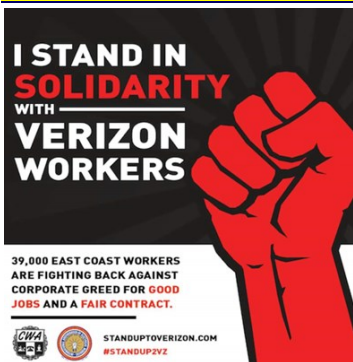




### Stand in SOLIDARITY with our IBEW/CWA Verizon Brothers & Sisters!!!!



On Wednesday, April 13, 2016, working people at Verizon went on strike. It's never good when working families have to take this step, but Verizon workers felt they had no choice.

They're fighting to create a better workplace for themselves and those who come after them. They aren't going to give up until Verizon ends its push to send jobs overseas, stops intimidating Verizon Wireless workers trying to create a better future for themselves and their families, and drops its demands to cut retirement benefits, gut job security and make workers move away from their homes and families for months at a time just to keep their jobs.



These demands from Verizon executives are absurd. Verizon workers helped the company make \$39 billion in profits over the last three years—and \$1.8 billion a month in profits over the first three months of 2016. But that's not enough for Verizon.

The company's greed knows no bounds. While the company continues to demand working people give back more and more, Verizon CEO Lowell McAdam made \$18 million last year. That's more than 200 times the compensation of the average Verizon employee!

It's time for Verizon to acknowledge that working families also have a right to do well in America. It's time for a contract that's fair to Verizon's working people and the customers they serve.

## STAND WITH VERIZON WORKERS, SIGN THE PETITION

### Retirees Rally at the Capitol, Protesting Pension Cuts

WASHINGTON — Some 400,000 retirees who worked in the trucking, parcel delivery and grocery supply industries face drastic pension cuts on July 1 as a result of a little-noticed measure attached to a huge end-of-year spending bill passed in December 2014.

Many members of Congress say they were not given the time to read the provisions or did not grasp the ramifications at the time, and they now say they would not have voted for the legislation.

The bill allowed trustees of multi-employer retirement plans to slash benefits if a pension fund's failure was likely to overwhelm the underfunded Pension Benefit Guaranty Corporation, the federal government's main insurance program for pension plans.

The retirees, all beneficiaries of the Central States Pension Fund, which is projected to be insolvent within a decade, were informed of the reductions through letters that began arriving in the mail last October. In many cases, the July 1 cuts would be severe.

James Lambert, 69, a former trucker, from Randolph, Ohio, was told his \$2,200 monthly pension payment would be slashed to \$1,200.

Bob Berg, 61, of Hendrum, Minn., who drove a UPS delivery truck for 30 years, was informed that his monthly payment would drop from \$3,000 to \$2,200....[Read More](#)



## 10.2 Million Workers Physically Cannot Wait For Retirement

### Speaker of the House Paul Ryan and Rep. Kevin Brady



A recent report by the Center for Economic and Policy Research shows that 10.2 million workers ages 58 and older (43.8 percent of workers in that age range) are employed in either physically demanding jobs or jobs with difficult working conditions.

**Yet, Speaker of the House Paul Ryan and Kevin Brady, Chairman of the powerful House Ways and Means Committee, continue to call for cuts to Social Security that include raising the retirement age.**

With the Social Security retirement age already at 67 and with many retirees forgoing their earned Social Security benefits into their 70s to ensure the maximum financial return, future retirees cannot physically or financially afford for Social Security's retirement age to be raised once again.

**Brady recently spoke at a forum at the Urban Institute-Brookings Institution Tax Policy Center and said:**

*"Look, we all know what we need to do on Social Security. You have to gradually raise the full retirement age to 70..., means test wealthier Americans ... and create a true cost of living for seniors."*

This three-part formula for cutting Social Security is a well-documented disaster for current and future retirees. All we really need to do is ask the very wealthy to pay their fair share into Social Security and we can shore-up Social Security's trust fund for the next 70 years and increase benefits for millions of Americans.

