



Eye Safety: How to Keep Your Eyes Healthy

Shaana Gordon, Labor Relations Manager, Human Resources

Don't take your eyes for granted. Below are easy steps to keep your eyes healthy:

"Everyone needs a regular eye exam. A comprehensive eye exam is always recommended and can include vision tests, eye pressure and optic nerve tests."



1. Eat Well

Good eye health starts with the foods that we eat. Nutrients like omega-3 fatty acids, lutein, zinc and vitamins C and E might help to ward off age-related vision problems. Fill your plate with

- green leafy vegetables like spinach, kale and collards
- salmon, tuna, and other oily fish
- eggs, nuts, beans and other nonmeat protein sources
- oranges and other citrus fruits or juices
- oysters and pork

2. Quit Smoking

The chances with smoking increases your risk for getting cataracts, damage to your optic nerve and macular degeneration.

3. Wear Sunglasses

Sunglasses will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure increases risk of cataracts and macular degeneration.

4. Use Safety Eyewear

If you use hazardous or airborne materials on the job or at home, wear safety or protective goggles. Also, when playing sports like ice hockey and racquetball.

5. Look away from the computer screen

Staring at a computer or phone screen for too long can cause eyestrain, blurry vision, trouble focusing at a distance, headaches and neck, back and shoulder pain. Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up at least every 2 hours and take a break.

6. Visit your eye doctor regularly

Everyone needs a regular eye exam. A comprehensive eye exam is always recommended and can include vision tests, eye pressure and optic nerve tests. Eye exams can find diseases that have no symptoms like glaucoma.

Profit Sharing Deferral Election Window

Between 8 a.m. Jan. 26, 2018 and 4 p.m. on Feb. 9, 2018

You can defer all or a portion of your Profit Sharing payout to your PSP account

Hourly Employee Profit Sharing Deferral Election Window Announced

In the event that there is a payout under the Profit Sharing Plan, you will have the opportunity to contribute all or a portion of your payout in one percent increments, up to 100 percent, or a flat dollar amount, to your Personal Savings Plan (PSP) on a pre-tax basis, subject to tax law limitations. Deferral contribution elections will be accepted between 8:00 a.m. EST on January 26, 2018 and 4 p.m. EST on February 9, 2018. Elections can be made online at gmbenefits.com or by calling the GM Benefits & Services Center at 1-800-489-4646.

If you are considering deferring all or a portion of your Profit Sharing payout into your PSP account, please consider the following:

- You must make a new deferral election during the window period.
- The payout will be subject to FICA taxes and Union dues.
- For active employees receiving wages, your Profit Sharing contribution will be the percentage or flat dollar amount you elect, provided your other wages are enough to satisfy the FICA and Union dues obligations on the combined wages and Profit Sharing payout.
- For active employees not receiving wages, your Profit Sharing contribution will be after FICA taxes and Union dues are deducted from the Profit Sharing payout.
- Any outstanding payroll or benefit overpayments, special court orders for child support arrearages, tax levies or similar obligations will be deducted from your Profit Sharing payout before any contributions are made to the PSP.
- You must be eligible to accumulate savings in the PSP for your contribution election to be effective.

For more details and deferral examples, please refer to the Profit Sharing communication that will be sent to employees beginning January 25, 2018 based on their preferred method of communication on file at Fidelity.



Attention Junior Achievement Bowl-A-Thon Bowlers!

What is the JA Bowl-A-Thon?

The JA Bowl-A-Thon is an annual Junior Achievement fundraiser that generates \$90,000 annually for the delivery of Junior Achievement's Financial Literacy, Entrepreneurship, and Career Development education programs throughout Northwestern Ohio. The Bowl-A-Thon is a unique opportunity to support education. Not only is it for the students of our community, but for the employees of your organization as well. Ultimately, it is a FUN fundraiser!

GM TEAM TOLEDO BOWLS ON:

Saturday, February 10, at 12:00 p.m.

Participants are asked to collect a minimum of \$100 in pledges. Bowler registration will be paid by the plant. This covers three games and shoe rentals at Southwyck Lanes.

If you would like to organize a team or learn more contact:

Paul Gunther 419-490-6593

Please consider forming a 5 man team for this year's event!

Want to donate? Go to: <https://intelis.net/jano/2018BAT/peDonate.html>. Once accessing the website, choose GM and "Gunther" as the solicitor to donate. **THANKS!**

Union Night at the Huntington Center

Toledo Walleye vs Atlanta Gladiators

Tickets going on sale this week for Union Night with the Toledo Walleye, Feb. 24th.

Come out and represent UAW Local 14.

Tickets are \$49 with all you can eat buffet and all you can drink full bar. \$39 for non alcohol option.

This is always a great time.

Tickets at the Hall Mon- Fri 7:30 a.m. - 4:30 p.m.

5 p.m. on Wednesdays

32 TICKETS LEFT AS OF 01/23/2018!

GET THEM NOW!

LUCAS COUNTY ALERTS



To receive alert notifications regarding snow emergency levels, tornado, etc. go to <http://www.lucascountyalerts.com/> and sign up for text and/or email alerts. In the event of an emergency or tornado warning, an alert will be sent to the phone number(s) you provide and/or your email address. This is a free service provided by Lucas County, however, normal message fees may apply. To receive text messages to your cell phone, your cell phone must have text messaging capabilities.

I don't live in Lucas County. Can I sign up?

Yes, you can still sign up even if you are not a Lucas County resident. Many people who work or have family in Lucas County choose to subscribe to stay aware of relevant emergency situations. However, you will not be notified of emergencies which occur outside of Lucas County.

45th Annual Local 14 UAW Bowling Tournament



The Tournament will be held at Jug's Bowling Center March 9, 10 and 11 and March 16, 17 and 18th. This event is open to **ALL MEMBERS OF LOCAL 14 UAW, ACTIVE AND RETIRED AND FAMILY.**

USBC Sanctioned

5 divisions. Cost is \$20 per entry. \$25 Walk-Ins

Entry format: Singles, Ladies Singles, Doubles, Mixed Doubles and Teams (3)

Complete list of rules available at the hall.

Entry fee includes awards banquet on April 7, 2018 at the Local 14 Union Hall

Deadline for entries and payment is Friday, March 2, 2018.

Please make payment at Local 14 UAW dues office.

Racism is garbage.

DO NOT recycle.
DO NOT recycle.

Just toss it.

www.meadowlark-press.com

How to contact us...

Communications Coordinator - UAW: Daniel Macut
Email submissions to daniel.macut@gm.com

Phone: 419-450-0947

Member UAW - LUCA Local Union Communication Association

Deadline for POWERLine is 3:00 p.m. Tuesday.

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