

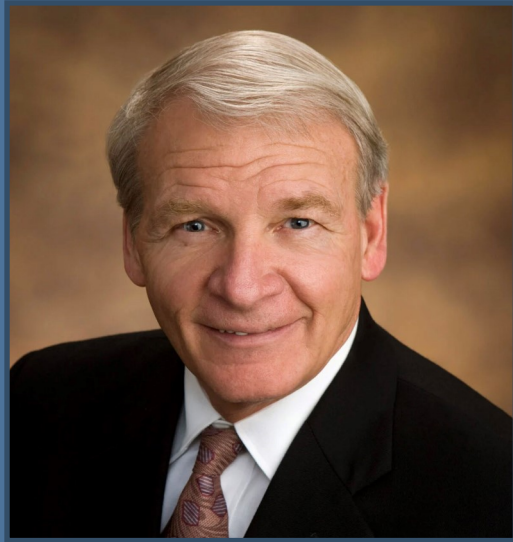
LIUNA!

MIDWEST REGION



Retiree Newsletter - Spring 2023

LIUNA Midwest Region Vice President & Regional Manager John F. Penn Retires



John F. Penn Retirement

John Penn, after 57 years as a Laborer and leader, retired at the end of January. John became a Union Laborer at the age of 16. After serving his country as an Airman in Vietnam, he returned to the workforce, became Business Manager of Local 362 in 1976, Great Plains Laborers' District Council Business Manager in 1994, and Vice President and Midwest Regional Manager in 2008. John built on the region's success and worked tirelessly on behalf of the many members, retirees, and veterans in LIUNA. His example has led many to become involved in community programs like the Special Olympics, youth centers like YMCA and YWCA. Thank you John for your service to our country and for your dedicated service to the men and women of LIUNA.

Midwest Region Welcomes New Vice President

LIUNA Midwest Region welcomes new Vice President & Regional Manager David A. Frye. David is a 37-year member of LIUNA Local 120 in Indianapolis. A third-generation Laborer, David was born and raised in Martinsville, IN, and went to work in the union on his 18th birthday. In 1994, he was appointed to the Local 120 Executive Board. That same year, he became a Local 120 Field Representative, Business Manager in March 2003, and Business Manager-Secretary/Treasurer of the Indiana Laborers' District Council in 2014. David is dedicated to improving the lives of Laborers and all working people. Congratulations David on your new leadership roll.

David A. Frye LIUNA Midwest Region Vice President & Regional Manager



LIUNA General President
TERRY O'SULLIVAN

General Secretary Treasurer
ARMAND SABITONI

Announce their Retirement



Terry O'Sullivan, General President of the Laborers' International Union of North American (LIUNA), retired effective April 30, after serving as General President for almost 24 years. Under O'Sullivan's leadership, LIUNA built a reputation as the infrastructure and energy union, and its members instantly became recognizable in their trademark orange which powered the union's visibility from jobsites to political rallies. He is known as an aggressive and militant leader whose fiery speeches in support of working people galvanized and inspired audiences. During O'Sullivan's leadership, LIUNA significantly increased resources for organizing and dramatically grew the union's political action committee, launching it into the ranks of the top five PACs in the U.S with a political presence and power felt across the country.

Armand E. Sabitoni, LIUNA General Secretary-Treasurer and New England Regional Manager of the union, also announced his retirement effective April 30 after serving as General Secretary-Treasurer for over 22 years. Amongst other things, Sabitoni is recognized for the incredible increase in the unions assets and always fighting for safer job sites for the men and women of LIUNA.

