



# Teamsters Service Bureau

THE AGENCY WITH A HEART

MAKING LIFE WORK FOR YOU AND YOUR FAMILY

## JEAN DUNN RETIRES WITH SUCCESSFUL 28 YEARS TEAMSTERS, FRIENDS HONOR SERVICE BUREAU LEADER

### Services to Teamsters

Drug and alcohol abuse or compulsive gambling counseling

Personal, adolescent, and family counseling

Financial and budgeting issues

Credit, housing, and food problems

Family violence, rape, and crime victimization

Literacy and other educational needs

In-service training for companies and union stewards in a variety of human service areas, including family violence, chemical dependency, retirement planning, budgeting, and sexual harassment. We have Family Services locations throughout the entire state of Minnesota.

### Services to Workers Experiencing Layoff

Career Counseling Assessments: goals, interests, skills, etc.

Individual Employment Plan

Workshops on effective job search

Resource materials and resource room

Career training

On the job training

Support services

Access, assistance, Placement

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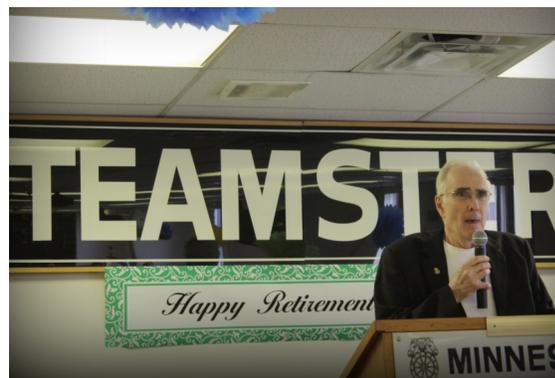
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Teamster officials, staff and members, retirees, and many friends and colleagues gathered to congratulate Jean Dunn upon her retirement at the end of June. Working with Teamsters leadership in 1986, Jean established the Bureau as a unique agency helping Teamsters affiliated with Joint Council 32, as well as workers throughout the state of Minnesota who have experienced layoff.

She leaves the Service Bureau in very good shape: a financially stable organization, a reputation for high quality services, many strong connections she has built, a skilled staff that she has put in place, and a vision of services for Teamster families that will continue for years to come.



Retired Joint Council 32 DRIVE Director **Don Gerdesmeier**.



**Jean Dunn**, Executive Director of Teamsters Service Bureau.



**Jean and Joe Kabacinski**, retired Teamster and Teamster Foodshelf Manager.

Her initiative, vision, and ongoing work on behalf of working people were highlighted and praised by **Scott Gelhar**, Service Bureau board member and trustee of the Joint Council 32, **Don Gerdesmeier** – Retired DRIVE Director and longtime Administrator of the Teamsters Service Bureau, and **Mike Powers** – Retired Director of the Dislocated Worker Program at the Teamsters Service Bureau in a program moderated by the Service Bureau's current Dislocated Worker Program Director, Jessica Bachaus Young.

# Fall Means Adjustment, Change for College-Bound Students and Families

College students face many challenges, pressures and anxieties that can cause them to feel overwhelmed.



They might be living on their own for the first time and feeling homesick. They're also likely adapting to a new schedule and workload, adjusting to life with roommates, and figuring out how to belong. Money and intimate relationships can also serve as major sources of stress. Dealing with these changes during the transition from adolescence to adulthood can trigger or unmask depression during college in some young adults.

According to the University of Illinois Chicago Common college stressors include:

- Greater academic demands
- Being on one's own in a new environment – with new responsibilities

- Changes in family relations and one's social life
- Financial responsibilities
- Exposure to new people, ideas, and temptations
- Being away from home, often for the first time
- Making decisions, on a higher level than one is used to
- Substance abuse
- Awareness of one's sexual identity and orientation
- Preparing for life after graduation
- Psychological make-up can also play a role in vulnerability to depression. People who have low self-esteem, who consistently view themselves and the world with pessimism, or are readily overwhelmed by stress may be especially prone to depression.

**The Minnesota Teamsters Service Bureau is here for Teamster family members. We can provide free confidential counseling by calling: 612-676-3700 or 1-800-979-9725.**

## Stress and Illness

How much is too much stress? A scale developed by Holmes and Rahe in 1967 assigned points for the amount of stress associated with a number of critical life events. Their conclusion was that there is a link between stress and illness.

The points add up if a person experiences multiple events at the same time. There is a strong risk of illness with a score of 300 or more. But any elevated score can be a matter of concern.

Life event	Stress units
Death of a spouse	100
Divorce	73
Marital separation	65
Imprisonment	63
Death of a close family member	63
Personal injury or illness	53

Marriage	50
Dismissal from work	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44
Pregnancy	40
Sexual difficulties	39
Gain a new family member	39
Business readjustment	39
Change in financial state	38
Death of a close friend	37
Change to different line of work	36
Change in frequency of arguments	35
Major mortgage	32
Foreclosure of mortgage or loan	30
Change in responsibilities at work	29
Child leaving home	29
Trouble with in-laws	29

Outstanding personal achievement	28
Spouse starts or stops work	26
Beginning or end school	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss	23
Change in working hours or conditions	20
Change in residence	20
Change in schools	20
Change in recreation	19
Change in church activities	19
Change in social activities	18
Minor mortgage or loan	17
Change in sleeping habits	16
Change in number of family reunions	15
Change in eating habits	15
Vacation	13
Christmas	12
Minor violation of law	11

# Teamsters Service Bureau: Our Work

## Emergency Funds Available to

### Striking Teamsters

In July, members of Teamster Local # 792 went out on strike. Several members applied for and received financial assistance to help with expenses while their local was on strike.

