

# LIUNA!

## MIDWEST REGION

Retiree Newsletter - Summer 2021

### LIUNA Proudly Welcomes DOL Secretary Marty Walsh

#### Local Union #177 Retirees and Spouses Meet With Secretary of Labor Marty Walsh

Among an enthusiastic crowd of Union Representatives from across the Trade Union Movement were many Local Union #177 Retirees and Spouses. The meeting took place in Des Moines with the United States Secretary of Labor Marty Walsh also in attendance.

Secretary Walsh, a life-long, card-carrying LIUNA Member and former LIUNA Local Union Business Manager, also served as Mayor of Boston, MA, prior to being asked by President Biden to lead the United States Department of Labor.

Secretary Walsh was in town to promote the Pro Act legislation prioritized by the Biden administration which is intended to at last level the playing field for workers seeking Union Representation.

He was accompanied by Iowa Third District Congresswoman, Cindy Axne, an ardent supporter of working rights, as well as issues related to children and families.

Also in attendance were Iowa Democratic Senate Minority Leader Zach Wahls and Democratic House Minority Leader, Jennifer Konfrst.

He emphasized how strongly President Biden has actively supported Trade Unions; pointing out that the American Middle Class was in fact created by Unions.



Secretary Walsh is surrounded by Local Union #177 Retirees and Spouses, as well as Officers, Representatives and Members of LIUNA Local Union #177 Des Moines, and Local Union #43, Cedar Rapids.



Pictured L to R: Sisters of Union Laborers (S.O.U.L.) Judy Wright and Pat Prymek.



Terry O'Sullivan, General President of LIUNA made the following statement: *President Biden's signature on legislation making Juneteenth a new federal holiday is a symbolic and important step forward in honoring Black lives by recognizing and commemorating the end of slavery in the United States. The broad bipartisan support for Juneteenth in Congress is both commendable and a reassuring sign that despite the seemingly unrelenting political strife there is consensus on the fundamental crimes in our nation's past. LIUNA urges lawmakers to be equally clear-eyed and open to policy solutions to address the sins of the present in order that our nation might live up to our highest ideals of equity, opportunity, and fairness to all men and women regardless of race, color, or creed.*

**Juneteenth is a Sacred Holiday Honoring Black Lives and Resilience**

## Health, Family, Purpose, Finances: 'The New Four Pillars of Retirement'

According to the latest survey by Edward Jones and Age Wave, retirees care more about feeling useful than finances. The survey found that, of U.S. retirees and pre-retirees who are 50 or older:

- ⇒ 93% want to feel useful in retirement;
- ⇒ 67% want to spend time with loved ones;
- ⇒ 55% said they want to do interesting/enjoyable things;
- ⇒ 53% want to be true to themselves;
- ⇒ 40% want to be generous or give back;
- ⇒ 38% want to live a faith-filled life;
- ⇒ 32% want to live a fun-filled life;
- ⇒ 27% said they want to fulfill their life's goals; and
- ⇒ 16% said they want to be financially wealthy

Source: [planadviser.com/health-family-purpose-finances-new-four-pillars-retirement/](http://planadviser.com/health-family-purpose-finances-new-four-pillars-retirement/)



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### Five Takeaways on the Supreme Court's Obamacare Decision

The Supreme Court again upheld the Affordable Care Act, in the third major case from Republican challengers to reach the high court. Here are the five takeaways:

**This could be the last grasp of repeal efforts:** Sen. Roy Blunt (Mo.), a member of Senate GOP leadership said "It's been my public view for some time that the Affordable Care Act is largely baked into the health care system in a way that it's unlikely to change or be eliminated."

**The Supreme Court was fairly unite:** The margin was larger, 7-2. The High Court appears less and less interested in revisiting the health care law through the judiciary.

**The ACA is stabilizing:** 78 percent of ACA enrollees now have the choice of three or more insurers. Earlier this year, the law's financial assistance was expanded to help further bring down premium costs. Earlier this month, the Biden administration announced a record 31 million people were covered under the ACA, including both the private insurance marketplaces and the expansion of Medicaid.

**Republicans face questions on their health care message:** The party struggles to unite around an alternative to the ACA.

**Democrats want to go farther, but face an uphill climb:** With the ACA further embedded, and control of the House, Senate and White House, Democrats want to make it even better. But, pushing for a public option or lowering health care costs means taking on a fight with powerful industry groups. Source: <https://thehill.com>

### What To Know About Credit Freezes and Fraud Alerts

Credit freezes and fraud alerts can protect you from identity theft or prevent further misuse of your personal information if it was stolen. To learn what they do and how to place them visit the Federal Trade Commission at [consumer.ftc.gov](http://consumer.ftc.gov).



