



## RETIREE NEWSLETTER

**LIUNA!**  
MIDWEST REGION



**FALL 2023**

### **Harnessing Our Members Power to Build Solidarity**

**Laborers Rising**, an initiative of General President **Brent Booker**, is a local union membership engagement initiative that will move 15,000 members to volunteer for their union by December 2024. We will build the base of member activists by implementing a proven formula – membership education programs, volunteer committee structures, and regular communications. The foundation for the program is laborer to laborer conversations, harnessing our member's power to build solidarity.

- Laborers Rising is about calling members back to the local union and each other
- Building solidarity first by working on service and aid projects together
- Making sure that our members understand their union lives with education
- Make sure that our local unions have the infrastructure to turn out and mobilize all the time
- Make sure that we are using all our communication tools and resources properly

Laborers Rising is about building the strength, solidarity and size of our union and ensuring that we as a union can meet every need and obstacle that can arise.

### **IN THE KNOW - GET INVOLVED!**

**Stay “In the Know” – about your Union, your rights, and your wages.**

Stay in the know with the latest videos from LIUNA! The LIUNA In the Know program is a new tool for LIUNA members to get the latest information about your union, your rights, and your wages.



Stay in the know about:

**How to Get Involved**

**Prevailing Wages**

**Good Jobs**



## Veterans, Today and Every Day, We THANK YOU for your service

Millions of Americans have taken the oath to defend our great nation. We honor their service, dedication, and sacrifice every day, but especially on Veterans Day.

## ORIGINS AND MEANING OF VETERANS DAY



*An Armistice Day parade held in Lancaster, Pennsylvania in 1942.  
(LOC/Marjory Collins)*

ARLINGTON NATIONAL CEMETERY HISTORY EDUCATION SERIES



- Originally called "Armistice Day"
- A day to honor World War 1 (1914 - 1918) veterans
- In 1938, Congress made Armistice Day a national holiday.
- In 1954, the name was changed to Veterans Day to honor all military veterans.

- Honors every veteran who has served the United States
- Honors those who served in any war or during peacetime
- The focus is on gratitude for living veterans and active duty members.





# LIUNA Retirees & Veterans Conference



**On October 4-5th we held another successful and informational Retiree & Veteran's Conference** at Ameristar in St. Charles, MO. We had presentations on Suicide Prevention from the US Department of Veteran's Affairs, we received talking points on the PACT Act, as well as received information on Estate Planning.



We heard from Vice President and Midwest Regional Manager David Frye, received a political update on what is going on around the region as well as information on the different plans offered in the Benefits Plus program.

We again thank National Retiree Council member Bob Wright and Retiree and Veteran Council member and retired VP John Penn for putting this event together.



## 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

#### Ron Litherland - Local Union 362

November 2, 1958 - October 21, 2023



The Illinois Laborers & Contractors Joint Apprenticeship & Training Program sadly shares that their former administrator Ron Litherland passed away on Saturday October 21. Ron was a working Laborers 362 member, active in the LeRoy, Illinois community and served with Laborers training for 16 years. Ron deeply believed in LIUNA training and apprenticeship programs and how enhanced skills built a lifetime career for our members. We send our deep condolences to his wife Sue and all his family.

### Local 120 Retirees Gather for Retiree Breakfast

Cheers to those Retirees of Laborers' Local 120, who've dedicated their lives to hard work. The retirees gathered with fellow comrades to share heartfelt stories, and to honor their accomplishments. Bob Wright and John Penn joined to help them celebrate their incredible journey.



### Local 43 Retirees Meet

We had a great turn out for our special call retirees meeting where we hosted former LIUNA V.P. John Penn along with LIUNA retiree council president and recent inducted into the Iowa AFL-CIO Hall of Fame inductee brother Robert Wright.

## STEER CLEAR OF THE DEER



Deer-vehicle collisions are year-round, but peak during the fall months. Please be aware of the following for avoiding collisions when deer are nearby:

- Always maintain a safe amount of distance between your vehicle and others, especially at night time. If a vehicle ahead of you hits a deer, you too could be involved in the crash.
- Most deer-vehicle collisions occur where the animals are more likely to travel: near bridges or overpasses, railroad tracks, streams and ditches.
- Deer often travel in small groups, so if you see one, be alert for others.
- Drive with high beams on when possible and watch for deer eyes reflecting in your headlights.
- If you see deer near a road, slow down and blow your horn with one long blast.
- Slow down in areas that are posted with deer-crossing signs and in heavily wooded areas, especially during the late afternoon and evening.
- Do not swerve to avoid a collision! Swerving could cause you to lose control of the vehicle and lead to a more serious crash.
- If your vehicle strikes a deer, don't touch the animal. A frightened and wounded deer can be very dangerous. Get your vehicle off the road, if possible, and call 911.
- Do not stand outside your vehicle into the oncoming traffic. Stay in your vehicle if it is safe or go to a safe spot and wait for 911.

