

# LIUNA Midwest Region Retiree E-Newsletter

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

Summer 2020

## Stay Safe During COVID – Vote By Mail in November

**Due to the COVID pandemic, Laborers should strongly consider voting absentee by mail if you are able.** While many people enjoy going to their polling place in person on Election Day and cherish that tradition, unfortunately, this year there are extraordinary circumstances that make it risky for yourself and others. There are two steps to voting by mail – submitting an absentee ballot request form to your local election office, and then filling out and sending back the actual ballot by Election Day. Absentee ballot request forms are usually available online to print out and mail to your local election office, or you can contact your local election office and ask them to mail you a paper request form. If voting by mail is not available to you, another alternative is to vote early before Election Day. We recommend checking the following vote-by-mail/absentee voting details for your state:

### Illinois

Election officials will mail out vote-by-mail applications to anyone who voted in the 2018 General Election, the 2019 Municipal Elections, or the March 2020 Primary

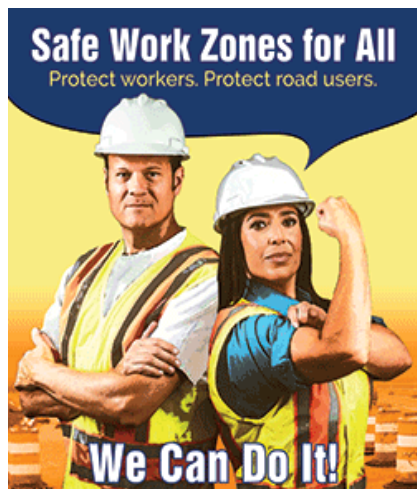
Election. If you don't receive an application, you can request one from your local County Clerk. Make sure to complete and send back your application by October 29, 2020, and when you receive your ballot, it must be filled out and postmarked by Election Day to count.

### Arkansas

Currently, people who wish to vote by mail must affirm that they will be "unavoidably absent" from their polling place, or "unable to attend" the polling place due to illness or physical disability. There is a court case pending that could allow voters to state that they are requesting an absentee ballot due to the risk of COVID. Regardless of the reason for needing an absentee ballot, the deadline to request an application from the County Clerk is October 27, 2020. Main-in ballots must be received by the County Clerk by 7:30 pm on Election Day. Early voting begins October 19 and goes until 5 p.m. Monday, November 2.

### Kansas

Any registered voter can submit an absentee ballot request to their County Election Officer before October 27, 2020. Absentee ballots completed and sent back to the County Auditor should be postmarked by Election Day, November 3, 2020 and must be received by three days after the election. *(continued on page 2)*



**LIUNA Sisters and Brothers are sticking their necks out to build a better road. Its behaviors of the motoring public that are going to make them safe or not.** Highway construction is some of the most dangerous work there is, and LIUNA members receive the best safety training in the industry. But the best training can't always prepare a worker for the unexpected distracted driver or someone speeding through a work zone.

"Work zone safety is really awareness for the general public as well as the construction worker," said LIUNA Vice President & Midwest Regional Manager John Penn. "It's very important that we make sure everyone understands that we have human lives out there that are making roads safe for travel and that we all want to go home in the evening." **Work Zone Safety Is Everyone's Responsibility.**



## Vote By Mail in November

(continued from page 1)

### Indiana

Indiana officials made voting by mail available to all Indiana voters for the June primary. However, there is no special allowance for the November elec-

tion, so the regular rules apply. Anyone over the age of 65 can vote by mail without needing to give a reason. Voters under 65 who wish to vote by mail must certify that they have a specific reason that they will be unable to go to their polling place for the entire 12 hours that polls are open on Election Day. Voters who wish to vote by mail must submit an application to their County Election Board by October 22. Completed absentee ballots must be received by the local County Election Board by noon on Election Day.

### Iowa

Any registered voter can submit an absentee ballot request form to their County Auditor before October 24. Absentee ballots completed and sent back to the County Auditor should be postmarked by the Monday before the election, November 2, 2020.

### Missouri

Under legislation passed specifically for the 2020 Primary Election in August and General Election in November, any registered voter can request an absentee ballot without needing to give a reason. However, voters who are not 65 or older, immunocompromised, or have chronic or respiratory illnesses that put them at particular risk of COVID, will need to have their ballot notarized before returning it. The deadline to request an absentee ballot is 5 p.m. on October 21, 2020, and ballots must be filled out, sent back, and received by the local Election Authority by 7 p.m. on Election Day.

