

A Newsletter for
and about
UAW-DaimlerChrysler
Retirees

HORIZONS

We're Coping with Terrorism

By Teresa Lockhart

Regardless of age, Americans have been stressed out by the September 11 terrorist attacks. "It's almost like someone has pulled the rug out from under us and we are trying to rebalance ourselves," says Dr. Don Powell, president of the American Institute for Preventive Medicine.

The anxiety, sadness, grief and anger over the tragic events have been intense – and that's to be expected, Powell says.

"Having these feelings is a very healthy approach to dealing with this situation," he explains. "Over time, these feelings will lessen and their daily impact will be felt less frequently."

While the attacks have upset most Americans, older people may have been affected in different ways that cause even greater anxiety.

"I think older people have more difficulty

adapting to change than younger people, given that the years have made them set in their ways," says Powell, a Farmington Hills, Mich., clinical psychologist who provides wellness and self care for seniors.

Concerns in Congress over fighting a war against terrorism have sidetracked the debate over the future of Social Security and Medicare prescription drug coverage – issues that have been of great concern to retirees.

Experiencing another war may be more unsettling for older Americans, especially veterans, who have gone through previous wars and understand the devastating impact they have on the lives of people, says Powell.

He recommends several steps that seniors can take to relieve stress caused by the attacks on America:

- Vent your feelings by talking with other people or writing in a journal.
- Take good care of yourself physically and nutritionally. "By engaging in activities, such as exercising, you have control over

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Charlie's Dream Comes True

By Teresa Lockhart

Charlie Ash understands the value of education – it changed his life. He retired in 1995 from St. Louis North Assembly and devoted most of his time to his upholstery business, thanks to skills he learned at the UAW-DaimlerChrysler Region 5 Family Training Center.

"I've always thought about doing business for myself," says Charlie, owner of the CNJ Top Shop in St. Louis.

He pursued his dream by taking upholstery classes at the training center. "After a month of taking the upholstery class, I

knew that's what I wanted to do," recalls Charlie, who hired on at St. Louis North 36 years ago after graduating from high school.

During Chrysler's bad years, he worked part-time at his shop to make ends meet.

He also worked part-time assisting the upholstery instructor at the training center in Fenton, Mo. "The upholstery instructor was overloaded with classes, so I took over a class for him in 1997," says Charlie.

Currently, he's the center's primary upholstery instructor,

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Charlie's Dream Comes True

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working six hours a day, Monday through Thursday.

Charlie, who served in Vietnam during his U.S. Army career from 1966 to 1968, feels it's important to keep a busy schedule. "I keep my shop open part-time when I am teaching and when I'm not teaching, my shop is open full-time."

He also has some other advice:

"Take advantage of all the classes UAW and DaimlerChrysler have to offer. If you don't like one, try another one for your own personal gratification. You don't have to go into a business to enjoy it. Just have some kind of a hobby that you really like. It keeps your mind active and it keeps you young."

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your life, says Powell. "That's empowering and that can reduce negative feelings that people are experiencing."

- Engage in activities you enjoy, such as planting flowers or playing cards with friends.
- Avoid isolation. "I think seniors need to be very much aware of not being isolated or lonely, which is a problem for seniors independent of this terrorism," says Powell. "It becomes even more important now that seniors become connected to others."



It's Time to Get a Flu Shot

Did you know that flu shots are a covered UAW-DaimlerChrysler benefit? Coverage is provided for one flu shot per year for employees, retirees and surviving spouses and their eligible dependents who are enrolled for health care coverage in the Standard Plan.

Now is the time to take advantage of this benefit and protect yourself against this extremely contagious viral disease. Influenza epidemics occur during the winter months nearly every year and are responsible for making life miserable for millions of people. In fact, flu-related illnesses account for an average of 20,000 deaths per year in the United States.

Many health providers, health departments, community agencies and vendors will be receiving the flu vaccine in November and December. Since flu season begins to take a major toll in January and peaks in February, health officials say those who are not

immunized until December will still be protected.

Each year flu vaccines are updated to include the most current flu virus strains. The fact that flu viruses continually change is one of the reasons the vaccine must be taken every year. Another reason is that antibody levels decline over time and are often low one year after vaccination.

An annual flu shot is recommended for people who are at high risk for developing serious complications as a result of contracting influenza. The groups most susceptible to becoming ill are adults 50 years of age and older, adults and children with chronic diseases of the lungs or heart, people with weakened immune systems and residents of nursing homes.

For more information on the flu shot benefit, contact your UAW-DaimlerChrysler benefit representative or your health care provider.

Your Future is Online

Retirees now have a new online resource – the Future Planning Program Participant's Manual on the National Training Center Web site at www.uaw-daimlerchryslerntc.org. It is a source of information to make retirement more enjoyable and more useful. The manual covers topics that include legal matters, health awareness, Social Security and pension benefits.

Although the Future Planning Program itself was designed primarily for active workers, it also can be an important tool for retirees. It's a 10-session program, usually held at UAW local halls, that includes guest speakers who are specialists in areas from health and relationships to finance and retirement benefits. Retired

workers from the local are also able to attend these sessions if there is room for more than the active workers enrolled.

The Future Planning Manual was added to the NTC Web site in response to requests of retirees and the results of a recent Quick Poll on the site.

