

# LiUNA!

## MIDWEST REGION



Retiree Newsletter - Fall 2021

## Its Not Too Late - Take Action Now!

### Tell Congress to Pass the **BIPARTISAN INFRASTRUCTURE DEAL**

- Good Union Jobs with Prevailing Wages
- Middle Class livelihoods for a generation of Laborers

1. Open your camera on your smart phone

2. Hold it up to the QR code to the right

3. Fill out the form and **SEND**

**OR** VISIT

[liuna.org/BIF](https://liuna.org/BIF)



*Share this with family and friends!*

### **For the first time, Medicare's Nursing Home Compare website now includes a "star rating" - a measure of quality for rehab services.**

Three separate ratings for the quality of residents' care now appear on the Nursing Home Compare website: one for overall quality ; another one for "short-stay" patients (people who reside in facilities for 100 days or less, getting skilled nursing services and physical, occupational or speech therapy) and a third for "long-stay" patients (people who reside in facilities for more than 100 days).

To find information enter your geographic location on Nursing Home Compare's home page and a list of facilities will come up. You can select three at a time to review. Once you've done so, hit the "compare now" button at the top of the list. (To see more facilities, you'll need to repeat the process.)

A new page will appear with several tabs. Click on the one marked "quality of resident care." The three overall star ratings described above will appear for the facilities you've selected.

**Nursing Home Compare Site:** <https://www.medicare.gov/care-compare/>

**Registration for Walktober is open.** Walktober is a 31-day online wellness program that is free to all LIUNA members and their family (13 and over). October is the ideal time for walking, the temperatures are cool and the colors of the leaves are spectacular. Walktober takes participants on a virtual tour of falls' most beautiful landscapes and inspires everyone to make walking (or any activity) a priority in October and beyond.

The program begins October 1st. To learn more and register visit:  
<https://liunamidwestregion.walktober.com/#/welcome>

# WALKT<sup>TM</sup>BER

## GETTING ACTIVE HAS NEVER BEEN EASIER... OR MORE FUN.

### Power Outage - Prepare Now

- Take an Inventory of items you need that rely on electricity.
- Talk to your medical provider about power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for medications that are critical for life.
- Plan for batteries and other alternatives to meet your needs when the power goes out.
- Install carbon monoxide detectors with battery backup in a central location on every level of your home.
- Sign up for local alerts and warning systems. Monitor weather reports.
- Review the supplies that are available in case of no power. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.
- Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored.
- Keep mobile phones and other electrical equipment charged and gas tanks full.

**For More Information Visit:**  
[ready.gov/power-outages](https://ready.gov/power-outages)

Keep freezers and refrigerators closed.



Only use generators outdoors and away from windows.



Do not use a gas stove to heat your home.



Disconnect appliances and electronics to avoid damage from electrical surges.



Use alternate plans for refrigerating medicines or power-dependent medical devices.



If safe, go to an alternate location for heat or cooling.



Check on neighbors.



## 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.



### In Memoriam

**Sylvia DeCroix - Local Union #477**

**August 23, 1951 ~ August 9, 2021**

Sylvia retired from the Laborers' Midwest Region Office where she worked in the accounting department.

After retirement, Sylvia enjoyed staying very active in her Union, and was a member of the Midwest Region Retiree Steering Committee.

*We will your sweet smile and the way you embraced your blessings with nothing but enthusiasm. When I hear the phrase "Live Your Truth" ..that dear friend is you.*

### Iowa Republican Congressman Confers with Local Union #177 Officers and Representatives

Congressman Randy Feenstra, Republican representing Iowa's Fourth Congressional District recently traveled from Northwest Iowa to Local Union #177's Offices in Des Moines to meet with a number of Local Union Officers, Representatives and Officials.

The fact that such a meeting was held, especially in the Offices of Local Union #177, was in itself, remarkable.

Congressman Feenstra's Congressional predecessor had adamantly refused to meet with LIUNA representative during his entire lengthy tenure in office.

The Congressman opened his remarks by inquiring about the respective offices and duties of each of the LIUNA Representatives in attendance as well as expressing interest in the various types of work our Members performed in both the private and public sectors.

Congressman Feenstra was among the Republican Congressmen "Problem Solvers Caucus" which drafted the language the Senate passed in the vitally important infrastructure bill.

