

Horizons

Preserving Your Past by Walter Hempel

W Retirees who are interested in doing something that has lasting value are encouraged to "preserve their past." This involves giving your family a gift that only you can give them, a gift that they and future generations will enjoy long after you have passed on. This gift is a record of who you are, where you came from, what you have experienced and felt – your life and history.

T There are a number of ways to do this. One suggestion is to write a series of letters to your children or grandchildren which recall your memories, deep feelings and important ideas and things you have experienced in the distant past. They can be bound into a notebook, which can be handed down from generation to generation. Or, you can write in story form: what important or life-changing events happened to you, what were your joys and disappointments in life. The list of experiences you could share goes on and on. You can always add subjects as you think

of them later on.

If writing is not your thing, you can do the same thing in a number of other ways. Try tape recording your stories. This has the bonus of preserving your voice as well as your life stories. Or, consider doing video tape interviews in which you tell your story. You can also do this along with your parents, uncles and aunts, cousins and siblings. If you can't do a video yourself, ask your children or friends to help you make these recordings.

Another way to preserve the past is to find family pictures, organize and date them, and identify the persons in them. You can't imagine the value that will add to these pictures and how much an heir will appreciate and treasure your act of love.

Don't put this off. You won't always be able to do this. You're bound to get a lot of satisfaction yourself for doing these things. It will be a double gift – for your loved ones and for yourself.

Message from Nate Gooden: You are not Forgotten

As a UAW-DaimlerChrysler retiree, you are a very important part of this great union. You have helped to make it what it is today. My commitment to you begins with meeting your needs in the National Agreement with the company.

When we go to the table to negotiate benefits, such as health care for retirees, we get a lot of resistance from the company. It feels that retirees are no longer a part of the DaimlerChrysler workforce. But the UAW feels our retirees should receive the same

health care every American is entitled to.

Just because you are no longer in the workforce, doesn't mean that we stop fighting for adequate healthcare and other benefits. We must continue to take care of the older generation within this country. And if you have worked for one of the Big Three, the union will continue to protect your interests the next time we sit down at the bargaining table.

Remember, you are not forgotten.

You Have Upper Hand On Crime Prevention



- Mark valuable property by engraving an identification number on it, such as your driver's license number. Make a list of expensive items such as jewelry or silver.

Time

*Take time to work-
It is the Price of success.*

*Take time to think-
It is the source of power.*

*Take time to play-
It is the secret of perpetual youth.*

*Take time to read-
It is the fountain of wisdom.*

*Take time to be friendly-
It is the road to happiness.*

*Take time to love and be loved-
It is nourishment for the soul.*

*Take time to share-
It is too short a life to be selfish.*

*Take time to laugh-
It is the music of the heart.*

*Take time to dream-
It is hitching your wagon to a star.*

Anonymous

Knowing how to protect yourself is the first step to crime prevention. Older people and their families worry about crime, and with good reason. About two million older Americans become crime victims. They are common victims of robbery, car theft and burglary, each year.

Even though there are risks, do not let fear of crime stop you from enjoying life. There are things you can do to be safer.

Always be aware of what goes on around you:

At Home

- Always try to see who's there before opening your door. Look through a peephole or a safe window. Ask any stranger to tell you his or her name and to show proof that he or she is from the identified company or group.
- Make sure that locks, doors and windows are strong and cannot be broken easily.

On the street

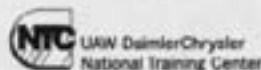
- Have monthly pension or Social Security checks sent direct deposit to the bank.
- Don't carry a lot of cash. Try not to carry a purse. Put your money, credit cards or wallet in an inside pocket. If a robber stops you, hand over any cash you have.
- Don't dress in a flashy way. Leave good jewelry, furs and other valuables in a safe place to avoid tempting robbers.

You can help your friends and neighbors by reporting crime when it happens. Police say that more than half of all crimes go unreported. If you don't report a crime, the criminals will stay on the streets.

If you are the victim of a crime, there is help. Contact the National Organization for Victim Assistance (NOVA) at 1-800-TRY-NOVA.