### Recovering from Identity Theft...

Is someone using your personal information to open accounts, file taxes, or make purchases?

Visit [IdentityTheft.gov](http://IdentityTheft.gov), the federal government's one-stop resource to help you report and recover from identity theft.



## Regional Retiree News - In Union There is Strength

The strength of the Union is each individual member. The strength of each member is the Union.

### LIUNA Local #177 Holds Election

**Newly elected Retiree Council Officers are unanimously elected without opposition.**

Pictured R to L: Back row, Del Palmer, Executive Board, John Baker, Executive Board, Tom Prymek, President, Kevin Lancial, Executive Board.

Front row, Jim Hightshoe, Vice President, Darlene Navin, Recording Secretary. Not pictured is Secretary Treasurer, Dan Shelton. Adminstrating the Oath of Office is LU#177, Secretary Treasurer, Tom Hayes.



### In Memoriam

**Dennis Fuchs - Laborers' Local 110**

**December 24, 1942 - January 3, 2021**



It is with great sadness that we inform you of the passing of Dennis Fuchs. Dennis was in Construction all his life, a trade he learned from his father. He was known for his specialty concrete and he became known as "The Concrete Man". Dennis was a 53-year member of Laborers Local 110 in St. Louis. After retirement, he stayed very active in his Union, becoming president of the Retirees Council.

## FDA Approval of Aducanumab for Alzheimer's Disease

For the first time in almost 20 years, the FDA has approved a drug for the treatment of early Alzheimer's disease. Aducanumab, which will be sold under the brand name Aduhelm, was developed for patients with mild cognitive impairment, not severe dementia, and is intended to slow the progression of Alzheimer's disease, not just treat its symptoms.

FDA approval was obtained via the "accelerated approval" program, which allows for faster approval of a drug for serious or life-threatening illness. The FDA has also ordered the drug's maker, Biogen, to conduct another study to verify the medicine will do what it promises: provide relief to patients suffering from the debilitating disease. If the additional trial "fails to verify clinical benefit," the FDA can withdraw approval of the drug.

Some medical experts say more studies need to be done and are questioning the drugs effectiveness. There is also the price tag of \$56,000 per year plus the cost of the expensive tests that must be done during treatment such as MRI and PET scans. Like all drugs, Aduhelm can have side effects, the most common is brain swelling and tiny brain bleeds that would require close monitoring. Lastly, Centers for Medicare & Medicaid have not formally determined if the programs will cover Aduhelm, meaning we don't know yet whether Medicare or Medicaid will pay for it.

Bottom line, for those living with Alzheimer's Disease, there is a lot to consider and discuss with their health care provider to determine if Aduhelm is the right choice for them.



# Learn Two Steps to Save a Life



## Every Second Counts in Cardiac Arrest



### Learn Two Steps to Save a Life with Hands-Only CPR.

Did you know that 70 percent of out-of-hospital cardiac arrests happen in homes? Statistically speaking, if you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a spouse, a parent, a child or a friend.

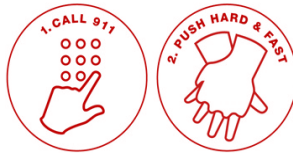
In just 90 seconds, you can learn the two simple steps to Hands-Only CPR: Call 911 - Push Hard & Fast. If you see a teen or adult suddenly collapse, call 911 and push hard and fast in the center of the chest to the beat of any tune that is 100 to 120 beats per minute, such as the classic disco song "Stayin' Alive".

You and your family can watch the 90 second Hands-Only CPR instructional video online at the following website: <https://www.youtube.com/watch?v=M4ACYp75mjU>

We are asking all LIUNA Midwest Region Retirees to please take 90 seconds of your day to learn the lifesaving skills of Hands-Only CPR.

**Cardiac Arrest:** When a person's heart stops beating, they are in cardiac arrest. If the heart is not beating, blood stops flowing to the brain and other vital organs. Death can happen in minutes without treatment. CPR uses chest compressions to mimic how the heart pumps. These compressions help keep blood flowing throughout the body.

### 2 STEPS TO SAVE A LIFE



**Heart Attack:** Cardiac arrest is not the same as a heart attack. A heart attack happens when blood flow to the heart is blocked. A person having a heart attack is still talking and breathing. This person does not need CPR—but they do need to get to the hospital **right away**. Heart attack increases the risk for going into cardiac arrest.

### Sunscreen Facts

**When it comes to protecting yourself from sun damage with sunscreen**, do you know fact from fiction? Review the basics from the American Cancer Society and CDC.

