

LIUNA!

MIDWEST REGION



Retiree Newsletter - Fall 2022

LIUNA Retirees



LIUNA Veterans



In St. Charles, MO we returned to our first in person conference since 2019.

Your *Vote* MATTERS

Get Out & Vote!

LIUNAVotes2022.org

LIUNA!
Feel the Power

Every Vote Counts

“Every vote counts,” is the statement we seem to hear every election. Or “this is the most important election of our lives!” Is this just a baseless claim to get us to vote or is our fate tied tightly to each and every election.

In Illinois we have a chance to directly impact workers and workers’ rights for generations by voting on November 8th. The Workers’ Rights amendment to the State Constitution would allow us to remove politics from workers ability to bargain for fair wages, health insurance and better working conditions.

The Workers’ Rights Amendment is NOT about political party or specific candidate, it’s about you and all the workers to come. This vote can bring us all together on an issue we can agree upon: a workers right to have a voice in the workplace.

Because the Workers’ Rights Amendment is a Constitutional Amendment, **EVERY VOTE MATTERS!** In order for it to pass, we need more than a simple majority, we need overwhelming victory. So, when you are being asked to support this, we are asking each of you to bring three friends or family with you to support this.

Every election in every community is important every year. Local races like school boards, library districts, city council, county board, etc. directly affect your daily life. **Elections are how WE decide who is spending our tax dollars, on every level of government, and when workers vote, workers win!**

Retirees & Veterans Conference 2022 Is A Huge Success!

In St. Charles, MO on October 19-20 we returned to our first in person Retiree/Veterans conference since 2019. It was great for everyone to get together and talk about the trials and tribulations that our members are experiencing on the job today.

On the first day we heard about the Workers Rights Amendment on the ballot in Illinois as well as the importance of getting active as a member and staying active as a retiree. We got to hear about issues being dealt with in all of the states in the Midwest Region and how Federal Legislation is providing work for the members.

On day two we broke into two separate sessions. The Retiree Councils heard about the state of retiree councils throughout the region and the international, we learned about the need and process of planning for end-of-life decisions, the importance of cancer screenings and how federal legislation is impacting retirement.

The Veterans Councils heard from Local 477 Business Manager Brad Schaive about outreach to returning vets and getting them active in the union and from the Director of Illinois Department of Veterans Affairs, Terry Prince. We also learned about the Veteran’s Legal assistance Program at the SIU School of Law as well as about the St. Louis Veterans Community Project.

This conference allows members of all of the different councils to get together and discuss what they are doing in their communities and collaborate and help on larger projects.

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

Robert "Butch" Bowen - Local Union #264

June 28, 1950 - October 6, 2022



Robert "Butch" L. Bowen, age 72, of Kansas City, Missouri passed away on Thursday, October 6th. Butch served as Local 264 Retiree Council President and dedicated his retirement to serving his fellow LIUNA retiree brothers and sisters. He was an adamant supporter of workers rights and protecting pensions and benefits he and other retirees earned through their hard work.

Local 773 Retirees Gather for Picnic

59 year member Delmar Farris and 57 year member Elbert Walker enjoying the Labor Day picnic.



**LIUNA General President Terry O'Sullivan with a message on Your Vote Counts
& Protecting LIUNA Jobs.**

Visit liuna.org to view this important message.

A video message on

**The 2022
MIDTERM
ELECTIONS**

Terry O'Sullivan

LIUNA General President



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Say What?



Hearing Aids Available Over-the-Counter for as Low as \$199, and Without a Prescription?

You can now buy hearing aids directly off store shelves, without an exam or prescription, and at dramatically lower prices.

The over-the-counter (OTC) hearing aids are intended for adults, 18 years and older with mild to moderate hearing loss.

Prices and features will vary for OTC hearing aids - much as they do for prescription hearing aids. The OTC aids cost less partly because they do not bundle the services of an audiologist for a hearing evaluation, fitting, and fine-tuning the device. Instead, the new devices are intended to be set up by the consumers themselves, although manufacturers will offer technical assistance through apps and by phone.

Although not required, if you have never had your hearing tested, it is strongly recommended you get a hearing test from an audiologist before buying OTC hearing aids. The key benefit is finding out if an OTC hearing aid device can be useful for the type of hearing loss you have. An audiologist could also recommend which hearing aid is best for your type of hearing loss. Traditional fee-for-service Medicare and most health insurers cover routine hearing tests. But Medicare and most private insurers don't cover the cost of hearing aids, although many private Medicare Advantage plans do.