### Nebraska

Any registered voter can submit an absentee ballot request to their County Election Office before October 23. Absentee ballots completed and sent back to the County Election Office must be received by 8 p.m. on Election Day.

### Oklahoma

Any registered voter can submit an absentee ballot request to their County Election Board before October 26. Usually, absentee voters must verify their ballot by having their ballot notarized or witnessed by two people before sending it back to the Election Board. However, if there is still a COVID State of Emergency in November, absentee voters also will have the option to verify their ballot by enclosing a photocopy of a state or military ID, or their Voter Identification Card that was mailed to them, with their ballot. Absentee ballots completed and mailed back to the County Election Board must be received by 7 p.m. on Election Day.

### South Dakota

The Secretary of State and County Auditors mailed absentee ballot request forms to all registered voters before the June Primary Election. On that form, voters had the option to request a General Election ballot be mailed to them as well. Voters who did not check the box to vote by mail in November as well can submit an absentee ballot request form to their County Auditor, either notarized or with a photocopy of a state or tribal ID. Ballots must be received by the County Auditor in time to deliver the ballot to the voter's polling place before polls close on Election Day.

### Texas

Any voters who are over the age of 65 or disabled can vote by mail without needing to give a reason. Other voters who wish to vote by mail must certify that they will be out of their county on Election Day and during the entire early voting period. The deadline to request an absentee ballot from the County Clerk or County Elections Administrator for the July 14, 2020 Primary Election is July 2. Voters who are over 65 or disabled who request an absentee ballot by mail for the July primary can also note that they also want an absentee ballot for the November election. For those who do not qualify to vote by mail, early voting for the November 2 General Election will be available from October 16 to October 29.

[Anna Koeppel, Governmental Affairs LIUNA Midwest Region]

## 2020 VEHICLE THEFT PREVENTION -FACT SHEET

The National Highway Traffic Safety Administration (NHTSA) marks July as National Vehicle Theft Prevention Month. In 2018 alone, nearly three quarters of a million motor vehicles were stolen in the United States, costing vehicle owners more than \$6 billion. According to NHTSA, a vehicle is stolen every 42 second, only 59% are ever recovered, and passenger cars make up more than 50% of all those stolen. It is important for car owners to remember to take the right precautions to protect their vehicle from theft. Here are a few reminders:

- Close and lock all windows and doors when you park.
- Park in well-lit areas.
- Do not leave the area while your vehicle is running.
- Do not leave your keys in your vehicle.
- Always stow away your valuables to keep them out of sight.



## Don't Die of Doubt

Although COVID-19 has changed the world, it hasn't changed the fact that hospitals are the safest place to be if there's a heart attack, stroke or other medical emergency. Delaying the 911 call that gets you to the hospital can be dangerous — even deadly. Here's why the coronavirus shouldn't make you hesitate or doubt you need emergency help:

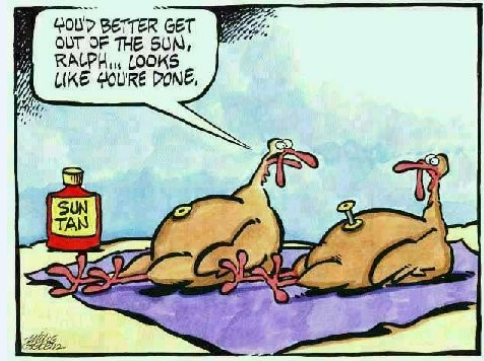
1. **Hospitals are following infection control protocols to sanitize, socially distance and keep infected people away from others.** In fact, many hospitals have separate emergency rooms, operating rooms, cardiac catheterization rooms and ICUs for people with COVID-19 and for those people suspected to have the disease. Patients are often being met by workers in full protective gear as a precaution, and family member access is restricted.
2. **Calling 911 immediately is still your best chance of surviving an emergency.** It is SAFE for EVERYONE to call 911. It is SAFE for ANYONE to go to the hospital in an emergency. You shouldn't worry about the system being able to provide adequate care.
3. **Emergency room workers know what to do, even when things seem chaotic.** Emergency rooms have made plans to ensure adequate staffing and keep patients and workers safe. This is their specialty and their strong suit; hospital workers are trained in disaster readiness and to get the job done in any situation.
4. **Year in and year out, heart disease and stroke are the top two killers worldwide.** Someone in the U.S. will have a heart attack and someone else will have a stroke every 40 seconds. More than 350,000 out-of-hospital cardiac arrests occur in the U.S. annually. Hospitals know exactly what to do in these instances to save lives.
5. **Fast care is the key to survival.** Minutes matter. People with blocked arteries or clots causing heart attacks or strokes need care quickly. The difference between life and death can be measured in minutes. With so little time to work with, and the extra time needed to ensure coronavirus safety measures, calling 911 quickly is more important than ever.