**Fiction:** You don't need to wear sunscreen when outdoors on cloudy days.

**Fact:** Up to 80% of the sun's UV (ultraviolet) rays can penetrate clouds. Unless it's raining heavily, your skin can burn if overexposed to UV rays.

**Tip:** Remember that sunscreen is just a filter — it does not block all UV rays.

**Fiction:** One application of sunscreen will provide several hours of protection outdoors.

**Fact:** Its best to apply one ounce of broad-spectrum sunscreen with a sun protective factor (SPF) 30 to your entire body and reapply every two hours, especially after swimming or sweating.

**Tip:** Sunscreen products can only be labeled broad spectrum if they have been tested and shown to help screen both UVA and UVB rays.

**Fiction:** Sunscreens labeled as water-resistant only need to be applied once while sweating or swimming.

**Fact:** Water-resistant sunscreens must be reapplied at least every two hours. These sunscreens must state whether they protect the skin for at least 40 or 80 minutes of swimming or sweating. There's no such thing as a waterproof sunscreen — they all wash off eventually.

**Tip:** Most sunscreen products are good for two to three years; check expiration dates.

**You may be especially sensitive to UV damage if you have:** a family history of skin cancer; fair skin; or many moles, irregular moles, or freckles. Learn more at cancer.org.



## 4 Summer Nutrition Tips and Ideas

**Make Healthy Swaps:** As we see COVID restrictions lifting, this summer may be ripe with picnics, parades, and vacations that are often filled with sweets, carbs, and lots of eating out. When it comes to enjoying your favorite summer staples, a few healthy swaps can go a long way towards improving your nutrition:

- Swap ice cream for low-fat yogurt in your favorite shakes and smoothies
- Swap refined white sugar for natural alternatives like honey, maple syrup, or dates.
- Swap sugary drinks for a cool glass of water infused with refreshing flavors like lemon.
- Swap processed salad dressings for olive oil, balsamic vinegar, and lemon juice.
- Swap butter on your toast for fresh avocado (add sliced tomato for a super snack).

**Eat Fresh:** Take advantage of all the fresh fruits and vegetables summer has to offer by way of local farmers markets, grocers, and roadside stands.



**Make Smart Choices When Traveling:** It's so easy to opt for unhealthy snacks when traveling because of the ease and convenience junk food provides. These unhealthy choices can quickly add up, and contribute to weight gain, sluggishness, and digestive issues. Plan ahead by packing your own healthy snacks that travel well and are easy to eat - think whole grain chips, carrots, dried fruit, cheese sticks, berries, you get the idea.

**Tackle Your Biggest Culprits:** It's never too late to get your diet under control when it comes to your health. If you have been recommended to adjust your meals due to concerns over blood pressure, diabetes, weight, or even osteoporosis, now is the time to take action and set yourself up for success. This may involve limiting your salt intake, switching to low-fat dairy products instead of whole fat, or upping your intake of calcium-rich foods like spinach, sardines, and milk. If you have a specific medical condition, talk to your doctor about which diet modifications can most effectively help you.

## Mindfulness

Mindfulness is being completely aware of what's happening in the present moment. It includes everything going on inside of you and happening around you. Turning off "autopilot" and experience life as it unfolds moment to moment - the good, bad, and ugly - without judgement.

Although mindfulness has many health benefits, it is a form of meditation and it may take practice. There are many simple ways to practice mindfulness. Some examples include:

- ⇒ **Pay attention.** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.
- ⇒ **Live in the moment.** Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- ⇒ **Accept yourself.** Treat yourself the way you would treat a good friend.
- ⇒ **Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.



Spending too much time thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you. Source: Mayo Clinic, LHSFNA



## Strawberry Lemonade Slushies - Easy and Grandkid Approved

Grandkids visiting? This is a refreshing treat for those hot, humid Midwest summer days when you want to cool off. Makes 3 servings.

1 packet Lemonade Kool-Aid	2 1/2 cups ice
1/2 cup sugar	Place all ingredients except soda in
2 cups white soda or club soda	blender. Blend until ice is finely
5 large strawberries, stems removed	crushed. Add soda. Serve immedi- ately- straw optional :)



## Summer Fun Word Search



Air Conditioner

Burned

Flip Flops

Hat

Picnic

Souvenir

Vacation

Swimming

Beach

Camping

Independence

Sun

Tent

Sandcastles

Watermelon

Boating

Fishing

Hamburger

Lemonade

Pictures

Shorts

Sunscreen

Umbrella

Grill

Sunglasses

Popsicles

