

LiUNA! MIDWEST REGION



Retiree Newsletter - Spring 2021

American Rescue Plan Act - Signed into Law

President Biden and Congress Deliver on Pandemic Relief and Multi-Employer Pension Protection for Millions of Union Retirees Beneficiaries and Members

LIUNA General President Terry O'Sullivan made the following statement on the American Rescue Plan: LIUNA retirees, beneficiaries, and members owe a debt of gratitude to President Biden, Vice President Harris, Speaker Pelosi, and Senate Democratic Leader Schumer for not only enacting a robust pandemic relief bill but also for protecting our members' retirement security. The legislation provides critically needed COVID relief to protect people who are working and those who have lost their jobs, and a life-saving transfusion of federal investment for union members' multi-employer pensions.

LIUNA strongly supports key provisions in the legislation to invest in COVID virus vaccines, testing, and tracing, as well as, an extension of pandemic unemployment programs, the implementation of COVID-19 worker protection programs, stimulus checks for individuals, expanding tax credits for families and employers who offer paid leave, COBRA relief for workers, and expanding access to COVID-related paid leave for federal and postal workers.

The bill also includes \$350 billion in state and local aid with \$10 billion for infrastructure investment. These investments will help state leaders combat the pandemic, shore up budgets decimated by the pandemic downturn, and create jobs for LIUNA members restoring and rebuilding our infrastructure.

The multi-employer pension relief provisions in the bill come at a time when some funds are on the brink of insolvency and will fail without financial assistance. The plight of these funds has been worsened by the COVID-19 pandemic and the resulting economic devastation. Provisions in this relief bill will provide necessary federal assistance and ensure that millions of retirees – including thousands of LIUNA retirees – and beneficiaries will still receive their full pensions and be able to retire in dignity after a lifetime of hard work.

PRO Act Passage in the US House Faces Likely Opposition in the Senate

Protecting the Right to Organize Act, also known as the PRO Act, passed the US House and now faces likely opposition from Republicans in the Senate.

The bill includes provisions to expand the definition of employee for the purpose of allowing independent contractors to join unions, upend so-called "right-to-work" laws by allowing bargaining agreements to require dues by all employees represented by the agreements, and prohibit certain anti-union actions by employers and retaliation toward workers who participate in organizing.



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.

In 2020, the following Midwest Region Laborers died while working for the calling.

- Michael Ramos Local 213
- Ryan Greer Local 645
- John Corbin Local 218
- Brian Fights Local 213
- Larry Williams Local 362



On April 28th, please take a moment and remember our fallen brothers and their families.



The Laborers' Midwest Region Scholarship Fund was established on September 1, 1999 with the sole purpose of providing scholarships and educational opportunities to the families of LIUNA Midwest Region

members who were killed or permanently disabled while at work in service to their union.

The scholarship is designed to provide financial assistance to undergraduate, full-time, students entering or attending an accredited institution.

The award is available to the departed union members spouse and their children (up to age 26). The LIUNA Midwest Region Midwest Region includes the states of Indiana, Illinois, Iowa, Missouri, Kansas, Texas, Arkansas, Oklahoma, Nebraska, and South Dakota.

Let's unite for safety by wearing Orange on April 28 for Go Orange Day. Take a picture of yourself wearing orange and post it to Facebook and Twitter with the hashtags #Orange4Safety and #GoOrangeDay

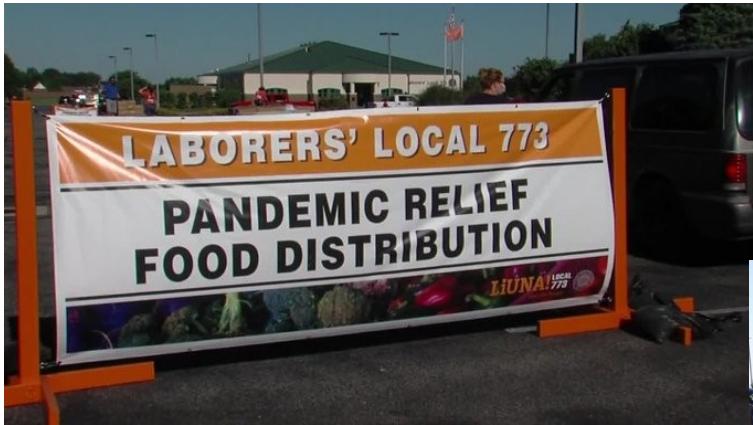


Drive Safe. Work Safe. Save Lives.