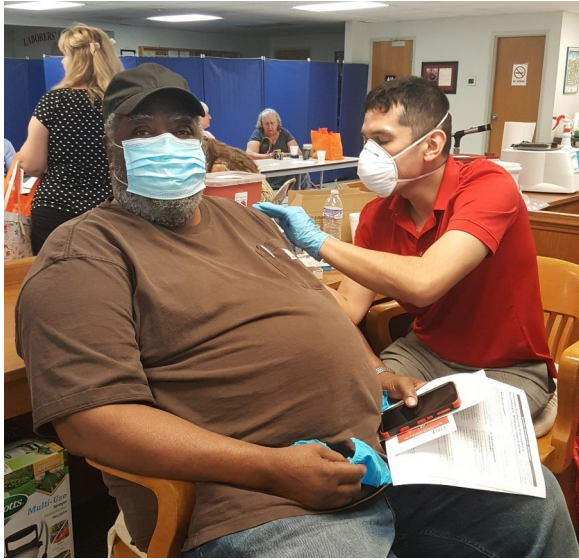
A number of issues of mutual concern were discussed, which ended on a positive note, potentially signaling the beginning of a mutually beneficial relationship between Congressman Feenstra and each LIUNA affiliate within and beyond the State of Iowa. [Bob Wright]

*Included in the photograph above are, from left to right, LECET Representative Nick Prymek, and LECET Director, Dan Prymek; Local Union #177 Field Representative Ron Prymek; Local Union Secretary Treasurer, Tom Hayes; Business Manager, Mike Weckman; Congressman Feenstra; Local Union #177 President and MRO lead Organizer, Ritchie Schmidt; LIUNA National Retiree Council Coordinator Bob Wright, and Local Union #177 Retiree Council President Tom Prymek. Not pictured are S.O.U.L. (Sisters of Union Laborers') Member, Judy Wright and Political Director, Dylan Gramlich.*



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**LIUNA Local 264 & Local 1290 host health fair in Kansas City Missouri.** Members participated in Flu vaccines and screening for cholesterol, blood pressure, diabetes, stroke, peripheral vascular disease and hearing loss. Pictured below, Frank Comstock, LIUNA member since 1971, proudly displays his 50 Year Gold Card.

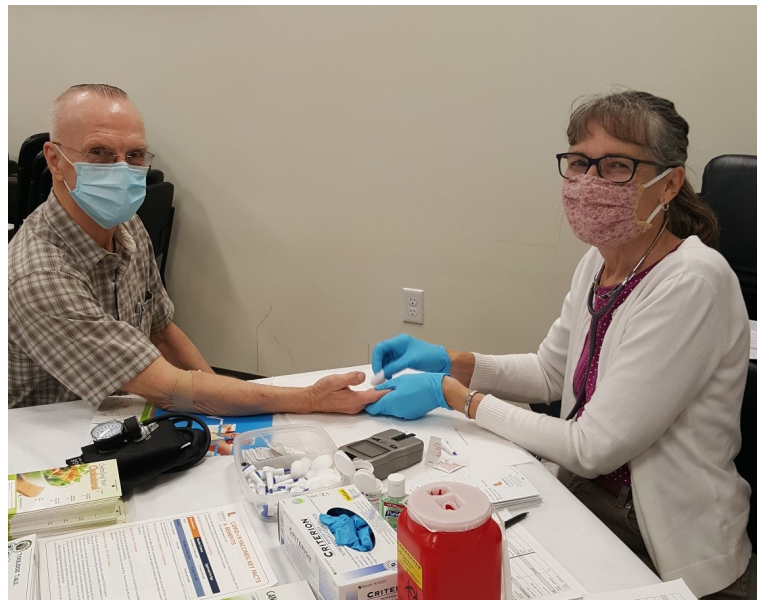


### Hosting a Safe Health Fair

The health and safety of LIUNA members and their families are always the Midwest Region Laborers' Health & Safety Fund's (MRLHSF) top priority. The MRLHSF has instituted recommendations and guidance that LIUNA entities, affiliates and signatory contractors can take when hosting a LIUNA-sponsored health fair event while COVID-19 is still identified as a public health emergency.



**LIUNA Local 177 health fair Des Moines, IA**



**LIUNA Local 274 host health fair event in Lafayette & Kokomo, Indiana.** Health fair screenings not only help participants become better educated health care consumers, they also help them recognize and deal with potential health concerns before they become serious medical problems.



