55 and older and ensuring there is no disruption in the program.
- The Biden Plan will help Americans pay for long-term care by creating a \$5,000 tax credit for informal caregivers.
- He backs legislation that will help caregivers get the support they need as they care for loved ones suffering from chronic conditions.

After 2020 - Who Will Lead The Recovery?

5 issues that will influence older voters choices:

1. The Economy– recovery from the economic downturn.
2. Medicare - continued access to affordable and quality healthcare.
3. Prescription Drugs - reducing or regulating the cost of prescription medications.
4. Social Security - finance and protect social security for retirees and generations to come.
5. Long-Term Care - how will future presidents protect residence from COVID and future pandemics.

Remember: The winner of the 2020 election “will oversee repairing of the economic, health and social devastation of 2020.” Before casting your vote, PLEASE be informed of your candidates position on these critical issues. Source: AARP Bulletin September 2020



VOTE TO PROTECT YOUR HEALTH CARE, SOCIAL SECURITY, AND RETIREMENT!

During his press briefing on August 12, President Trump said that if he is re-elected, “we are going to be terminating the payroll tax after the beginning of the new year.” The federal government collects dedicated payroll taxes from workers and employers to fund Social Security and Medicare benefits.

When asked how he plans on paying for social security if the payroll tax is permanently rescinded, President Trump said “we’re taking out of the general fund.” The Social Security Trust Fund has never been put into the general fund of the government. Imagine the economic impact to Social Security and Medicare if funds are put into “the general fund” and used for “general” spending not related to retirement benefits....

A dedicated funding source (payroll tax) is critical to funding Social Security and Medicare. Vote to protect your health care, social security and retirement.



A HEARTFELT LETTER FROM A RETIREE

“This is the most important Election of my lifetime.”

*The following letter was sent to LIUNA Retirees in Iowa.
Thank you Bill for allowing us to share.*

To LIUNA Retirees:

I am Bill Gerhard, a fifty year member of the Laborers’ Union and a retiree. Like you, I receive a pension from the Laborers National Pension Fund and a Social Security check each month. Trust me, it takes both of these checks to survive.

I heard a disturbing piece of news recently from President Trump. President Trump said in a speech, that because of the COVID Pandemic, he would stop the collection of “payroll” taxes until the end of the year. AND, if elected, he would make that permanent!

Payroll taxes (the 6% taken out of paychecks and matched by the Employer) is what funds Social Security and is the only funding for Social Security. Without payroll taxed, Social Security would be broke by 2025. This is a hair-brained idea that the President thinks will garner votes from people that are still working. This, along with his idea of “privatizing” Social Security is all the reasons I need to **NOT** vote for Trump in November.

We need stable leadership in the White House. A leader like Joe Biden. Joe is someone that believes in protecting Social Security and Medicare and will respect our men and women in the Military.

This is the most important Election in my lifetime and I plan on voting for Joe Biden. I urge you to do the same.

Bill Gerhard, Retiree Laborer's Local 43

WORKERS UNDER FIRE

LIUNA

Midwest Region

New Website

Recently LIUNA Midwest Region launched a new website named "Workers Under Fire". The purpose of this website is to inform and educate our members and the general public about the many ways workers are taken advantage of day in and day out by contractors, owners, politicians, and governmental agencies, to name a few.

Because we are all busy with our day-to-day lives it is difficult to keep up with all that is going on in our world. With headlines dominated by the corona virus and civil unrest it's easy to lose sight of the fact that there are anti-worker forces in business and government tipping the scales bit by bit in favor of the 1% and away from the very people who make this country run. We are chronicling these misdeeds and naming names. Our hope is that we will begin giving workers the knowledge and the tools to start tipping the scales back our way by holding THEIR feet to the fire in the workplace and at the ballot box.

Please take time to visit and share the website workersunderfire.org, and follow and share the social media accounts on Facebook @WUFSite and Twitter @WUFSite.



Have Fun Falling Into Fitness

Step Up to a Healthier You and Join Walktober – a fun 31-day online walking (not just walking but any activity) program sponsored by LIUNA Midwest Region Health & Safety. The program is free for LIUNA Members and their family (age 13 and over).

Please join this motivating and fun program to make fitness a part of your life.

Registration ends October 5, 2020

To Register and Learn More Visit:

<https://liunamidwestregion.walktober.com>

Drive Safely as it gets Darker

With Shorter Days to come, Take Extra Care on the Road

Shorter days, fatigue, compromised night vision, rush hour and impaired drivers are some of the risks we face when driving at night. These risks become especially pronounced moving into the weekend, with fatal crashes peaking on weekend nights.

This fall many people will find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver. What should you do to combat darkness?

- Aim your headlights correctly, and make sure they're clean
- Dim your dashboard
- Look away from oncoming lights
- If you wear glasses, make sure they're anti-reflective
- Clean the windshield to eliminate streaks
- Slow down to compensate for limited visibility & reduced stopping time

Stay Alert, Stay Alive

While we do only a quarter of our driving at night, 50% of traffic deaths happen at night. It doesn't matter whether the road is familiar or not, driving at night is always more dangerous. By taking some extra precautions, we can all help with driving safely at night.

DRIVING AT NIGHT

How to Safely Arrive at Your Destination

Herd Immunity

What is it exactly?

You have heard :) the term "herd immunity" used by numerous health experts and even President Trump when discussing COVID-19. But people seem pretty confused about the term and exactly what does it mean.