Source: Oklahoma Department of Transportation

## Winter activity workarounds for hurting hands

The pain and stiffness of hand arthritis make it hard to do anything that requires nimble fingers or a strong grip. And for some people, cold, damp winter weather seems to worsen arthritis symptoms. So how can you get through a busy winter filled with activities that demand a lot from your hands, such as preparing holiday feasts or wrapping presents? The key is to plan, pace yourself, use the right tools, and enlist help if you need it. Here's how to apply that to some common winter activities.

**Holiday Cooking:** Cooking is intense work for your hands, whether you're whisking a sauce or lifting heavy pots and pans. Think about your steps when cooking and modify them. Example, if you need to fill a large stock pot with water, place the pot on the stove first and then add water using a pitcher, so you won't have to lift a heavy pot. Spread out cooking activities as much as possible so you don't overwork your hands. And take breaks while you're cooking, to let your hands rest. Adaptive kitchen tools are plentiful, try pots with large handles that are easier to grip.



**Wrapping presents:** One of the joys of the holidays is giving gifts to friends and family. But gift wrapping requires hand strength to use scissors, and agility in fingers and thumbs to fold paper, tape it, and tie ribbons. To help prevent painful hands, buy presents as far in advance as possible, so you'll have plenty of time to get them ready. Don't overdo it. Wrap just one or two presents per day. Use a large tape dispenser and adaptive scissors that you operate by squeezing a large loop rather than opening and closing two handles. Or simply use gift bags. Remember, don't be afraid to ask for help! Reach out to family and friends, they will be glad you did.

Source: Harvard Health Publishing



## It may sound gross...but we all have said “snotty nose”

Snot can come in nearly all shades of the rainbow. And each color of snot – also called mucus or boogers – tells you something different about what’s going on inside your body. →

Mucus is one of the body’s natural systems of protection. It does things like lubricate the esophagus to make it easier for food to slide down to the stomach, and it coats the lining of the stomach to protect from naturally occurring acid.

Our sinus, head and neck regions are naturally very moist environments, which means that these areas are commonly gathering places for mucus when our bodies are trying to send us a message.

So, when your nose starts running, be prepared to see just about any color of the rainbow!

Source: OSF HealthCare

## What's the color OF YOUR snot?

clear

**You're in the clear.** This snot means you're healthy. If you have congestion or a runny nose with clear snot, you may be dealing with allergies.

yellow

**There's an infection in your body,** but don't panic! Yellow snot means your body is fighting the infection like it should.

green

**Shades of green, especially darker shades, mean you have an infection your body is working overtime to fight.** It could be a sign of a more serious infection. If you have a fever, nausea or if your symptoms don't go away after 12 days, talk to your health care provider.

**Red snot usually means your nasal passages are dry or injured.** It's nothing to worry about. Try using saline nasal spray.

red

black

**Black snot is common for those who smoke.** If you are experiencing black snot and don't smoke, it may be a sign of a fungal infection. Talk to your health care provider.

brown

**You may have inhaled something, such as dust or dirt.** Brown snot is also common among those who smoke.



### VACCINE APPROVED FOR RSV

The first ever vaccines for RSV were approved by the Food and Drug Administration (FDA) in May for older adults and are now recommended by the CDC's for those 60 or older.

Respiratory Syncytial Virus (RSV) is a common contagious virus that usually causes mild symptoms. In older adults with certain underlying conditions, RSV can cause severe infections. Even if you are healthy, if you are 60 and over, you CAN get RSV.

What can you do to protect yourself? Get VACCINATED! Have a conversation with your Doctor or Pharmacist about the vaccination and if it is right for you.

### 988 - The number for the Suicide & Crisis Lifeline

988 Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you and your loved ones.

What happens when you call the 988 lifeline? You immediately get assistance. Whether it is a talk or a resource you are needing for yourself or a loved one, they can provide you with it. Trained counselors offer support and understanding, or simply just listen as long as you want to share.

988 also has a Veteran's Crisis Line. Dial 988 and press 1. When you do it connects you to the Veteran's side with the same trained personnel that provide 24/7 free and confidential support. You do not have to be receiving any VA benefits or be on any certain healthcare plan to qualify. Simply being one of our great country's Veteran's makes you eligible.

