

# Protect Yourself from the Seasonal Flu – Get a Flu Shot!

Remember, the single best way to protect against the flu is to get vaccinated each fall. This is especially important for people at high risk for complications from the flu, including anyone:

- 50 years of age and older.
- with long-term medical problems and/or weakened immune systems.
- living in nursing homes or other long-term care facilities.
- who lives with or cares for those listed above.

## Finding Flu Shots

- Check with your personal physician, local health department or senior services.
- Visit the American Lung Association website at <http://www.flucliniclocator.org>.
- The following flu shot providers contract with Aetna to provide flu shots to Aetna members:
  - o Maxim Health Systems – [www.findaflushot.com](http://www.findaflushot.com), or call 1-866-466-2976
  - o VaxCare (FL, GA, KY, NC, SC only) – [www.vaxcare.com](http://www.vaxcare.com).

- o SUPERVALU Pharmacies – [www.supervalupharmacies.com](http://www.supervalupharmacies.com), or call 1-800-783-0458
- o Safeway Pharmacies – [www.safeway.com/flu](http://www.safeway.com/flu).
- o Mollen Immunization Clinics – [www.FluShotUSA.com](http://www.FluShotUSA.com), or call 1-877-279-3588
- o Walk-In Clinics – to find a walk-in clinic near you, log in to Aetna Navigator’s DocFind, or call Aetna at 1-800-7DOWDOW.

- These clinics charge a fee; your out-of-pocket costs depend on your plan of benefits. Aetna members must show their Aetna ID to get a flu shot at contracted rates.
- Medicare pays the entire cost of the flu shot for all members enrolled in Part B, so Medicare-eligible retirees should use their Medicare ID card.
- Most health benefits plans offer flu shot coverage; contact your benefits provider or call the Dow Retiree Service Center at 1-800-344-0661 for more information.

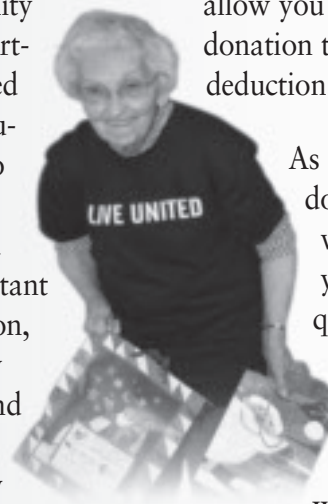
## What About the H1N1 (Swine) Flu?

It is important to note that the seasonal flu vaccine is not the same as, and will not protect you from, the H1N1 virus. The CDC states that “current studies indicate the risk for infection among persons age 65 or older is less than the risk for younger age groups”

and is prioritizing H1N1 vaccine for children, pregnant mothers, and health care personnel with direct patient contact. For more information on the H1N1 virus, and seasonal flu, visit [www.flu.gov](http://www.flu.gov).

## Retirees Invited to “Live United”

The fall campaign season for the United Way is off and running. This year, with the support of its community and agency partners, the United Way is continuing its work to advance the common good in three important areas: education, self-sufficiency and health. And across North America, Dow people are opening their hearts and sharing their resources as part of the “Live United” effort.



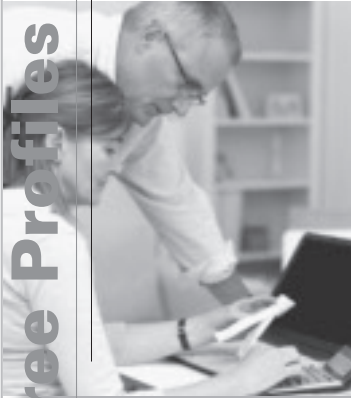
clicking on the United Way link. Registering on the contributions website will protect your privacy and allow you to make your donation through pension deduction.

As always, your donation is strictly voluntary. If you have any questions, please contact Pledge Processing at (989) 633-0870.

When you give – whether a monetary gift or a gift of your time – you make a difference in the life of a neighbor in need. In these difficult times, what could be more rewarding?

You can donate to your local United Way by visiting [www.dowfriends.com](http://www.dowfriends.com) and

# Marketing ... Finance ... Planning – Habitat’s Not Just About Construction Anymore!



**D**ow and Habitat for Humanity

International have been building great things together since the early 1980s. Through house sponsorships, product donations and volunteer work crews at builds around the world, Dow is helping Habitat to provide sustainable, affordable housing to those in need.

Now, Dow is expanding its relationship with Habitat through an innovative program matching the volunteer needs of local Habitat affiliates with the diverse skills and experience of Dow retirees. That means you can apply the skills you acquired in the workplace to help others, while gaining new experience in a nonprofit setting in your community.

## Habitat for Humanity Needs Your Skills

Habitat is looking for retirees who can apply their professional skills in a variety of areas, including marketing, finance, accounting and “Green Building” design. The types of opportunities available include the following:

- Creating an IT integration program
- Developing a ReStore marketing plan to help promote low-cost, donated building materials
- Implementing a “Green Building” program
- Facilitating a “Change Your World” summer youth initiative
- Assisting with ReStore seasonal flower sales
- More!

