

HORIZONS

NEWS

Message from Nate Gooden: *Health Care Needs Call to Action*

Contract negotiations time always comes with high anticipation. And understandably so. The UAW membership has a lot on the table. Job security, health care and decent wages in an unbalanced economy will take center stage in this year's bargaining. While pay and job security receive top billing, health care for active workers and retirees is not just a major concern for the union—but for America. The real solution won't come at the bargaining table. It will come from the concerted efforts of our active workers and retirees to get the message to our representatives in Washington that we demand national health care coverage.



U.S. representative or U.S. senator, but whatever your course of action, remain involved in the political process. The union depends on the strength of all its members and as retirees, the role you play is critical.

The UAW will continue to take a strong stand at the bargaining table to protect health care benefits for workers and retirees, but that is a task that won't be won behind closed doors. It is also our duty to stay committed to causes that propel working families toward financial stability.

The tune of a band is only as loud as each individual instrument. Check out the Web sites below. Continue the fight. Solidarity!

As a union, we have more than 584,000 retirees, 75,000 of them in the DaimlerChrysler Department. You have a powerful voice that must be heard on this important issue. If the role of Congress is to represent the people, and the people are crying for reform, then where is the national health care bill? That is why I urge you to stand up and make it a point to be heard. Commit yourself to making sure that those we have chosen to lead understand the importance of guaranteed health care for everyone. Start a letter writing campaign, make a call in to your

www.uaw.org - Our UAW Web site has a wealth of information on letter writing campaigns.

www.aarp.com - Click on the legislative action center.

www.retiredamericans.org - Tons of legislative reform information. Sign on and make a difference!

Getting Down to Benefit Basics



Making the transition to retirement definitely has its strong points—sleeping late, a permanent leave of absence and enough free time to fill up space. But being outside of work means limited accessibility to important benefit information as you make that shift to the world of the well-rested. At the onset of retirement, having access to names and numbers is crucial to making sure that the process is as smooth as possible. There are two ways to get help—your local union benefit representative and *Benefit Express*.

For questions about pension, health care benefits, spousal benefits and more, *Benefit Express* is the one-stop shop for all your benefit needs. Even in the death of a spouse, adjustments can be made right over the phone. To find out who your benefit representative is, contact your local union.

Contact *Benefit Express* at 1.888.456.7800, 24 hours a day, 7 days a week, or visit the Web site at www.resources.hewitt.com/daimlerchrysler.

Outdoor Sun! Indoor Fun!

By Tanisha Perez

Who said summer fun is just reserved for kids must've never made it to retirement. If they had, they would know that enjoying yourself has no age limit. In fact, retirees can enjoy even more outdoor sunshine than they imagined just by getting a little creative. Of course, there are the typical activities such as walking, exercising, gardening and even bicycling to help you feel young and vibrant, but there are other recreations to occupy your summer days.

Don't miss the chance to enjoy a small picnic. It could be just the kind of outdoor relaxation you need. Bring along a blanket, lunch and maybe a friend, and take in the scenery of a local park. Many parks are on the edge of rivers or lakes that can be great for a day of fishing or other water activities. Check your local, county or regional park authority for a listing of safe, healthy and fun-filled parks.



With the sun heating up, an air-conditioned museum can be like a cold drink of lemonade!

Besides the great ambience of taking in images, artifacts and exhibits, museums are bursting with history and beauty. Most museums charge not more than \$5 for admission and can be a great place to spend a hot summer day.



Make use of your local recreational center and see what it has to offer. Take an arts and crafts class or learn a new hobby. Getting involved in fun that keeps you active is both healthy and enjoyable. But that's not all. Take a calming drive in the country, read a new book, learn a new language or take on a volunteer post that involves interacting with others. And when all else fails, there's still time to relax, kick your shoes off and rest easy. That's what retirement is all about, right?

Health Corner



It's often referred to as a "little stroke" or "mini-stroke," but the signs of Transient Ischemic Attack (TIA) are anything but a small thing.

Although not as severe as a real stroke, recognizing and treating TIAs can reduce your risk of having a major stroke.

TIA is caused when there's been a temporary disturbance of blood supply to an area of the brain that results in a temporary decrease in brain function. Symptoms usually go away within 24 hours and, unlike a stroke, there is no damage to the brain.

Some of the symptoms include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes

- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Many people believe that because the symptoms go away quickly, there is no cause to worry. However, TIA is often a warning sign of an impending stroke and can happen days, weeks or even months before a severe stroke. A recent study done by the American Heart Association found that one-third of people diagnosed with TIA will later have a stroke.

While recognizing warning signs is essential, the key is to take such a sudden condition seriously and visit a doctor. In many cases, untreated TIA can signal other serious problems besides a stroke. Some simple preventive measures such as exercising, checking blood pressure, and following a diet low in fat, salt and cholesterol are also important.

Working and Living Retirement

an inside look at the NTC's Retired Workers Program

The three people who make up the UAW-DaimlerChrysler National Training Center's Retired Workers Program Committee have their hearts set on making a difference. The team from both the UAW and DaimlerChrysler are more than just helping hands to retired workers.