Remember YOU ARE NOT ALONE and YOU CAN MAKE A DIFFERENCE!

# BP Raisers

Learn What Could Raise Your Blood Pressure



Many things can affect your blood pressure (BP). It is critical to understand what medications and substances you should avoid to support a healthy BP.

## SMALL CHANGES CAN MAKE A BIG DIFFERENCE

Be your own health advocate by following a healthy lifestyle, including not smoking, limiting or stopping the use of alcohol, exercising, following a low sodium diet and checking your blood pressure as part of your daily routine.

High blood pressure – a systolic blood pressure reading of 130 mmHg and above or a diastolic reading of 80 mmHg and above – is a serious health condition that can increase your risk of heart disease and stroke. Take these steps to control your risk.

### AVOID:

- Illicit and recreational drugs- cocaine, methamphetamine
- Herbal supplements-ephedra, St. John's wort
- Foods that contain tyramine when taking antidepressants, such as MAOIs (monoamine-oxidase inhibitors)



### LIMIT:

- Alcohol to 1 drink a day or less for women and 2 drinks a day or less for men
- Caffeine to less than 300 mg per day (about 2-3 cups of coffee); avoid with uncontrolled hypertension
- Salt to no more than 2,300 milligrams (mgs) a day and **an ideal limit of no more than 1,500 mg per day** for most adults.



### TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT STARTING, STOPPING OR CHANGING:

- Some over-the-counter pain relievers can raise blood pressure. Be sure to talk to your health care professional.
- Amphetamines
- Certain medications to treat mental health
- Corticosteroids, such as prednisone
- Decongestants and some cold medicines; avoid with severe or uncontrolled hypertension
- Immunosuppressants
- Oral birth control (consider alternative low dose agents or progestin-only or consider other forms such as barrier, IUD, abstinence); avoid using with uncontrolled hypertension
- Certain cancer medications (such as angiogenesis inhibitors)



**NOTE:** Do you suffer from chronic pain? Certain medicines can raise your BP or make your BP medication less effective. Talk to your health care professional for guidance if you have any questions.

**TYLENOL**

American Heart Association's efforts to improve healthy choices related to living with high blood pressure is proudly supported by **TYLENOL**®.

[heart.org/bptools](http://heart.org/bptools)

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## LEFTOVER TURKEY STUFFED PEPPERS

Leftover turkey stuffed peppers are a nutritious, wholesome and healthy dinner that you can throw together easily and quickly. Colorful bell peppers are stuffed with roasted turkey, vegetables,

herbs and cheese. They're a great way to get in those veggies and to use up any leftover turkey from a holiday meal.

4 large bell peppers, sliced in half length-wise

1 tsp salt

1/2 tsp pepper

2 Tbs olive oil

2 cups mushrooms, finely chopped or any veggies you want

1 cup onion & 1 cup cauliflower, finely chopped

2 cups cooked turkey cut into 1/2 inch cubes

1/2 cup tomato sauce

1 Tbs soy sauce

1 tsp Italian seasoning

1 Tbs garlic

1 cup mozzarella cheese, grated and divided

1 tsp parsley (for garnish)

Place peppers (seeds removed) on baking sheet and season with salt and pepper. Roast peppers for 15 minutes or until softened.

Sautee veggies in olive oil for 2 minutes, add turkey and cook for 2 more minutes. Add remaining ingredients (save 1/2 cup cheese) and mix evenly. Remove from heat and fill each pepper with the turkey mixture and sprinkle remaining mozzarella cheese on top.

Bake at 375 for 25 minutes.

Garnish with parsley and enjoy!

### WHOLE TURKEY

Butterball  
Foster Farms

### POTATOES/ SWEET POTATOES

Betty Crocker  
Dole  
Ore-Ida

### STUFFING

Stroehmann Bakery  
Products  
Manischewitz

### SALAD/VEGETABLES

Andy Boy Broccoli,  
Cauliflower, Lettuce  
Birds Eye Vegetables  
Del Fresh Mushrooms  
Dole Salads  
Fresh Express Salad

### CRANBERRIES/ CRANBERRY SAUCE

Dole  
Ocean Spray



1		8					7	
		6	3	1		8	9	
	9	7	6					1
			7		3			2
							5	
3					1			
	5	2						
	1	9			8			5
6				2		9	8	

Sudoku is one of the most popular games to develop your intelligence. Supposedly, it was invented in 1970 by Dell's puzzler in New York, who published it in his journal "Mathematical Puzzles and Logical Problems". The further development to web Sudoku was held in Japan, where the name of the game was invented. In 2004, Sudoku was first published in the "Times" as an online game.