Call 911 if you or a loved one experiences heart attack warning signs — chest discomfort; discomfort in other areas of the body such as your arms, back, neck, jaw or stomach; shortness of breath; and other possible signs, like breaking out in a cold sweat, nausea or lightheadedness.

If you or a loved one has stroke symptoms, which you can remember with the acronym FAST: Face drooping, Arm weakness, Speech slurring or other difficulty, then it's Time to call 911.

If you find a loved one or anyone down and unresponsive (with or without a pulse), call 911 and start CPR right away. Source: American Heart Association

## Many Older Adults Don't Protect Their Skin From the Sun



*Less than half of older adults protect their skin from the sun when outside for a hour or more on a warm, sunny day. This may raise your risk of getting skin cancer.*

Most cases of skin cancer are found in people older than 65, because older adults are living longer, the need for life-long skin health is more critical than ever. **Reduce Your Risk for Skin Cancer**

Easy options for protection from the sun's ultraviolet (UV) rays:

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection.

UV protection is important all year round, not just on sunny summer days.

Source: CDC

## July 28: World Hepatitis Day.

Hepatitis viruses cause inflammation of the liver that leads to serious, sometimes chronic illness.

There are five primary forms of hepatitis:

- A and E are typically caused by ingesting contaminated food or water;
- B, C and D usually result from contact with infected blood and other body fluids.

Ask your health care provider if you need to be vaccinated for A and B. There is no vaccination for the other forms.

Learn more at [worldhepatitisday.org](http://worldhepatitisday.org)



## How to Choose a Doctor You Can Talk To

Finding a main doctor (often called your primary doctor or primary care doctor) who you feel comfortable talking to is the first step in good communication. How well you and your doctor talk to each other is one of the most important steps to getting good health care. This doctor gets to know you and what your health is normally like. He or she can help you make medical decisions that suit your values and daily habits and can keep in touch with the other medical specialists and healthcare providers you may need.



Taking an active role in your health care puts the responsibility for good communication on both you and your doctor. This means asking questions if the doctor's explanations or instructions are unclear, bringing up problems even if the doctor doesn't ask, and letting the doctor know if you have concerns about a particular treatment or change in your daily life.

When making a decision about which doctor to choose, you might want to ask yourself questions like:

- Did the doctor give me a chance to ask questions?
- Was the doctor really listening to me?
- Could I understand what the doctor was saying? Was I comfortable asking him or her to say it again?

*If you belong to a managed care plan—a health maintenance organization (HMO) or preferred provider organization (PPO)—you may be required to choose a doctor in the plan or else you may have to pay extra.*

If you don't have a primary doctor or are not at ease with the one you currently see, now may be the time to find a new doctor. People sometimes hesitate to change doctors because they worry about hurting their doctor's feelings. But doctors understand that different people have different needs. They know it is important for everyone to have a doctor with whom they are comfortable and able to communicate with.

Source: National Institute On Aging

### **Easy ways to "sneak" more movement into your daily life**



If you're not the kind of person who embraces a structured exercise program, try to think about physical activity as a lifestyle choice rather than a task to check off your to-do list. Look at your daily routine and consider ways to sneak in activity here and there. Even very small activities can add up over the course of a day.

## Tips to Eat Healthier When Ordering Takeout

Dining in at home with your favorite takeout or food delivery? American Heart Association provides the following simple tips to help you make healthier choices:

**Check online.** Some menus have symbols or designations to let you know which options are healthier. Or you can look for nutritional information (if provided) on the restaurant's website.

**Ask for help.** If you can't figure out what's in a menu item or if you want to learn more about it, just ask! Restaurant staff can help you navigate the menu and tell you about ingredients, preparation methods or substitutions.