"We try to provide ideas and help bring about new ways the NTC can provide programs and services that inform retirees on how to live a good, productive retirement life," says Walt Hempel, a 12-year retiree who worked for Chrysler for 41 years. Hempel worked at four Chrysler plants and four corporate offices before coming to the NTC in 1986.



Oscar Paskal, Pauline Givens and Hempel administer the NTC's Retired Workers Program, each bringing an innovative perspective to enhancing the lives of retirees. The program depends on the efforts of local retiree chapters to facilitate meetings, bring in guest speakers and discuss subjects of interest.

The program is a benefit first negotiated in the 1990 national agreement and it has become a great resource. It addresses the needs and interests of its retired UAW members with a store of information on health, benefits, financial planning, legal affairs and even leisure.

An avid union activist and UAW Local 7 retiree, Paskal worked at the old Jefferson and Desoto plants until their

closing. Before his retirement in 1985, he worked seven years in the labor education department at Wayne State University and the UAW education department before coming to NTC.

Paskal says the objective of the program is "to help retirees lead an active, healthy and productive life."

Givens, who job shares with Hempel while he enjoys four winter months in Arizona, retired in 2001 as associate co-director of NTC. She is the newest member of the team and brings a different approach to her part-time work in the program. Givens says that her retirement has allowed for a lot of introspection and reflection on what retirement is all about.

"You think about the things you can do to influence younger workers as they prepare for retirement," she explains. "It's not something you wake up and do, but something you plan for."

And planning is exactly the kind of active approach the group hopes other retirees will consider. Which is why continuing to help others is just one mark of their commitment to the program. With more than 70,000 retirees in the UAW's DaimlerChrysler Department, the team has a chance to reach a multitude of people. And prepared to meet the challenges and changes of retirement life—the Retired Workers Program they oversee is ready to help!

Please visit our Web site online at www.uaw-daimlerchryslerntc.org for more information on the Retired Workers Program, Future Planning and other NTC programs that enhance the lives of our retiree community.

New Horizons

is published quarterly under auspices of the UAW-DaimlerChrysler Joint Activities Board for UAW-DaimlerChrysler retirees and spouses



Nate Gooden

Vice President, Director
DaimlerChrysler Dept.
UAW
Co-Chairman

John Franciosi

Senior Vice President
Employee Relations
DaimlerChrysler Corp.

WORD MANIA

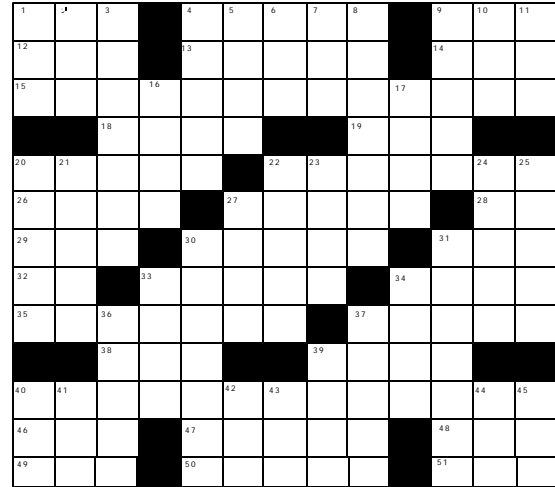
ACROSS

1. Actor Linden
4. Heavy crops of hair
9. Bullring cheer, to Juan
12. Dollar bill
13. Foreign
14. Recent
15. He wrote "The Raven": 3 words
18. Picnic pests
19. Tiny vegetable
20. Like seawater
22. Leaves
26. Author, —Stanley Gardner
27. Show doubt
28. Concerning
29. Plaything
30. Abated
31. Feel sorry about
32. You and me
33. Strong breezes
34. Quick kiss
35. Unfortunate consequence
37. Pulls a fast one on
38. Strange
39. Party pooper: slang
40. John Ritter TV series: 2 words
46. Devour

47. Talked
48. Billiards stick
49. Fire residue
50. Varieties
51. Printing measures

DOWN

1. Long-handled weeder
2. Also
3. In an accepted manner
4. Oscar-winning movie of 1955
5. Cry of sorrow
6. Nothing
7. Slippery fish
8. Broke suddenly
9. At the same level (with): 2 wds.
10. Zodiac sign
11. Ram's mate
16. Poker stake
17. Close by
20. Plan of action
21. Got up
22. Sharp-dressed man
23. Nights before holidays
24. Cease-fire



25. Looks for
27. Desire
30. Most untamed
31. Put back
33. Walk in water
34. Fruit flesh
36. Compass direction
37. Pieces of change
39. Jab
40. Steeped beverage
41. Owns
42. Secret agent
43. Police officer
44. Catholic sister
45. Affirmative response

If you have story ideas or suggestions on New Horizons, contact **Tanisha Perez** at **313.567.3300** or e-mail **tdavis@ucntc.org**.

Answers to Word Mania available online at:
www.uaw-daimlerchryslerntc.org and in
 next issue