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Stroke Awareness Quiz

Do you know enough about strokes? Try your hand at this quiz based on information from the National Institute on Aging.

1. A stroke is caused by a blood clot that stops the flow of blood to part of the brain.

True False

True. This blockage leads to a sudden partial loss of brain function. Without oxygen and important nutrients, the affected brain cells are damaged or die off within minutes.

2. All strokes are identical.

True False

False. There are three main types of strokes:

- Thrombotic stroke, caused by fatty deposits that have built up in arteries carrying blood to the brain.
- Embolic stroke, caused by a blood clot formed in another part of the body that

breaks loose, travels through the blood and blocks an artery that supplies oxygen and nutrients to the brain.

- Hemorrhagic stroke, caused when an artery bleeds into the brain.

3. There's no way of predicting if or when someone will have a stroke.

True False

True. But the conditions leading to a stroke develop over years. Risk factors or conditions that may lead to stroke include high blood pressure, smoking, heart disease and diabetes.

4. Strokes always leave patients permanently disabled.

True False

False. For some patients, recovery occurs within weeks following a stroke; for others, it may take months or years.

For more information about strokes, contact the National Institute on Aging at 1-800-222-2225.

Our Legal Services Can Help



If you need an attorney, the UAW-DaimlerChrysler Legal Services Plan should be one of first places you look for advice. The plan provides a wide range of services that may help you avoid complications and unexpected legal expenses. For example, before you sign any contract or other important legal document, check with UAW-DaimlerChrysler Legal Services Office. Services are available to retirees as well as active workers and dependents.

The Legal Services Plan, which is a negotiated benefit, provides assistance in three major areas.

Full Legal Services

The plan provides full legal services and covers any costs of litigation required in connection with the following matters:

- Suspension or termination of Social Security disability benefits
- Wills, codicils (amendments to wills), power of attorney and trusts
- Probate proceedings
- Medicare appeals

Office Work

The plan covers the cost of certain legal work performed by a plan attorney in his or her office, such as:

- Social Security claims, other than disability suspensions or terminations
- Veterans' benefits claims
- Moving violations and other traffic offenses, except for parking violations

Referral services

When legal services are required that are not covered by either the full legal service or office work benefits, the plan offers a referral option. If you live near an office where the plan's legal staff is located, services are provided directly by the plan's staff. If you live outside an area where the plan's legal staff is available, you will be referred to an independent attorney who has been contracted to provide services through the plan.

For information about locations where services are available and further details about the plan, call any of the following toll-free numbers:

1-800-645-5203	1-800-521-2979
1-800-482-5002	1-800-482-7700
1-800-572-1383	1-800-521-7490

The Gloom Factor

You have retired and you're on your way to enjoying the good life. So, why do you continually feel like your world is filled with gloom? It's possible that you could be suffering from depression.

As we get older, detecting depression may be complicated. Often the symptoms of depression, such as fatigue or loss of appetite, are associated with the aging process or a medical condition rather than with emotional distress.

How do you know when help is needed? After all, as the years pass we may have to face the kinds of problems that could cause any of us to feel "depressed," such as having to deal with the death of loved ones or friends or coping with chronic illness. Or some of us simply may have a tough time getting used to retirement. But, after a period of grieving or feeling troubled, most of us do get back to our daily lives. If you continue to have trouble coping mentally and physically, or you don't feel better for weeks, months or even years, that may be a sign of depression and the need for professional help.

Here is a list of the most common symptoms of depression. If these last for more than two weeks,

see a doctor.

- An "empty" feeling, ongoing sadness and anxiety
- Tiredness, lack of energy
- Loss of interest or pleasure in everyday activities, including sex
- Sleep problems, including very early morning waking
- Problems with eating and weight gain or loss
- A lot of crying
- Aches and pains that just won't go away
- A hard time focusing, remembering or making decisions
- Feeling that the future looks grim; feeling guilty, helpless or worthless
- Being irritable
- Thoughts of death or suicide; a suicide attempt

Don't ignore the warning signs. For more information contact the National Depressive and Manic Depressive Association at 1-800-826-3632 or the National Mental Health Association at 1-800-969-6642.

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@ucnctc.org

n e w s l e t t e r

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