Congratulations



BRENT BOOKER
LIUNA General President



MICHAEL F. SABITONI
LIUNA General Secretary-Treasurer

Brent D. Booker, a third-generation Laborer, University of Virginia graduate, and LIUNA Vice President of the General Executive Board and Special Assistant to the General President, became General President of LIUNA May 1, 2023. Booker started in the LIUNA Construction Department in 2001 and went on to serve as Director of the Construction Department from 2007 to 2012. Starting in 2012, Booker served for a decade as Secretary-Treasurer of North America's Building Trades Unions (NABTU) before returning to LIUNA in 2022. "We'll continue to fight for the union rights and livelihoods of each and every LIUNA member while expanding our organizing efforts to protect more workers with union contracts," Booker said. "We will seize the opportunity presented by historic infrastructure investments with strong labor standards coming online to rebuild our country's transportation, water, energy, and other infrastructure with strong, proud union laborers."

Newly Elected General Secretary-Treasurer, Michael F. Sabitoni, is a second generation Laborer who began his career with LIUNA when he joined Local 271 in 1988. In 2007, Sabitoni was elected President of the Rhode Island Building and Construction Trades Council. In 2012, he was appointed to serve as the Business Manager and Secretary-Treasurer of the District Council. Mr. Sabitoni has also held the position of Chairman of the Rhode Island Laborers' Pension Fund, Health and Welfare Fund, and Annuity Fund. In 2022, Sabitoni was elected by the LIUNA General Executive Board to serve as a Vice President.



David Frye, Vice President & Midwest Regional Manager
Brent Booker, LIUNA General President
LIUNA 120th Anniversary Celebration

Regional Retiree News - In Union There is Strength

The years of experience our retirees have as union activists, make them the most qualified to advocate and protect the interest of union retirees and working families.

Bloomington Illinois: Local 362 Retirees and Veterans Council Members.



John Penn, former VP & Midwest Regional Manager of LIUNA, helps raise over \$160K for nonprofits Promise Council & the Stay 4 Project. Midwest Region Union members helped raise the funds during Penn's retirement party at his request.



St. Louis Missouri: Food pantries in Cedar Hill & Florissant Missouri received 650 lbs. of canned goods each, along with a sizable cash donation from Laborers Local 110 Retiree Council.

The Illinois AFL-CIO honored Local 362 Retiree John Penn, former VP & Midwest Regional Manager with a proclamation from the labor federation, presented by President Tim Drea and Secretary-Treasurer Pat Devaney.





Making Community Living Work for You and Your Family

Finding services or supports to live in the community can feel overwhelming, especially when the need arises unexpectedly, such as after a fall or an accident.

AGING UNBOUND: MAY 2023

Many people do not know what services are available, whom to ask for help, or where to start.

In many states, Aging and Disability Resource Centers can act as a gateway to a broad range of services and supports for older adults and people with disabilities.

For people with disabilities of all ages, Centers for Independent Living are a great first stop. These community-based centers are run by and for people with disabilities and offer a broad range of services to empower and enable people to stay in the community.

People with disabilities of all ages may also benefit from assistive technology (AT) devices and services. AT includes everything from “low tech” helping tools, like utensils with big handles, to high tech solutions, like talking computers. Every state and territory has an Assistive Technology Act program that can help people find, try, and obtain AT.

For older adults, ACL's Eldercare Locator is a great place to start.

Visit www.eldercare.acl.gov or call 800-677-1116 to be connected with your local Area Agency on Aging or Aging and Disability Resource Center. Those organizations can help you understand what services are available in your community and help you sign up. A number of other resources are available to help you find and access services in your area. Our Find Help page (<https://acl.gov/help>) can point you in the right direction.

ADMINISTRATION FOR COMMUNITY LIVING

IMPROVING THE LIVES OF OLDER ADULTS AND PEOPLE WITH
DISABILITIES THROUGH SERVICES, RESEARCH, AND EDUCATION

WHAT IS COMMUNITY LIVING?

OLDER ADULTS AND PEOPLE WITH DISABILITIES HAVE THE
SAME OPPORTUNITIES AS EVERYONE ELSE TO:

- ✓ CHOOSE WHERE TO LIVE
- ✓ EARN A LIVING
- ✓ PARTICIPATE IN SOCIETY
- ✓ MAKE DECISIONS ABOUT THEIR LIVES



WHY IS COMMUNITY LIVING IMPORTANT?