Members who are eligible, may access emergency assistance funded through the United Way and their locals and administered by the Service Bureau.

In addition to such direct financial aid, members from contributing locals are able to receive financial counseling, legal assistance and family services during times when these services are most needed.



Several Teamster locals have negotiated penny per hour contracts with their employers in order to provide a variety of Employee Assistance Program (EAP) services to union members through the Teamsters Service Bureau. Free confidential, convenient statewide resources are accessed by members covered by these locals including: chemical dependency assessment and treatment, family, relationship, mental health, legal, and financial counseling and referral.

The Minnesota Teamsters Service Bureau is funded by participating locals of Teamsters Joint Council 32, union employers, and the United Way. In addition, the Service Bureau is reimbursed for services provided to Dislocated Workers throughout the state by the Minnesota Department of Employment and Economic Development.

If you or someone you know would like to find out more about how the Minnesota Teamsters Service Bureau can help you or a family member, please call 612 676-3700 or 1-800-979-9725, or visit our web site: [mntsb.org](http://mntsb.org).

## Dislocated Get Help to Find Work Through MN Teamsters Service Bureau

Did you know that the Minnesota Teamsters Service Bureau is one of a very small group of service providers that make up the state of Minnesota Dislocate Worker Program?

The MNTSB competes with other providers for contracts to work with large employee layoffs of 50 or more. Large layoff groups are assigned to a provider based upon a recommendation from a review committee made up of employees who will receive the services.

With layoffs smaller than 50, the Bureau receives "Formula" funding each year to respond to clients on an individual basis. A worker can choose any provider of such services that has received state funding through the funding formula to serve them.

At the Minnesota Teamsters Service Bureau, workers facing layoff learn new job search skills, get prepared for job search, get placement help, and under qualifying circumstance, receive financial and train-

ing resources to soften the impact of job loss and reemployment. Making use of workshops, individual coaching, online tools and more, each worker gets the attention and assistance that will get them back to work in good paying jobs. needed. And in the case of Teamsters served by our program, our staff are committed to ensure they land on their feet.

If you know of a Teamster or any other worker facing layoff, the Bureau's services are highly appropriate.

We will help with resume building, computer based job search, presentation and interview skills, job leads and more. We can access funds to help in emergency situations, to help with bills and to help with training if needed.



# Teamsters Service Bureau: Our History

## MN Teamsters Service Bureau History

Founded in 1986, the Minnesota Teamsters Service Bureau exists to help raise the quality of life of the Union membership addressing developing or existing problems in their lives. It was begun to supplement dwindling human services and to provide information and referral and advocacy for Teamster members.



**Jean Dunn** visits with **Dan Cherryhomes**. Cherryhomes was hired in June to fill the position of Executive Director.

The Bureau's Family Services Specialists have helped Teamsters with a variety of problems, including but not limited to, those in the areas of chemical dependency and mental health, short term financial needs, and legal assistance.

From the beginning, Service Bureau leadership recognized that the effectiveness and survival of the agency depended upon two core elements:

- 1) the support of Joint Council 32 and its member locals, and



**Scott Gelhar**, Board Member of the MN Teamster Service Bureau, wishes Jean well in her retirement.

- 2) an established position within the existing human services network.

The confidential services, assistance, and referrals offered to Teamster



Present and past Teamster DRIVE leadership. Pictured with Jean: Drive Director **Ed Reynoso** and **Don Gerdesmeier**.

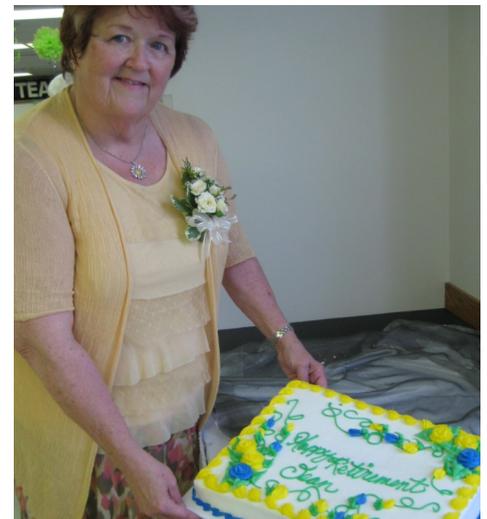
members has helped build loyalty and support among Teamster leadership, their locals, and the families that the Bureau serves. Such services often come through referral from Union officers and demonstrate that Bureau staff are trusted with their understanding of union family issues.

Since opening, the Bureau has been successful in the second goal as well, as one of a small group of state wide agencies that contract with the Minnesota Department of Employment and Economic Development to successfully place dislocated workers in new jobs.



Former Program Director of the MN Teamster Service Bureau **Mike Powers** gave insight into the work done by the agency under Jean's leadership.

It has developed into an agency that participates in a full range of human service delivery through a network built up in 87 Minnesota communities and has assisted thousands of working people. In such ways, Teamsters continue to expand upon the good work done for all working people and to increase their impact throughout the state.



**Jean Dunn** poses with a retirement cake. "Happy Retirement Jean!"

SPEAK WITH A FAMILY SERVICE SPECIALIST TO ACCESS THESE SERVICES

Call 612-676-3700 or toll free 800-979-9725