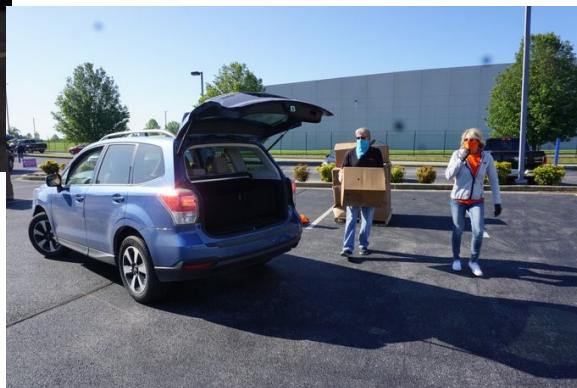
Each spring, the Midwest Region Laborers' participate in the National Work Zone Awareness Week. The campaign is held at the start of construction season and encourages safe driving through highway work zones. **Motorists are encouraged to slow to posted speed limits, eliminate distractions while driving and be watchful for roadway workers and their equipment.**

This year, we invite all LIUNA members to unite for safety by wearing Orange on Wednesday, April 28 for Go Orange Day. By wearing orange you are proudly showing your support of work zone safety and your union. Go Orange Day is also a time to show your support of the families of LIUNA Brothers and Sisters who lost their lives in work zones.

"Laborers throughout the region are such important parts of the communities where they live and work," said LIUNA Vice President and Midwest Regional Manager John Penn. "Whether going above and beyond during natural disasters, helping to feed people during a global pandemic, or even the day-to-day volunteer work that every community needs, communities know they can count on the Laborers."



LIUNA Local 773 responds to the widespread needs of families. Members of Laborers' Local 773 along with other community partners have distributed over ONE MILLION! pounds of food throughout Southern Illinois during this pandemic.



LIUNA Local 362 loads the Laborers Disaster Response Team (LDRT) truck headed for Texas. Members of Laborers' Local 362 load the LDRT truck with 500 boxes of much needed food to be delivered to our brothers and sisters in Texas following the brutal electrical outages that swept through the state.



LIUNA Local 477 Helps Feed Those in Need

In an effort to help ease the hardships caused by high unemployment and work stoppages as a result of the pandemic, members of Laborers' Local 477 along with other community partners, hosted a food giveaway for people in need.



Try as much as possible to be positive and relish the simple things in life...

So many people across the country are helping their neighbors and communities during this crisis. After this pandemic is over, it is hopeful that we will be stronger, kinder, and more connected with each other.

COVID-19 Vaccine: LIUNA encourages everyone to get vaccinated once the COVID-19 vaccine becomes available to them.

Why get vaccinated?

Covid-19 vaccines help your body build up the ability to fight off a virus. A vaccine may not prevent you from getting the COVID-19 virus. But if you do get the virus, the vaccine may keep you from becoming seriously ill. Or it may keep you from developing complications due to the illness - **And that may be a lifesaving benefit of the vaccine.**

Do some research and get the facts. If you have concerns about the vaccine, talk to your health care provider and research reliable resources to learn more about the benefits of getting vaccinated. Credible vaccine information can be found at sites such as the CDC or World Health Organization.

Have You Been Fully Vaccinated?

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine

If it has been less than 2 weeks since your shot, or if you still need to get your second dose, you are NOT fully protected. Keep taking all prevention steps until you are fully vaccinated. In public you should still wear a mask, stay at least 6 feet apart from others, and avoid crowds and poorly ventilated spaces.