PEOPLE
PREFER IT

IT COSTS
LESS

IT'S A LEGAL
RIGHT

EVERYONE BENEFITS
WHEN EVERYONE
CAN CONTRIBUTE

HOW DOES ACL SUPPORT COMMUNITY LIVING?



FUNDS SERVICES
THAT HELP PEOPLE LIVE
INDEPENDENTLY



INVESTS IN RESEARCH,
INNOVATION, TRAINING,
AND EDUCATION



ADVOCATES FOR
PEOPLE WITH DISABILITIES
AND OLDER ADULTS

WHO ARE ACL'S PARTNERS?

NATIONWIDE AGING
AND DISABILITY
NETWORKS

STATES, TRIBES,
AND
COMMUNITIES

COLLEGES
AND
UNIVERSITIES

NONPROFIT,
FAITH-BASED,
AND INDUSTRY
PARTNERS

OTHER FEDERAL
AGENCIES



Can toilet changes indicate cancer?

Well, poo!

Maybe. Talk to your primary care provider if you have:

- Diarrhea or constipation, lasting more than a few days
- A feeling that you still need to have a bowel movement even after going
- Dark brown or black stools
- Narrowing of the stool
- Rectal bleeding with bright red blood



OSF HEALTHCARE

Now that I'm older, I can't get cavities. Right?

Wrong. They're not just for kids. In fact, cavities happen more often in adults. Here's why:

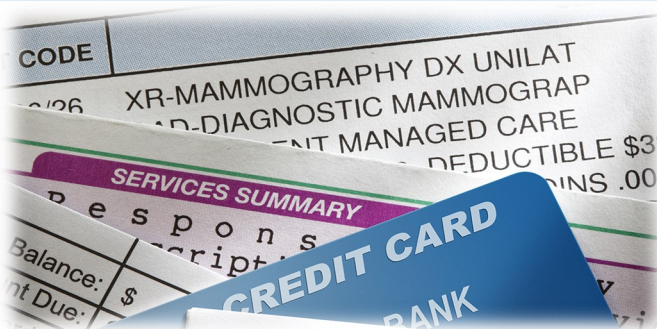
- *Fluoride wasn't always in water supplies and toothpaste. If you didn't get enough when you were younger, your teeth may pay the price.
- * Old fillings are prime spots for tooth decay. As we get older, our gums tend to recede, leaving tooth roots exposed. Without the protection of tooth enamel, they are more susceptible to decay.
- *You might have dry mouth. This can be a side effect of medications or a condition. Saliva does more than keep your mouth wet -- it protects teeth from decay, helps heal sores in your mouth, and prevents infections. Source: WebMD

Biden Administration Issues New Warning About Medical Credit Cards

The Biden administration is cautioning Americans about the growing risks of medical credit cards and other loans for medical bills, warning that high interest rates can deepen patients' debts and threaten their financial security.

The Consumer Financial Protection Bureau estimated that people in the U.S. paid \$1 billion in deferred interest on medical credit cards and other medical financing from 2018 to 2020.

"Lending outfits are designing costly loan products to peddle to patients looking to make ends meet on their medical bills," said Rohit Chopra, director of CFPB,



the federal consumer watchdog. "These new forms of medical debt can create financial ruin for individuals who get sick."

Patients are also increasingly being routed by hospitals and providers into loans administered by financing companies. These loans, which often replace no-interest installment plans that hospitals once commonly offered, can add hundreds or thousands of dollars in interest to the debts patients

owe. Hospital and finance industry officials insist they take care to educate patients about the risks of taking out loans with interest rates. But federal regula-

tors have found that many patients remain confused about the terms of the loans and sometimes end up with credit they are unable to afford.