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### In Memoriam

**Danny "Butch" Herila = Local Union #773**

**June 12, 1952 - September 11, 2021**

It is with great sadness that we inform you of the passing of Butch Herila. Butch was a constant in everything that happened at the Local, always ready to help whenever and however he could.

After retirement, Butch stayed very active in his Local Union, becoming President of Local #773 Retirees Council.

### Iowa State Senator Nate Bolton Addresses Local Union #177 Retiree Council



Included in the photograph above are, Senator Bolton, third from left, is pictured with Officers and Members of the Retiree Council, as well as LU#177 Officers and Members of the Central Iowa S.O.U.L. (Sisters

Former Iowa Democratic Gubernatorial Candidate and current Iowa Democratic State Senator, Nate Bolton, was the Honored Guest Speaker at the LIUNA Local Union #177 retiree council meeting, in Des Moines, Ia.

One of the most progressive voices within the Iowa Democratic Party, Senator Bolton has long been a staunch advocate of workers, women and minority rights, as well as an outspoken supporter of the Trade Union Movement.

In his remarks, Senator Bolton focused on the challenges faced by the Democratic minority in the Republican controlled Iowa Legislature, especially within a regressive state Republican administration.

He expressed his sincere gratitude to our Retiree Council, and to Local Union #177, the Great Plains Laborers' District Council, and to LIUNA's Midwest Region for our continual and consistent support of Democratic legislators and their progressive priorities and proposals. [Bob Wright]

## Protect yourself from influenza...Get vaccinated!

Influenza (the flu) is very unpredictable. No one knows how deadly influenza will be each year. Even if you have a mild case of influenza, you can still pass the virus on to your friends, and family who could get very sick or even die.

Influenza is most dangerous for people with health conditions like heart and lung disease, the very young and very old, and pregnant women. But anyone can become seriously sick from influenza – even young, healthy people.

### Vaccination is the best way to prevent influenza.

Flu vaccination is especially important for people with heart disease or who have had a stroke because they are at higher risk for complications from flu. Vaccination has been associated with lower rates of some cardiac events among people with heart disease, especially among those who had had a cardiac event in the past year.



**Get Your Vaccine Before Halloween!**

## Aortic Stenosis

**Aortic Stenosis is one of the most common and serious heart valve disease problems.**

**Stenosis means narrowing.**

It makes the heart work harder and can cause:



**Fatigue**



**Shortness of breath**



**Chest pain**



**Rapid fluttering heartbeat**

More than

**20% of older Americans have aortic stenosis.**

- Common in people over age 65
- Untreated, it can lead to heart failure and death.

### Get regular checkups

Your health care team can monitor your valve by taking images of your heart, called an **echocardiogram**, or “echo.”



### Early treatment is key to preventing heart failure.

- For mild or no symptoms, maintain a healthy lifestyle.



#### Plus

- Your doctor may recommend medication to:
  - Lower your blood pressure
  - Reduce your cholesterol

### Do you need a new heart valve?

If your symptoms are severe, you may need a valve procedure.

You and your doctor can discuss the option that's best for you.

- Less invasive procedure
- Surgical repair



**After a heart valve replacement, you should be able to resume a healthy, active life.**

Visit [heart.org/AorticStenosis](https://heart.org/AorticStenosis) for more information.

## Pfizer-BioNTech COVID-19 Vaccine Booster Shot



CDC recommends that people in the following groups should receive a booster shot of Pfizer-BioNTech's COVID-19 Vaccine at least 6 months after completion of their 2-dose Pfizer series:

- People ages 65 years and older
- Adults 18+ living in long-term care settings
- People ages 50–64 years with underlying medical conditions

Please talk to your healthcare provider about whether getting a Pfizer-BioNTech COVID-19 booster shot is appropriate for you.

## Tips For Hiring A Caregiver

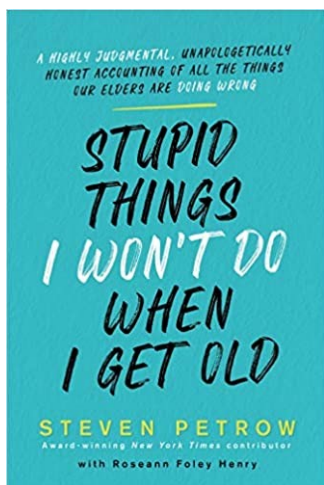
It is easy for family and friends, as well as professionals, to suggest finding someone to help with housekeeping tasks and care responsibilities. Having someone else take on some of your housekeeping or personal care tasks might sound appealing to you too. But what does it mean to have someone in your house “to help” you? Where do you begin to find someone? Can you afford it? The following tips can help you through the process of hiring help at home.