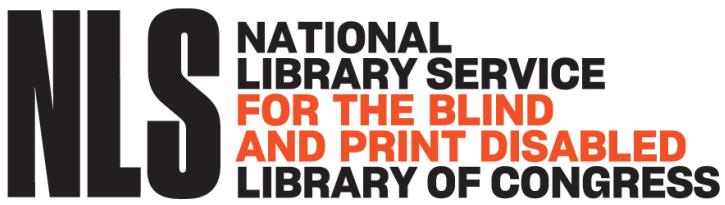
When You've Been Fully Vaccinated

COVID-19 vaccines are effective at protecting you from getting sick. Based on what is currently known about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

If you've been fully vaccinated, you can:

- Gather indoors with fully vaccinated people without wearing a mask.
- Gather indoors with unvaccinated people from **one** other household (for example, visiting with relatives who all live together) without masks, **unless** any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested **unless** you have symptoms.
 - ◆ However, if you live in a group setting (like a group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>



NLS works to ensure that all may read by providing eligible patrons access to reading material regardless of age, economic circumstances, or technical expertise.

NLS is a free braille and talking book library service for people with temporary or permanent low vision, blindness, or a physical disability that prevents them from reading or holding the printed page. Through a national network of cooperating libraries, NLS offers books the way you want them: in braille or audio, mailed to your door for free or instantly downloadable.

Frequently Asked Questions

National Library Service for the Blind and Print Disabled (NLS)

- **What Is NLS?** NLS is a free library service for people with a temporary or permanent visual impairment, reading disability, or physical disability that prevents them from easily reading regular print. NLS offers books and magazines in braille and audio that can be instantly downloaded, played on your personal smart device, or mailed to you **free of charge**.
- **Am I eligible for NLS?** Any U.S. resident or citizen living abroad who is unable to read or use regular print materials as a result of temporary or permanent visual, physical, or print disability may receive service through NLS. Eligible veterans of the U.S. military receive priority service.
- **How do I apply for service?** Service is provided by libraries in each state that are part of the NLS network. They will be happy to discuss your eligibility, help you apply, and get you started! To locate the NLS network library that serves your area, visit www.loc.gov/ThatAllMayRead (select “Contact Us”) or call 1-888-NLS-READ.
- **How do I receive and return books and magazines?** There are two ways: through BARD, the NLS Braille and Audio Reading Download service, or through the U.S. Postal Service. Books, magazines, and equipment sent to and returned by readers through the mail qualify as **“Free Matter for the Blind”** and require no postage.
- **What kind of device do I need to play talking books?** Audio books and magazines downloaded from BARD can be read using the BARD app on a personal iOS or Android device, an NLS talking-book player, or a third-party player. Braille downloads on an iOS device can be read on a personal refreshable braille display with a Bluetooth connection. To play talking books sent through the mail, you will need to request a free NLS talking-book player (photo at right) when you sign-up for service. Some commercially available players also can play NLS-produced talking books.
- **How do I find the books I want?** The NLS collection has more than 150,000 titles and offers the same types of books that are available through public libraries: romances, biographies, best sellers, classic fiction, Westerns—you name it! The complete catalog can be searched online at loc.gov/nls. NLS also produces bimonthly catalogs highlighting the latest additions to the collection.



To learn more about NLS, visit www.loc.gov/ThatAllMayRead
or call 1-888-NLS READ (1-888-657-7323)

Keeping Your Mind and Body Active

If you're over 65, it's important to make sure that you keep your mind and body active. Staying active doesn't always mean intense or strenuous exercise. It's possible to instead focus on different hobbies. Hobbies can be very beneficial for your mind and body.

What are some good hobbies - GARDENING!

Gardening is one of the most popular hobbies for seniors. Not only does it get you outdoors and interacting with nature, it can also help with range of motion, flexibility, and improve your emotional health.

If you can't bend over for long, or can't bend over at all, consider having raised beds in your garden or planters on your porch. Sitting on a small stool or kneeling on a cushion can also help make gardening easier on the body.

If you are looking for an excuse to spend more time outdoors this spring, you should definitely consider a hobby like gardening that will benefit your physical, mental and emotional health.



