



## UAW NORTHWEST ARKANSAS

INTERNATIONAL AREA COUNCIL Mountain  
Home, Arkansas 72653

Tim Smith, Region 8, Director

**3rd Quarter 2024**

**SUMMER IS HERE**

Please note:

Council meetings are held on the 2<sup>nd</sup> Friday of each month. At the VFW Post located at 214 W. 7<sup>th</sup> Street, Mountain Home, AR 72635.

Executive Board meets at 11:00 a.m.

the regular monthly council meeting begins at 11:30 a.m.

Please make a note on your calendar and attend your Council meetings.

Visiting with UAW friends & family.

Busy – busy – busy That's the way it is in my old age.

I hope ya-all are coping well with the southern heat of summer. Thank goodness for air condition and the wonderful southern breeze.

As the summer heat cranks up, I would like to caution everyone to watch out for dehydration. The following is an article that addresses this issue:

### **Signs of Dehydration in Elderly People**

It's important to be aware of the signs and symptoms of dehydration. In elderly people, the effects of being dehydrated can progress quickly, so you must act fast if you suspect dehydration.

As well, symptoms of dehydration in the elderly are often progressive. In the initial stages, you can tell if

an elderly person is dehydrated by checking for the following signs of mild dehydration:

- Cracked lips
- Dry mouth
- Dry skin, particularly in the armpits
- Less frequent urination than normal

More severe effects of dehydration in the elderly are:

- Dark-colored urine (instead of what it should be: the color of pale straw)
- Strong-smelling urine
- Dizziness
- Increased heart rate
- Muscle cramps
- Crying without tears
- Confusion
- Irritability
- Fatigue
- Headaches
- Fainting

However, it's important to keep this in mind: Dehydration symptoms in adults who are in their senior years aren't always clear-cut. For example, some medications can affect the color of urine. As well, although dehydration can cause hallucinations in the elderly, cognitive changes from dementia or even side effects from certain medications are also sometimes responsible for the experience of perceiving things that aren't there.

So how can you identify potential dehydration?

Here's one good strategy: If you experience any of the symptoms above, simply drink some water, then see if the symptoms improve in 10 to 15 minutes. (Or if you suspect that a loved one is dehydrated, make sure that he or she gets some water, then wait and look for improvement.)

**You should go to the ER for dehydration when you or the elderly person in question is experiencing any confusion, unexplained irritability, or sleepiness.**

Always remember that getting prompt medical care is the most reliable way to know whether a senior is dehydrated. That's because dehydration is diagnosed in the elderly through blood tests that check their electrolyte levels and kidney functions. ([Urine tests](#) aren't always reliable for seniors.)

The UAW is involved in political action because our ability to make progress for workers and retirees at the collective bargaining table is intertwined with our ability to elect pro-labor candidates to office. Federal, state, and local

governments make countless decisions that have a major impact on the well-being and quality of life for all working Americans. We must remain actively

involved in the political process to advance the interests of workers and retirees on issues like workplace health and safety, trade policy, the right to organize, the right to a fair collective bargaining process, pensions, Social Security, Medicare/Medicaid, and Civil & Human Rights. Voluntary Community Action Plan (V-CAP) The easiest way for us to do that is to support V-CAP through V-CAP checkoff. V-CAP is the UAW's political action program, which includes the Union's Political Action Committee (PAC). The PAC fund is made up of voluntary contributions from UAW members, both active and retired. The money is used to support pro-worker political candidates who have earned the endorsement of the UAW Community Action Program (UAW CAP). This voluntary contribution is usually made through automatic payroll deduction, called V-CAP checkoff, by law, union dues cannot be used to support any federal candidate. V-CAP will give not only UAW sisters and brothers, but all men, women, and children, young and old a voice and hopes of leveling the playing field.

Voluntary Retiree Dues Retirees, spouses, and surviving spouses are encouraged to participate in Retiree Dues Checkoff. Please know that these monthly voluntary

dues (\$3. or more) are vital to the survival of the Retired Workers Program and our Council. If you are NOT currently participating, please consider doing so. Retiree dues checkoff cards will be available at our monthly meetings. Associate Member Dues We encourage spouses of UAW retirees to participate and join retiree chapters and councils as Associate Members. Associate dues of \$3 per month, or \$36 per year can be paid via check to the UAW Retired Workers Department, or can be added as a deduction to the retiree monthly pension check. If you have any questions, please call the Retired Workers Department at: (313) 926-5231.

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#### INFORMATION RESOURCES

UAW-GM TALKS ..... Facebook.com/uawgmtalks/  
UAW International .....Facebook.com/union/  
UAW International.....@UAW  
UAW APP.....Text “APP” to 99796\* to download or  
To get more information on uaw.org  
UAW.org .....Go to [www.uaw.org](http://www.uaw.org) to find news,  
Press releases, and educational resources



IMPORTANT TELEPHONE NUMBERS AND WEBSITES

Retiree Health Care Connect (RHCC) – 866-637-7555 [www.benefitsweb.com/rhcc.html](http://www.benefitsweb.com/rhcc.html)

UAW Trust – 866-637-7555 [www.uawtrust.org](http://www.uawtrust.org)

Ford — General Motors – STELLANTIS (formerly FCA/Chrysler)

Blue Cross/Blue Shield – 877-832-2829 [www.bcbsm.com](http://www.bcbsm.com)

Davis Vision 888-234-5164 [www.davisvision.com](http://www.davisvision.com)

Delta Dental – 800-524-0149 [www.deltadental.com](http://www.deltadental.com)

Legal Services Plan – 800-482-7700 [www.uawlegalservices.com](http://www.uawlegalservices.com)

Silver Sneakers – (BC/BS Members) [www.silversneakers.com](http://www.silversneakers.com)

“New” Silver Sneakers – 855-604-1588 (UnitedHealth Care Members)  
[www.uhcrenewactive.com](http://www.uhcrenewactive.com)

TruHearing – 844-394-5420 [www.truhearing.com/uawtrust](http://www.truhearing.com/uawtrust)

United Auto Workers – [www.uaw.org](http://www.uaw.org)

“NEW” UnitedHealth Care Medicare Advantage Plan (Medical Benefits)

844-320- 5021 [www.retiree.uhc.com/uawtrust](http://www.retiree.uhc.com/uawtrust)

“NEW” UnitedHealth Care Medicare Rx (Optum Rx - Prescription Drug Benefits)

855-409-0219 [www.uawtrustpdp.com](http://www.uawtrustpdp.com)

LIFE INSURANCE CONTACT NUMBERS

FORD MetLife – 833-552-FORD (3673)

STELLANTIS (formerly FCA/CHRYSLER) – 888-409-3300

GM MetLife – 888-543-3461

Social Security Administration – 800-772-1213 [www.SSA.gov](http://www.SSA.gov)

Medicare – 800-Medicare (800-633-4227) [www.medicare.gov](http://www.medicare.gov)

**PENSION ADMINISTRATION FOR FORD: 800-248-4444; GM: 800-489-4646 and STELLANTIS:  
888-409-3300**



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If moving is on your agenda please remember it's the UAW's policy that the local where you retired from be notified in order to record the change of address.

If the local you retired from no longer is an open local then please call the Retired Workers Department at 313-926-5640

In solidarity,

*Larry Kitson*

Larry Kitson, Chairman

870-321-8064