Herd immunity happens when a large portion of a community (the herd) becomes immune to a disease making the spread of the disease unlikely. Generally, people gain immunity in one of two ways; vaccination or getting infected. As a result of the immunity, the whole community—even those who are not immune — become protected.

According to Mayo Clinic, the percentage of a community needing to be immune in order to achieve herd immunity varies depending on the disease. The more contagious a disease is, the greater the proportion of the population that needs to be immune to the disease to stop its spread. Measles is highly contagious and about 94% of the population must be immune to stop the spread. Experts estimate that in the U.S., 79% of the population (more than 200 million people) would have to recover from COVID-19 to stop the epidemic.

The hope is that vaccines being developed for COVID-19 will provide a higher level of immunity and eventually, stop the COVID-19 pandemic. In the mean time, we have to continue to use the tools we have at the moment to help prevent the spread of COVID-19 and save as many lives as possible.

Source: Mayo Clinic, CDC, Kaiser Health News

Protect Your Health This Flu Season

Getting a flu vaccine (shot) during 2020-2021 is more important than ever because of the on-going COVID-19 pandemic.

Flu shots are especially important for adults 65 years and older, who account for most hospitalizations and deaths from flu and COVID-19.

Important Note: Due to the pandemic, it is expected there will be a high demand for the flu vaccine this year especially among seniors. **PLEASE do not wait to get vaccinated.**

If you leave home, practice your W's:

Wear, Wait, Wash

- **Wear** a cloth face covering if you will be with other people.
- **Wait** 6 feet apart. Avoid close contact.
- **Wash** your hand often with soap and water or use hand sanitizer.

Types of Flu Shots for People 65 and Older

People 65 years and older should get a flu shot, not a nasal spray vaccine. They can get any flu vaccine approved for use in their age group with no preference for any one vaccine over another. There are regular flu shots that are approved for use in people 65 years and older and there also are two vaccines designed specifically for this group: Fluzone High-Dose Quadrivalent and Fluzone Quadrivalent.

What is the difference between the two?

Fluzone High-Dose contains four times the antigen, the part of the vaccine that helps your body build up protection against flu viruses. The higher dose of antigen in the vaccine is intended to give older people a better immune response, and therefore, better protection against flu. Source: CDC

Is it COVID-19 OR SOMETHING ELSE?*

COVID-19	FLU	COLD	ALLERGIES
Body aches and pains	Body aches and pains	Body aches and pains	Cough
Chills	Cough	Cough	Fatigue
Cough	Diarrhea	Headache	Headache
Fever	Fatigue	Runny nose	Runny nose
Loss of taste or smell	Fever	Sneezing	Sneezing
Shortness of breath	Headache	Sore throat	Stuffy nose
Sore throat	Runny nose	Stuffy nose	Watery eyes
	Sore throat	Watery eyes	
	Stuffy nose		

*Note: This is not intended to be a medical diagnosis; please call your healthcare provider with questions and concerns.



Problems Chewing Your Food?

Do you avoid some foods because they are hard to chew?

People who have problems with dentures often avoid eating meat,

fruits or vegetables and might miss out on important nutrients. If you are having trouble chewing, see your dentist to check for problems. If you wear dentures, the dentist can check how they fit. Source: National Institute on Aging

CDC Recommended Adult Immunization Schedule by Age Group, United States, 2020

It is recommended to talk with your healthcare provider about all vaccines.

VACCINE	50 - 64 years	> 65 years
Influenza	1 dose annually	
Tetanus, diphtheria, pertussis-whooping cough (Tdap or Td)	1 dose Tdap, then Td or Tdap booster every 10 years	
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)	No recommendations Not applicable
Varicella-Chickenpox (VAR)	2 doses	
Zoster—shingles	1 or 2 doses depending on your age and brand of vaccine	
Pneumococcal conjugate (PCV13)	1 dose	
		65 years and older if Dr. Recommended
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses depending on indication	1 dose
Hepatitis A (HepA) & Hepatitis B (HepB)	2 or 3 doses depending on vaccine	
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication	
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication	
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication	
Do you need it? YES Recommended vaccination for adults who meet age requirement.	Do you need it? Maybe Recommended vaccination for adults with an additional risk factor or another indication. Talk with your healthcare provider.	Do you need it? Maybe If recommended by your healthcare provider based on your risk and health.



In Memoriam

Lawrence Oxley - Local 1290

May 24, 1937 — September 27, 2020

It is with great sadness that we inform you of the passing of Larry Oxley. Larry was the Retiree Council President of Local 1290 and a dedicated LIU-NA member. Please keep Larry's family in your thoughts and prayers.



Fall Word Search Fun



N A S T R S C I D E R Z N O U
M E Z W T P I Y Q S B W O Y S
W Y E O E D I R K C A R Y A H
O E O W J A C S R I B Y B U G
R B N R O H T E B A E O T T J
C F M I I L W E L L N B S U G
E S O L B O L E R F Y L E M Y
R G L O L M O A I N X U V N M
A Y O F T F O R H C X E R P F
C L N U S B E C O R N M A Z E
S U G T R I A N T B C O H A L
S G R F C D A L R T M O A D P
W A B E W B O C L O A N D C P
W P U M P K I N L Z C J F U A
E Y E K C U B J I D V A B A C

ACORN

BOOTS

CORN MAZE

PUMPKIN

APPLE

BUCKEYE

FOOTBALL

SCARECROW

AUTUMN

CHILLY

GOURD

SUNFLOWER

BALE OF STRAW

CIDER

HALLOWEEN

SWEATER

BLUEMOON

COBWEB

HARVEST

BONFIRE

COMBINE

HAY RACK RIDE