Buyer Beware: There are a lot of products out on the market and there is going to be a need for a lot of education about the difference between devices.

Look at the label, the new devices will be clearly labeled as FDA approved and consumers should watch for that. The regulations require the new aids to have safe maximum audio levels to help protect consumers' hearing. These are different from inexpensive personal devices that amplify sound but do not address other components of hearing loss, such as distortion.

Bottom Line: OTC hearing aids are approved for use only in adults 18 years of age and older who have mild to moderate hearing loss. OTC hearing aids are limited in the level of personalized care provided, compared to prescription hearing aids, and they can't treat all levels of hearing loss or hearing-related medical conditions.

But the lower prices and easier buying process offered by OTC hearing aid manufacturers is a big step forward in allowing more Americans the opportunity to get the help they need.

Tips for Purchasing OTC Hearing Aids:

- Look for OTC hearing aids with generous return policies, exceeding a month. You may want to try a device for a few weeks to see how it works.
- Take your time looking at options and try at least 3 different OTC aids to see what works best for you.
- Look for a store that provides assistance with selecting an aid. Device manufacturers are required to provide information about how to handle repairs and they must include an email address and mailing address that you can use to contact them. Manufacturers of OTC devices are NOT required to provide customer service for OTC devices over the phone.
- Look for devices labeled as "self-fitting" because it shows the companies have proved to the FDA that people can set up these devices themselves as well as if they had professional help.

Your Grandchild's First Phone: Are They Ready?

Does the thought of your grandchild having a mobile phone cause you anxiety? You may ask, how is a mobile phone different than the tablets they have? Well, a big reason is that mobile phones are just that - mobile. Kids can carry them everywhere. Because of this, they may interrupt or push out other important activities like having a verbal conversation, homework, sports practice or sleep. They may also stumble upon age-inappropriate videos, or people may try to connect with them online. The thought of my grands having an online creepy encounter scares the bejesus out of me!

If your kids are thinking about purchasing a first phone for the grandchildren, here are a few things they may want to ask and consider:

How will the phone be use? It's natural for kids to want a phone because "everyone else has one." However, they may not be ready for the constant distraction or social media drama in their lives.

Will they be responsible? Do they need help with making good decisions, or do you trust their judgement when they are unsupervised? This is important to consider once they have access to the internet, texting, and social media apps and can easily say or post things they may regret.

What are the other ways they can connect with friends? Social connection is the biggest driver for having a phone in the tween and teen years. Interacting with friends is crucial for developing a sense of

self and community. However, if you don't think your child is ready for a smartphone, there are other ways to help them connect with friends like clubs, sports, or video chat on a tablet.



Do you have a regular way to check in with them about how life is going (including their digital life)? When kids get a smartphone, they have easier access to the world of information on the internet, apps, and social media. Because the digital world isn't always designed with young users in mind, kids need a mentor. Parents and grandparents can assume this role, mentor and help them have positive experiences online and unpack the negative experiences.

Lastly, adults need to model healthy phone habits. Kids learn as much from watching us as they do from well-intended lectures! If the adults are looking at the phone while driving or during meals, kids likely to do the same. If you can try to balance your media use with screen-free activities, they will find it easier to do the same.

Source: [Healthychildren.org](https://www.healthychildren.org)