**Please, stand with the Alliance for Retired Americans, Center for Community Change Action and People For the American Way in rejecting Speaker of the House Paul Ryan and Chairman Kevin Brady's calls for deep cuts to Social Security.**

**ADD YOUR NAME**

## Listening to Retiree Voices on Proposed Pension Cuts

By: Kenneth Feinberg 3/14/2016

*Special Master Kenneth Feinberg hosts a public session in Kansas City on the Central States Pension Plan's proposed benefit reductions under the Kline-Miller Multiemployer Pension Reform Act of 2014*

Last fall, I wrote about the Central States Pension Plan's application to the Treasury Department to reduce pension benefits. This application is the result of a change in the law set forth by Congress in the Kline-Miller Multiemployer Pension Reform Act of 2014. Following the passage of this new law, Treasury Secretary Lew appointed me as a Special Master to provide a dedicated, impartial and informed review of these applications in a process that is open and fair. This is a responsibility that I have taken very seriously.



Retirees have complained to me that they feel when Congress passed this law, it was done with very little public input. I have been committed to making sure they feel the opposite is true of our review of the Central States Pension Plan's application.

Over the past several months, I have heard from thousands of retirees. We posted the Central States application online and extended the public comment period twice beyond the usual review timeframe, which allowed us to receive more than 2,500 comments. We are reviewing every single one. I have held a weekly conference call with retirees to listen to comments and answer questions about our review of the Central States submission. Hundreds of retirees have dialed into these calls every week....[Read More](#)

## Check Your Oreo Labels – Only Buy the American-Made Oreos!

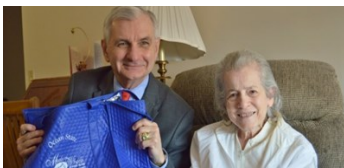


Last July Oreo cookie manufacturer Nabisco announced it would invest an additional \$130 million in a Mexican plant rather than its well-established American factory in Chicago. As a result, 600 workers in Chicago are losing their jobs, devastating families and the community. The union workers at the Chicago Nabisco bakery who lost their jobs had been producing baked goods there for more than 50 years.

Outsourcing manufacturing jobs that support middle class families is a concerning and growing trend.

The Alliance for Retired Americans is supporting the Bakery, Confectionery, Tobacco Workers and Grain Millers' International Union (BCTGM) workers drastically affected by the Nabisco move to Mexico. These workers refused to swallow \$46 million in annual concessions in perpetuity - something the company asked of no other bakery.

## Message from Senator Jack Reed



Dear Mr. Pernorio,

This week, Congress passed a bill to renew and enhance the Older Americans Act (OAA). For over 50 years, the OAA has provided seniors with critical social and nutrition services, from Meals-on-Wheels to preventive health and transportation assistance. This reauthorization bill expands and strengthens these programs, including by modernizing multipurpose senior centers, ensuring that older adults can participate in the Family Caregiver Support Program, and improving coordination of activities between state and local aging offices to fight elderly abuse.

With more than 15 percent of state residents over the age of 65, Rhode Island has one of the largest senior populations in the nation and greatly benefits from the variety of initiatives funded by the OAA. I know how difficult it can be for seniors living on fixed incomes, particularly with the cost of living in our region and skyrocketing health care and prescription drug costs. This is why I have always supported this critical legislation, and why last month, I joined a number of my colleagues in **sending a letter\*** in support of strong funding for the OAA to the Senate Appropriations Committee.

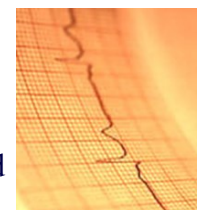
Please know that I will continue my work to ensure that our nation's seniors have access to quality services and care. Sincerely, Jack Reed, United States Senator

\*Senator Sheldon Whitehouse also signed the letter. [Read the letter](#) *See if your Senator also signed it.*

## Irregular heartbeat accelerates age-related declines for senior citizens

### Afib drains seniors over 70 of strength, walking speed, balance and more

When older people develop atrial fibrillation — the most common type of irregular heartbeat — it accelerates age-related declines in walking speed, strength, balance and other aspects of physical performance, according to new research in *Circulation: Arrhythmia and Electrophysiology*, an American Heart Association journal.

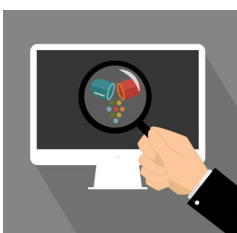


“Particularly in older adults, we need to be mindful that the effects of **atrial fibrillation** (often called “Afib” or “AF”) go beyond increasing the risk of heart failure and stroke. We learned from this study that older adults with AFib are especially vulnerable to losing strength, balance, gait speed and coordination,” said Jared W. Magnani, M.D., Ms.C., lead author of the study and assistant professor of medicine at Boston University. In atrial fibrillation, the heart’s two small upper chambers (atria) beat irregularly and too fast, which may increase the risk of stroke, heart failure and other conditions. The risk rises with age.