The Key to Safe Physical Activity - Start Slowly

Beginning a physical activity routine: When you find an activity you are interested in, the key to being successful and safe is to build slowly from your current fitness level. Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach to help avoid injury and stick with the activity. Play it safe and reduce your risk of injury by trying a low-intensity activity. Before you start, talk to your health care provider about your plan and activities that may be best for you.

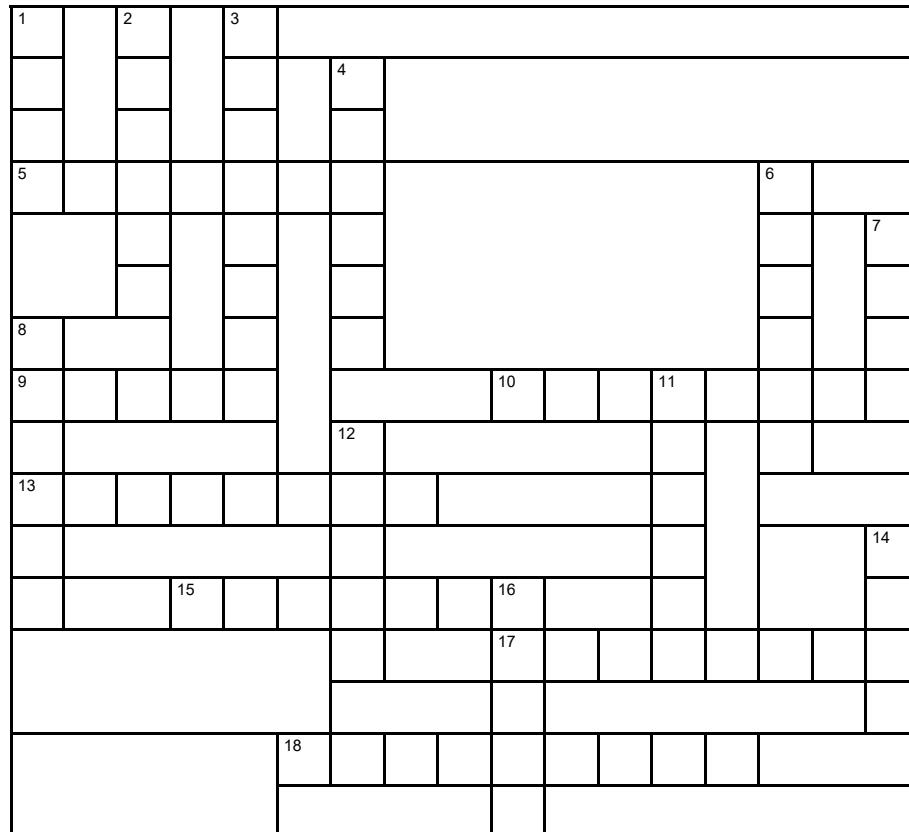
3 Questions to Ask Your Health Care Provider About Exercise and Physical Activities:



1. Are there any exercises or activities I should avoid? Your health care provider can make recommendations based on your health history, keeping in mind any recent surgeries or ongoing health conditions such as arthritis, diabetes, or heart disease. This would be a great time to check with your doctor about any unexplained symptoms you've been experiencing, such as chest pain or pressure, joint pain, dizziness, or shortness of breath. Your provider may recommend postponing exercise until the problem is diagnosed and treated.
2. Is my preventive care up to date? The provider can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis.
3. How does my health condition affect my ability to exercise? Some health conditions can affect your exercise routine. For example, people with arthritis may need to avoid some types of activity, especially when joints are swollen or inflamed. Those with diabetes may need to adjust their daily schedule, meal plan, or medications when planning their activities. Your provider can talk to you about any adjustments you need to make to ensure that you get the most out of your new exercise routine.

Spring

Crossword Puzzle


ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) ____ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot

11) One of four in a year

12) Breezy
14) Flying toy with a tail
16) Verdant

SOLUTION: Golf, Butterfly, Sprout, Raincoat, Baseball, Sunshine, Easter, Flowers, Garden, Windy, April, Green, Daffodil, Season, Wedding, Picnic, June, Kite,