The CFPB warned that the growth of patient financing products poses yet another risk to low-income patients, saying they should be offered financial assistance with large medical bills but instead are being routed into credit cards or loans that pile interest on top of medical bills they can't afford. Source: KFF Health

Are your pollen allergies overwhelming?

This might be why

Did it feel like your allergies were acting up earlier than usual this year? Were your eyes already watering in March? It's not your imagination.



As the planet warms, researchers say, allergy season is starting earlier and lasting longer. Climate Central, a nonprofit focused on climate news and research, recently analyzed how warmer temperatures have affected allergy season in 203 US cities since 1970.

It found that on average, the growing season – the period between the last freeze in spring to the first freeze of fall – is lasting 16 days longer in the Southeast, 15 days longer in the Northeast and 14 days longer in the South.

In the West, the growing season is 27 days longer on average, Climate Central reported. Reno, Nevada, for example, has seen a shocking increase of 99 days.

And that all adds up: A longer growing season means a longer allergy season. Source: CNN Health

Your Insulin Could Cost You Less

Recently, three major drug companies have announced that it will slash the list price for some insulin products on the market. How can they do that since they have skyrocketed prices to nearly triple or more just a few years ago, and made it almost unaffordable for many to obtain and properly care for their own health?

In March, President Biden praised the three major insulin makers for coming together about pricing their insulin. All three leading insulin producers in America have agreed to reduce their prices following Biden's calls to, "Expand my \$35.00 cap for Seniors to All Americans", Biden said.

The Inflation Reduction Act capped out of pocket insulin cost for seniors on Medical at \$35.00 per month, but did not offer any relief to anyone younger than age 65. According to the American Diabetes Association, about 8.4 million in the US with Diabetes rely on Insulin daily.

In addition, one of the major insulin making companies, Sanofi, will lower the price limit for people with private insurance for Lantus by 78% and for short acting insulin by 70%.

For more information visit the American



Diabetes Association <https://diabetes.org/diabetes/breaking-news>

FDA Clears A RSV Vaccine For The First Time

This fall, adults 60 and older in the U.S. will be able to get the FDA approved vaccine for respiratory syncytial virus (RSV), sold as Arexvy.

Arexvy, appears to be the first vaccine in the world approved for sale to protect older adults from RSV, a potentially fatal respiratory illness. Older adults, in particular those with underlying health conditions, such as heart or lung disease or weakened immune systems, are at high risk for severe disease caused by RSV.

Next steps are for the CDC to approve guidelines for use. Source: FDA.gov



Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a **common respiratory virus that usually causes mild, cold-like symptoms**. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults.



Improving Your Mobility

It can't be emphasized enough: engaging in physical activity is the single most important thing you can do to maintain mobility and independence, no matter your age or your health status. It can help you control your weight. It's the key to keeping your muscles and bones strong, your joints working properly, and your heart healthy. The more you move, the better your strength and balance will be, and the less likely you will be to fall or lose the ability to perform basic daily functions. And that's on top of all the other health benefits of regular exercise, such as reduced risks of cardiovascular disease, type 2 diabetes, and some cancers. Exercise even has positive effects on mood and may help improve cognitive function. Source: Harvard Health

Peanut Butter Chocolate Chip Cheesecake Dip

Ingredients:

- 4 ounces fat-free cream cheese (softened)
- 4 ounces low-fat cream cheese (softened)
- 1/4 cup low-sodium peanut butter
- Chocolate-flavored liquid stevia sweetener to taste

Directions:

In a small bowl, stir together both cream cheeses and the peanut butter until smooth. Add the liquid stevia sweetener. Stir together until well blended.

Serve with celery sticks, baby carrots, apple and pear slices, and no-salt-added pretzels. Servings - 12



Staying Safe When It's Too Darn Hot

When the temperature climbs above 80°F, you need to be proactive and take precautions to avoid ailments due to excessive heat.

Stay away from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

Air conditioning is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned.

Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine.

Dress appropriately. Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro!

•**Did someone say sunburn?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin.

•**Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.