## See How You Can Help!

Many Dow employees and retirees regularly contribute their time, talent and expertise through volunteer efforts. We encourage you to consider this new opportunity; simply check out the volunteer positions listed for your area on the



volunteer page on *www.DowFriends.com*. More positions will be added as they become available.

Don’t miss this chance to add rewarding volunteer

activity to your retirement – and help Habitat in its important work to eliminate poverty housing and homelessness from the world.

## Volunteer Opportunities Now Available Online

**D**ow retirees who want to invest their time and experience to help others can now learn about volunteer opportunities online at *www.dow.com/friends/volunteer/index.htm*. Local volunteer needs are posted and updated on a regular basis.

Dow appreciates retirees who share the company’s desire to support and give back to our local communities. Whether you have a lot of time to contribute or just a few hours, be sure to check out the volunteer page on *www.DowFriends.com*.

# Celebrating 100<sup>th</sup> Birthday

## Clement Tawney



By Ed Ballard, Regional Director, Carbide Retiree Corps



**W**e had the privilege of celebrating Clement Tawney's 100th birthday with him, his three sons and their wives, and his daughter at his home in Left Hand, West Virginia. Mr. Tawney worked for UCC Construction for 33 years. All three of his sons worked for Union Carbide as did his son-in-law. Jerry had 35 years; Jack, 30; Kenny, 5; and LaMoine's husband, Bill King, 31. Clement and his family represent 134 years of service with Union Carbide.

During our visit he shared some work experiences as a truck driver for the Construction Department, which took him over most of West Virginia, and their family life on the farm. His day started very early as he had to leave home no later than 5:30 a.m. because he had to drive 1½ hours to the Institute Plant. Since he

had time to spare, he took the responsibility of having coffee ready when others arrived. He was proud he was never late for work in spite of bad weather and no interstate roads.

We had finger food while stories of old times were traded by him and his family. The cake with the blue Union Carbide logo and blue trim icing was cut later. Everyone had a hearty appetite and enjoyed the cake and ice cream even though most of us had blue lips from the cake icing, and some of us had traces of blue in other places.

Bob Chenoweth, his wife Marge, and Ed Ballard and his wife Lee were there representing the Carbide Retiree Corps (CRC). Clement was presented with a congratulatory letter from Dow Chairman and

## Gaylord Maines



family at a local hotel. Despite his "maturity," Gaylord still operates a top-notch machine shop in the garage of his son's house in Knoxville.

**B**orn on January 6, 1909, Gaylord "Grannypop" Maines spent his entire career with Union Carbide's Chemicals and Plastics Division in South Charleston, West Virginia, as a 1st Class machinist, retiring in 1965.

Gaylord celebrated his 100th birthday in Knoxville, Tennessee, with more than two dozen members of his extended

Gaylord was recognized as a centenarian by Carbide Retiree Corp's (CRC) South Region director Joe Vogt (left) with a blue blanket with the UCC logo and congratulatory letters signed by Dow Chairman and CEO Andrew Liveris and David Clash, chairman and president of CRC.

CEO Andrew Liveris and a blue blanket with the Union Carbide logo. Clement likes to sit on his porch, which is a great vantage point to look over the hills and fields and watch people and traffic. On the hot days, there always is a pleasant breeze and he said the blanket will be a comfort when the days get cooler.

It was enjoyable spending time and talking with Clement and his family, who all contributed so much of their life to Union Carbide, and learning from our time together how many friends we had in common from our time at work.

# Dow Retirees and Area Teachers Attend Hands-On Science Education Pilot Session



**D**ow has joined the Society of Automotive Engineers (SAE) International to help students explore the exciting world of science and engineering through *A World in Motion (AWIM)*. Since 1990, this program has brought math and science principles to life for students through interactive learning experiences that demonstrate the laws of physics, motion, flight and electronics.

In April, Dow hosted a pilot training session in Midland, Michigan, to bring *A World in Motion* to the Great Lakes Bay region. A number of Dow retirees from the community attended the session, as well as teachers from the Bay City Public Schools and Midland Public Schools. John Madia, a retiree of Dow Human Resources, gave the opening remarks. Mike Powers, a member of SAE International and retiree



of Dow Automotive, also spoke at the event.

The training session included a demonstration of an AWIM experiment and also provided details on how to implement the program in local schools. Teachers who attended the training will be able to implement the program in their curriculums this fall. Volunteers will work with area educators to assist with experiments as students construct paper sailboats and balloon-powered toy cars – learning about friction, forces, the effects of surface area, design and other basic scientific principles.

To learn more about *A World in Motion* or find out how you can get involved with the program in your community, please visit [www.awim.org](http://www.awim.org).