- **Finding Help:** You'll need to determine whether you want to use a service or agency to find the ideal caregiver or if you want to ask friends/family or place an ad in effort to secure a private hire, both of which have their own benefits. Always get credentials and ask for two to three references from former or current employers. Be sure to call the references.
- **Credentials, Licensing and Experience:** Be sure to find a caregiver that has the right credentials and experience to be able to provide for your needs, particularly if assistance is needed with medications or daily activities. However, it's important to note that some states don't require certification or credentials to hold certain caregiver roles, so make sure to confirm.
- **When hiring help:** Be clear about what it is you want the caregiver to do. Write a job description that spells out the things you need help with and make a detailed list of the tasks you want done. Clarity is essential to effective communication and mutual understanding.
- **Meet your team:** Before hiring a caregiver be sure and meet everyone who will be involved in your care. Get to know your caregivers: you will be spending a lot of time together so make sure you get along.
- **Cost:** In-home care can be expensive. Depending on your situation, there are a number of possible ways to offset the cost such as long-term care insurance policies, traditional insurance, self payment, and state and federal programs such as Medicare and Medicaid that may help in certain situations. If you are planning to use a service or agency, they will have financial advisors and/or social workers who can advise you about your best payment options. However, those opting for private hires will have special considerations, as you'll have to pay your caregiver out-of-pocket and then seek reimbursement from your coverage provider. Source: SeniorLiving.org



## STUPID THINGS I WON'T DO WHEN I GET OLD



*“A Highly Judgmental, Unapologetically Honest Accounting of All the Things Our Elders Are Doing Wrong”*

If you have not read this book, consider heading to your local library or buying a copy to keep on hand. Written by Steven Petrow, the book is based on his wildly popular New York Times essay, “Things I’ll Do Differently When I Get Old”. Petrow rewrites the rules of aging in this hilarious, honest and practical guide on aging gracefully while keeping young at heart.

Source: <https://stevenpetrow.com/stupid-things-i-wont-do>

### Easy Apple Cake with Carmel Sauce

Preheat the oven to 325°F. Grease a 9X13 cake pan.

1 1/2 cups cooking oil

*If that is too much oil for you; use 3/4 cup oil and 3/4 cup apple butter*

2 cups granulated sugar

2 teaspoons vanilla extract

2 eggs, well beaten

3 cups chopped tart apples

3 cups all purpose flour

1 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

1 cup chopped walnuts

Beat sugar, oil, vanilla, and eggs. Combine flour,

baking soda, cinnamon, and salt, stir into batter just until blended. Fold in apples and nuts with spoon (don’t use mixer). Pour into pan and bake for 60 -70 minutes or until inserted toothpick comes out clean.

Caramel Sauce

1/2 cup (1 stick) butter

2 tablespoons heavy cream

1/2 cup packed brown sugar

1 teaspoon vanilla extract

Mix butter, cream and brown sugar in small sauce pan over medium heat. Stir constantly until sugar dissolves and mixture comes to a boil, remove from heat add vanilla, stir to combine. Pour sauce over warm cake. Let cake set until its warm before serving - giving the caramel sauce time to melt down into all those little nooks and thicken.

So Good!

### Acknowledge and Reevaluate - What May Have Been Taken for Granted

COVID-19 has caused many of us to reevaluate people, places and things that we may have taken for granted. For example, financial security. At a time when millions faced unemployment and financial insecurity, you are likely grateful to have continued receiving your retirement check throughout the pandemic, without fear that it may not come at all or be in the full amount.

Your household may have been directly or indirectly impacted by financial disruption - and those

having ties to the construction industry are no stranger to income variability - but you had the security of knowing when your next paycheck is coming.

Acknowledging this comfort is not meant to impart feelings of guilt on behalf of those less fortunate, but rather invoke feelings of gratitude for all that you do have. **Savor, absorb and really pay attention to those good things.**

Source: LHSFNA September 2021 Health Bulletin