**Half now, half later.** Portion size too big? Try saving half of your food for another meal.

**Sauce on the side.** When in doubt, ask for dressings and sauces on the side. You'll control how much you add to your food.

Use these tips to order out with confidence — and remember to wash your hands before digging in!

**Healthy for Good**—American Heart Association's Healthy for Good was created to inspire lasting change in our health and life, one small step at a time. Visit <https://www.heart.org/en/healthy-living> for more information on eating smart, moving more, and being well. You can also sign up to receive Healthy For Good emails with easy tips and tools to build healthy habits, keep you motivated and on track. Empower yourself to eat and live healthier—starting today!



# 7 SALTY MYTHS **BUSTED**



heart.org/sodium

## 1 ELIMINATE sodium COMPLETELY for GOOD HEALTH



**SODIUM** is an **ESSENTIAL NUTRIENT** that **CONTROLS BLOOD PRESSURE** and is **needed** to make nerves and muscles work properly, but you need the **RIGHT AMOUNT**.

Institute of Medicine. 2004. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, DC: The National Academies Press.

## 4 HIGH levels of SODIUM are FOUND only in FOOD

Some over-the-counter medications contain high levels of sodium. Carefully read drug labels, and remember that some companies produce low-sodium, over-the-counter products.



## 2 SEA SALT has LESS SODIUM than TABLE SALT



Sea salt has boomed in popularity, but it usually isn't any **less salty**. Just like table salt, it typically **contains 40% sodium**.

Institute of Medicine. 2010. Strategies to Reduce Sodium Intake in the United States. Washington, DC: The National Academies Press

## 5 LOWER SODIUM foods have NO TASTE



There is a rich world of creative and flavorful alternatives to salt.

Experiment with **spices**, **herbs** and **citrus** to **enhance** the natural **flavor** of your **food**!

## 6 My BLOOD PRESSURE is NORMAL, so I don't NEED to WORRY about how much SODIUM I eat

THE AMERICAN HEART ASSOCIATION recommends **CONSUMING LESS THAN**



Even for people who don't have high blood pressure, less **sodium** will significantly blunt the rise in blood pressure that occurs as we age and will also reduce the risk developing other conditions, such as **kidney disease**, associated with eating too much **sodium**.

Appel LJ, Frohlich ED, Hall JE, Pearson TA, Sacco RL, Seals DR, Sacks FM, Smith SC, Vafiadis DK, Van Horn LV. Circulation. 2011;123:1138-1143.

## 3 I usually don't SALT my FOOD, so I DON'T EAT too MUCH SODIUM



of **SODIUM** Americans **consume** is estimated to come from **processed foods** — not the salt shaker.

That's why it's so important to compare **NUTRITION FACTS** labels and serving sizes.

Mattes, R. D., and D. Donnelly. 1991. Journal of the American College of Nutrition 10(4):383-393.

## 7 I don't EAT a lot of SALTY FOOD so I DON'T EAT too much SODIUM

WATCH OUT FOR:



**POULTRY**



**CHEESE**



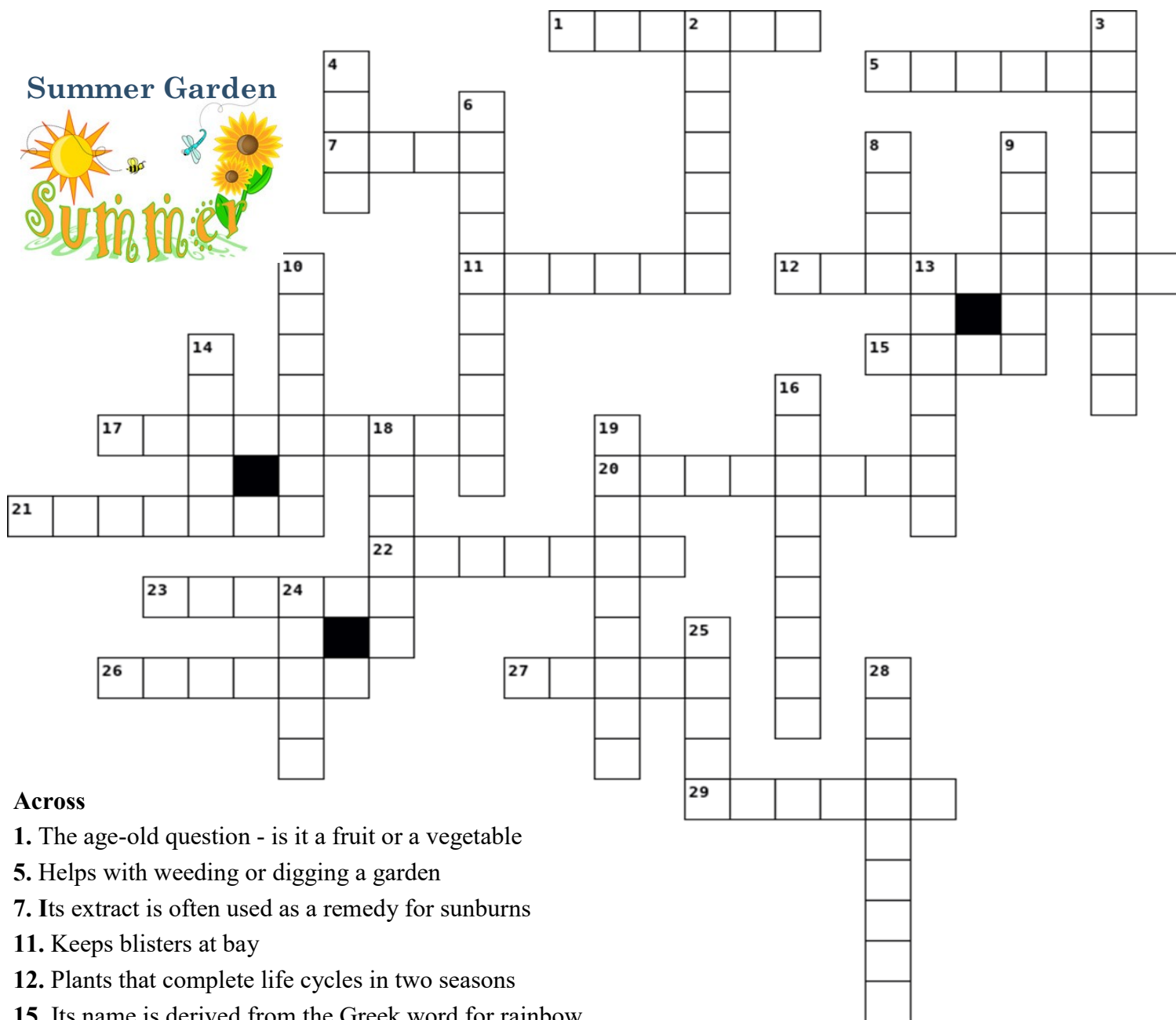
**BREAD**

These foods can have excess sodium that can increase your risk for heart disease and stroke.

Centers for Disease Control and Prevention. 2012. Vital Signs: Food Categories Contributing the Most to Sodium Consumption — United States, 2007–2008. Morbidity and Mortality Weekly Report (61), February 7, 2012.



## Summer Garden



### Across

1. The age-old question - is it a fruit or a vegetable
5. Helps with weeding or digging a garden
7. Its extract is often used as a remedy for sunburns
11. Keeps blisters at bay
12. Plants that complete life cycles in two seasons
15. Its name is derived from the Greek word for rainbow
17. An example of a warm-season grass
20. Easy to grow vegetable
21. Nutrient necessary to prevent blossom end rot
22. Don't eat the leaves of this vegetable
23. The study of plants
26. Benefit of gardening
27. The number of pairs of legs insects have
29. A fern's main means of propagation

### Down

2. Plants that complete the life cycle in one season
3. Move seedling to the garden
4. Soil that becomes slick & sticky when wet

6. This garden can be planted in a window box
8. Added to reduce soil acidity
9. Sucking insects common on houseplants
10. Nutrient necessary to prevent blossom end rot
13. Where you can find babies or plants
14. Non-green plants such as molds and mushrooms
16. Microscopic worms that live in the soil
18. A miniature plant in a resting state
19. A decoy to discourage birds
24. This flower is a cousin of a daisy
25. The end product of flowers
28. A variety of maize with a high sugar content

Biennials, Cucumber, Calcium, Transplant, Embryo, Botany, Annuals, Seeds, Spores, Lime, Fungi, Clay, Calcium, Aphids, Centipede, Three, Nematodes, Aloe, Aster, Iris, Tomato, Sweet Corn, Rhubarb, Tiller, Scarecrow, Health, Gloves, Herb Garden, Nursery,