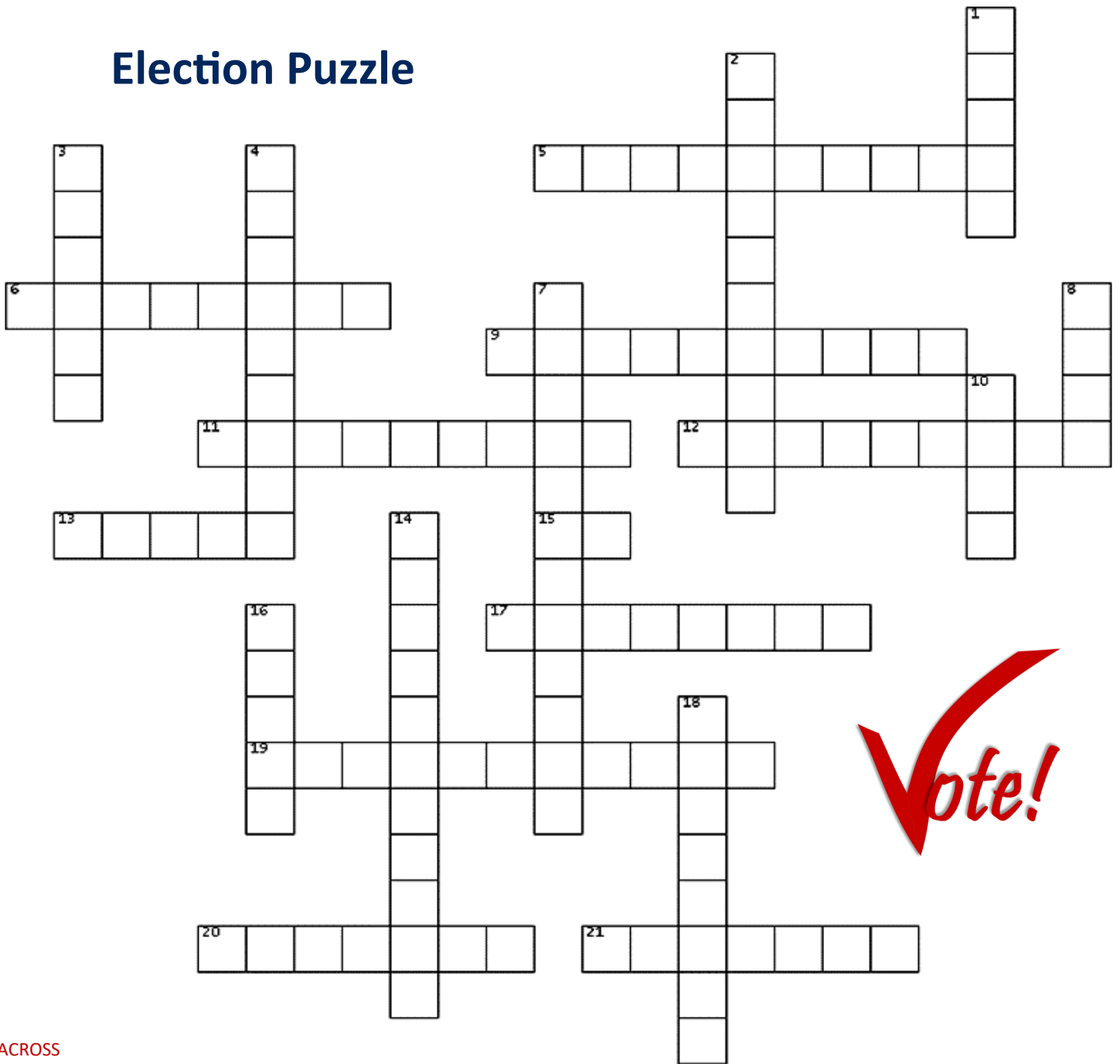
Walking Helps Dementia

New research from a recent study in Spain found that walking 10,000 steps a day lowered the risk for dementia by 50%; the risk decreased by 25% with as few as 3,800 steps a day.

However, if walking occurred at a brisk pace of 112 steps a minute for 30 minutes, it maximized risk reduction, leading to a 62% reduction in dementia risk. The 30 minutes of fast-paced walking didn't have to occur all at once either — it could be spread out over the day.

Words for Crossword: Campaign, Election Day, Government, Democracy, Polls, Ballot, Platform, Voters List, Party, Voter, Primary, Advance Vote, Democrats, Scrutineer, Candidate, Suffrage, Ward, Contribution, Elector, ID, City

Election Puzzle



ACROSS

5. This contains names and addresses of eligible electors - 2 words
6. A statement of principles and objectives used during a campaign to win support
9. Federal, provincial, and municipal, three levels of
11. A person who is running for office
12. Comes from the Greek words "demos", meaning people, and "kratos" meaning power
13. The place where people vote
15. Bring this with you when you go to vote
17. The right to vote
19. This day happens once every four years - 2 words
20. A person who is eligible to vote in the municipal election
21. A preliminary election where delegates or nominees are chosen

DOWN

1. Group of persons with common political opinions and purposes
2. A Person representing a candidate at the voting location to observe the voting
3. A piece of paper containing the names of candidates
4. Fighting for a better, fairer, and brighter future for every American
7. Money, goods or services given to a candidate for their campaign
8. Clerk who is responsible for conducting municipal elections
10. Area within a city that is represented by a member of the council
14. A voting opportunity which happens before election day - 2 words
16. An elector becomes this when they receive a ballot at the voting place
18. A race between candidates for an elective office