Twenty-six percent of respondents requested more retiree information, second only to the 46 percent who want more training information.

You can link to manual from the Work-Life section pulldown menu on the NTC home page. There also are links to the manual from the Future Planning and Retired Workers Program areas.

Retirees Hang Out at the Fair

It was warm and sunny on Senior Day at the Michigan State Fair – a perfect setting for the UAW Retired Workers Department to reach the thousands of retirees who flocked to the annual event.

“I’ve been coming to the fair since 1988,” said Avanita Gibson, a UAW Local 140 member who retired from Chrysler Amplex in 1979. “It’s an honor to participate and be with my brothers and sisters of the UAW.”

Gibson was among the volunteers who staffed the UAW Retired Workers booth, one of the most popular attractions on Senior Day at the fair, which is held in Detroit. Retirees representing DaimlerChrysler, General Motors and Ford worked as a team to distribute UAW-DaimlerChrysler National Training Center tote bags stuffed with literature.

People were lined up outside the Michigan Mart building, where the booth was located, to get the handouts. Everywhere you turned, visitors were carrying these bags.

The literature supplied valuable information on subjects such as Social Security and Medicare. The Retired Workers Department makes it a priority to offer updated information for UAW retirees monthly.

Throughout the day, visitors to the UAW booth heard about the importance of retirees remaining active although they are no longer a part of the workforce. “The UAW is really one of the only unions around that after you retire, you are still involved,” said Louis Green, senior coordinator for the UAW Retired Workers Department and a 1981 retiree from General Motors.

Besides supplying information, volunteers encouraged UAW retirees to remain involved in their union through their local’s retiree chapter meetings and other UAW activities.

“Just about every meeting we have, there’s someone with some type of information that is updated everyone should know about,” said Gerri Dickerson, a retired UAW international representative and former National Training Center staff member who retired in 1999.

Retirees are devoted to political issues. They encourage other retirees to get involved in backing any candidate for office who supports senior and family issues.

“We have to be active to keep up with what’s going on because through politics, we can protect what we’ve got through negotiations,” said Edward Wojcik, a retired trim electric repairman from DaimlerChrysler’s Jefferson North Assembly plant. “We have to take advantage of what fringe benefits we’ve gotten over the years.”

Added Don Steele, UAW international representative in the Retired Workers Department:

“Without the retirees, we’d be in trouble. Active workers are not involved to the extent that the retirees are. They have the time, the effort and the dedication to participate in functions that benefit the UAW.”

And, given the turnout on Senior Day at the fair, UAW retirees proved Steel’s point once again.



The UAW-DaimlerChrysler National Training Center has a Retired Workers Program that addresses such issues as political and union activism, health and fitness, volunteering and financial needs.

For more information, contact your UAW retiree chapter chairperson or Dorothy Jett-Carter or Larry Santos at the NTC, 313-567-3300.

Thought for the Day

The best and most beautiful things in this world
Cannot be seen or even heard,
But must be felt with the heart.

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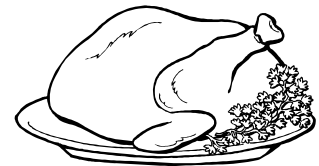
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What’s the Best Way to Thaw a Turkey?



Refrigerator thawing is recommended. However, if short on time, submerge the turkey in cold water. Thawing a turkey at room temperature allows bacterial growth and is not recommended.

Refrigerator Thawing

Thaw breast side up in its unopened wrapper on a tray in the refrigerator. Allow at least one day of thawing for every four pounds of turkey.

Cold Water Thawing

Place breast down in its unopened wrapper in cold water to cover. Change the water every 30 minutes to keep surface cold. Estimate minimum thawing time to be 30 minutes per pound for a whole turkey.

Post-Retirement Seminars May Be Coming to Your Town

By Teresa Lockhart

Retirees will have an opportunity to discuss issues that affect their lives at the Post-Retirement Seminars next year.

The seminars are put on several times a year at satellite UAW-DaimlerChrysler training centers with the help of local retiree chapters.

At least two Post-Retirement Seminars are scheduled in 2002. They will be held in Twinsburg, Ohio, and Huntsville, Ala. No dates have been set. There will be additional seminars scheduled for other locations at a later date.

For the past two years, the post-retirement seminars have proven to be very popular. Last summer, 160 retirees, spouses and surviving spouses attended a seminar for the UAW Local 122 Retiree Chapter in Twinsburg.

“These seminars give us the ability to offer members of our retiree chapters the opportunity for educational updates on contractual, social and political issues that affect retirees on a daily basis,” says Joe Guarino, UAW Local 122 benefits representative at Twinsburg Stamping.

The topics addressed at the Twinsburg seminar included:

- A representative from the Social Security Administration gave an overview of the system, eligibility requirements, changes in the retirement age, unlimited income restrictions after age 65 and Medicare benefits.
- An Employee Assistance Program representative highlighted the benefits of the program for retirees.
- An attorney from the UAW Legal Services Department discussed wills, trusts, probate and estate planning.
- Representatives from Merrill Lynch focused on financial planning and retirement.



If you have story ideas, comments or suggestions on how *New Horizons* can better meet your needs and interests, contact Teresa Lockhart at 313-567-3300 or email at tlockhart@ucntc.org