The researchers examined physical performance at ages 70, 74, 78, and 82 in 2,753 participants (52 percent women, 41 percent African American) in the Health, Aging, and Body Composition (Health ABC) study, a long-term investigation of aging-related health outcomes in Medicare recipients.... [Read More](#)

## Hospital Software Often Doesn't Flag Unsafe Drug Prescriptions, Report Finds

By *Shefali Luthra*



Medical errors are estimated to be the **third-highest cause** of death in the country. Experts and patient safety advocates are trying to change that. But at least one of the tools that’s been considered a fix isn’t yet working as well as it should, suggests a report released Thursday.

That’s according to the Leapfrog Group, a nonprofit organization known for rating hospitals on patient safety. Leapfrog conducted a voluntary survey of almost 1,800 hospitals and worked with San Francisco-based Castlight Health to analyze and determine how many use computerized-physician-order-entry systems to make sure patients are prescribed and receive the correct drugs, and that medications won’t cause harm.

The takeaway? While a vast majority of hospitals surveyed had some kind of computer-based medication system in place, the systems still fall short in catching possible problems.

“These systems are not always catching the potential errors inherent in prescribing,” said Erica Mobley, Leapfrog’s director of development and communications.

Almost 40 percent of potentially harmful drug orders weren’t flagged as dangerous by the systems, Leapfrog found.

[Read More](#)

## Study finds acetaminophen hampers ability to recognize errors

### Are we making mistakes and not even knowing it when on painkillers



It's been known for more than a century that acetaminophen (Tylenol) is an effective painkiller, but according to a new study it could also be impeding error-detection in the brain.

The University of Toronto research, authored by a team including postdoctoral fellow Dan Randles and researchers from the University of British Columbia, is the first neurological study to look at how acetaminophen could be inhibiting the brain response associated with making errors.

"Past research tells us physical pain and social rejection share a neural process that we experience as distress, and both have been traced to same part of the brain," says Randles.

Recent research has begun to show how exactly acetaminophen inhibits pain, while behavioral studies suggest it may also inhibit evaluative responses more generally.

Randles own past research has found that people are less reactive to uncertain situations when under the effect of acetaminophen.

"The core idea of our study is that we don't fully understand how acetaminophen affects the brain," says Randles.

"While there's been recent behavioral research on the effects of acetaminophen, we wanted to have a sense of what's happening neurologically."

To test the idea two groups of 30 were given a target-detection task called the "Go or No Go". Participants were asked to hit a Go button every time the letter F flashed on a screen but refrain from hitting the button if an E flashed on the screen.

"The trick is you're supposed to move very quickly capturing all the GOs, but hold back when you see a No Go," says Randles....[Read More](#)

## Last years of life better for the socially active with social goals

### Even if facing health problems it seems to ease late life decline

There are certain things about aging that seem to be certain, since they repeatedly emerge through years of research. The benefits of an active social life for senior citizens is one of those things that continues to be proven. New research confirms that the final years of life, even when challenged by health problems, can be better for both men and women if they stay active socially.

"Our results indicate that living a socially active life and prioritizing social goals are associated with higher late-life satisfaction and less severe declines toward the end of life," said Denis Gerstorf, PhD, of Humboldt University, lead author of the research published by the American Psychological Association.

Gerstorf and his colleagues analyzed data from over 2,900 now deceased participants in the nationwide German Socio-Economic Panel (SOEP) Study, which included men and women. The average age at death was 74 and 48 percent were women....[Read More](#)



The New England ARA state affiliates are actively pursuing these Petitions.

**Petition Subject: Observation Status: "Current Hospital Issues in the Medicare Program"**

ADD  
YOUR  
NAME

**Get The Message Out:  
SIGN THE PETITION!!!!**

**Petition Subject: House Concurrent Resolution 37 and Senate Concurrent Resolution 12 to get power doors installed in Post Offices and other federal buildings.**

ADD  
YOUR  
NAME

**Get The Message Out:  
SIGN THE PETITION!!!!**

**Petition Subject: Elimination of the Unfair GPO and WEP Provisions of the Social Security Act to make sure the Congress of the United States enacts legislation, HR.973 & S.1651**

ADD  
YOUR  
NAME

**Get The Message Out:  
SIGN THE PETITION!!!!**